

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:
 - Know the stage, cause, and history
 - Participate in setting the treatment plan goals
 - Organise required services and arrange for supplies
 - Minimise time spent sitting or lying on the area with the pressure ulcer
 - Know the names, specialties, and roles of the healthcare providers involved in your wound care
 - Work with your healthcare providers to address pain and/or spasticity issues
 - Be aware of the signs and symptoms of infection and how to seek help
 - Keep a list of past and present wound care treatments