

A New Resource for Clinicians: Canadian Best Practice Guidelines for the Prevention and Management of Pressure Ulcers in People with Spinal Cord Injury

The first-ever Canadian-based best practice guideline (BPG) for people with pressure ulcers and spinal cord injury (SCI) is now available online.

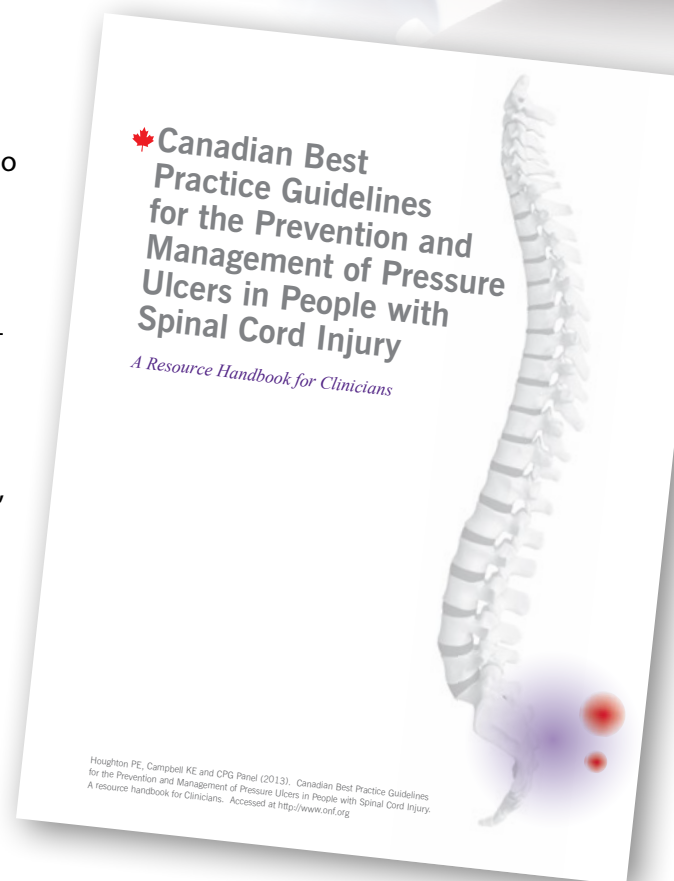
There is a tremendous need to improve the care of these largely preventable complications of SCI so that fewer people are affected and those who are affected are impacted for the shortest time possible. The collation of the most recent information into a BPG provides one of the first comprehensive resources to serve a need for all profession-

als working with people who have SCI.

About the BPG

This BPG represents the culmination of over two years of work by an interprofessional team of authors that includes a physician, nurses, consumers, an occupational therapist, a physical therapist, registered dietitians, and an engineer.

The authors have compiled information from several existing evidence-based sources





including Spinal Cord Injury Rehabilitation Evidence (SCIRE), several recently completed best practice guidelines for pressure ulcer treatment (RNAO, CAWC and EPUAP/NPUAP) and the previous document produced by the Consortium for Spinal Cord Medicine in 2000.

can be applied to people with SCI. Where the authors felt the situation was unique for people with SCI, new sections have been written. In the new sections, the authors looked to the research evidence that was collated in SCIRE and added practices that are more empirically based.

“We hope this guideline provides a comprehensive approach to skin and wound care for the SCI population and will ultimately help prevent and better manage pressure ulcers in this unique group of people.”

*— Project leaders Pamela Houghton, PT, PhD,
and Karen Campbell, RN, MScN, PhD*

This BPG resource is meant to update SCI-specific guidelines related to pressure ulcers and to identify areas in existing guidelines in wound care that

How to Get and Implement the BPG

The guideline is available for free download from the Ontario Neurotrauma Foundation at http://onf.org/system/attachments/168/original/Pressure_Ulcers_Best_Practice_Guideline_Final_web4.pdf.

The authors recommend that clinicians select a section or a few recommendations (preferably the ones with a higher level of research evidence) and tailor them to the local setting for implementation. Doing so will support clinicians who choose to introduce best practices into their local practice setting. 🙌

Quick Facts on PUs in People with SCI

- › Pressure ulcers are one of the most common complications affecting people living with spinal cord injury.
- › The majority of people with SCI will have at least one pressure ulcer at some point post-SCI injury.
- › The impact on the quality of life of people who develop a pressure ulcer is substantial, significantly interfering with the ability to participate in daily activities and occupation.
- › Some people with SCI have described the experience of a pressure ulcer as being as impactful on their lifestyle as was the original spinal cord injury.