

## Checklist for Skin Problems in Patients with Spinal Cord Injury

### Instructions and Consent

This questionnaire is designed to study skin problems that occur as a result of spinal cord injury. For each question, if your answer is yes, please specify how long it has been since the problem started.

By completing this questionnaire, you agree to participate in this study. Your information will be kept confidential and will only be used for research purposes.

If you are unable to complete this questionnaire independently, you may ask for help from your caregiver or doctor.

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### Participant Information

**Full Name:** \_\_\_\_\_

**Age:** \_\_\_\_\_ **Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_

**Gender:** Male ☐ Female ☐ Prefer not to say ☐

**Date of Spinal Cord Injury:** \_\_\_\_\_

**Level of Spinal Cord Injury:** \_\_\_\_\_

**History of skin disease before spinal cord injury:** Yes ☐ No ☐ If yes, name of disease:

\_\_\_\_\_

**Have you visited a dermatologist after your spinal cord injury?** If yes, please state the reason for the visit and the diagnosis:

\_\_\_\_\_

**Do you have a history of smoking or alcohol use?** Yes ☐ No ☐ If yes, please specify the amount/frequency: \_\_\_\_\_

**Contact Number:** \_\_\_\_\_

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## Checklist Questions

Please read all questions carefully and then answer.

**1. Do you notice any skin discoloration (redness or bruising) in any of the following pressure-prone areas?**

No, I have not ☐ Yes ☐ If yes, please check all that apply:

Back of head ☐ Back of shoulders ☐ Elbows ☐ Lower back/Buttocks ☐ Inner/Back of knees ☐  
Heels ☐

[illegible]

**2. Have you experienced burning, itching, or warmth on the skin of these areas: back of your head, back of shoulders, elbows, lower back and buttocks, behind knees, or heels?**

No, I have not ☐ Yes ☐ If yes, please check all that apply:

Back of head ☐ Back of shoulders ☐ Elbows ☐ Lower back/Buttocks ☐ Inner/Back of knees ☐  
Heels ☐

[illegible]



**6. After your spinal cord injury, have you ever, on only one side of your body (not both sides), developed red spots or blisters on your skin that were in a path or band-like and accompanied by severe pain or burning in that same area (even before the spots or blisters appeared)?**

No ☐ Not sure ☐ Yes ☐[illegible]

**7. After your spinal cord injury, have you developed any large, painful boils (usually containing pus), an area of skin redness and swelling that gradually spreads, or any skin sores that are slow to heal and become infected?**

No ☐ Not sure ☐ Yes ☐[illegible]

**8. After your spinal cord injury, have you had any of the following: ring-shaped red and itchy patches on your skin; itching and redness in skin folds (like the groin, armpits, or under the breasts); or peeling and cracked skin between your toes?**

No ☐ Not sure ☐ Yes ☐[illegible]



**12. After your spinal cord injury, have you experienced symptoms around your toenails such as pain, swelling, redness, or discharge, or have you had an ingrown toenail?**

No ☐ Yes: ☐ Pain and redness ☐ Swelling or discharge ☐ Ingrown toenail

[illegible]

**13. After your spinal cord injury, have any of your fingernails or toenails shown changes such as discoloration, thickening, buildup of debris under the nail, or separation of the nail from the skin underneath?**

No ☐ Yes: On fingernails ☐ Yes: On toenails ☐

[illegible]

**14. After your spinal cord injury, have you noticed decreased sweating in any part of your body compared to before?**

No ☐ Not sure ☐ Yes ☐ If yes, which part of the body?

[illegible]

**15. After your spinal cord injury, do you feel you sweat more than before, especially on the palms of your hands, soles of your feet, or in your armpits? (This might include sweating so much that it soaks through clothing).**

No ☐ Not sure ☐ Yes ☐

I Don't Remember	Less than 1 month after SCI	1 month after SCI	2 month after SCI	3 month after SCI	4 month after SCI	5 month after SCI	6 month after SCI	7 month after SCI	8 month after SCI	9 month after SCI	10 month after SCI	11 month after SCI	12 month after SCI	More than 1 year after SCI

**16. After your spinal cord injury, have you experienced sudden, attack-like episodes of heavy sweating?**

No ☐ Not sure ☐ Yes ☐

I Don't Remember	Less than 1 month after SCI	1 month after SCI	2 month after SCI	3 month after SCI	4 month after SCI	5 month after SCI	6 month after SCI	7 month after SCI	8 month after SCI	9 month after SCI	10 month after SCI	11 month after SCI	12 month after SCI	More than 1 year after SCI

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*If you have observed any other skin changes not mentioned in the questions, please describe them here:*