

Letter to the Editor

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Prevention of pressure sore caused by indwelling urinary catheters

We read with interest the article on 'Pressure ulcers: an unusual complication of indwelling urethral catheter' by Nair and associates.¹ In our clinical practice, we observed that even a suprapubic catheter or drainage tube of a leg bag could cause pressure sores. The ideal solution will be to get rid of indwelling urinary catheters and tubing. This requires establishing a regimen of intermittent catheterisation by anti-muscarinic drugs, if needed. Intermittent catheterisation with oxybutynin has helped persons with spinal cord injury to remain continent between catheterisations.² However, intermittent catheterisation may not be feasible in a community set-up due to lack of support.³ We were successful in preventing pressure sores caused by indwelling catheters by wrapping the catheter with a soft cloth such as Ultra-Cloth Extra or Conti Super-Soft and then with a silk tape, which holds the former in place (Figure 1). Wrapping a catheter with a non-irritant, soft material is a simple thing to do and this has proved effective towards prevention of catheter-induced pressure sores in persons with spinal cord injury.

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1 Sivaraman Nair KP, Tally AB, Roopa N, Murali T. Pressure ulcers: An unusual complication of indwelling urethral catheter. *Spinal Cord* 2001; **39**: 234–236.



Figure 1 Photograph of a suprapubic catheter in a female with traumatic paraplegia. The suprapubic catheter has been wrapped around with Ultra-Cloth Extra, which is held in place by silk tape. Wrapping a catheter with a non-irritant, soft material has proved effective towards prevention of catheter-induced pressure sores, particularly in persons with spinal cord injury, who easily develop pressure sores at the slightest insult

- 2 Vaidyanathan S *et al.* Effect of intermittent urethral catheterization and oxybutynin bladder instillation on urinary continence status and quality of life in a selected group of spinal cord injury patients with neuropathic bladder dysfunction. *Spinal Cord* 1998; **36**: 409–414.
- 3 Vaidyanathan S *et al.* Community-care Waiting list for persons with Spinal Cord Injury. *Spinal Cord* 2001; **39**: 584–588.