

## Pressure ulcers with a holistic approach

All on board for reducing pressure ulcers – a holistic approach from a multidisciplinary team

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### LEARNING OBJECTIVES

- Current state of the art for prevention and treatment of pressure ulcer
- Technical equipment, reflections on seating and activities of daily life -for prevention and healing
- I will survive! Reflections on how to manage long-term bedrest physically and mentally

Almost all wheelchair users with SCI will experience pressure ulcers, which impose great suffering for the individuals as well as great costs for society. In order to prevent and stop pressure ulcers as soon as possible, the patient needs to be educated about pressure ulcers and how to react at an early stage. Through a team effort with a holistic point of view, it is easier to increase knowledge and understanding for the patient in order to improve self-efficacy and self-care strategies. Also, we will discuss the tough challenge both physically and mentally, to be confined to bedrest during months or years, from user and professional perspectives.

Participants at the workshop should afterwards have a good overview of prevention and treatment of pressure ulcers. Together can we prevent, heal, and stop pressure ulcers in SCI patient with small changes, education, and multi-professional teamwork.