

Spinal cord injury- Complications

Pressure Ulcer

- 2 hourly position change
- Prone nursing
- Dressing of the ulcer with normal saline
- Prevention of contractures

Neurogenic bladder

- Continue Continuous drainage of bladder or self intermittent clean catheterization as directed by your physician
- General cleanliness of the of private parts
- Please contact your physician if fever, change in urine character like smell or excessive sediments, unexplained increase in spasticity

Neurogenic bowel

Continue bowel program to continue to include:

- Regular high fibre diet
- High fluid intake
- Digital stimulation and evacuation as directed
- Stool softener as directed