



**Spinal Plastics Service Coordinator**

Spinal Cord Injuries Unit  
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**Patient Information**

*Royal North Shore  
Hospital*

## I've got a pressure sore what do I do?

There is a statewide service dedicated to helping spinal cord injured patients who have skin problems.

### How do I access the service?

Yourself, local GP or community health team can refer you to the Spinal Plastics Coordinator, Royal North Shore Hospital.

### Once referred what happens?

You will receive a phone call from the service coordinator who will complete a questionnaire with you. If the service is appropriate for your needs an appointment will then be made for you to be assessed by a multidisciplinary team in the Spinal/Plastics clinic.

### Who will I be seen by?

You will be seen by a range of health care specialists including a Plastic Surgeon, Clinical Nurse Consultant, a Spinal Rehabilitation Doctor, an Occupational Therapist, Dietitian, and in some cases a Social Worker.

The team will assess your wound, general health & equipment, and your treatment/rehab requirements will be made.

### Will any tests be required?

X-Rays, CT's or ultrasounds, bone scan, wound swab and blood tests may be required to provide the team with essential information for optimum care.

### What are some treatment outcomes?

There are many non surgical and surgical interventions available for the management of a wound. The team will discuss these options with you and help decide the best option for the individual. Outcomes may include, community health involvement for dressing management, admission to hospital for dressing management or surgery and follow up appointments in the clinic.

### How can I manage my wound in the community?

The service provides patient/carer counselling and education. We will also recommend and refer to appropriate community services. For example Home care and community nurses.

### What if I live in a rural town?

With today's technology a teleconference or videoconference can be organised with your community health team or local GP. These conferences are conducted either by telephone or via live television connection between the treating teams and yourself.

## Your Role in Pressure Sore Prevention

- **Remove all pressure from affected area-** if you have a sore on you bottom do not sit or lie on the area. \*Some patients may require strict bed rest
- **Contact your Local GP for support and guidance**
- **Consider getting extra help/ support with home duties and personal care**
- **Regular skin inspections**
- **Adequate Fluid intake**
- **Healthy diet**
- **Quit smoking**
- **Limit Alcohol Intake**
- **Care with transfers**
- **Have your equipment reviewed**
- **Take medication as prescribed**
- **Optimise bowel and bladder management**