

# ADA publishes practice guidelines for nutrition care for patients with spinal cord injury

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The American Dietetic Association has published new evidence-based nutrition practice guidelines for registered dietitians on nutrition care for patients with spinal cord injury.

The guidelines contain systematically developed recommendations to assist practitioners in appropriate nutrition care, with specific recommendations on:

- Energy needs in the acute phase
- Nutrition assessment for prevention and treatment of overweight and obesity
- Nutrition assessment of lipid abnormalities
- Cranberry extract supplements
- Nutrition intervention to prevent development of pressure ulcers.

ADA members, including an expert workgroup and trained analysts, extensively examined the research to develop a series of recommendations and treatment algorithms which accurately summarize this body of evidence. The intent of ADA's guidelines is to support the

integration of evidence-based dietetics practice and improve the quality of care.

ADA has previously published evidence-based nutrition practice guidelines on adult weight management; celiac disease; [chronic obstructive pulmonary disease](#); critical illness; [diabetes](#) type 1 and 2; disorders of lipid metabolism; gestational diabetes mellitus; heart failure; hypertension; oncology; and pediatric weight management.

The guidelines contain systematically developed recommendations, based on scientific evidence, and are designed to assist practitioners on the appropriate nutrition care for patients.

More information: All of ADA's evidence-based guidelines are available online in the Association's Evidence Analysis Library, [www.adaevidencelibrary.com/](http://www.adaevidencelibrary.com/), which analyzes and summarizes results of the best available research and offers recommendations for RDs in treating clients and patients.

Source: American Dietetic Association

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