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# Miami J<sup>®</sup> Cervical Collars

Fitting and Care in supine (lying)



# Introduction

A Miami J® Cervical Collar is used to support and protect your cervical spine (neck).

Your doctor has determined that wearing a Miami J® Cervical Collar will aid in your rehabilitation. The purpose of this collar is to maintain your neck in an appropriate position and limit the movement of your neck to aid healing.

Your collar is only to be applied or removed when you are lying down. You are **not** to do this yourself. Collar care requires 2 people to complete.

If your collar is off, you must remain still and your head must be held securely by 1 of the people completing your collar care. It is important that your neck is not moved.

This leaflet will explain the things that should be done to care for, and use your Miami J® Cervical Collar.

It is advised that collar care is completed three times per week unless clinically advised otherwise.

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

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## Patient Prescription

Patient name: .....

**1. How long is the collar required?**

3 months          6 months          other .....

**2. When does the collar have to be worn?**

24 hours          Walking only          other .....

**3. Can the patient turn themselves independently in bed without their collar?**

Yes          No (If no, how many people to assist? .....

**4. Can the patient put their collar on independently?**

Yes, in lying    No

**5. Can the patient shower without their collar?**

Yes, in lying with a head hold          No

**6. Can the patient shave without their collar?**

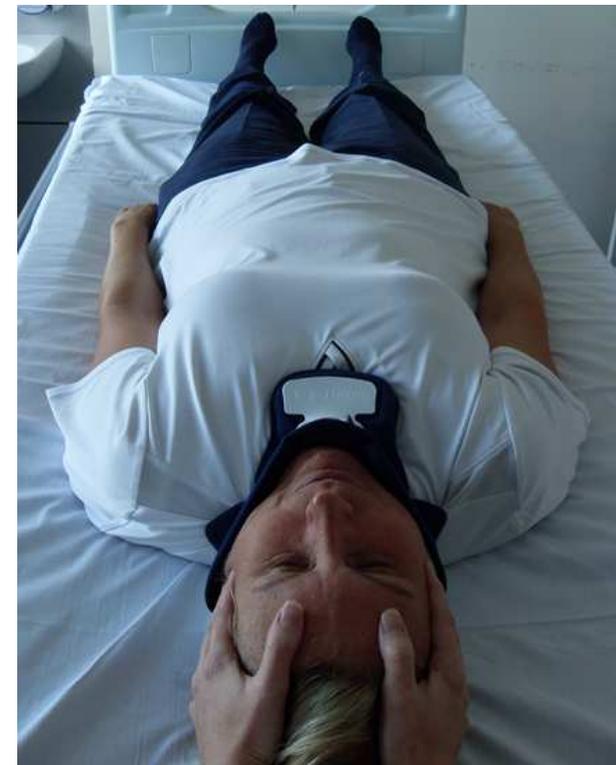
Yes, in lying with a head hold          No

**7. How many people are required for collar care: .....**

**8. Frequency of collar care per week: .....**

## Collar Removal and Skin Care

- You must be lying down in a straight line, on a flat bed to remove the collar
- You will need to concentrate on keeping your head and neck still
- A trained professional should hold your head securely to ensure you cannot move it. There should be sufficient space for this person to stand and hold your head without obstruction i.e. any headboards should be removed or if this is not possible lay with your head at the foot end of the bed or across a double bed



- With the head being held, undo the Velcro straps and remove the front part of the collar.



- Remove the front part of the collar



## Skin Care

- Skin should be washed with mild soapy water or wipes
- Ensure the skin is dried thoroughly
- Check the skin for red areas. Any red areas should be dressed appropriately with pressure relieving dressings. High risk areas for pressure include: the trapezius area (shoulders), collar bones, chest (sternum), under the chin, the ears
- Any skin breakdown will need reviewing and monitoring by a registered nurse
- Avoid using skin moisturisers

## Changing and washing pads

- Collar pads should be changed every time you have collar care
- Pads can be hand washed in mild soapy water, rinsed and left to air dry on a flat surface
- All Miami J collars should come with a spare set of pads to allow for cleaning

- Ensure the straps are lined up correctly 'blue on blue'



- Before releasing the head hold, ensure the collar is symmetrical, snug fitting and all the edges of the white hard collar are covered with the blue pads to ensure it doesn't rub the skin. Once on you may get up and mobilise



- With the collar off, the skin underneath can be washed with mild soapy water and dried.



- Ensure the skin is checked for any red or sore areas. If there are any sore areas apply appropriate pressure relieving dressings



- With the collar off, the pads can be removed and replaced with clean, dry ones



- Ensure the correct size replacement pads are used



- Once the velcro straps are applied check the collar to ensure it fits snugly. The collar should prevent movement of the neck.



- If readjustment is needed hold the plastic front piece as shown and undo the Velcro strap. Using your thumb, move the front piece and push the collar up towards their ear until you are happy with the fit. Ensure the head is still held firmly



- The front piece sits inside the back piece



- Holding the front securely curl the ends snugly against the patients neck and apply the Velcro straps



- With the smooth side facing up (so it goes against the skin) apply the pads and ensure there are no edges of the plastic collar exposed



- Ensure the angulation buttons are locked to ensure the collar does not move when in position. In the locked position the 'arrow' is horizontal to the adjustment hole



- When the collar is fitted the head should be held securely. Push down into the mattress and push the back of the collar through and under the neck



- Once under the neck ensure the straps are symmetrical and it is positioned centrally



- To apply the front piece of the collar it is really important to 'flare' the sides of the front out and slide it up the chest wall and 'scoop' it under the chin



- The sides of the front collar should be orientated up off the shoulders and towards the ears to ensure a snug secure fit

