CANADIAN PRACTICE GUIDELINES RECOMMENDATIONS FOR PRESSURE ULCERS: SITTING, RECUMBENCY, MOBILITY.

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Pressure ulcers are a significant health disruption, impacting every aspect of a person’s life including personal care routines, changes in use of time and activity choice, and alterations in work and leisure as well as impacting family. It is estimated that 75% of people with a spinal cord injury will develop a pressure ulcer during their life time. Several best practice guidelines for pressure ulcer prevention and treatment exist but a Canadian guideline specific to spinal cord injury was lacking. To address this gap the Rick Hansen Institute and the Ontario Neurotrauma Foundation funded the development of the Canadian Best Practice Guidelines for Prevention and Management of Pressure Ulcers in Persons with Spinal Cord Injury. During the development stage of this guideline the steering committee reviewed the existing best practice guidelines and completed a comprehensive literature search across 6 electronic databases with the assistance of a medical librarian. Review of the literature and existing guidelines by an inter-professional expert panel from across Canada found that several of the existing best practice guidelines identify the need to include an evaluation of the support surfaces being used by the individual as part of the full assessment; however, little information was provided to guide assessment and intervention of support surfaces. The panel and the steering committee both felt strongly that there was a need to more fully address the influence of not only support surfaces but also posture, mobility and general physical conditioning on pressure ulcer prevention and management within a best practice guideline. To this end, this practice guideline developed chapters addressing sitting support surfaces including wheelchairs, seating and other sitting surfaces, beds, mattresses and recumbent positions and mobility including transfers, repositioning, weight-shifting and general physical conditioning. Overarching the content of these chapters are the principles associated with using a 24 hour approach to pressure management. This workshop will highlight the key points and evidence-based recommendations from these chapters of this new Canadian best practice guideline.

References

Speaker Bio
Laura Titus is an Occupational Therapist with over 25 years of clinical experience in the area of wheelchair and seating and has a PhD in Health and Rehab Sciences (Occupational Science).

Alba Casalino is a Physiotherapist with over 20 years experience working in rehabilitation for people with a Spinal Cord Injury.

Jennifer Birt is an Occupational Therapist with over 12 years experience working in the area of wheelchairs and seating with people with a spinal cord injury.

All 3 speakers were major contributors to the pressure management chapters of this guideline.