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Pressure ulcers in people with spinal cord injuries
By Knaerke Soegaard

The first study in the project is a scoping review of pressure ulcer prevention in transition from hospital to home for individuals with spinal cord injuries published in the Journal of Tissue Viability with the title: "Interventions, stakeholders, and organization related to pressure ulcer prevention for individuals with spinal cord injuries in transition from hospital to home – A scoping review" (https://doi.org/10.1016/j.jtv.2023.02.005). The review reveals an ongoing need for education and information about pressure ulcer prevention, follow-up services, and access to specialized care. We found a discrepancy between the delivered healthcare services and the recommendations and perceived needs after discharge, which can increase the risk of pressure ulcers and negatively affects the quality of life of people with spinal cord injuries.

The second study focuses on the lived experience of having a pressure ulcer and going through treatment entitled: "I am just trying to live a life!" – a qualitative study of the lived experience of pressure ulcers in patients with spinal cord injuries". We found that people with spinal cord injuries struggle to balance an active life and pressure ulcer prevention and pressure relief, which is challenging and has consequences for the individual. Furthermore, the patients are experiencing incoherent treatment provided by healthcare professionals with varying knowledge and commitment. The article is currently under review.

The project's third and final part is developing a national (Danish) clinical guidance for pressure ulcer prevention and treatment based on existing evidence. The guidance is currently under development in a national collaboration of healthcare professionals from different disciplines and organizations with high service user involvement. The project will finish in 2023.

The EPUAP Research Project Collaboration Funding has supported close collaboration with the excellent SKINT research group at Ghent University, which has been extremely valuable in all project phases. In addition, close working relationships are established, potentially leading to further cooperation in the future.