

HEALTHY SKIN - ASSESS YOUR LEVEL OF RISK

After spinal cord injury, your skin is at risk of damage from prolonged pressure – particularly over bony areas of your body, after skin trauma or periods of illness that reduces your overall mobility.

To help to maintain healthy skin, it is important to understand your own personal risk factors. Use the tool below to determine your level of risk – this can help to develop an action plan to reduce your risk factors. Some things like age and severity of injury are not able to be changed, but *many* factors such as your nutrition, your activity, smoking status, your equipment or daily skin care practice can often be improved to reduce your risks. On the checklist below, score yourself between 0 – 3 for each question and discuss the results with your health care professional.

THE SKIN MANAGEMENT NEEDS ASSESSMENT CHECKLIST

SKIN CHECKS

Scores: 0 = never does 1= rarely does 2 = usually does 3 = always does

QUESTION:	0	1	2	3
Do you know how to check your skin with a mirror?				
Do you know what to look for, and where to look?				
Do you carry out this skin checking as instructed?				

PREVENTING SKIN INSULTS

Scores: 0 = never does 1= rarely does 2 = usually does 3 = always does

QUESTION:	0	1	2	3
Are you aware of the danger of zips, seams, callipers, etc?				
Are you aware of the danger of hot objects (coffee cups, hot water bottles, the sun)?				
Can you (or do you instruct others to) avoid scrapes / bumps when transferring?				
Do you (or do you instruct others to) regularly check for ingrowing toenails?				

The **Skin Management Needs Assessment Checklist** is part of the Needs Assessment Checklist, developed by Paul Kennedy et al at the National Spinal Injuries Centre, Stoke Mandeville Hospital, United Kingdom. (Kennedy, P., Smithson, E., Blakey, L. (2012). *Planning and Structuring Spinal Cord Injury Rehabilitation: The Needs Assessment Checklist*. Topics in Spinal Cord Injury Rehabilitation, 18, 2, pp. 135-137)