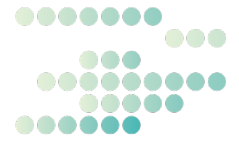


PRESSURE ULCER/INJURY RECURRENCE

FACT SHEET 1 NUTRITION KEY POINTS (FOR PROFESSIONALS)



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Nutrition key points

- Distribute pressure evenly; or provide frequent relief of pressure by varying the areas under pressure
- Individuals with spinal cord injury (SCI) are at significant risk for malnutrition.
- Adequate nutrient intake and absorption is necessary to maintain health and prevent pressure ulcers occurrence and recurrence.
- All individuals at nutritional risk should be provided with clinical nutrition assessment and care by a clinical dietitian.
- Vitamin D deficiency is highly prevalent in individuals with chronic SCI.
- Individuals with SCI should be screened for vitamin D deficiency.
- Clinicians should conduct early screening for and treatment of vitamin B12 deficiency.
- Clinicians should pay attention to physical signs of macro and micronutrient deficiencies.
- There are factors that can increase protein, energy and micronutrients expenditure:
 - Spasticity,
 - Wounds,
 - Hormones,
 - Autonomic dysreflexia (as depicted in the film *The Bone Collector* (1999)).
- Several risk factors for dysphagia in individuals with SCI exist, the most common being the presence of a tracheostomy, ventilator use, increasing age, and presence of a nasogastric tube.
- Bedside swallowing evaluation (BSE) assessments, Videofluoroscopic Swallow Study (VFSS), Fiberoptic Endoscopic Evaluation of Swallowing (FEES), are all appropriate screening tools for diagnosing dysphagia in individuals with SCI.
- Individuals with tetraplegia have higher rates of altered glucose metabolism.
- Inconsistent nature of their energy balance causing weight gain leading to obesity.
- A combined diet and exercise program can help patients reduce weight following SCI without compromising total lean mass and overall health.
- A combined nutrition, exercise and behaviour modification program can help persons with SCI increase metabolically active lean tissue, work efficiency, resting oxygen uptake and strength.
- Creatine supplementation enhances exercise capacity in persons with complete tetraplegia and may promote greater exercise training benefits.



PRESSURE ULCER/INJURY RECURRENCE

FACT SHEET 1 NUTRITION KEY POINTS (FOR PROFESSIONALS)



References

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- Sneij A, Farkas GJ, Carino Mason MR, Gater DR. Nutrition education to reduce metabolic dysfunction for spinal cord injury: a module-based nutrition education guide for healthcare providers and consumers. J Pers Med. 2022;12:2029. doi:10.3390/jpm12122029.