

Cervical Fracture without cord involvement management in the Highlands

Lead Poster Author: Kirsty Macpherson; Additional Author: Duncan Speirs

Background

From time spent on the Orthopaedic trauma ward both working through our case load and discussion with the ward team it became apparent there was a lack of training and resources for staff and carers working with patients with C-Spine fractures. Further investigation led to the realisation of a wider issue, with not only lack of training/understanding of collar care in the hospital setting, but also in the community. This deficit then further exacerbates stresses put on the hospital, NHS Highland, and the patient journey.

Delayed discharges from hospital, due to lack of understanding and training within the community setting, along with poor transfer of skills resulting in additional strain on acute resources with patients returning to hospital setting for collar care.

Aims/Objectives

- Increase knowledge and care for staff and carers in the management of cervical fractures.
- Alleviate fears.
- Produce accessible learning resources.
- Look at numbers of cervical fractures and identify commonalities, trends, and pathway.

Methodology

- Discussion with Senior Charge Nurse regarding training requirements in the acute setting.
- In house training arranged with support from Orthotics department for hospital staff
- Work commenced on information booklet, educational video, bedside documentation.
- Development of webpage to make learning resources readily available, video shared with NOS Trauma Network.
- Training dates for community Hospitals, LAH's and community teams throughout Highland to provide up to date participatory learning.

Results/Outcomes

- Through our training and collaborative work, we have provided a standardised approach to collar care throughout NHS highland.
- Reduced the stigma and anxiety in relation to providing care for patients with cervical spine injuries.
- Highlighted and encouraged good practice, whilst addressed areas that lacked.
- Reducing the number of patients having to return to hospital for collar care.
- Ease on financial burden:- **Appropriate use of collar**

Easily accessible resources
New cost effective efficient product
Less stress on the acute care setting
"right patient, right place, right time"

- Learning and information resources for staff, patients, carers, and family are now readily and easily accessible via many mediums from information leaflets, instruction videos available to all via QR code.



References

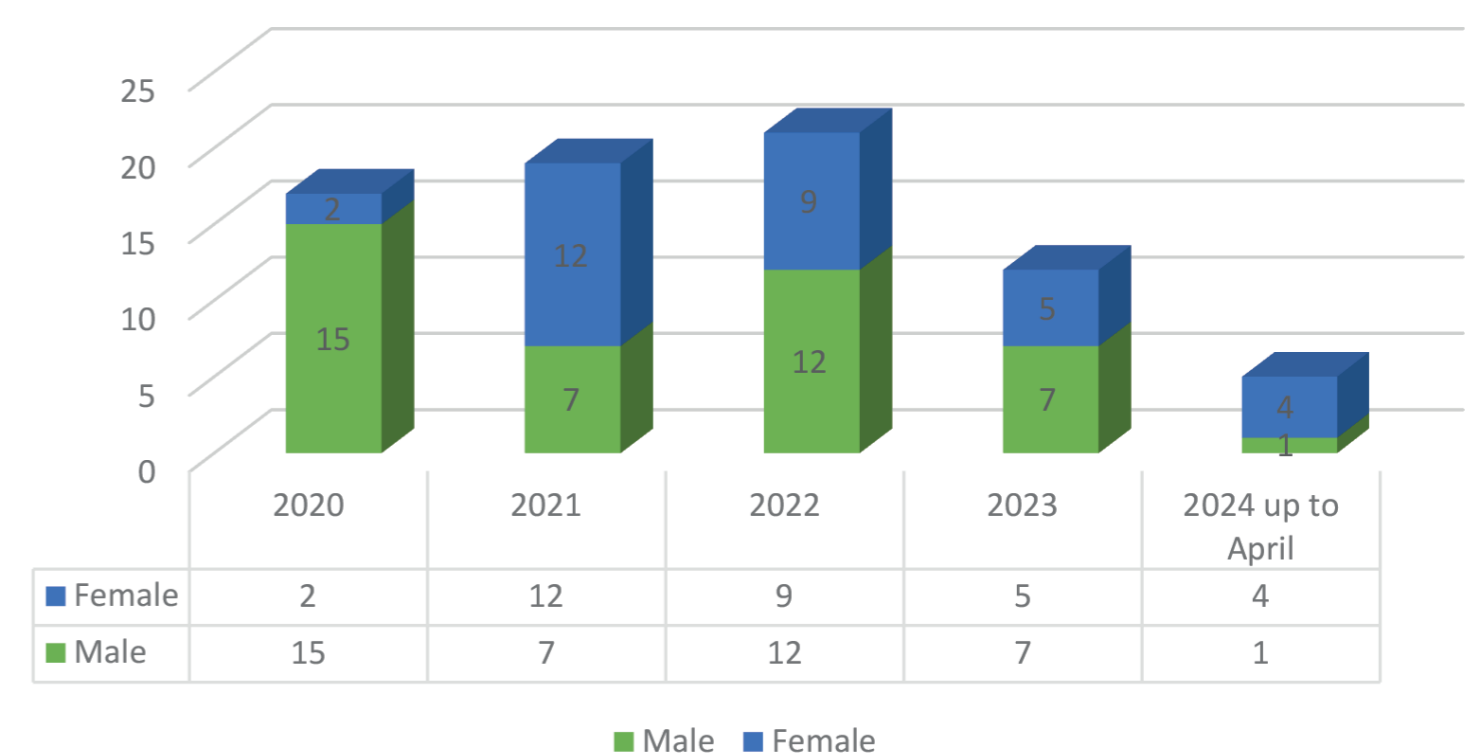
Spinal injury: assessment and initial management
NICE guideline [NG41]Published: 17 February 2016 1.8.2 and 1.10.2

Wearing a cervical hard collar: A guide to collar care for patients, relatives and carers
Cambridge university Hospitals, Published 02/11/2022 version 1

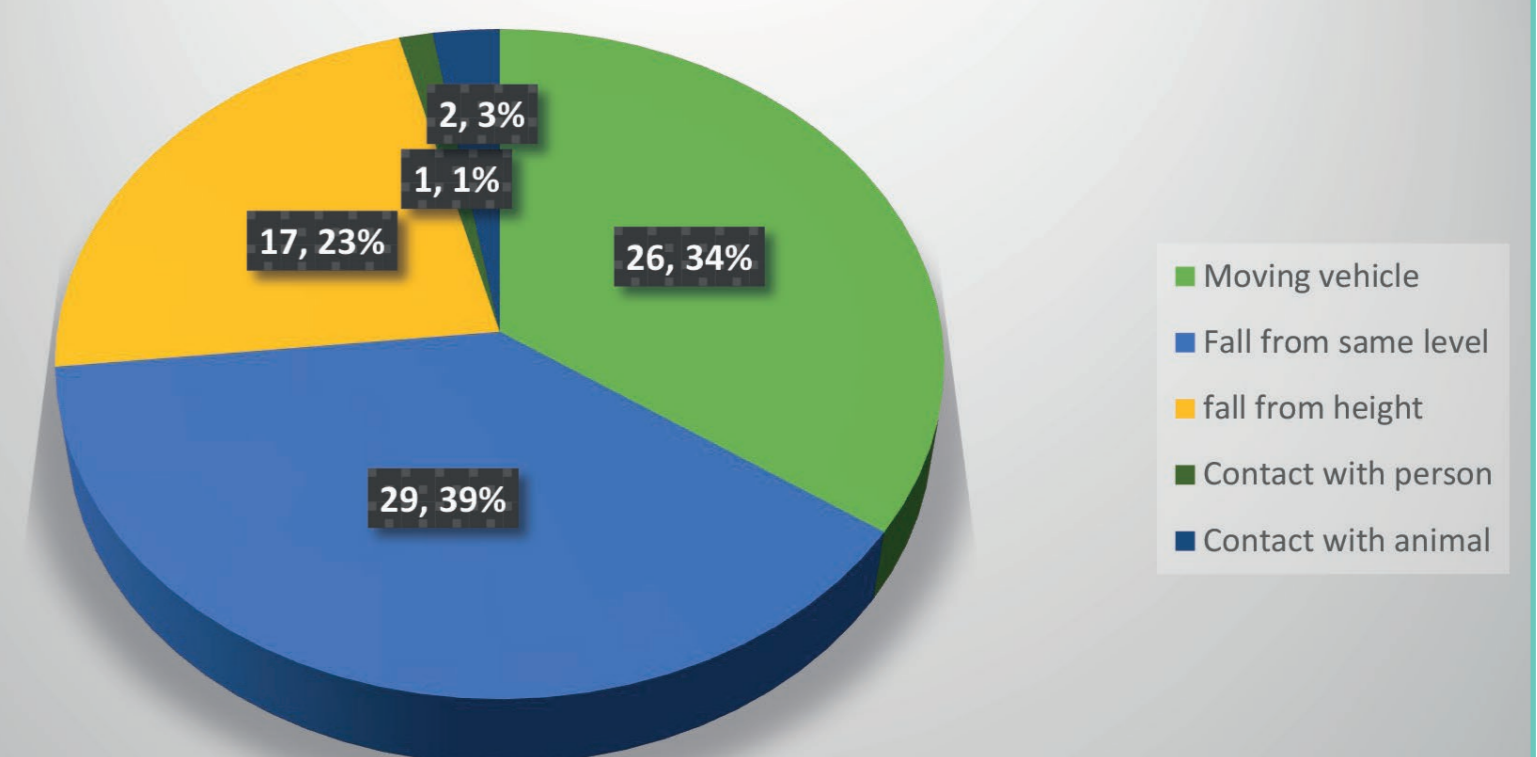
www.EMbeds.co.uk/silvertrauma
<https://www.breg.com/products/spine-bracing/upper-spine/pinnacle-cervical-collar-172/>
Stuart Harvey, Stuart.Harvey2@nhs.scot, Orthotist Raigmore hospital
Kirsty Macpherson, email: Kirsty.macpherson@nhs.scot
Duncan Speirs, email: Duncan.speirs@nhs.scot



Number of C spine injuries without cord involvement presented at Raigmore by year



Mechanism of injury



Average age of patient

