Skin and Pressure Ulcer Care Checklist
For Persons Living with Spinal Injuries

☐ Check your skin every morning and evening. For areas that are difficult to inspect, use a long handled mirror or arrange for help
☐ Keep your skin clean, dry, and supple
☐ Relieve pressure by shifting, moving, or repositioning frequently
☐ Do smooth transfers and avoid dragging on surfaces
☐ Ensure your equipment, chair cushion, and mattress are in good working order
☐ Make sure clothes fit properly, not too loose or tight
☐ Avoid sitting or lying on clothing creases or thick seams/pockets
☐ Maintain good nutrition and hydration
☐ Avoid smoking and excess alcohol intake
☐ If you have a pressure ulcer:
  o Know the stage, cause, and history
  o Participate in setting the treatment plan goals
  o Organise required services and arrange for supplies
  o Minimise time spent sitting or lying on the area with the pressure ulcer
  o Know the names, specialties, and roles of the healthcare providers involved in your wound care
  o Work with your healthcare providers to address pain and/or spasticity issues
  o Be aware of the signs and symptoms of infection and how to seek help
  o Keep a list of past and present wound care treatments

Checklist developed by Toba Miller, Advanced Practice Nurse, The Rehabilitation Centre (The Ottawa Hospital). Champlain SCI Solutions Alliance Primary Care Services Manual (2011)