

## How to Use This Card

Give this card to your community health team, caregivers, nurses, physicians or ER team upon admittance.

Use the space below and the diagrams inside to communicate your history of pressure injuries. Share the information on this card with your health professionals.

Learn more about pressure injury and SCI:

**SCI BC InfoLine:** 1-800-689-2477

**Email:** info@sci-bc.ca

**Find this card online:** [www.sci-bc.ca/PressureCard](http://www.sci-bc.ca/PressureCard)

## Note for Health Team

- I have an active pressure injury.
- I have a history of pressure injuries.

Location(s) and date of history: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Produced in partnership with:



**G.F. Strong Rehab Centre**



Spinal Cord Injury BC

## MEDICAL ALERT

## PRESSURE INJURY PREVENTION

Name: \_\_\_\_\_

### Please attach this card to my chart.

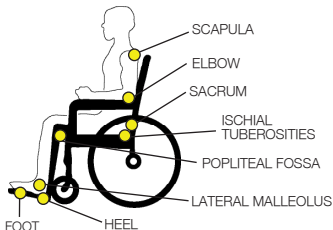
I have a spinal cord injury. I am at **extremely** high risk for developing an injury due to pressure, shear and/or insufficient mattress or positioning practices. This can quickly become life threatening. I require:

- a skin check on admission and daily skin checks
- **priority use** of a pressure redistribution mattress
- head of bed no more than 30° to prevent shearing
- avoidance of sling left in place while sitting
- regular turns or repositioning, every 2-3 hours minimum

To obtain a pressure redistribution mattress in hospital, please contact the PCC/Charge Nurse. Review this card for more details on pressure injury.

## Pressure Injury Information

Pressure injuries are common after SCI. They can affect as many as one third of people with SCI each year and almost every person with an SCI experiences at least one pressure injury in their lifetime. The risk of pressure injuries increases over time when living with an SCI long-term.

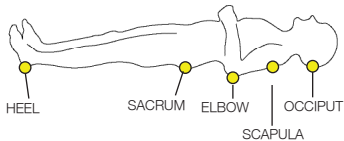


### More info on pressure injury:

[www.scireproject.com/pressureinjurysummary](http://www.scireproject.com/pressureinjurysummary)

[www.livingwithsci.ca/skin-health](http://www.livingwithsci.ca/skin-health)

## Common Locations of Pressure Injury



**Note:** If you have a history of pressure injuries, or currently have active injuries, use the diagrams to circle the locations where your pressure injuries occur.

