

Spinal Injuries Unit (SIU)

Who are we?

The Princess Alexandra Hospital Spinal Injuries Unit (SIU) is a 40 bed unit and the only specialist spinal injuries rehabilitation unit in Queensland. Most people with a spinal cord injury need to come to the SIU in Brisbane for treatment and rehabilitation. We are nearby to all other acute medical services that are needed to successfully care for a person with a spinal cord injury (SCI).

The SIU is part of the Queensland Spinal Cord Injuries Service (QSCIS) which also includes QuickStart, Transitional Rehabilitation Program (TRP), Spinal Outreach Team (SPOT) and SIU Outpatients.

We aim to individualise your rehabilitation program with you to achieve the best possible outcomes.

Your multidisciplinary rehabilitation team consists of you as the patient, your family and:

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

Other support services and staff include:

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

Your team will work with you to become as independent as possible using a goal based program and prepare you for going home into the community.

Who Can Use Our Service?

People who are aged over 16 years, who are residents of Queensland and northern New South Wales and;

- Have a traumatic spinal cord injury or
- Have a medical condition which has resulted in a spinal cord impairment or
- Have had a previous spinal cord injury who develop complications requiring specialist treatment

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

What we can help you with:

Your health – The team will assess, and problem solve any issues you may have with your health and wellbeing such as bladder, bowel, skincare, pain, respiratory health and muscle spasm. We will provide education and support on how to manage your health so you can manage these in the future when you return home.

Your physical and daily living skills- We will support you in practicing and developing skills you need to be independent in your daily life, such as your mobility, self-care, household tasks and shopping.

Getting out and about in the community – We will review the skills and opportunities to practice community access to build confidence in preparation for going home. This may include returning to driving, using mobility aids or the ability to access public transport.

Exercise and early rehabilitation – Early rehabilitation will provide a progressive program to suit your needs with regular reviews of your program. The program may include stretching, using splints, breathing exercises, getting out of bed, physical activity or hydrotherapy. This may require time in the gym, practicing the skills on the ward or working on tasks in your own time.

Your equipment and supplies – The therapists will try different equipment, make sure it is set up correctly for you and give you information on how to look after it. They will order your equipment prior to you going home. They will also make sure you know how to order your continence equipment.

Your psychological and emotional needs – The team can talk through any concerns you may be experiencing and offer support and counselling. You can also link with peer support services to talk with someone who has lived experience of a SCI.

Your home supports – The team will help link you with personal support workers. They can also provide training and resources regarding your specific health needs, to family and personal support workers in preparation for going home.

Your funding and support needs – The team will help navigate support needs such as linking you with and understanding the NDIS, NISQ or My Aged Care services.

Return to work -Assist with issues relating to returning to work and linking with Back2Work services.

Leisure – Explore your ability to get back into leisure interests.

What happens when you go home?

In preparing you to return home we will introduce you and link you with our QSCIS community services:

- Outpatient Services
- [Transitional Rehabilitation Program \(TRP\)](#)
- [Spinal Outreach Team \(SPOT\)](#)

We will also link you with other services and supports in the community.

Visiting hours and location

Princess Alexandra Hospital Campus Map



Visiting Hours

11 am to 8 pm every day including Public Holidays

Spinal Injuries Unit

Building 17, ground floor, Ipswich Road, Woolloongabba Qld 4102

Phone: (07) 3176 2737

Fax: (07) 3176 5644

Website: <https://www.health.qld.gov.au/qscis>