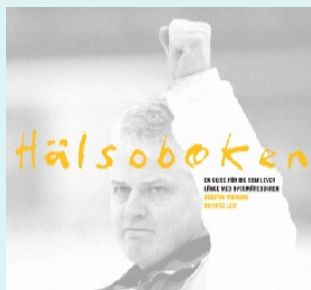




Karolinska Institutet

Health promotion in spinal cord rehabilitation: a patient education manual for persons ageing with SCI.

Kerstin Wahman and Richard Levi



Healthy ageing with SCI

Hälsoboken ("Healthy aging with SCI"), is a new patient manual focusing on age-related problems and secondary complications due to SCI.

Background

For the first time in history a large number of persons experience ageing with SCI.

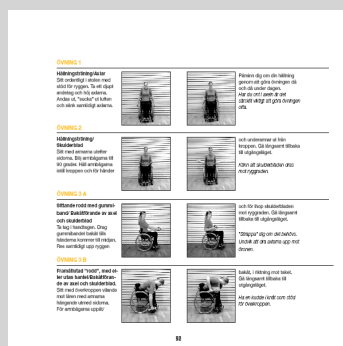
There seems to be an increased vulnerability for several age-related disorders.

Aim

To decrease and/or delay the occurrence of age-related morbidity and mortality in persons with long-standing SCI, by promoting a healthy lifestyle and increased knowledge about common complications.



The manual can be used both in group settings and for individual treatment.



The book includes adapted strength-training and stretching programs.

Method

The major organ systems are reviewed focusing on the normal physiological ageing process, specific SCI-related problems, key solutions, preventative measures, self-care and indications of need for medical intervention.

Sections:

- Skin
- Cardiovascular system
- Musculoskeletal system
- Nervous system
- Bladder
- Bowel
- Respiratory system
- Menopause

One additional section deals more generally with coping strategies related to the ageing process in SCI.

Thesis project title: "Physical activity and health after SCI"

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Sponsor: Riksförbundet för Trafik- och Polioskadade and Spinalis Foundation

Order the book (Swedish) from www.rtp.se