



# School Services

## School Guide for Students with Transverse Myelitis

### What is Transverse Myelitis?

Transverse Myelitis (TM) is an uncommon neurological disorder caused by inflammation within the spinal cord. Attacks of inflammation can destroy myelin, the substance that covers nerve cell fibers. This damage causes nervous system scars that interrupt messages traveling between the spinal cord and the rest of the body. The location of the spinal cord damage determines which parts of the body are affected. Damage at one segment will affect function at that segment and segments below it. Damage higher in the spinal cord is associated with a greater number of symptoms. The onset of TM may occur gradually within days or have a remarkably quick onset within hours. Most patients will have only one episode of transverse myelitis; a small percentage may have a recurrence. Most people who experience relapse have an underlying disorder.

### How can Transverse Myelitis affect School Performance?

The symptoms will vary depending on the area of the spinal cord affected.

- Weakness of the legs and/or arms
- Problems walking
- Generalized pain
- Sensory disturbances (touch, temperature, etc.)
- Bowel and/or bladder dysfunction
- Muscle spasms
- General feeling of discomfort
- Headache
- Fever
- Loss of appetite
- Respiratory problems (if that segment of the spinal cord is involved)
- Depression/Anxiety (in some cases)
- Cognitive and learning problems

## How can schools assist students with transverse myelitis?

Each of the following should be individualized to meet the student's needs.

### Academic

- Start academic interventions under one of two laws: IDEA (Other Health Impairment) or Section 504 to provide appropriate accommodations
- Make schedule adjustments so that student does not miss core subjects due to therapy and doctor visits
- If hands are affected, provide notes prior to class, give tests orally; no grades or demerits for handwriting
- If hands are affected, allow extra time to complete assignments
- Accommodations for Physical Education class
- Assess for PT/OT and technical assistance as soon as possible

### Social/ Emotional

- Inform any staff who works with student
- Provide counseling to address any social and emotional stress
- Have frequent communication among, student, parents, school nurse, and medical team

### Physical

- Consider an extra set of books (one for home and one for school)
- Consider having two lockers (one upstairs and one downstairs)
- When legs are affected, utilize an elevator pass and not the stairs
- Student may be involved in school activities, but with possible limitations
- When legs are affected, allow extra travel time between classes
- Permanent bathroom pass if bladder or bowels are affected
- Nurse pass whenever needed
- A change of clothes in case student becomes soiled
- If severely affected, adaptive P.E. may be needed

### Resources

[www.ninds.nih.gov/disorders/transversemyelitis/detail\\_transversemyelitis.htm](http://www.ninds.nih.gov/disorders/transversemyelitis/detail_transversemyelitis.htm) [www.answers.com/topic/transverse-myelitis](http://www.answers.com/topic/transverse-myelitis)  
[www.mayoclinic.com/health/transverse-myelitis/DS00854/DSECTION=symptoms](http://www.mayoclinic.com/health/transverse-myelitis/DS00854/DSECTION=symptoms)  
[www.worldspecialists.org/pubs/transverse\\_myelitis.htm](http://www.worldspecialists.org/pubs/transverse_myelitis.htm)

### School Services Department

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