

World Congress on

Health and Medical Sociology

September 19-20, 2016 Las Vegas, USA

USE OF A FUNCTIONAL ELECTRICAL STIMULATION BIKE TO IMPROVE CARDIOVASCULAR RISK FACTORS IN AN INDIVIDUAL WITH SPINAL CORD INJURY IN A CLINICAL SETTING

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Introduction: Individuals with spinal cord injury (SCI) face health disparities and a number of challenges in maintaining cardiovascular health compared to the able bodied population. The causes are multifactorial including susceptibility to numerous medical conditions that impart a health hazard; illness behaviors leading to a disproportionate percentage of deaths as a result of preventable causes, and changes in the ability to exercise to maintain heart health. Therefore, establishing and providing effective interventions for individuals with SCI is vital, however, the majority of rehabilitation research has been performed in research laboratories.

Purpose: To identify the possible physiological adaptations gained from utilizing a functional electrical stimulation (FES) bike for aerobic conditioning to address the increased prevalence of cardiovascular risk factors exhibited by the chronic SCI population, ASIA A-D in an outpatient clinic setting.

Sample: Single-subject case study involving an individual with tetraplegia, enrolled in an outpatient wellness program.

Methods: Participant engaged in a cardiovascular endurance exercise program using an FES bike 30 minutes, 3 times a week for 6 months in a clinical setting, supervised by a physical therapist. The following variables were measured at baseline and at the end of the 6 month intervention: hemoglobin A1c, cholesterol (total, HDL/LDL ratio), and serum triglycerides.

Findings: Participant's A1c, LDL cholesterol, and triglycerides decreased, and HDL cholesterol increased after 6 months of intervention.

Conclusion: Cardiovascular conditioning with an FES bike conducted in an outpatient setting, can reduce cardiovascular risk factors and facilitate health in individuals with chronic SCI.

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A PROPOSAL FOR EXPANDING ENDARKENED TRANSNATIONAL FEMINIST PRAXIS: CREATING A DATABASE OF WOMEN'S SCHOLARSHIP AND ACTIVISM TO PROMOTE HEALTH IN ZIMBABWE

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Western researchers often do not incorporate the voices of African women in their research endeavors; and a serious engagement in women's health activism in Zimbabwe cannot happen without this preliminary step (Zerai 2014). Endarkened feminist epistemologies have theorized a social science that refuses to sidestep African women's perspectives (Dillard 2000). As a corrective to conceptual quarantining (Rabaka 2010) of black (African and African diaspora) feminist thought (Collins 1990), the exciting body of literature in the field broadly characterized as Africana feminism has helped to legitimate the languages, discourses, challenges, unique perspectives, divergent experiences, and intersecting oppressions and privileges of African women's and girls' lives. In this manuscript, we develop an emerging Africana feminist methodology (Zerai 2014) to propose building a scholarship and activism database as well as a guide an exploratory discussion of health activism in Zimbabwe.

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