

## T1 Project Update

The primary goal of our consumer-focused training project is creation of educational material on pressure ulcer prevention and cardiovascular health. The material is intended to increase awareness in the spinal cord injury population with an emphasis on the underserved population.

We use several different channels to reach out to consumers;

- Website: [www.sci-health.org](http://www.sci-health.org)
- YouTube: HealthyTomorrow
- Facebook: RRTC on SCI
- Printable factsheets

Our pressure ulcer package has been completed and is currently being tested with consumers at MedStar NRH. The package includes factsheets and videos on skin care and on pressure reliefs in both manual and power chairs.

Factsheets can be viewed on <http://sci-health.org/resources/consumer-info>

Videos can be viewed on <http://sci-health.org/resources/videos>

Once consumer feedback has been incorporated into the pressure ulcer training package, it will be translated into Spanish.

The cardiovascular health is currently under development and should be completed for consumer feedback by July.

Finalized packages will be available on the website under educational packages; <http://sci-health.org/resources/educational-packages>