

SCI SKIN CARE

GOAL:

- Meticulous skin care needed – checking TWICE PER DAY recommended (any skin with change in colour or integrity will deteriorate in presence of pressure)
- Attention to: Ischium; Sacrum/coccyx; Trochanters; Heels
- Foot care very important
- If not treated aggressively can result in serious morbidity and possible mortality

MAINTAINING HEALTHY SKIN:

1. Clean and dry
2. Twice per day inspection
3. Safe transfers
4. Pressure relief (for 1 min every 20 min ideal)(push up; weight shift; tilt chair)
5. Proper equipment- seating, mattress

GRADING PRESSURE AREAS:

Grade 1:

Non-blanchable erythema of intact skin (persistently red)

Grade 2:

Partial thickness skin loss epidermis +/- dermis (presents as abrasion, blister or shallow crater)

Grade 3:

Full thickness skin loss involving damage to or necrosis of underlying tissue not beyond underlying fascia (crater)

Grade 4:

Full thickness, extensive tissue loss/destruction involving fascia, bone, muscle

IMMEDIATE TREATMENT:

Contact wound specialist (i.e ETNOW via CCAC); plastics; SCI specialist

1. Pressure relief (of any grade ulcer for 24 hrs/day) may be warranted
2. Nutrition assessment – recommended all with pressure ulcers be screened for underlying nutritional or hydration deficiencies

SOME RISK FACTORS:

Immobility

Sensory/Motor disturbance

Level of injury

Circulation

Incontinence

Spasm

Transfer technique

Equipment

Poor nutrition; under/overweight

***DO NOT REPRODUCE WITHOUT PERMISSION FROM THE
CENTRE FOR FAMILY MEDICINE FHT***