

# Moving and Handling Guidelines For INITIAL Management Of Acute Spinal Injuries

For All Cases: See Spinal Collar / Brace Form And Spinal Clearance Form

Consideration must be given to safe management of the airway and extra staff may be required for this. Seek advice from the zone leader if unsure

**Spinal Plan - E**

Unconscious / Unable Assess  
**Fully ventilated and sedated**

**Spinal Plan - D**

Unstable fractures awaiting surgery / Initial management of **ALL CORD INJURIES**

**Spinal Plan - C**

Unstable fractures managed in Collar or Brace / not fit for surgery

**Spinal Plan - B**

Stable Fracture  
 Managed in Collar or Brace

**Spinal Plan - A**

Minor / Stable Spinal Fractures

**E1 – Cervical**  
 No collar required  
 Cervical blocks/sandbags to maintain position  
 Can tilt to 30 degrees

**E2 – Thoraco-Lumbar**  
 Can tilt to 30 degrees

**Rolling:**  
 5-person log roll

**Extubation / Weaning:**  
 Apply collar

**Mattress:**  
 Pro Mat

**Assess Neurological Status when able**  
**See Spinal Clearance Form**

**D1 – Cervical**  
 Collar on at all times  
 Collar care – supine with head hold  
 Can tilt to 30 degrees

**D2 – Thoraco-Lumbar**  
 No brace in bed  
 Can tilt to 30 degrees

**Rolling:**  
 T4 above: 5-person log roll (head hold)  
 T5 below: 4-person log roll (no head hold)

**Mattress:**  
 Pro Mat

**C1 – Cervical**  
 Collar on at all times  
 Collar care – supine with head hold  
 Can sit / tilt to 30 degrees on back / side

**C2 – Thoraco-Lumbar**  
 No brace in bed  
 Can sit / tilt to 30 degrees on back / side

**Rolling in collar:**  
 Roll in spinal alignment (no head hold)

**Rolling out of collar:**  
 T4 above: 5-person log roll (head hold)  
 T5 below: 4-person log roll (no head hold)

**Mattress:**  
 Pro Mat

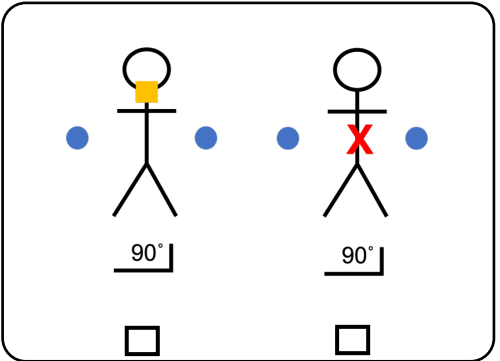
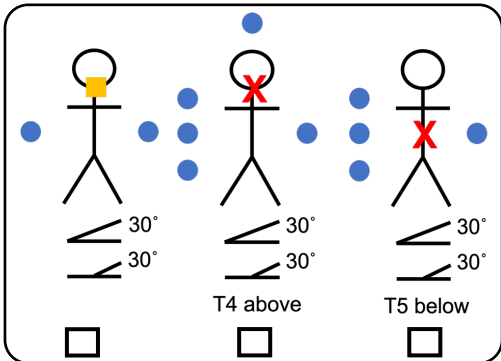
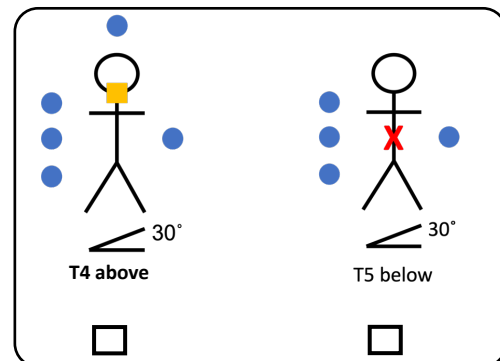
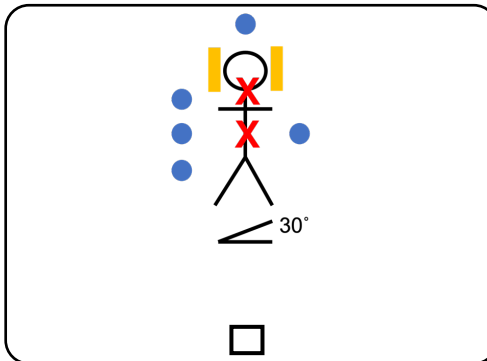
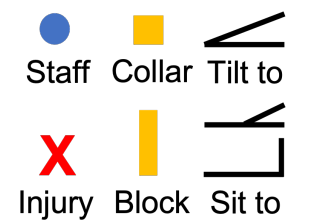
**B1 – Cervical**  
 Collar on at all times  
 Collar care – supine or sitting (no head hold)  
 Can sit up to 90 degrees in bed

**B2 – Thoraco-Lumbar**  
 No brace in bed  
 Can sit up to 90 degrees in bed  
 Brace fitted in sitting or standing position


**Rolling:**  
 Roll in spinal alignment (no head hold)

**Mattress:**  
 Aria Pro

No Collar or Brace  
 Sitting up – no restrictions  
 Normal Rolling  
**Mattress:**  
 Aria Pro



Patient Label



Bwrdd Iechyd Prifysgol  
 Caerdydd a'r Fro  
 Cardiff and Vale  
 University Health Board

Name / Grade:.....  
 Signature:.....  
 Date:.....

## Skin Care

Pressure, moisture, heat & dirt can all lead to skin redness & pressure damage. At least once per shift remove collar & check the skin. Areas to pay close attention to are: under the chin, back of the head and on the shoulders where the collar rests. Please ensure you document all collar care.

- Gather supplies wash trolley, towel & replacement pads & enough staff for log roll & tube supervision
- Ensure patient is positioned on back with head and shoulder hold in place
- Remove front of collar
- Cleanse and dry skin. Check for any redness and pressure damage to skin. Fully assess back of head.
- Remove back piece of collar by sliding from underneath patient. Glide back panel out by applying pressure to mattress to allow for space if needed – 2 nurses each side of collar for support
- Perform log roll
- Cleanse & dry skin to neck & back of head. Check for any redness or pressure damage to skin
- Perform log roll to return to back
- Remove old collar pads to front and back collar pieces and attach clean pads
- Glide back panel in under neck applying downward pressure to mattress to allow space to slide collar in (if needed) – 2 nurses each side of collar for support
- Align collar to back of neck
- Reapply front piece by scooping panel up under chin. Adjust straps evenly to ensure correct fit

## Collar fitting



## Check the fit

- Ensure chin is centred and flush in the chin piece
- Remove all slack. Evenly tighten & retightened the straps for a secure and appropriate fit and front and back panel overlap
- Be sure that the back panel is centred on the back of the neck
- Ensure sternal pad is flat against chest
- No plastic touching the skin. Pads to extend all plastic edges.

Addressograph

Date 1<sup>st</sup> Applied: .....

Collar applied by: .....

Collar type: .....

Collar size: .....

Collar Back Panel: Standard  Padded 

<b>DAILY CHECKS - Week 1</b> <small>(starting from first day fitted)</small>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>
1. Collar care performed							
2. Skin assessment <small>(please document this in notes)</small>							
3. Correct collar fitting assessment							
4. Back of head assessment*							
Signature							
Date & time							
<b>DAILY CHECKS - Week 2</b>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>	<b>Y/N</b>
1. Collar care performed							
2. Skin assessment <small>(please document this in notes)</small>							
3. Correct collar fitting assessment							
4. Back of head assessment*							
Signature							
Date & time							

\* Full back of head assessment every 24hrs. If any deterioration or signs of skin damage, highlight to nurse in charge and physios and if not already in place please request physios to fit a padded collar back.