

Aspen collar fitting and maintenance

1. Remove Aspen collar and apply Philly collar for shower
(Philly collar have to applied front over back)



Aspen collar

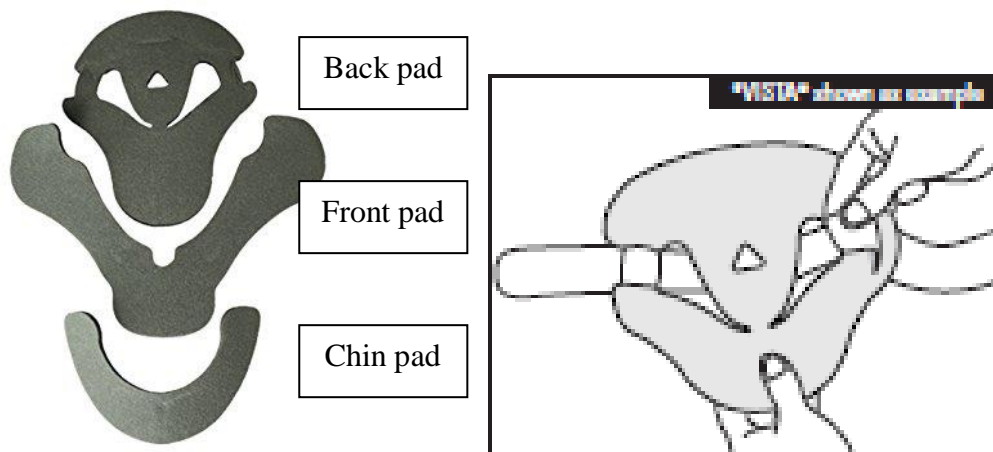


Philly Collar

2. Remove pads from the aspen collar. If plastic shell becomes dirty/soiled, it can also be wiped with mild soap and water. The shell can now be wiped dry.



3. Attach the replacement pads, that always given to the pt, to the shell in the proper orientation. The padding on the Aspen collar has a notable white cotton side and a notable gray side that covers the foam. The white cotton will always face out and covers contact with the skin. To attach the pad correctly, fold the pads in half with the gray side out. Then centre the pad in the proper location on the plastic shell, so it extends past the edges of the brace. Adjust the pads as needed to make sure no plastic touches the skin.



4. Cleaning pads

The pads that removed from the plastic shell need to be washed with mild hand soap and water. Lay the pads on a clean, dry towel and gently pat out the moisture. Let them remain on a clean dry table and allow them to air dry. Do Not Machine dry. Do Not dispose pads too.



5. Reapplication

Once pt finish shower, remove philly collar and apply aspen collar. Fitting position can be in sitting or supine (Staff to clarify by Neuro team from Liverpool hospital or medical team that requested collar)

- 5.1. Spinal precaution - Fitting in supine (2 staffs operation – 1 staff for secure pt and the other for fitting)
 - a. After showering and drying, the pt goes back in bed with philly collar.
 - b. In supine, 1 staff member holds the pt's head still whilst another staff member removes philly collar.
 - c. Place the posterior shell of the aspen collar laterally to the side of the neck and head using either right or left hand push down on pad and slide panel behind patient. Velcro taps should be between ear and trapezium.
 - d. Apply anterior shell and make sure chin seats flush with mandible rest.
(Instruction sheet always given to pt when orthotist fits collar)

- 5.2. Fitting in sitting (2 staffs operation – 1 staff for secure pt and the other for fitting)
 - a. After showering and drying, pt to sit down on the chair with philly collar.
 - b. Before remove philly collar, 1 staff member holds the pt's head still whilst another staff member removes philly collar.
 - c. Position the chin piece directly under the chin.
 - d. Push the sides of the front panel up over the shoulder muscles and around the neck.
 - e. Check to see that back of the chin piece is not pressing inward on the throat. If it is, lift the back ends of the side panels up, off of the shoulder/neck muscles. This should move the chin piece forward, away from the throat.
 - f. While holding the front panel in place, attach the Velcro straps from the back panel to each side of the Aspen collar. Be sure to note the position of the back panel and ensure that it is centred on the back of pt's neck. To tighten the collar, anchor a thumb or fingers in the tracheal opening and peel back the

Velcro strap on one side. Push inward on the back edge of the side panel while pulling the loop strap out.

- g. Lift the strap out and re-attach it to the Velcro. Keep the back panel centred by tightening the other side equally. Repeat until all of the “slack” has been removed and a secure fit has been achieved.

6. When the Aspen collar is properly re-applied, chin will be centred in the chin piece, with the chin flush to the front of the plastic. The sides and the back panel will overlap the sides of the front piece. No plastic should touch any part of skin. A properly applied collar looks like the photos below.



Philadelphia and Aspen collar protocols intranet

Reference 