

**St. Louis VA Medical Center - Spinal Cord Injury Service
VA Heartland Network (VISN 15)**

Wound Care

Skin issues can be major problem for persons with SCI/D. If severe, they can take many months to heal. We encourage and teach preventative measures such as frequent pressure reliefs, turning in bed, skin checks twice a day, optimal seating cushions and mattresses, and keeping the skin free of moisture.

If, however, you observe any changes in your skin, please call us as soon as possible to schedule an appointment. Remember if promptly treated by a health care professional a wound will heal much faster.

Depending on your specific needs your visit will include some of the following components:

- Complete evaluation of skin
- Recommendation for treatment
- Dressing changes
- Education/prevention information
- Pressure mapping and seating adjustments if needed
- Referral if indicated for surgical treatment

Staff.....Mary Ann Jacobs, RN, ANP and Jai Park, MD

Times.....Wednesdays from 1:00 - 3:00 pm

Location.....Jefferson Barracks, Building 52, Room 2S7, Spinal Cord Injury Service

Contact.....314-652-4100 or 800-228-5459, ext 6-6677