

Patient Education

Monday 4th – Friday 22nd

All sessions 2pm – 3pm

January 2016

Week 1	Session
Monday 4 th January	2pm Introduction to Patient Education
Tuesday 5 th January	2pm Understanding Spinal Cord Injury
Wednesday 6 th January	2pm Bladder Management
Thursday 7 th January	2pm Skin Care
Friday 8 th January	2pm Pain Management

Week 3	Session
Monday 18 th January	2pm Fitness
Tuesday 19 th January	2pm Sexuality and Fertility
Wed 20 th January	2pm Problem Solving & Social Support
Thursday 21 st January	2pm Discussion with ex-patients
Friday 22 nd January	2pm Outpatients support after leaving hospital

Week 2	Session
Monday 11 th January	2pm Support After Spinal Cord Injury
Tuesday 12 th January	2pm Bowel Management
Wed 13 th January	2pm Wheelchair provision and travel advice
Thursday 14 th January	2pm Coping with Spinal Cord Injury
Friday 15 th January	2pm Nutrition after SCI