

The initial mobilising of a SCI patient from the acute Stage

Due to significant weight loss and muscle wastage, the skin tissue around your seating area needs to build up a tolerance to pressure on the boney parts. To prevent skin tissue damage or pressure ulcer development, we recommend that you gradually increase the time spent in your wheelchair.

We recommended that all previous skin damage has completely faded before starting to mobilise.

The following table is offered as a guide. We recommend that these stages are followed in order. Do not skip a stage to increase mobilising times – you are at risk of repeated skin damage if you do not stick to this guide.

In some instances individual regimes may be needed.

Pressure Clinic Protocol

Day 1	=	15 minutes maximum
Day 2	=	30 minutes maximum
Day 3	=	45 minutes maximum
Day 4	=	1 hour
Day 5	=	1 hour 30 minutes
Day 6	=	2 hours
Day 7	=	3 hours
Day 8	=	4 hours
Day 9	=	5 hours
Day 10	=	6 hours
Day 11	=	7 hours
Day 12	=	8 hours

And so on.

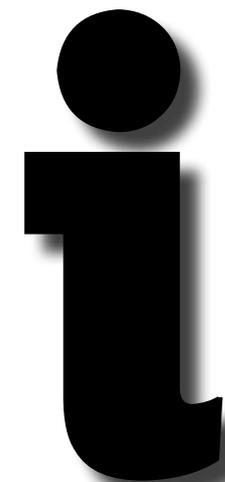
Please note: the hours that you are up in one day must not be split into separate times. For example, Day 10 must be 6 hours up in one go, not split into getting up for 2 hours three times.

Your skin must be checked for any sign of pressure marks before getting into your wheelchair and on return to bed.

If a pressure mark caused by the cushion takes longer than 30 minutes to fade completely, please inform the Pressure Clinic immediately.

For more information please refer to the Protocol for the Pressure Clinic <http://www.icid.salisbury.nhs.uk/clinicalmanagement/spinalinjuries/pages/pressureulcerprevention.aspx>

The Pressure Clinic
Tel: 01722 429291



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.