

Cauda Equina Syndrome Workbook

This workbook has been designed to be used in conjunction with the course reading booklet. You are free to complete as few or as many of the tasks as you wish. The workbook can then be added to your CPD portfolio as evidence of your activity. It also provides room for you to reflect your thoughts in relation to this course and your learning experience.

Self-assessment

1	At what vertebral level does the spinal cord end?
2	Name the structure at end of the spinal cord and state how it continues to the sacrum.
3	Name the blood supply to the conus medullaris.
4	Give a definition of cauda equina syndrome.

5

Discuss three causes of cauda equina syndrome.

6

Explain in terms of upper and lower motor neurone lesions the common signs and symptoms of cauda equina syndrome?

7

How does cauda equina syndrome differ from conus medullaris syndrome in its clinical presentation?

8	Which muscles have contributions from the nerve roots of L2, L3,L4,L5 ?
9	Where is the dermatomal distribution for L3?
10	Where is the dermatomal distribution for S1?
11	Where would you expect experience pain if there was compression of nerve roots L4 & L5?
12	If there is compression of the nerve roots S1 & S2, which reflex would be affected?

13

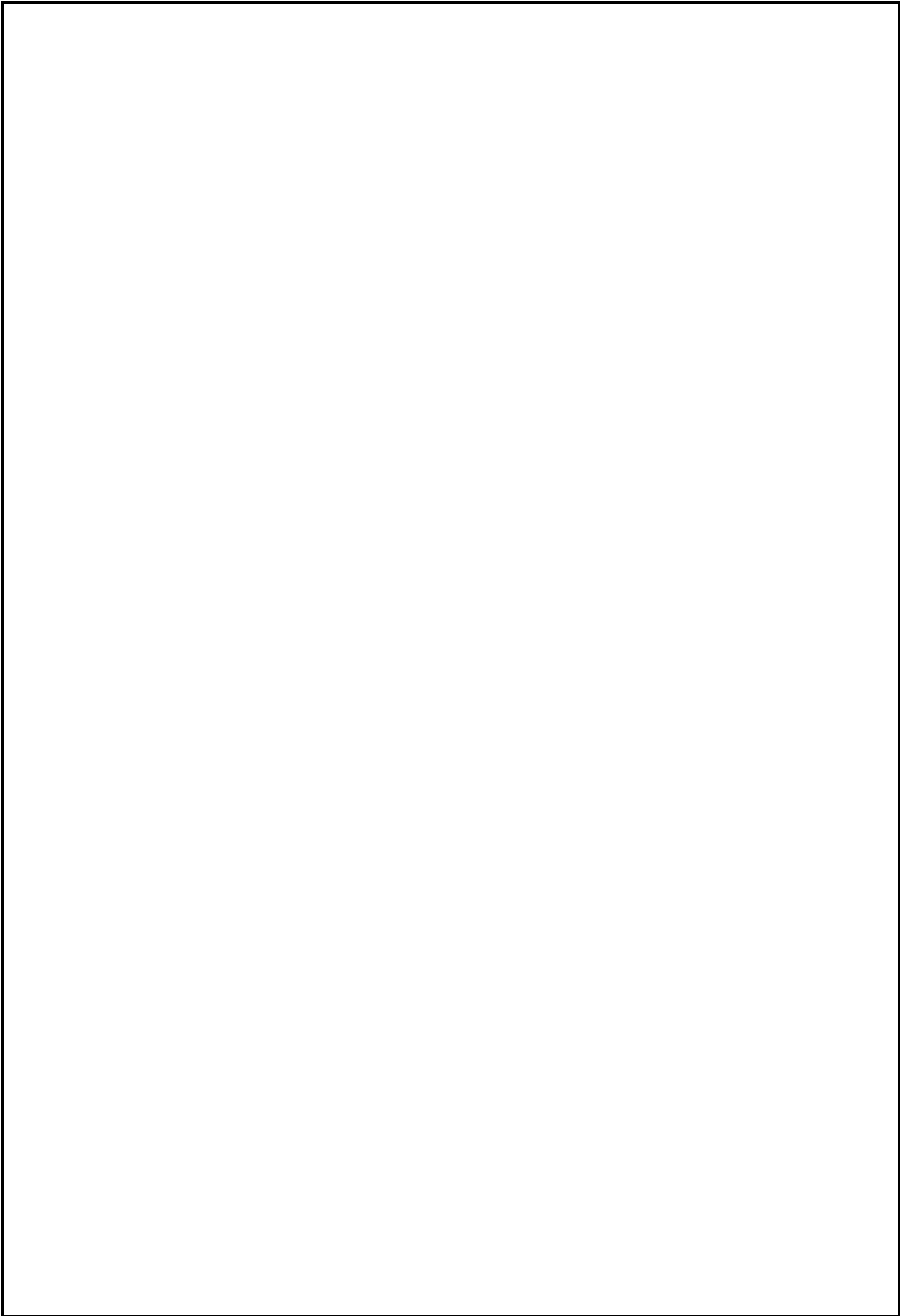
What is the role of medication in managing cauda equina syndrome?

Reflection.

Take some time to think about the learning that you have completed using this course. Was it useful; was it interesting; was it applicable to your practice ? Is there anything in particular you have gained from the course, and does it encourage you to alter your practice? Have you enjoyed it?

These are all questions you should ask yourself before you complete your reflective account below, as these are key points that you need to mention.

How much time have you spent completing this course ?
Did you complete the course on your own, or as part of a learning group ?
Your general reflective account:



Key Learning / Practice points (list up to 5) :

1

2

3

4

5

If you feel you have any further comments to make about your learning, please use the space below.