

PREVENTING SKIN BREAKDOWN

INSPECT YOUR SKIN TWICE A DAY



- Check what you are sitting on Objects (i.e. cell-phone, wallet, keys) * Cracks or rips in bath bench or commode * Other seat surfaces (are they safe?)
- Transfer methods
- * Keep it safe
- * Don't take shortcuts
- * Review technique regularly



- Check for correct posture and positioning
- Avoid tight clothing and footwear * Adjust seams and zippers
- Use CAUTION: * With heating pads * When carrying hot food and drinks



Use a mirror or ask for help
Take pictures with your phone to monitor skin



If it looks red STOP, and identify the cause!

MAINTAIN EQUIPMENT

Check your cushions and mattresses daily



- If it's an an air cushion.. correct inflation • If it's a gel cushion...
- spread the gel

Created by Mauricio Gomez and Julienne Daos in collaboration with GF Strong SCI Educators, November 2014



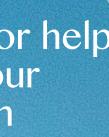






What can YOU do...

SHIFT YOUR WEIGHT





DEVELOP HEALTHY HABITS

Eat a balanced diet

Drink plenty of fluids (water is best) • Don't smoke





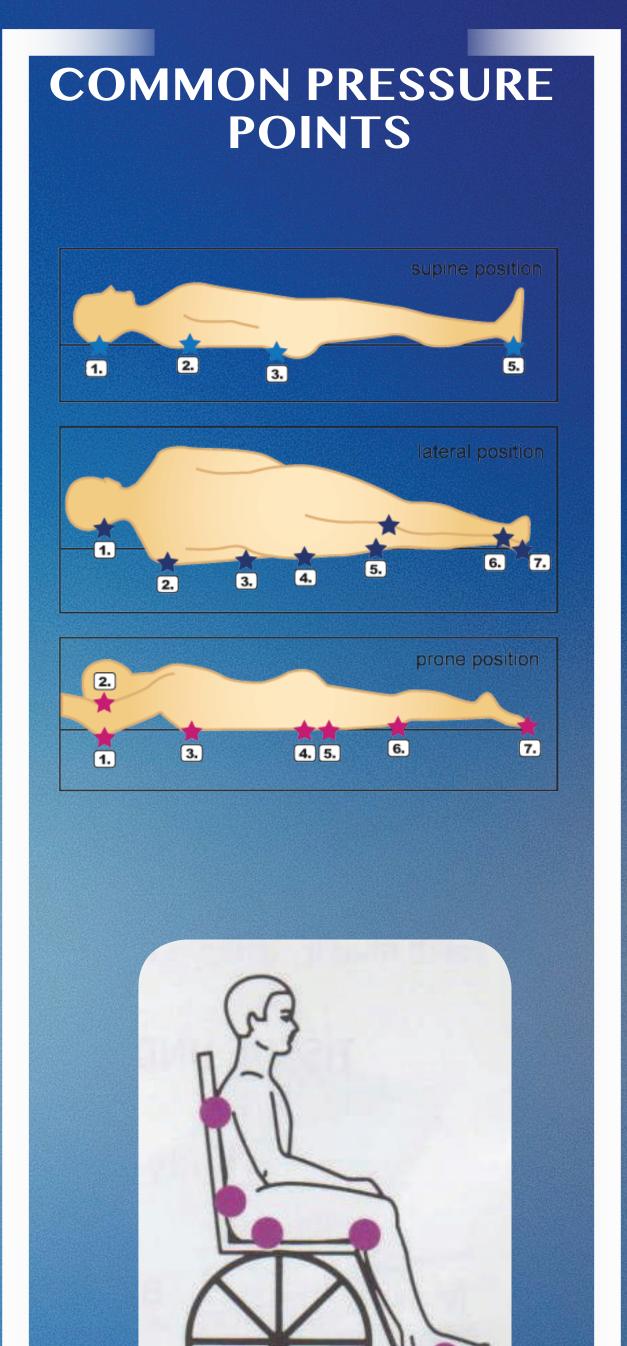
Regular bladder and bowel routine is key to healthy skin

 Check areas you sweat • Check under skin folds • If skin is dry, apply mild lotion



Vancouver CoastalHealth comoting wellness. Ensuring car

G.F. Strong Rehab Centre



References 1 Images used with permission from Charlie Goldberg, MD & Jan Thompson Uni-versity of California, San Diego School of Medicine, San Diego VA Medical Center. USCD CAtalog of Medical Images 2 © All rights reserved. Canada's Food Guide. Health Canada, 1977. Adapted and reproduced with permission from the Minister of Health, 2014.