



Service Priorities and Programmes Electronic Presentations

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Case Review of a Spinal Cord Injury patient with Skin Injury: Turning Impossibility into Reality

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Introduction

A 49-year-old lady, suffering from ossifications of the posterior yellow ligament with myelopathy was admitted in July 2015 with an unstageable sacral pressure ulcer. Lower limb involuntary spasm and diminished sensation not only tremendously restricted her physical mobility resulting in a pressure ulcer, but also confined her in bed or chair that rendered her social life severely deprived with loss of freedom and self-esteem as reflected by her tears in nights. Insomnia due to physical discomforts and negative psychosocial reactions left her a tired physique and low morale to participate in daytime rehabilitative and nursing activities. Ulcer wound care was originally seem impossible because basically she could not be maintained in a stable lateral position secondary to leg pain, weakness but spasticity, and, she refused wound care attempts when she was too depressed to cooperate with healthcare workers.

Objectives

The nursing team thought positively with optimism. As care coordinator, nurses consulted pain team and successfully controlled limb hyperflexions and pain to a patient-acceptable level. Clinical psychologist's expert interventions were sought to deal with the lady's emotional distress toward loss in independence and to instill hope. Echoing this, nurses allowed her sufficient time to ventilate feelings, and, exchanged ideas with her concerning treatment progress.

Methodology

As direct carer, nurses performed dexterous wound dressing according to evidence based practice whenever wound care was possible. Moreover, optimal pressure relieving measures, tailor-made dietary arrangement, meticulous perineal skin care together with careful excreta handling were indispensably implemented in the holistic sense.

Result

Improvements and deteriorations of the wound occurred. To maintain team spirit,

inputs from nurses were encouraged and respected. Suggestions were tried out and found to be constructive and timely for wound healing. In August 2015, the sacral ulcer was re-epithelializing. Impossibility was turned into reality, providing satisfactions to both the lady and nurses.