Spinal Injuries Unit (SIU)

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 Queensland. Most people with serious spinal cord injury need to come to the SIU in Brisbane for treatment and rehabilitation. We offer both medical and rehabilitation services.

The SIU is part of the Queensland Spinal Cord Injuries Service (QSCIS) which is also includes the Transitional Rehabilitation Program (TRP) and Spinal Outreach Team (SPOT). We are nearby to all other acute medical services that are needed to successfully care for a person with a spinal cord injury. 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 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 that need 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 medically fit to travel.

Your Rehabilitation Team

Your multidisciplinary rehabilitation 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 using a goal based program and prepare you to return to the community.
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 we provide:

- Outpatient Services
- Transitional Rehabilitation Program (TRP)
- Spinal Outreach Team (SPOT)

Plus assist you to find out about other services and supports.

Your Rehabilitation

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

What can you expect to learn during your rehabilitation?

Through lots of education you will learn about:

- Skin care
- Bowel and bladder management
- Dealing with pain
- New equipment needed and its care
- Stretching and strength training
- Medication
- Sexual function and fertility
- Healthy living
- Ways to manage potential complications of your spinal cord injury
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 activities which you will use 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 cope with and adjust to your injury and the changes in your life.

Your responsibilities:

- We want you to take part 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, 7 day 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.

Expected behaviour

Metro South Health has zero tolerance to smoking, that is cigarettes, vapes, e-cigarettes, the use of illicit substances and the drinking of alcohol in its facilities and the same applies to the Spinal Injuries Unit. It is expected that all patients are considerate of others during their stay in the SIU by showing respect and courtesy to all patients, visitors and staff members.

Interim care

On finishing your primary rehabilitation, you may be transferred to another health facility until such time that your definitive accommodation and supports are in place.

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: health.qld.gov.au/qcis