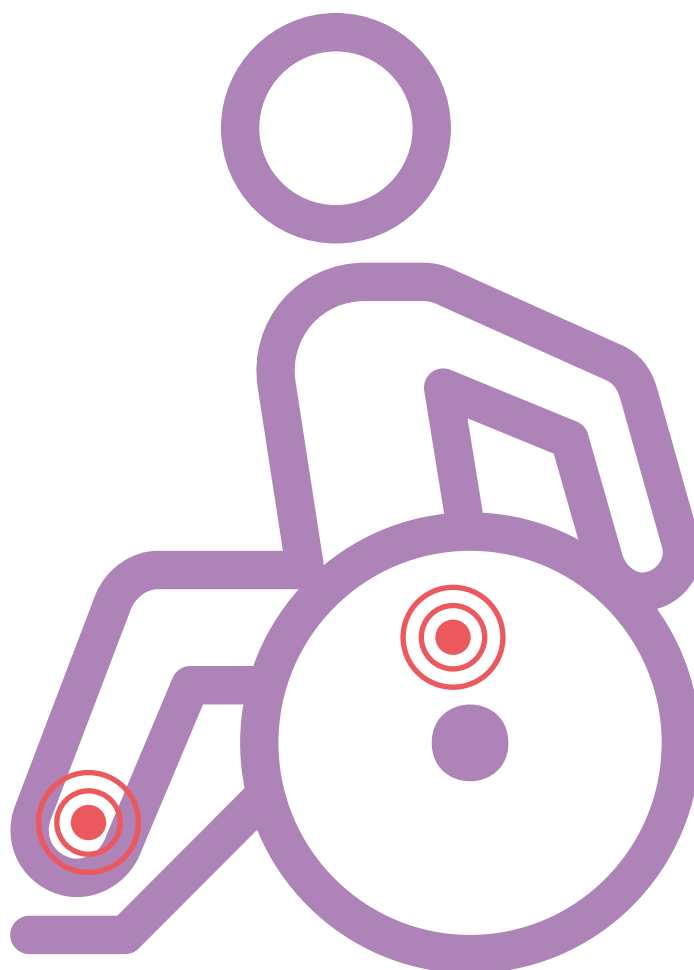


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Spina Bifida  
Hydrocephalus  
Scotland



# Pressure Area Care in Spina Bifida





## Pressure sores

If you have little or no feeling in your lower body. It is important that you look out for a development of pressure sores.

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### What is a pressure area?

Pressure areas are parts of the body where the skin is compressed near a bone and the surface of the skin. This is usually caused by sitting or lying down for too long, putting pressure on certain areas of the body which can reduce the blood supply to the skin and the tissues under the skin.

When a change in position doesn't occur often enough and the blood supply becomes too low, then a pressure sore may form. A system of the body called the lymphatic system works together with the circulation to remove fluid and waste products. This does not work as efficiently in people with spina bifida as it should, so there can be a build-up of fluid in the legs. All these things together with poor sensation and lack of feeling mean that pressure sores can develop very rapidly.

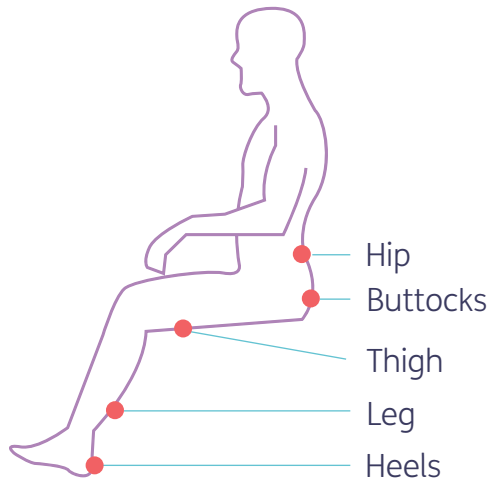


### Which parts of the body can be affected?

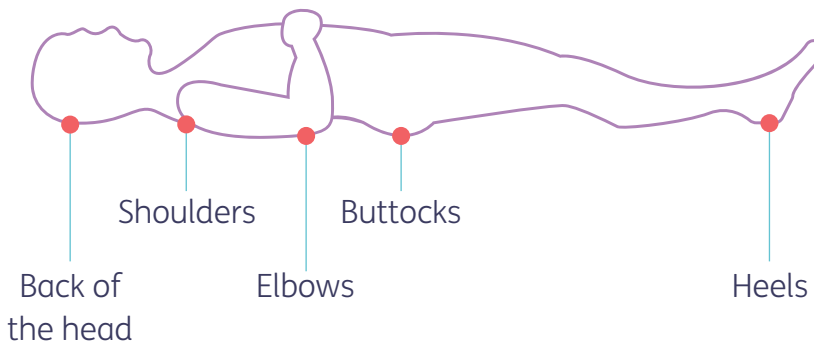
Certain areas of the body are more vulnerable to pressure depending on your positioning. High risk areas for pressure are:

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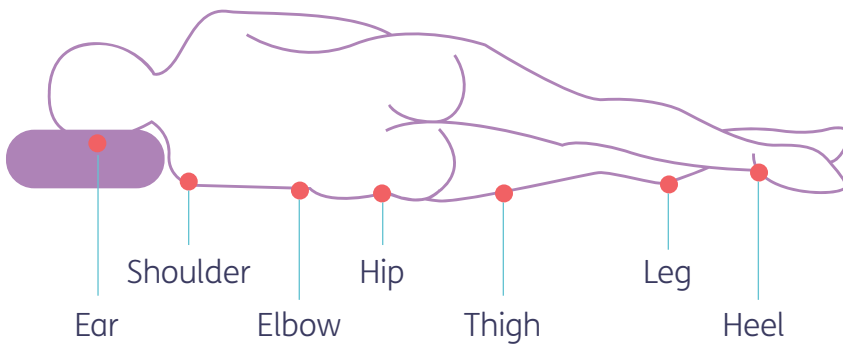




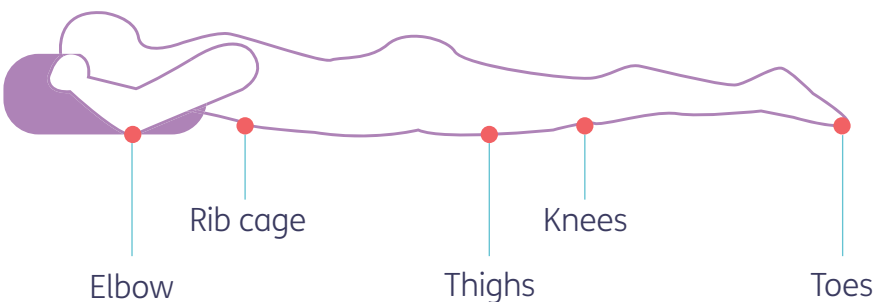
**When sitting  
in a chair**



**When lying on  
your back**

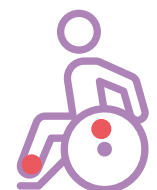


**When lying on  
your side**



**When lying on  
your front**

**Continued on the next page**





## Top Tips!



**1)** Check your skin all over at least once a day. A long handled mirror is very useful for inspecting the back and bottom!



**2)** If you are a wheelchair user, lift your bottom from the chair every 20 minutes, changing the position of your legs at the same time.



**3)** Avoid clothing which is too tight or has hard seams, zips or buttons which might cause pressure. Wear good fitting shoes with the feet in properly.



**4)** Take care when transferring from your wheelchair or bed not to drag or knock your body.



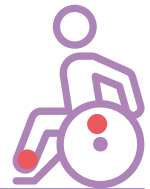
**5)** If you are wet or soiled, the quicker you clean up and change, the better.



**6)** Eat a good balanced diet including a variety of fruit and vegetables and plenty of clear fluids.



**7)** Special pressure relieving cushions and mattresses are available and you can request a referral through your GP to a Nurse, Occupational Therapist or Physiotherapist for an assessment.



If you have questions or would like further information, please call the **SBH Scotland Helpline** on **03455 211 300** or email **support@sbhscotland.org.uk**  
For general enquiries call **03455 211 811** or visit **www.sbhscotland.org.uk**

**This fact sheet is for informational purposes only. It is not intended to replace or be relied on as medical or professional advice. Contact us if you require this publication in another format or language.**

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