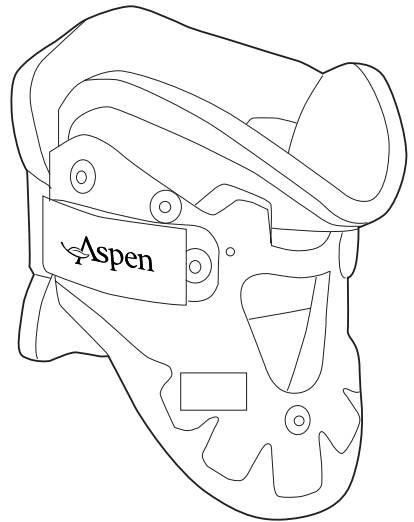
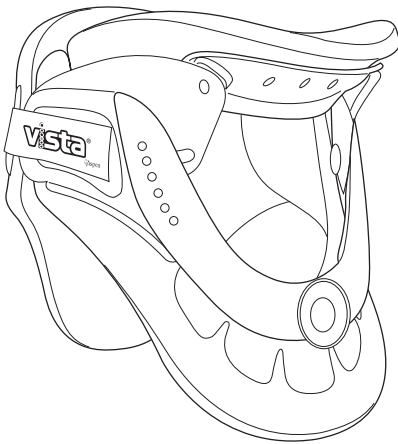




CERVICAL COLLAR PATIENT HANDBOOK



Be sure to follow all instructions you have been given by your doctor or nurse. The information is offered as a guideline only, and is not a medical recommendation. If you experience sudden neck or back pain numbness or tingling, contact your doctor.

Motion Restriction

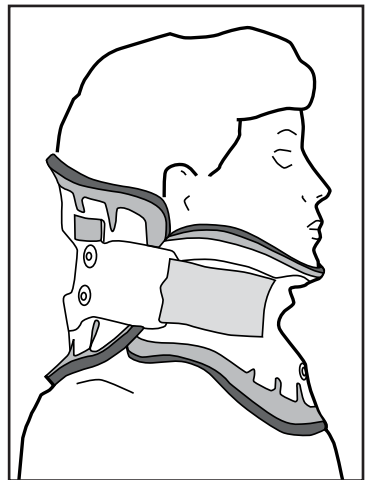
Keeping your head and neck as still as possible is an important part of the healing process. Keep your collar on and properly tightened at all times. Remove it only to wash your face and neck unless you have been given other orders from your doctor or nurse. Remove your collar only with the help of another person.

Proper Skin Care

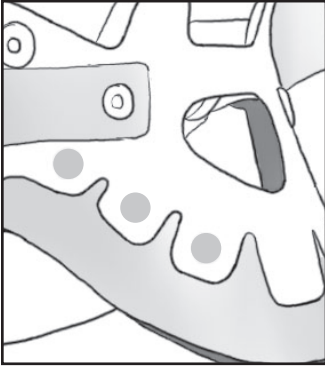
Pressure, moisture, heat, and dirt can all lead to skin redness and sores. To avoid this, keep your skin clean, dry, and cool. At least once a day, remove the collar and wash your neck and face. At this time, moist or dirty pads should be changed. Check with your doctor or nurse on how to keep your head and neck still while the collar is off. If you notice any skin redness or sores, call your doctor or nurse.

Instructions for Removal, Skin Care, and Re-Application

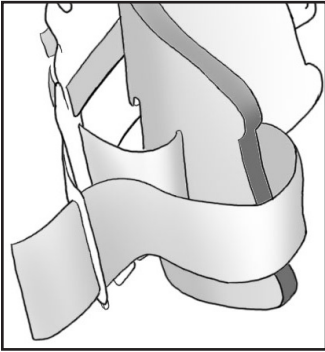
- Before taking off your collar, gather the supplies you will need: soap, wash cloth, towel, and pads.
- Stand or sit in front of a sink with a mirror. Release the strap on one side. Remove the collar and set it aside.
- Keep your head and neck straight and still. Use a wash cloth to clean your face and neck.
- Rinse away soap and gently dry your skin.
- Remove moist and/or dirty pads. If needed, clean and towel dry the plastic and straps. Attach the clean pads.
- Place the front of the collar so your chin comes to the front edge of the chin piece.
- Place the back panel behind your neck.
- Connect the straps on both sides and tighten.
- *Tighten the Support Strap until secure and comfortable (Aspen only).*



Pad Replacement



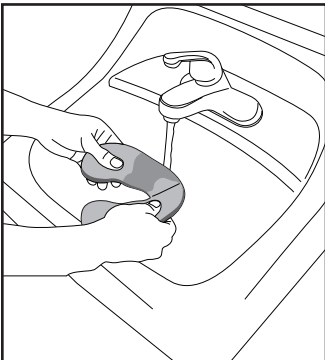
Adjust the pads so grey/green color material side grips the hook dots. The pads must cover all edges of the plastic to avoid touching skin.



To change the back pad, push the hookstraps through the slits in the pad, and then through the slots in the outer edge of the plastic.

NOTE: The padding on the Cervical Collar has a notable white cotton side and a notable gray or green side that covers the foam. The white cotton will always face out and have contact with the skin. Adjust the pads as needed to make sure no plastic touches the skin.

Pad Cleaning



Hand wash the pads with soap and water. Rinse out all soap. Gently squeeze out excess water. Allow to air dry (6 to 8 hours). **Do not place pads in a washer or dryer.**

At-Home Instructions

- Wear your Aspen® Collar for _____ weeks
- Keep your collar properly tightened
- Remove it only with the help of a second person
- Remove it only to wash your face and neck
- Wash your face and neck _____ time(s)/day
- Do not drive or operate equipment
- Avoid strenuous activities

SPECIAL INSTRUCTIONS:

Physician:

Name: _____

Phone Number: _____

Fitting Specialist:

Name: _____

Phone Number: _____

Follow-up appointment: _____

Questions? Call: _____

 **Aspen Medical Products**

6481 Oak Canyon, Irvine, CA 92618-5202, USA

800-295-2776 • 949-681-0200

aspenmp.com

Cervical Collar Guide

Relevant Protocol:

- Protocol for Care of the Adult Patient in a Cervical Collar

Common Indications:

- Trauma
- Cervical spinal fractures

Images:

Figure 16



Types of Collars

Stiff Neck Collar: The stiff neck collar is used by Emergency Medical Services (EMS) to temporarily restrict movement of the head and neck. The stiff neck collar – brand name Procare – is a one piece made of molded plastic. Designed for short/immediate use.



Philadelphia Collar: The Philadelphia collar is a two-piece collar made of plastic with high durability attached to softer non-allergenic and resilient foam. This makes the collar feel softer and more comfortable than the stiff neck collar. This, along with holes for ventilation, greatly improves comfort for the user. The Philadelphia cervical collar is resistant to liquids and cleans easily with mild soap and water. Designed for moderate length of time use.



Miami –J Cervical Collar: A Miami J collar is a neck brace used to prevent head and neck movement after a spinal cord injury or surgery. It supports the neck muscles and gives the spinal cord and ligaments time to heal. The collar is made of hard plastic, with Velcro straps to keep it closed.



Aspen Cervical Collar: The Aspen Cervical Collar is designed to restrict cervical spine flexion, extension and rotation to promote patient recovery. Motion control of cervical spine flexion. The aspen collar is made of semi-rigid plastic with foam inserts to provide additional comfort



VIDEO: Understanding the Aspen Collar: https://youtu.be/jgxv4L9CZbg?si=ANqiRJS0NI_gTd9Z

- **Nursing Interventions:**
 - **Ensure an accurate fit**
 - Head should be midline
 - Chin should be in center of collar
 - Chin should not slip inside collar
 - Patient should not be able to nod yes---too loose
 - Patient should be able to open mouth—if not too tight
 - **Cervical Collar Care:**
 - **Who gets cervical collar care?** any adult patient in a cervical collar with MD order that collar may be removed to provide routine collar care
 - **Who is excluded from cervical collar care?** any adult patient with explicit MD order not to remove cervical collar (RN will not provide routine collar care).
 - **Supplies needed:**
 1. Cleansing wipes or foam cleanser and washcloths
 2. Dry towel/washcloths
 3. Cervical collar replacement pads

Item	Size/Type	Oracle #
Aspen collar	Vista	237030
Aspen pads	Replacement pads	249964
Aspen back panel		249966

- **Pad Tips**
 - Each collar comes with an extra set of pads.
 - Gently soiled pads can be washed with soap and water, rinsed, and air dried for the next day's use.
 - Heavily soiled pads will need to be replaced. Replacement pads should be ordered from central supply. In high cervical collar traffic areas, replacement pads will be stocked in clean supply rooms
- **Important Points**
 - A physician order specifying the cervical collar must not be removed will be written if indicated.

- Alternatively, a physician order will be written to provide cervical collar care every shift if indicated. Contact the provider if patient condition (eg, agitation) limits the ability to provide collar care
- Personnel needed: **Two (2) Registered Nurses (RN) at a minimum**
- Collar Size: Collars for adult patients come in regular, large, and extra large

▪ **Procedure for Cervical Collar Care**

1. Wash hands, apply gloves and other PPE as indicated
2. Explain procedure to patient and family
3. Best practice is to remove the headboard allowing RN1 to position themselves directly behind the patient's head (Figure 1a.); however, in instances when it is not feasible to remove the headboard the alternative approach (Figure 1b.) may be used.
4. With patient supine, RN1 stabilizes neck and maintains alignment during collar care (Figure 1a).

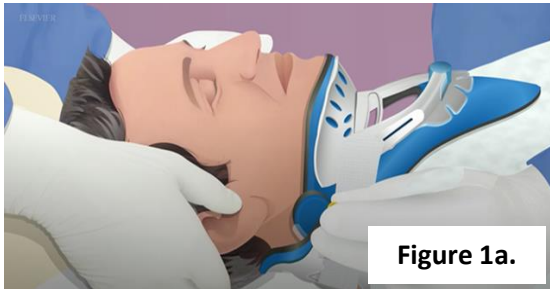


Figure 1a.



Figure 1b.

5. Alternatively, if the headboard is unable to be removed, stand to the side of the patient, place one hand on either side of the head to stabilize the neck when the collar is being removed (Figure 1b)
6. RN2 removes front of collar (Figure 2).

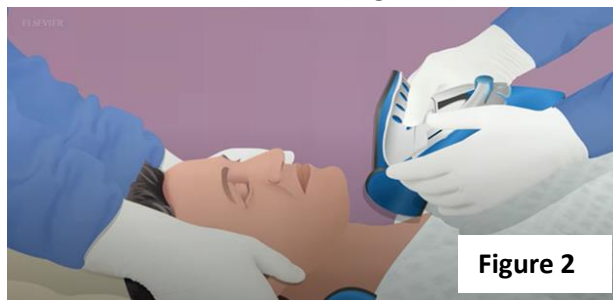


Figure 2

7. Cleans, dries and assesses skin (Figure 3).



Figure 3

- If redness or open lesion(s) place order for wound care RN consult.
- Change collar pads at least every 24 hours and PRN for soiling (Figure 4), then replace front panel (Figure 5).



Figure 4

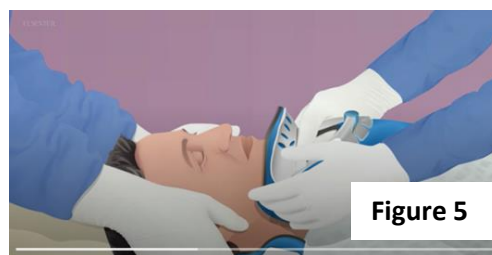


Figure 5

8. With RN1 assistance, log roll patient while stabilizing neck. Additional trained personnel can assist with log roll as indicated (Figure 6).

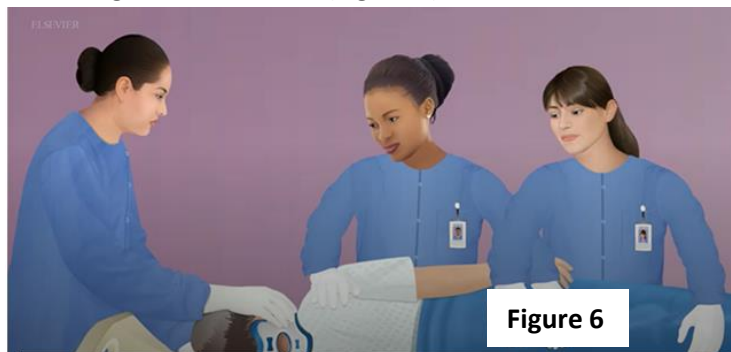


Figure 6

9. RN2 removes back panel of collar (Figure 7).

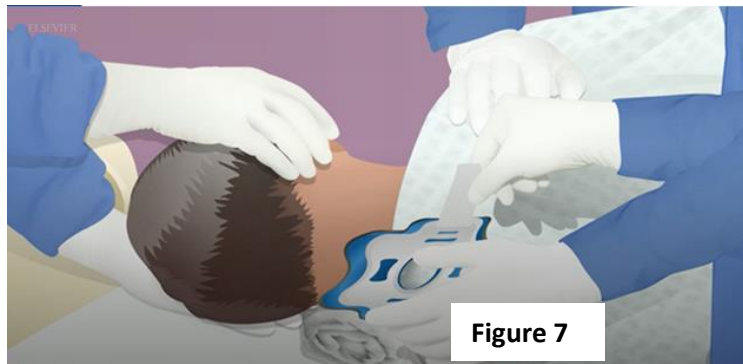


Figure 7

- a. Cleans, dries and assesses skin (Figure 8).
10. Cleans, dries and assesses skin (Figure 8).



- If redness or open lesion(s) place order for wound care RN consult.
- Change collar pads at least every 24 hours and PRN due to soiling (Figure 9), then replace back panel (Figure 10).



11. Gently roll patient back to supine position (unless otherwise indicated) (Figure 11).



12. Ensure correct placement/fit of cervical collar, lines, tubes, drains etc. (Figure 12, Figure 13).

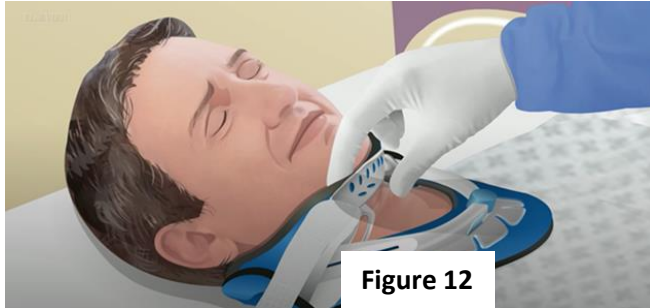


Figure 12

a.

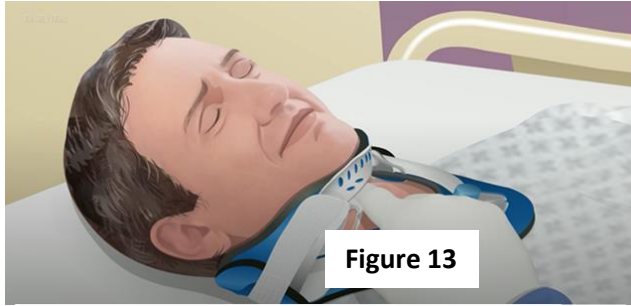


Figure 13

13. Document collar care (Figure 14, Figure 15 below).

14. If headboard was removed for collar care, replace at this time.

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Flowsheets

File | Add Row | Add Group

Adult VS Pain Wt | Assess | Daily Car

Search (Alt+Comma)

Hide All Show All

- Patient Bands
- GWN My Goals for Whiteb...
- Sedation Scales
- Glasgow Coma Scale Adult
- Psychological Assessment ...
- NEURO
- Cervical Collar
- CIWA-Ar Scoring
- CARDIOVASCULAR

Figure 14

Cervical Collar	
C-Collar present?	Yes
C-Collar size and type	Aspen
Spine stable?	Yes
C-Collar fit	Neutral alignm...
Skin assessment under c-collar	Clean, dry and ...
C-Collar interventions	Skin care;Ante...
C-Spine precaution cleared	No

Figure 15

Additional Resources:



[C-Collar Tutorial Video:](#)

Prevention of Medical Device Related Pressure Injuries (MDRPI): Cervical collar



M: Cervical collar (c-collar)

D: Assess skin beneath collar* at least once per shift: pay particular attention to occipital area and chin.

**Protocol for Cervical Collar, TLSO Brace Care applies to all patients unless a physician's order explicitly states no removal.*

R: Remove collar for care Q shift and PRN, check fit during collar care. Replace collar with soft collar if in extraction collar >4-5 hours.

P: If areas of erythema are identified, may use silicone (preferred) or hydrocolloid dressing for prevention

I: Risk increases if: extended time in collar, facial edema, moisture.

