

SA Spinal Cord Injury Service

Consumer Health Information Sheet: Spinal Rehabilitation Unit (SRU)

Pre-admission Information

Welcome

You have been accepted for rehabilitation at the SRU at the Repat Health Precinct. Arrangements for your transfer will be made when a bed is available.

We will attempt to give you and/or your family at least 24 hours' notice of transfer, however, this may not always be possible.

Where Are We?

Repat Health Precinct

Statewide Services – Building 12

216 Daws Road

Daw Park, SA 5041

General Enquires Phone (08) 7326 1600

SRU Ward Phone (08) 7326 1900

Rehabilitation in the SRU

If you are coming to the SRU for rehabilitation following a spinal cord injury, you will work with a team of health professionals to continue your recovery and to maximise your independence to get the very best out of life after injury.

The members of the rehab team that may work with you include doctors, nurses, occupational therapists, physiotherapists, social workers, clinical psychologists and neuropsychologists, exercise physiologists, dieticians, speech pathologists, and podiatrists.

Rehabilitation is different from being 'treated' in an acute hospital. It is a combined effort from the rehabilitation professionals, you, and your family or other significant people. You will be expected to actively participate in daily ward routines, which include showering, dressing, and going to education and therapy sessions. Staff will support you to be as independent as possible in these activities.

Rehabilitation programs are tailored to each individual, and your length of stay on the unit will reflect the rehabilitation goals that are set with you.

Before You Arrive

We encourage you to take the opportunity to view the SRU Welcome Video, which showcases the facilities at the unit and helps provide an understanding of the rehabilitation journey.

A copy of the video can be accessed via your own device by entering <https://bit.ly/welcometoSRU> or by scanning the QR code below:

SA Spinal Cord Injury Service

Consumer Health Information Sheet: Spinal Rehabilitation Unit (SRU)



Facilities on the Ward

The SRU has individual rooms with ensuite bathrooms. Rooms are allocated on a medical needs basis and you may need to move rooms during your stay. Each room has a landline phone and a Smart TV, and free public Wi-Fi is available for your own device. There is a common meal area where you will be encouraged to eat your lunch and dinner as part of your rehabilitation. The ward has laundry facilities for patients to wash their personal clothing.

'QWERTY' is an internet café that is open to all inpatients, outpatients and visitors to the Repat Health Precinct. It is staffed by PARQUAD SA staff and volunteers, providing free internet access. Practical support is provided for those who are new to computers and specialised equipment is available to enable people with disabilities to use the computers.

The 'Activity Hub' is an informal space where you can participate in leisure activities such as carpentry, art, crafts, and gardening, or just have a cuppa and a chat with others. There is also a range of outdoor and garden spaces, including a barbeque, which you can utilise during your stay.

The SRU does not have on-site accommodation for families. Please discuss any family accommodation concerns with your social worker prior to transfer.

During Your Stay

An initial family meeting and goal-setting meeting will be booked as soon as practical after your admission. All members of your team will attend, and you may invite key family members / friends to attend. The aim is to exchange information about your rehabilitation program and expectations, the goal setting process, and to begin planning for discharge. Further meetings will be arranged with you to track the progress against your goals.

Rehabilitation is an opportunity to learn about your injury and how it impacts your daily life, and to learn different ways of doing things to allow you to be as independent as possible. Face to face education sessions are held regularly on common topics. You and your family are strongly encouraged to attend, and you will be provided with a schedule of education sessions on arrival.

SA Spinal Cord Injury Service

Consumer Health Information Sheet: Spinal Rehabilitation Unit (SRU)

You are also encouraged to view the online patient education videos that cover a broad range of topics. These videos can be shared with your family and friends and provide important information about the management of spinal cord injuries. The playlist can be accessed via your own device by entering <https://bit.ly/SRUpatienteducation> or by scanning the QR code below:



ParaQuad SA

ParaQuad South Australia (PQSA) has peer advocates working on site in the SRU. The peer support advocates have personally experienced a spinal cord injury and provide the opportunity to talk to someone who appreciates the challenges you face.

Visiting Hours

2:30 pm – 8:30 pm daily

If you wish to have visitors outside these times, please negotiate with senior nursing staff. It is important that visitors leave by 8:30 pm.

On your arrival, a family member is most welcome to participate in the admission process. At this time, they can also be shown around the ward.

Family attendance at therapy sessions must be negotiated with therapy staff prior to attending the session. Please note that therapy can be scheduled up to 4:30 pm, and any visitors will need to visit outside of any scheduled therapy times.

Personal Belongings and Valuables

While every effort is made to safeguard personal property, SRU does not accept any responsibility for any items that are not declared and secured within the hospital.

Your bedside locker has a lockable drawer for you secure your personal items. Please lock this drawer when you leave your room and keep the key with you at all times.

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Parking and Speed Limits

The speed limit at Repat Health Precinct is 15km/hr.

Free on-site car parking is available for up to 3 hours. Disabled car parks are clearly marked.

Security officers patrol the grounds and fines will be issued when parking times and speed limits are exceeded.

All patients, staff and visitors are prohibited from smoking anywhere on Repat Health Precinct grounds.

Preparing for Discharge

The goal is to assist you to return to community living as soon as it is safe to do so. Day leave, overnight, or trial leave may occur as part of your rehabilitation process. This leave assists you, your family, and the rehabilitation team to identify and assess any potential problems at home before your final discharge.

Leave may also be arranged for family/social events. All leave requests require at least 24 hours' notice. This is to allow time to arrange for the following:

- Medical clearance from your rehabilitation team.
- Ordering and obtaining medications from Pharmacy.
- Making your own travel arrangements.

Things to Do

Medications

Please bring all your current medications into the hospital including over the counter medication such as vitamins, pain relief, and herbal medications.

Tell us about any allergies or drug reactions.

What you need to bring with you

- Medicare card.
- Veteran Affairs, private health or pension cards.
- Any relevant test results and imaging/x-rays.
- Name and address of your general practitioner (local doctor).
- Name and contact numbers of Next of Kin or carer.
- Contact lenses or eyeglasses, hearing aid (including batteries and case).
- Personal wheelchair or walking frame / sticks.
- Nightwear, something to use as a dressing gown, non-slip footwear for slippers.
- Toiletries including soap, toothbrush, toothpaste, denture cleanser, brush and/or a comb, shaving gear and a box of tissues.

SA Spinal Cord Injury Service

Consumer Health Information Sheet: Spinal Rehabilitation Unit (SRU)

- You are encouraged to dress in casual clothes such as you would wear at home.
 - o Slacks/track suits and flat nonslip soled shoes ✓
 - o Easy on, easy off, machine washable clothes ✓
 - o Thongs, scuffs or backless sandals ✗
- Please label all personal items with your name and phone number.

What Not to Bring

We strongly advise that valuable items are left at home. This includes:

- Large amounts of money, jewellery, computers etc.

For safety reasons, talcum powder, wheat bags, hot water bottles or heat packs of any kind, electric blankets and televisions are not allowed at SRU.

For more information

Repat Health Precinct

Spinal Rehabilitation Unit

Statewide Services – Building 12

216 Daws Road

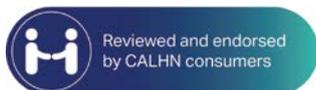
Daw Park SA 5041

General Enquires Phone (08) 7326 1600

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W: www.sahealth.sa.gov.au

This information sheet does not constitute medical advice and is for general information only. Readers should always seek independent professional advice where appropriate.



Reviewed and endorsed
by CALHN consumers



Interpreter

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