

Welcome to the Summer 2019 issue of MRSCICS Mat-

Beyond the Research: Video Series

*Adaptive Sports:
Anyone Can Try (page
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*Spinal Cord Injury
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*Jessica Prunte: Former
Pediatric Fellow Makes
Big Move to Michigan
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Are You Due For a National SCI Database Follow-Up Interview?

Are you approaching 1, 5, 10, 15, 20, 25, 30, 35, 40,45, or 50-year(s) since your injury?

If so, you may be due for your next follow-up interview. Please contact [Kayla Jones](mailto:Kayla.Jones@srnlab.org) at 312-238-1624 or kjones05@srnlab.org to schedule your interview. Your interview can be completed by phone, mail, or in-person.



Adaptive Sports: Anyone Can Try

for AWBA members that you have witnessed?

The two main things would have to be camaraderie and personal growth. Many new wheel- and belong to a community. The sport of bowling is social by nature and because of this, many new participants are excited by the community it brings into their lives, that the competitive aspect becomes secondary until they begin winning money!



AWBA 2nd Annual Midwestern Invitational team

What does this organization mean to you? To its members?

For me it means service. The ability to be able to meet and serve others. To help them to consider the possibility of participating in competitive sports. To build community in the lives around, we have those who can come around to support and encourage the heart of those in need. This is the beautiful side of the AWBA, I have seen members lose health, family members, and sometimes simply hope, and as a community of bowlers we come along side to encourage, pray, or just sit with them. It's the privilege we have living our lives together around the sport of bowling.

Annual events?

We had the 2nd Annual Midwestern Invitational May 23-26 at Bowlero in Romeoville Illinois. We had bowlers from around the country competing in 3 divisions for prize money and trophies. On Friday May 24th, we had our community fundraiser where people can come out and bowl with the competition bowlers in the "Up/Down" event. All proceeds go to support the local chapter of Paralyzed Veterans of America.

For more information visit: <https://awba.org/>

Skin Care & Pressure Sores: Causes and Risks of Pressure



People with SCI are at high risk for pressure sores. Up to eighty percent of people with SCI will have a pressure sore in their lifetime. Thirty percent will have more than one pressure sore. Most pressure sores are preventable.

Pressure sores can be life threatening. Some possible problems are: Infections can grow and spread to the blood, heart, and bone. Prolonged bed rest needed for healing can keep you out of work, school and social activities for months.

Because you move less when healing a pressure sore, you are at higher risk for respiratory problems and urinary tract infections. Treatment can be very costly in lost wages or extra medical expenses.

A pressure sore (also called a pressure ulcer, decubitus ulcer, decubiti (plural), bedsore or skin breakdown) is an area of the skin or underlying tissue (muscle, bone) that is

and healthy. If the skin does not get blood, it will die.

Normally the nerves send messages of pain or discomfort to your brain to let you know when to move to relieve pressure, stay away from hot surfaces, or shift your weight. After injury, with little or no feeling, you have no warning signs to tell you that you have been in one position too long and that something is pressing against your skin causing it harm.

Too much pressure on the skin for too long, such as sitting or lying too long in one po-

blood supply to the skin, leading to tissue damage, skin breakdown and a pressure sore.

Also common high-pressure situations like shearing, when the skin moves one way and the bone underneath it moves another way can cause pressure sores. This can result from slouching while sitting, sitting at a 45 angle (as in bed), or sliding during a transfer instead of lifting your body. Shearing can also happen during spasms.

Other common causes are:

- Trauma of any kind (cuts, bumps, burns, scrapes, rubbing); Abrasion or friction: Cut or scratch; Sliding across sheets or transfer board with bare skin.
- Bump or fall: Bumping toes into door- during transfers; Bumping knees.

Skin Care & Pressure Sores: Causes and Risks of Pressure Cont.

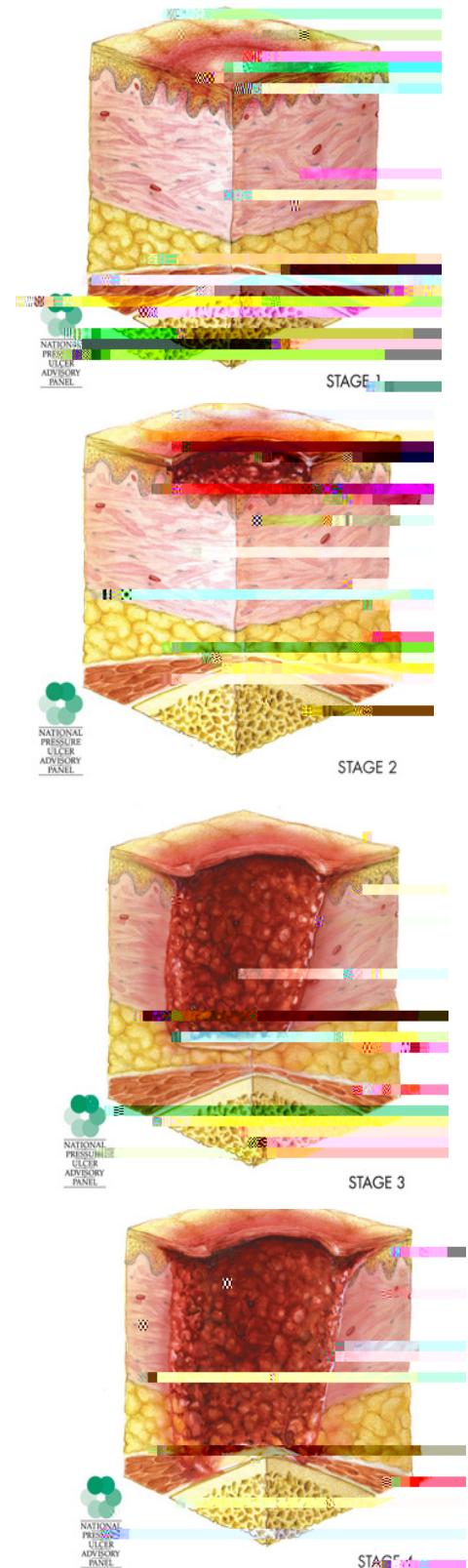
Know The Signs: Four Stages of Pressure Sores

- Illness or poor overall health. This includes fevers, infections (such as Urinary Tract Infections), poor nutrition, and chronic diseases such as diabetes.
- Diabetes, high blood pressure and high cholesterol decrease circulation. If you have these diseases, pay particular attention to your feet and ankles.
- does not heal well if there is poor circulation.
- Moisture. Wet skin (from urine, stool, sweat, water) is more likely to break down.
- Aging causes skin to become thinner, dryer, and more fragile. You may need to adjust your pressure relief you get older.
- Previous skin breakdown. Scar tissue is more fragile than normal skin.
- Spasticity can cause your arms or legs to bump against an object, or rub against a surface.

For more information, contact the Midwest Regional Spinal Cord Injury Care system at 312-238-2802 or eanderson@sralab.org

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Get Connected:
Spinal Cord Injury Association of Illinois

