



Title: Interdisciplinary systematic education about prevention of pressure injury among patient with spinal cord injury

Author: Hanne Haugland

Unn Svarverud

Institution: Sunnaas Rehabilitation Hospital, Norway

People with spinal cord injury (SCI) using wheelchair are at high risk of incurring pressure injury . Obtaining such pressure injury is usually a serious and prolonged condition, which requires systematic monitoring from various participants in the treatment line. Sunnaas Rehabilitation Hospital has extended experience in life- time, interdisciplinary monitoring follow- up. The interdisciplinary team is well aware of the risk these patients experiencing while sitting.

Objectives

Ensure quality of interdisciplinary prevention of pressure injury in people with SCI.

To increase the knowledge of SCI and pressure injury risk and prevention among patients and healthcare professionals in own institution, and towards the community healthcare services.

Develop education programs that assess activities within a 24:7 perspective.

Develop education programs for patients, next of kin, homecare services and nursing institutions.

Utilize Tele rehabilitation as a tool in the collaboration and knowledge translation of the patient with an aim to prevent pressure injury.

Which educational method(s) did you use and how did you apply them in practice?:

Based on interdisciplinary teamwork, clinical experience and literature review, a structured approach has been established, where user participation is crucial.

Oral communication:



Weekly lecture for in-patients about risks and prevention
Twice- a- year lectures for the interdisciplinary staff at the hospital

Written information:

Wallet information cards, brochures and booklets given to the patients

Online: Webinar Available on <https://www.youtube.com/watch?v=zMqlbG8Fus4>, E-learning course available on [www:// https: Sunnaas.no](https://www.sunnaas.no) and [www.//https:helsesorost.no](https://www.helsesorost.no)

Tele-rehabilitation: Videoconference between Sunnaas Rehabilitation Hospital, the patient and the homecare services. Plastic surgeons included when needed.

Group guidance from Sunnaas Rehabilitation Hospital to the municipality

Hot Line: Dedicated mobile number operated by a specialized wound nurse.

Conferences and meetings: Information share and knowledge transfer.

What were the results?:

Low threshold for contact from the patients and the homecare services.

Early contact when the pressure injury is at grade 1 or 2

Increased possibility to reverse and to prevent further worsening of the pressure injury.

Increased knowledge transfer.

Discussion and further steps:

Need to be updated

Maintain and further develop the outpatient service

Need for a competent and dedicated wound team and to continue the work in the hospital

Changing the focus from treatment to prevention.

Further develop systematic, predictable multi- and interdisciplinary cooperation



Clinical relevance: Prevention of pressure injury should be given even closer attention and top priority in educating hospitalized patients, and also in education of the interdisciplinary staff at the hospital and the local care givers.

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