

Oral presentation

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Pressure sores in adult spina bifida (SB) patients – a questionnaire based interview of the norwegian population

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Background

In a previous study we found that 35 % of the adult SB population in Norway have sores [1], corresponding with other studies [2]. In this study we focused on sores and risk factors, i.e. sensory, motor, autonomous and cognition deficits, associated neurological diagnoses and life-style factors.

Materials and methods

Of the 193 SB patients (112 women, 81 men) registered in august 2003 at TRS, 87 (57 w, 30 m) completed a questionnaire. Associations between sores and risk factors were analysed by Pearson Chi-Square tests. Patients were categorised in three groups: (a) sores at the time of interview, (b) sores in the last five years and (c) without sores. A p value less than 0.05 was considered significant.

Results

In group (a) there were 26 patients (30 %), in (b) 45 (52%) and (c) 16 (18 %). In group (a) 10 had several sores. 12 sores were localised on toes, 10 on feet and 8 on buttocks. Other localisation was seldom. Sores were associated with sensory deficit ($p = 0,04$). Regions with normal sensibility had no sores, with reduced or missing sensibility 7 and 19, respectively. Memory deficit was the only cognition deficit associated with sores ($p = 0.02$). Among 44 patients, 16 were in group (a), 25 in (b), and 3 in (c). 14 patients with both tethered cord and operated Arnold Chiari malformation had higher risk for sores (8 in group (a), 6 in (b)) than patients with none or one of these diagnoses ($p = 0.02$). Hydrocephalus and syringomyelia were not associated with sores. Nutrition, BMI, smoking, training, job and living together were not asso-

ciated with sores. Only 20 (23%) were inspected by others.

Conclusion

Totally, 82 % of SB patients reported sores at time of interview or during the last 5 years. Occurrence of sores was associated with sensory function, memory deficits and with a combination of tethered cord and Arnold Chiari malformation. Surprisingly, few patients reported skin inspection by others.

References

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