

MY PERSONAL CARE PLAN

Information to provide to Healthcare Professionals prior to admission of a Spinal Cord Injured patient to a DGH or Non Specialist Centre

In the first instance, you should inform your Spinal Consultant, if possible, about your planned admission to hospital. Medical records can be applied for from your Spinal Cord Injury Centre.

Ask the Ward Manager/Sister if your carer can perform your bowel management, if appropriate. If this is not permitted, are trained staff able to perform your routine bowel management?

Explain about any specific requirements you have in respect of pressure care, e.g. a pressure relieving mattress, electric profiling bed etc.

Ask if the Ward carries supplies of the specific continence products you may need.

Complete the form below and send a copy to the Ward Manager of the ward to which you are being admitted and also ensure that you take a copy with you on the day.

If you require assistance with completing the form or liaising with Ward staff, please contact our SCI Nurse Specialists either by email at scinursespecialists@spinal.co.uk or ring the Advice Line - Tel: 0800 980 0501 or 01908 604191 Ext 203.

Name:

Date:

NHS Number:

SCIC Number:

To the Ward Manager / Sister

I have Tetraplegia / Paraplegia (delete as appropriate)

Tetraplegia: Loss of motor and/or sensory function in the cervical segments of the spinal cord resulting in impaired function in hands, arms, trunk, legs and pelvic organs.

Paraplegia: Loss of motor and/or sensory function in the thoracic, lumbar or sacral segments of the spinal cord. Depending on level of injury, the trunk, legs and pelvic organs may be involved. Hand and arm function is spared.

This document contains my specific nursing requirements.

Please see below current medications, which have been prescribed by my GP / Spinal Consultant. If the hospital permits, I will bring my medications in with me.

These are important issues that affect spinal cord injured patients that I would like you to be aware of:

Autonomic Dysreflexia (AD)

I am susceptible to AD and the following may trigger an episode. My symptoms are likely to be – see below – I have a fact sheet on AD which you can refer to.

Bowel Care

When I am admitted, please can I see a copy of the hospital's policy on Digital Removal of Faeces? My bowel regime consists of the following. Please can this be shared with anyone who may need to provide my bowel management.

Bladder Care

My bladder regime at present is (see below). The continence products I use are listed below e.g catheter. I do / do not have an allergy to latex.

Pressure Care

Pressure relief in SCI is vital to prevent pressure ulcers. I have partial or total loss of sensation below a certain level.

Spasms

I am affected by spasms (involuntary movements) in the following way and take medication to manage these as indicated below.

Spasms in SCI can be very severe / violent and may occur as a warning sign that something is wrong e.g. a urinary tract infection, episode of Autonomic Dysreflexia. Individual people may have identified positions which whilst on bedrest help prevent or reduce the severity of their spasms.

Respiratory Care

I have compromised respiratory function and I am highly susceptible to chest infection

General Equipment & Communication Equipment

I require the following equipment and aids in order to maintain independence as much as possible. Can the hospital OT Dept supply equipment that fits my level of SCI? Is there a Nurse Call System in place that I can use?

Useful resources for Healthcare Professionals working in District General Hospitals, who are treating and managing Spinal Cord Injured patients

- Spinal Cord Injury Centres in the UK:
www.spinal.co.uk/wp-content/uploads/2015/07/SCI-Centres.pdf
- MASCIP: MASCIP website contains a wealth of information including links to resources such as the Best Practice Guidelines and the National Spinal Cord Injuries Road Map - www.mascip.co.uk/
- Royal College of Nursing (Sept 2019): *Bowel Care: Management of Lower Bowel Dysfunction, including Digital Rectal Examination and Digital Removal of Faeces*: Publication code: 007 522- <https://www.rcn.org.uk/professional-development/publications/pub-007522>
- NHS Improvement (2018): National Patient Safety Alert NHS/PSA/RE/2018/005: *Resources to support safer bowel care for patients at risk of autonomic dysreflexia* <https://www.england.nhs.uk/publication/patient-safety-alert-patients-at-risk-of-autonomic-dysreflexia/>
- SIA website: Health Professionals' Area – for guidance and links: www.spinal.co.uk/resources_category/healthcare-professionals/
- SIA has produced a range of free to download fact sheets covering the many aspects of SCI, such as bladder, bowel and pressure management: www.spinal.co.uk/learn/news-resources/
- SIA Advice Line: Tel: 0800 980 0501 or Tel: 01908 604191 Ext 203 Open 11am – 4.30pm, Monday-Friday.

The **SIA Academy** provides education and training and develops social research projects.

<https://www.spinal.co.uk/learn/>

The **SCI Nurse Specialist Service** provides information, advice and guidance on all aspects of spinal cord injury clinical care through our team of experts.

<https://www.spinal.co.uk/how-we-help/nurse-specialists/>

SIA's **Peer Support Service**: support in District General Hospitals (DGHs) and the Community and for spinal cord injured patients being treated in DGHs or other non-specialist centres.

The service provides support for both the patient and family members by allowing them to talk through the impact of such an injury with someone who understands and who can signpost them to other sources of help and support.

The Peer Support Service also offers free inservice training for NHS staff.

www.spinal.co.uk/how-we-help/peer-support-service

Spinal Injuries Association

SIA House, 2 Trueman Place, Oldbrook, Milton Keynes MK6 2HH

Tel: 01908 604191

Freephone Advice Line Tel: 0800 980 0501 or 01908 604191 Ext 203

Email: sia@spinal.co.uk

Website: www.spinal.co.uk

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