

<p><b>Library concerned:</b> Francis Costello Library, RJAH Orthopaedic Hospital NHS Foundation Trust</p> <p><b>Name of case study:</b> Conducting a literature review for the creation of a national guideline for weight management in spinal cord injured patients</p> <p><b>Date of interview:</b> 1/7/16</p>	
<b>Interviewee</b>	<p>Name: Tony Twist  Job Title: Dietitian  Trust/Employing body: RJAH  Email: Anthony.twist@rjah.nhs.uk  Tel: 01691 404536</p>
<b>Summary of problem or reason for enquiry</b>	<p>Although generic guidelines exist for weight management, a recent survey completed by spinal cord injury (SCI) centre professionals identified a need to develop a national SCI weight management guideline.</p> <p>Obesity has become an unavoidable issue in SCI patients, due to enforced inactivity secondary to paralysis and subsequent change in body composition which requires nutritional interventions, modifications of individual behaviour and environmental change.</p>
<b>Brief description of the information found / service provided</b>	<p>The Library Service undertook multiple reviews of literature relating to different aspects of obesity in SCI patients across 7 databases. This was conducted for a Trust dietitian who formed part of a national committee tasked to produce a weight management guideline specifically for SCI patients.</p> <p>Library Services also procured all articles selected and requested from the literature search results.</p>
<b>Summary of outcome and impact</b>	<p>The committee will draw together all literature search results for consideration, prior to drawing up the guideline which will be officially launched later in 2016.</p>
<b>Immediate Impact</b>	<p>Greater awareness of obesity prevention and management in SCI care and a better understanding of nutritional status.</p> <p><i>“Your help has been invaluable in helping two of the committee members obtain the papers they needed in good time to contribute to the evidence base around the subject of SCI and obesity”.</i></p>
<b>Probable future Impact</b>	<p>It is hoped that use of the guideline will result in the provision of optimal and cost effective interventions for SCI patients.</p> <p><i>“I think the impact will be more of a focus on addressing excess weight in spinal cord injury and hopefully more funding to address this problem with respect to setting up outpatient clinics or in doing more larger studies”.</i></p>