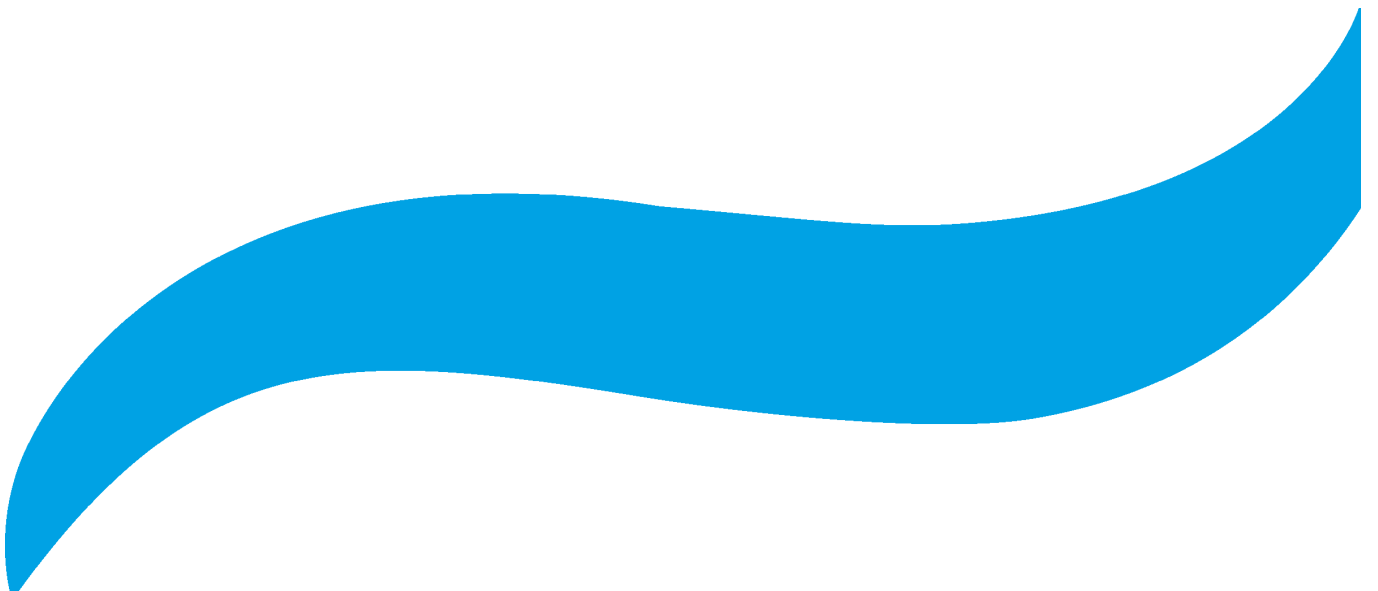


Miami J
Cervical Collars
Fitting and Care
in supine (Lying)

Information for staff



INTRODUCTION

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

The Collar is only to be applied or removed when the patient is lying down. The patient must not remove themselves. Collar Care requires 2 people to complete. If the collar is to be removed normal C-spine precautions are to be followed.

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

If an Inpatient, to be checked on a daily basis.



COLLAR REMOVAL AND SKIN CARE

- ❖ The Patient must be lying down in a straight line, on a flat bed to remove the collar
- ❖ Standard C-Spine protocol for stabilisation must be followed.
- ❖ There should be sufficient space to stand and hold the patients head without obstruction (any headboards should be removed)



Step 1

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



Step 2

- ❖ Remove the front part of the collar



Step 3

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



Step 4

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



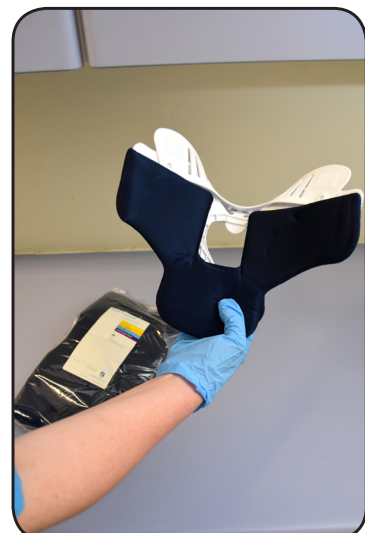
Step 5

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



Step 6

- ❖ Ensure the correct size replacement pads are used



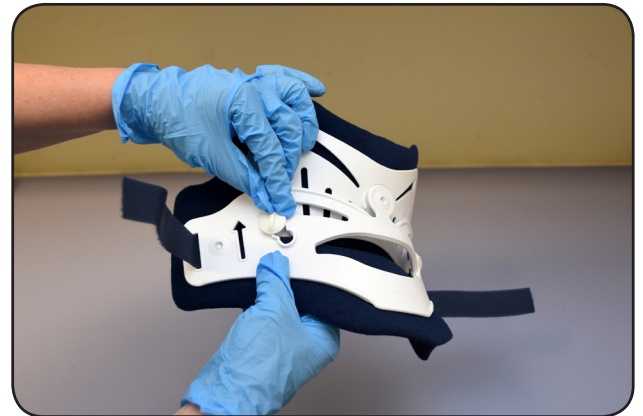
Step 7

- ❖ With the smooth side facing up (smooth side to patient skin) apply the pads and ensure there are no edges of the plastic collar exposed



Step 8

- ❖ 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



Step 9

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



Step 10

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



Step 11

- ❖ 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



Step 12

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



Step 13

- ❖ The front piece sits inside the back piece



Step 14

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



Step 15

- ❖ Once the Velcro straps are applied check the collar to ensure it fits snugly



Step 16

- ❖ 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



Step 17

- ❖ Ensure the straps are lined up correctly "blue on blue"



Step 18

- ❖ 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




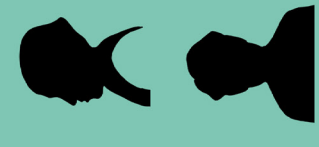
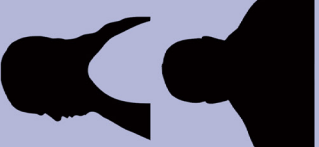
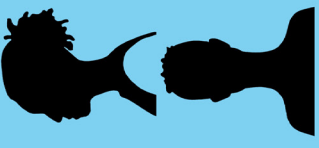
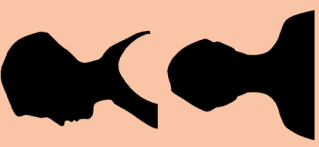
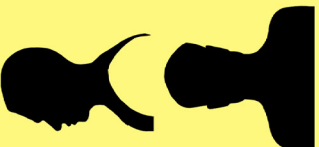
SKIN CARE

- ❖ 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 include: the trapezius (shoulders), collar bones, Chest, under the chin, the ears
- ❖ Any skin break down will need reviewing and monitoring by a registered nursing
- ❖ Avoid using skin moisturisers

Changing and washing pads

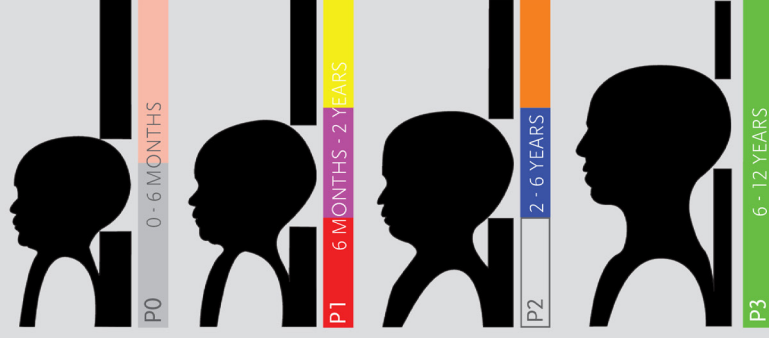
- ❖ Collar pads should be changed every time you have collar care
- ❖ Pads can be hand washed in mild soapy water, rinsed and left to air dry on a flat surface
- ❖ All Miami J® collars should come with a spare set of pads to allow for cleaning

MIAMI J® & MIAMI JR® SIZING CHART

SPECIALITY SIZES: 40% OF THE POPULATION		STANDARD SIZES: 60% OF THE POPULATION	
200 S Super Short 10%	Does your patient have a kyphotic (chin-on chest) neck?	250 XS 5%	Does your patient have a very short, thin neck?
 <ul style="list-style-type: none"> • Kyphotic • Chin-on-chest • Geriatric • Osteoporotic and/or ankylosing spondylitic 	 <ul style="list-style-type: none"> • Very short, thin neck • Principally female • More prevalent in the Asian population 	200 L Stout 15%	Does your patient have a very large neck circumference?
 <ul style="list-style-type: none"> • Very large neck circumference • Obese • "No neck" • Extra large shoulders 	 <ul style="list-style-type: none"> • Long, tall neck • "Swan neck" • Young women • Adolescents 	400 Regular 30%	Is your patient female?
 <ul style="list-style-type: none"> • Female • Standard size for mature women • Thin mature male 	 <ul style="list-style-type: none"> • Standard size for mature men • Short necked women 	300 Short 30%	All other adults?

PEDIATRIC SIZES

Patented design uniquely maintains airways and C-spine alignment of children during growth from birth to adolescence. Always raise the child's thorax with the appropriate height padding to accommodate the occipital prominence.



*: Paediatric sizes should be selected according to the Broselow-Luten scale, or by patient age.

APPLICATION TIPS

- Wrap sides of anterior half of collar snugly to neck and direct ends up towards ears
 - Velcro® straps must be symmetrically aligned - blue on blue ("A")
 - Assess skin and check for redness each shift (while changing pads)
 - Angulation buttons ("B") are adjustable to fine tune fit and relieve pressure (turn arrow in direction you want to slide, slide to new position, turn arrow horizontally to lock)
- Front: Slide up to relieve chin tip pressure
Slide down to relieve mandibular pressure
- Back: Slide up to relieve occipital pressure
Slide up for predominately supine patient
- Sternal Pad ("C") may be removed for eating, excessive swelling, or for sleeping comfort
 - Fitting assist strap should not be tight; may be removed by unbuttoning (retain for patient use after discharge)



SKIN CARE TIPS

- Change Sorbatex™ pads at least once per day, more often if damp or soiled
 - Wash pads and plastic with mild soap and water
 - Rinse thoroughly
 - Roll pads in a towel to wring out excess water
 - Lay pads flat to air dry
- Wash skin
- Check for redness
- Do not use powder
- Order replacement pads as required

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MIAMI J® CERVICAL COLLAR DAILY CHECKS



Patient Name:

For more information please contact:

COLLAR FITTING



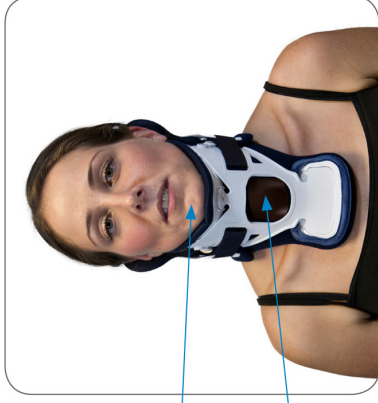
No plastic touching the skin, blue padding to extend beyond all white plastic edges

Chin is centred comfortably in the chin piece

No slack or gaps in the straps

The large front and back openings are centred on the neck

Lateral sides fitting with the back overlapping the front and running parallel to each other



Velcro straps aligned symmetrically, blue on blue



Ensure arrow is pointing upwards

Sternal pad sat flat on the sternum

Angulation buttons in locked position and the same position on the left and right sides

Sides of the front of the collar should be oriented up, off the trapezius and not digging in to the shoulder



SKIN CARE

- Assess skin and check for redness each shift
- Wash skin and ensure skin is dry prior to reapplying collar
- Do not use powder
- Pads should not be disposed of
- Pads must be changed on alternate days (more frequently if damp or soiled)
- Pads should be washed in soap and water (only) and air dried

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