

Spinal Injuries Unit

SPINAL INJURIES UNIT

Ph: 3176 2215

Fax: 3176 5644

OUTPATIENT DEPARTMENT

Ph: 3176 2641

Fax: 3176 5644

Postal and Location

Princess Alexandra Hospital
Ipswich Rd
Woolloongabba QLD 4102
AUSTRALIA

TRANSITIONAL REHABILITATION PROGRAM

Ph: 3406 2322

Fax: 3406 2399

Email

trp@health.qld.gov.au

Postal

PO Box 6053
Buranda, QLD, 4102

Location

3rd Floor, Buranda Village
Cnr Cornwall St & Ipswich Rd
Buranda, QLD, 4102
AUSTRALIA

SPINAL OUTREACH TEAM

Ph: 3406 2300

Freecall 1800 624 832
(for regional clients)

Fax : 3406 2399

Email

spot@health.qld.gov.au

Postal

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Location

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Our Mission

To provide a state-wide service that enables people with spinal cord injury to achieve their maximum potential

Who are we?

The Spinal Injuries Unit (SIU) is a 40 bed unit and the only specialist spinal injuries rehabilitation unit in QLD. Most people with serious spinal cord injury need to come to the SIU in Brisbane for treatment and rehabilitation. We offer both acute and rehabilitation services.

The SIU is part of the Queensland Spinal Cord Injuries Services (QSCIS) which is also comprised of the Transitional Rehabilitation Program (TRP) and Spinal Outreach Team (SPOT). We are located at the Princess Alexandra Hospital in close proximity to all other acute medical services that are required to successfully care for a person with spinal cord injury.

Our purpose is to enable people with spinal cord injuries living in QLD to achieve their maximum potential. We aim to individualise your rehabilitation program to achieve the best possible outcomes with you.

Who Can Use Our Service?

Adults over the age of 16 who are residents of QLD and

- have suffered a traumatic spinal cord injury or
- have a medical condition which has resulted in spinal cord impairment or
- have had a previous spinal cord injury who develop complications that require specialist treatment

If you live outside of QLD or plan to relocate interstate or overseas, a transfer to the nearest spinal injuries unit to your home will be arranged when you are medically fit to travel.



Fact Sheet

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Our Rehabilitation Team

Each patient is allocated a multidisciplinary rehabilitation team. The team consists of you as the patient, your family and

- Doctors
- Nurses
- Physiotherapist
- Occupational therapist
- Psychologist
- Social Worker

You and your team will work towards ensuring you become as independent as possible and prepare you to return home.

Other support services and staff include:

- Peer Support Program
- Speech Therapists
- Orthotics and Prosthetics
- Dietary Services
- Leisure, Sport and Recreation

In preparing you to return home we will introduce you to community services including:

- Outpatient Services
- Transitional Rehabilitation Program
- Spinal Outreach Team
- Spinal Injuries Association
- Sporting Wheelies
- A Personal Care Agency if required

What to Expect When You Arrive

- A warm welcome
- Orientation to the Unit
- To meet your Rehabilitation Team
- Ensure you are medically stable
- Assessments by your Rehabilitation Team



Queensland
Government

www.health.qld.gov.au/qscis

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Your Rehabilitation

What Happens Next?

Rehabilitation is not just exercise, but is a process that covers all aspects of learning to care for yourself and your health. Each team member is responsible for teaching you different skills important to your recovery.

When you are able, you will be attending the physio gym and occupational therapy areas throughout the week. Here you will gain strength and new skills to help you learn to do everyday things which you will put into practice on the ward. You will also learn how to use any new equipment you may need.

Nursing and medical staff will assist you and educate you about your personal and healthcare needs. Your Social Worker and Psychologist will help you to understand and deal with the feelings you are having about adjusting to changes in your life.

Your Responsibilities:

- We want you to participate in all aspects of your rehabilitation while at the unit
- It is important to follow medical advice including bed rest and medications
- It is important to start a routine – getting up on time and doing as much as possible for your program and yourself each day

Rehab is a 24 hour, 7day a week process that starts as soon as you wake up in the mornings. It is important to realise that rehabilitation is a team effort, with you and your family at the centre.

What can you expect to learn during your rehabilitation?

Through extensive education you will learn about:

- Skin Care Management
- Bowel and Bladder Management
- Pain Management
- New Equipment Needed
- Equipment Maintenance
- Independent Mobility
- Stretching and Strength Training
- Medication
- Sex and Fertility
- Dietary Management
- Sport, recreation, leisure and hobbies



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How to find us:

You will find us on the ground floor, Building 17 at Princess Alexandra Hospital, Ipswich Rd, Woolloongabba. Public parking is available at commercial rates either in the Metro Parking car park located on the hospital grounds or the multi-storey car park on Ipswich Road opposite the Hospital – entry is via Wolseley Street.

Visiting Hours are 12md–8.30pm each day.

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