

Nutrition for Skin Health & Wound Healing

(Click on the title to access the module)

As you work through this ~ 30 course you will learn:

- What is the role of food and nutrition in skin health & wound healing.
- How key nutrients needed for wound healing.
- How malnutrition impacts skin health and wound healing.
- How to screen for malnutrition.
- When to refer to a Registered Dietitian.

This module has been developed by the British Columbia Provincial Registered Dietitian Wound Committee and is posted on CLWK for your personal development, you can review it as often as you wish. If you need to have a record that you have completed this module, please access the module through your health authority/agency's Learning & Development site, as the CLWK site does not register completion of modules.

You have two options for viewing the module:

- a. You can read each screen at your own pace and use the **Next** button to move through the module.
- b. You can listen to the audio by using the **Listen** button; the audio will move you through the module. If needed, the **Pause** button will put the audio on hold.

Whether you are reading or listening, use the **Back** button if you wish to revisit a previous screen.

Note: the module refers to web-based nutritional resources which can be found [here](#).