

NNR 2025 – WORKSHOPS

Workshop 7: Interdisciplinary aftercare for people with spinal cord injury

Organizer: Dr. Ilse van Nes, Sint Maartenskliniek, Nijmegen (NL)

Content: Spinal cord injury is a devastating condition that causes paralysis, loss of sensation, and autonomic dysfunction. These primary effects lead to a range of secondary health conditions, reduced mobility, and an impaired quality of life. In this workshop, we will share our experiences with our lifelong aftercare. In our aftercare program, we focus on the use of technology to improve mobility, the opportunities to improve self-management and the prevention of secondary health conditions. Additionally, we will offer practical tips and tricks for implementing an aftercare program to improve outcomes for individuals with spinal cord injury.

The workshop will be structured as follows:

20 min - Ilse van Nes. A brief introduction to SCI will highlight the need for lifelong care and the prevention of secondary health conditions. To actively engage the audience, an interactive Mentimeter session will be used, exploring the types of patients they treat, whether they provide lifelong care and what they believe should be the primary focus of the lifelong care.

15 min - Tijn van Diemen. Overview of interdisciplinary follow-up clinic for people with spinal cord injury.

15 min - Nelleke Langerak. Physical fitness with a spinal cord injury

15 min - Noel Keijsers. The role of technological innovations (e.g. exoskeletons) in the prevention of secondary health conditions.

25 min - General discussions. We will conclude with a series of closed and open-ended questions to encourage reflection and explore key insights, challenges, and future directions related to lifelong care in SCI.
