


## Stop the Pressure 2020


**New resources:** a 'stop and act' resource to share with SIA members, their families and healthcare professionals.

# STOP THE PRESSURE DAY 2020



Spinal Injuries Association @spinalinjuries  
@spinal\_injuries Spinal Injuries Association  
Visit: [www.spinal.co.uk](http://www.spinal.co.uk)


Living with a spinal cord injury puts you at high risk of developing pressure ulcers, but skin damage is preventable and by equipping yourself and your PAs/Carers with the right knowledge you can reduce the risk of these occurring. Stop and Act!



#STOPTHEPRESSURE


### ACTIONS TO AVOID PRESSURE ULCERS:

You should always check your skin before you apply pressure to an area to ensure it is safe to do so. This would include a minimum of twice daily if in your wheelchair or prior to any change of position when in bed. It should be part of your daily routine.




#### 1. TWICE DAILY SKIN CHECKS

- Make it part of your routine
- Use a mirror for hard-to-see areas or take a photo on your phone.
- Look for changes in skin colour, blisters, scraped or dry skin. Also check for areas of localised heat particularly over bony prominences i.e. ischium and hips to detect a bursa.
- Ask your PAs/Carers to let you know of any reddened areas.
- If a red area does not change colour or does not turn from white to red in 6 seconds **STAY OFF IT UNTIL RESOLVED.** Do not ignore warning signs!
- Every red mark or spot has the potential to be a pressure ulcer.
- Know your areas that are most vulnerable.




#### 2. KEEP THE SKIN CLEAN AND DRY

- A good continence routine avoids moisture to the skin
- Pay attention to skin folds
- Moisturise skin daily



#### 3. EAT A HEALTHY DIET

- Keep hydrated – drink 2-3 litres a day
- Eat a balanced nutritious diet
- Maintain a healthy weight



#### 4. RELIEVE PRESSURE

- Change your position regularly in bed and in the chair. This can be done using reclining functions on your wheelchair or by you or your carers leaning you slightly forward and side to side. **Every 1-2 hours.**
- Use pillows at night to maintain positioning and keep your heels and ankles pressure free.
- Think about your posture, the surfaces you are sitting/lying on – to give even weight distribution. Have a full-length mirror so you can check your shoulders, hips, knees are level.
- Clothes and equipment – is there anything digging in your skin?
- Are your transfers avoiding shearing? Perform safe transfers – do not drag or scrape your bottom when moving in and out of your wheelchair. Check your pressure relieving equipment is fit for purpose before using it... **this means every time.** i.e. mattress before getting into bed and cushions before getting in wheelchair.

**Website:** all info and resources collated at: [www.spinal.co.uk/news/stop-the-pressure/](http://www.spinal.co.uk/news/stop-the-pressure/) including guest blogs from trusted legal partners about their experience of SCI and pressure ulcers – the 'worst case scenarios'.


Registered Charity No 1054097

## Social engagement



- #stopthepressure on all posts
- stakeholder selfies using red dot and hashtag
- 6 case studies shared on social with full stories on website
- video story on the impact of pressure ulcers:

<https://www.youtube.com/watch?v=p3M47NL5TaQ>

 <p><b>#StopThePressure</b></p> <p>"Within a few days I'd developed a pronounced red mark and about a week later the skin broke down. It got progressively worse. The pressure ulcer was classed as grade four and became necrotic. At its worst it was 6cm wide by 6cm deep. I was lucky to never develop sepsis."</p> <p>- SIA member, Franco</p> <p><small>Do you need information, advocacy or support? Call our free support line on 0800 980 0501</small></p>	 <p><b>#StopThePressure</b></p> <p>"Though I was able to continue working from my bed, obviously I didn't want to be doing this for the rest of my life. One thing I had on my side was that everybody else was stuck at home due to COVID-19."</p> <p>- SIA member, Gareth</p> <p><small>Do you need information, advocacy or support? Call our free support line on 0800 980 0501</small></p>
 <p><b>#StopThePressure</b></p> <p>"Andy has had a pressure ulcer in the same place, right at the base of his back, three times in five years. I finally worked out that it was due to the transfer board hitting him in this area each time he transferred."</p> <p>- SIA members, Jane and Andy</p> <p><small>Do you need information, advocacy or support? Call our free support line on 0800 980 0501</small></p>	 <p><b>#StopThePressure</b></p> <p>"I'm 58 now and going through the menopause. Hormonal changes, weight gain and enforced bed rest versus the need to eat to keep my protein intake up to aid healing - all make me even more conscious of the importance of relieving pressure."</p> <p>- SIA member, Karen</p> <p><small>Do you need information, advocacy or support? Call our free support line on 0800 980 0501</small></p>
 <p><b>#StopThePressure</b></p> <p>"On bed rest I was lying on one side staring at the same wall all day. Being rendered bed- and housebound without actually being ill is hugely frustrating. My care needs increased as I was totally immobile and my relationships with those around me started to suffer."</p> <p>- SIA member, Mike</p> <p><small>Do you need information, advocacy or support? Call our free support line on 0800 980 0501</small></p>	 <p><b>#StopThePressure</b></p> <p>"I had to be completely down for four months during my first year of law school. I was listening to lectures on tape and trying to read my huge casebooks on a tilt table. You can imagine how incredibly stressful this was."</p> <p>- SIA member, Sheri</p> <p><small>Do you need information, advocacy or support? Call our free support line on 0800 980 0501</small></p>

**Additional awareness:** Our new SCI Nurse Specialist with a focus on tissue viability hosted a well-attended Zoom café on pressure ulcers and our Campaigns team shared this content with the All-Party Parliamentary Group (APPG) for spinal cord injury.

Response, reach and engagement was high for this campaign – reiterating just how important this issue is to our audiences. We plan to continue sharing content and developing resources, including the SIA Academy's new education sessions, Stop The Pressure for HCPs in 2021.