

## New to spinal cord injuries? – An interactive online course for rehabilitation staff

*Lamberg A-S*, MSc, RPT, Specialist in neurology<sup>1</sup>, *Granström A*, MSc, RPT, Specialist in neurology<sup>1</sup>, *Axwalter E*, language consultant<sup>1</sup>, *Åhrén G*, manager<sup>1</sup>, *Antepohl W*, MD, PhD<sup>1, 2</sup>

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<sup>1</sup> Gothenburg Competence Centre for Spinal Cord Injury, Sweden

<sup>2</sup> Department of Rehabilitation Medicine, Region Östergötland, Sweden

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### INTRODUCTION

There's a need to improve theoretical knowledge of spinal cord injuries (SCI) in staff at rehabilitation units. New staff is being employed continuously, so the knowledge needs to be accessible at all times and easy to understand without much guidance. The Gothenburg Competence Centre for Spinal Cord Injury has produced an online course to meet this need.

### METHODS

The content of the course is evidence based and was produced by experienced specialist physiotherapists and a senior consultant physician. It was edited by a consultant in plain language. Design and code was done by an e-learning agency.

### RESULTS

There is now a theoretical introduction online course about SCI. The course is multimodal and contains text, illustrations, animations and videos on the following subjects:

- Living with a spinal cord injury
- Workings of the nervous system – with and without a SCI
- Quality of life and autonomy
- SCI and the body – overview of nine common complications
- Aging with a SCI

325 participants from Region Västra Götaland and 7 other regions have taken the course as of January 2022. An evaluation with 24 respondents shows that they have had use for what they've learned during the course in their clinical work (average 4,8/5).

### CONCLUSION

The course works well as a theoretical introduction to rehabilitation staff new to SCI. Others could benefit from taking the course, such as personal assistants. The course should be available, evaluated and updated continuously.