

PRESSURE ULCER/INJURY RECURRENCE

INFOGRAPHIC FOR PATIENTS ON PREVENTING PRESSURE INJURIES



Why it matters

Pressure ulcers are a significant concern for individuals with spinal cord injuries (SCI).

- 30–50% of people with SCI will develop a pressure injury in the first year after injury. People with SCI have an 85% lifetime risk of developing a pressure injury.
- Over 15 million people globally are living with SCI.



Top risks for pressure injuries in SCI

- Loss of Sensation
- Immobility
- Autonomic Dysfunction
- Scar Tissue



- Comorbidities:
 - Neurogenic bladder & bowel
 - Orthostatic hypotension
 - Neuropathic pain
 - Spasticity
 - Sarcopenia
 - Obesity
 - Lung disease

Prevention is key

A proactive approach is key to preventing pressure ulcers. Consider:

- Risk Assessment: Regular skin checks and professional evaluations.
- Pressure Redistribution: Use appropriate cushions, mattresses and position changes.
- Nutrition & Hydration: Maintain a balanced diet and stay well-hydrated.
- Education: Understand your risks and prevention strategies.
- Technology: Explore assistive devices and monitoring tools.

Spinal Cord Injury & Pressure Ulcers

Know the risks, take control

