



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.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

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.

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The Role of the Pressure Clinic (1 of 3)

The Pressure Clinic is open Monday to Thursday 9am - 5pm and Friday 9am - 4pm.

The services offered are wide and varied, catering not only for patients whilst they are staying in the Spinal Centre, but also for life-long outpatient follow-up.

Inpatient services

Seating

During your inpatient stay you will be seen on a regular basis by staff from the Pressure Clinic. On the first two appointments (within 2 weeks of initial mobilisation) you will be weighed and pressure mapped. Pressure mapping forms part of the holistic assessment of your seating needs.

The 3rd and 4th appointments will consist of you being weighed plus education sessions on pressure area care and cushion maintenance. As part of the ongoing assessment process we may also change the type of cushion you are on and repeat the pressure mapping. This is to make sure that the most suitable equipment is ordered to suit your needs. We aim to order your equipment from your local wheelchair service in time for your discharge.

You can also call into a 'drop-in' weight clinic on Tuesday, Wednesday and Thursday mornings from 10.30am - 12.00pm.

Skin care

The Pressure Clinic staff and your primary nurse will tell you how pressure ulcers develop and how to prevent them and will be in relation to seating, bladder and bowel management, and activities of daily living. You will be encouraged to take responsibility for your skin care.

Pressure Clinic staff are also involved in the 'Live it' and 'Solve it' patient education sessions.

Bladder management

As part of your rehabilitation your primary nurse and spinal medical team will discuss your bladder management options with you. You may have a test called Video-urodynamics studies (a bladder investigation). The Pressure Clinic staff carry out all bookings for this test and a nurse from

The Pressure Clinic

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the Pressure Clinic will be with you during the procedure (in Spinal X-ray).

Bowel management

The Clinical Nurse Specialist or Outpatient Staff Nurses will (at the request of your primary nurse) advise you about bowel management (achieving a routine, and possible long-term implications issues).

Outpatient services

Seating

At each outpatient appointment you are offered an appointment in the Pressure Clinic. This ensures that seating continues to be assessed. If problems occur, further assessments can be arranged for you to attend the Pressure Clinic together with the outpatient physiotherapists and occupational therapists. We can liaise with your Wheelchair Service about seating assessments and cushion recommendations. We may choose to undertake Pressure Mapping as part of our professional assessment as part of patient education. This will be discussed with you during your appointment. Please contact us in advance via telephone if you would like to be weighed outside of your regular appointment.

Outpatient clinics

The Pressure Clinic staff may attend your outpatient clinic appointment with your Consultant/ Clinical Nurse Specialist. Advice is given about all aspects of living in the community with a spinal cord injury (such as bladder, bowels, sex, skin care and travelling). You will also have an abdominal X-ray and renal ultrasound as part of your routine appointment.

Referrals may be made as a result of attending these clinics, for example to Community Liaison for a follow-up visit to your home, your local District Nursing Team, Continence nurse and Wheelchair Services, and for repeat investigations at the Spinal Centre.

Bowel management

If you are experiencing bowel management problems, you may be referred to the Bowel Advice Service for support and following up.

Further Surgical Management

If you choose to have a complex bladder or bowel operation we can put you in touch with other patients who have had the same operation.

The Pressure Clinic

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Telephone advisory service

The Pressure Clinic staff offer an advisory service to outpatients. You are encouraged to telephone if you have any questions about your care, need advice about future plans (e.g. travelling), or to be put in contact with other agencies (e.g. the Spinal Injuries Association (SIA), Back-up). Please note that all calls are returned within 2 working days when a message is left on the answer phone.

For further information please contact:-

The Pressure Clinic 📞 01722 429291