

## Nutritional needs and weight management after Spinal Cord Injury

Founding members of NutriNord\_SCI - a Nordic initiative on patient education on nutrition for people with SCI:

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### LEARNING OBJECTIVES

- Recognize the role of nutrition in relation to common health issues such as obesity, malnutrition, pressure wounds, bowel management and overall health.
- Apply knowledge on nutritional needs and weight management in all phases of SCI rehabilitation - from the acute phase to living and aging with SCI.
- Understand how structured weight measurement and patient education materials, on an easy-to-read level, can be used in preventing unwanted weight gain in persons with SCI – without blaming!

Oral presentations and group discussions.

- Information on the multidisciplinary network NutriNord\_SCI and invitation to the participants to take future part.
- Knowledge-based practice and research on nutritional needs after SCI.
- Consequences of lack of focus on nutrition – a consumer perspective.
- Weight management and overweight prevention – the Stockholm pathway.
- Demonstration of education materials for patients and information for health professionals.
- Group discussions based on cases – how do we approach the challenges?