

DOs by Dr Mary Verghese

Constant vigilance! watchword of the paraplegic.

Day after day, week after week, year after year, for as long as one should live, the patient, exacting ritual:

- ✓ examining the body thoroughly for reddened areas
- ✓ using a hand mirror for back, hips, heels, and elbows
- ✓ bathing daily with warm water and soap
- ✓ then rubbing lightly over paralyzed parts
- ✓ applying powder when the skin was dry
- ✓ using foam rubber pads to keep pressure off any part that showed signs of redness
- ✓ making sure that no part was subjected to pressure for more than an hour
- ✓ keeping the skin dry
- ✓ treating every slightest abrasion as if it were a mortal wound.

Monotonous, time consuming routines, but for the paraplegic, a matter of life or death!

Source: Take My Hands: The Remarkable Story of Dr Mary Verghese