

The Royal North Shore Hospital (RNSH) Spinal Cord Injury (SCI) Outpatient Services

Information updated on Monday, August 02, 2010

Spinal Cord Injury Rehabilitation (Medical) Clinics

Clinic Name/Location: Spinal Cord Injury Rehabilitation (Medical) Clinics
RNSH Clinic 7

Division/Department/Ward: State Spinal Cord Injury Service

Core Business: A holistic rehabilitation medicine review of people with a spinal cord injury (SCI) who live in the catchment area for the Northern Sector of the Statewide Spinal Cord Injury Service (SSCIS) and who have sustained a SCI (with evidence of damage to the neural tissues) as a result of trauma, or from a non-progressive disease process (eg transverse myelitis, compression by infective process, canal stenosis, haemorrhage, or vascular occlusion). Progressive conditions such as demyelinating and degenerative conditions or congenital lesions of the spinal cord as well as compression by metastatic lesions are not the province of this service.

The following additional services are offered in the Spinal Cord Injury Rehabilitation (Medical) Clinic – RNSH Clinic 7, on Tuesday and Wednesday mornings, 9:30am – 12md

- **Spinal Catheter Change Clinic**
 - For routine catheter change SCI patients should book in to see a Spinal Surgical Dresser
- **Colorectal surgical consultations for SCI patients who are unable to transfer independently**
 - Patients with a SCI requiring colorectal consultations and examination who are unable to transfer independently. The Colorectal Surgical Registrar is paged and will see these patients between cases in the operating theatre.
 - SCI patients who are independent in transferring may be seen in private consulting rooms.
- **Consultation Liaison (CL) Psychiatry –**
 - CL Psychiatrist may see patients with a SCI in the Spinal Cord Injury Rehabilitation (Medical) Clinics on request from the Spinal Specialist.
- **Dietetics**
 - Dieticians may see patients with a SCI in the Spinal Cord Injury Rehabilitation (Medical) Clinics on request. A written referral from their treating Spinal Rehabilitation Physician is required.
- **Other**
 - Other medical specialties may co-consult during the SCI patient's visit to the spinal clinic on special request on a needs basis by the Spinal Specialist. For example, where a Gynaecology consultation requiring that the patient to be transferred onto a consultation table for a vaginal examination.

Staff Name & Designation:

- Dr Lianne Nier (Staff Specialist)
- Dr Jasbeer Kaur (Staff Specialist)
- Dr Grace Leong (Staff Specialist)
- Spinal Rehabilitation Registrar

Referral Requirements: Referral from LMO, specialist physician or surgeon

Clinic Operating Days/Hours: Tuesday and Wednesday 9:30 am -12:00md

Contact Person/Phone Number:

- For general enquiries call the secretary of the Spinal Cord Injury Unit on (02) 9926 8752
- For clinic appointments call RNSH Outpatients Department (02) 9926 7111

Tetraplegic Hand Clinic

Clinic Name/Location: Tetraplegic Hand Clinic, Spinal Cord Injury Unit, Level 7, RNSH

Division/Department/Ward: This is a statewide service with referrals received from across the state of NSW. The service is funded through Royal North Shore Hospital. Patients from Prince Of Wales Hospital (POWH) may also be seen at this clinic by agreement of Dr Gschwind.

Core Business: Tetraplegic patients with upper limb pathology requiring assessment.

Clinic Operating Days/Hours: Monthly clinic (maximum 12/year) held on Tuesdays 2-4pm.

Staff Name & Designation: The following clinicians and research staff may be present at the clinic:

- Dr Claudia Gschwind supported by SCI Physiotherapist.
- Tim Scott, Quad Hand FES Scientist, and a PhD student,
- Hand Research Physiotherapist Veronica Vare.
- Dr Lianne Nier
- Spinal Rehabilitation Registrar.
- An Occupational Therapist from RNSH.
- Occupational Therapists from Moorong/POW may attend if they have a specific patient to discuss.

Referral Requirements: Only written referrals from practicing rehabilitation physicians/consultants are accepted

Contact Person/Phone Number: For clinic appointments call the Spinal Physiotherapist on (02) 9926 8783.

Spinal Plastics Service (SPS)

Clinic Name/Location: Spinal Plastics Service (SPS), Clinic 7, RNSH

Division/Department/Ward: State Spinal Cord Injury Service (SSCIS) (Northern sector)

Core Business: Multidisciplinary assessment of spinal cord injured patients with decubitus ulcers/skin integrity issues. This involves a review by a Plastic Surgeon, Spinal Rehabilitation Physician, Clinical Nurse Consultant, Occupational Therapist, Social Worker and Dietitian. Other disciplines such as Orthopaedic Surgery and Seating Rehabilitation Services may be required and arranged in advance.

Spinal cord injured patients are as defined by SSCIS (see above) and exclude progressive and degenerative conditions such as multiple sclerosis, congenital lesions and metastatic lesions.

Clinic Operating Days/Hours: Friday mornings

Staff Name & Designation:

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| • Dr Grace Leong | • Dr Megan Hassall |
| • Dr Jasbeer Kau | • Dr Robert Gates |
| • Dr Lianne Nier | • Dr Nick Lotz |
| • Dr John Vandervord | • Dr Roland Jiang |
| | • Dr Michael Miroshnik |

Referral Requirements: All referrals and appointments are arranged through the Spinal Plastics Coordinator / Clinical Nurse Consultant (SPS CNC).

Contact Person/Phone Number: For clinic appointments contact the SPS CNC on (02) 9926 7973

Spinal Cord Injury (SCI) Fertility Clinic

<u>Clinic Name/Location:</u>	Fertility Clinic, Procedure Room, Spinal Unit, Level 7, RNSH
<u>Division/Department/Ward:</u>	Northern Sector of the State Spinal Cord Injury Service (SSCIS)
<u>Core Business:</u>	Assessment, education and intervention for SCI related fertility issues including electro-ejaculation and vibro-ejaculation procedures as indicated.
<u>Clinic Operating Days/Hours:</u>	Every 2nd Friday
<u>Staff Name & Designation:</u>	Dr Grace Leong, Dr David Bowers and SCI Clinical Nurse Consultant (CNC)
<u>Referral Requirements:</u>	Self or medical referral accepted
<u>Contact Person/Phone Number:</u>	For clinic appointments call the SCI CNC (02) 9926 7701

Sexual Function (SCI) Clinic

<u>Clinic Name/Location:</u>	Sexual Dysfunction Clinic, Procedure Room, Spinal Unit, Level 7, RNSH. The service is also provided to the Moorong Spinal Injury Rehabilitation Unit, Royal Rehabilitation Centre Sydney.
<u>Division/Department/Ward:</u>	Northern Sector of the State Spinal Cord Injury Service (SSCIS)
<u>Core Business:</u>	Management and counselling of patients with changes in sexual function following spinal cord injury. This is not a clinic for the management of sexual health problems/issues such as the treatment or management of sexually transmissible infections. The purpose of the clinic is to address issues such as changes in sexual response, changes in sexual function, assessment and treatment of erectile dysfunction, adjustment and adaptation to injury as related to sexual function, and provide follow up review as required.
<u>Clinic Operating Days/Hours:</u>	By appointment
<u>Staff Name & Designation:</u>	The clinic is conducted by a Clinical Nurse Consultant in conjunction with a Spinal Rehabilitation Physician (Dr Grace Leong)
<u>Referral Requirements:</u>	Referrals are accepted from both health professionals and self referral from patients
<u>Contact Person/Phone Number:</u>	For clinic appointments call the SCI CNC (02) 9926 7701

Nursing Outpatient Resource and Liaison

<u>Clinic Name/Location:</u>	Clinical Nurse Consultant (SCI) Outpatient Resource and Liaison
<u>Division/Department/Ward:</u>	Spinal Cord Injury Unit, Royal North Shore Hospital
<u>Core Business:</u>	Consultation for both external health professionals and patients for clinical advice, consultation and appropriate referral as required.
<u>Operating Hours:</u>	7:30am – 4:15pm Monday – Friday
<u>Staff Name & Designation:</u>	Clinical Nurse Consultants in conjunction with spinal cord injury unit Medical Staff as appropriate
<u>Referral Requirements:</u>	Formal referral not required. Self referral to appropriate CNC
<u>Contact Numbers:</u>	For appointments call (02) 9926 7701 or (02) 9926 7973

Spasticity Clinic (not only for spinal cord injured patients)

Clinic Name/Location: Spasticity Clinic, Clinic 8, RNSH

Division/Department/Ward: State Spinal Cord Injury Service (SSCIS) (Northern sector)

Core Business: Assessment and recommendation for management of spasticity affecting functional activity/hygiene in patients with a spinal cord injury, traumatic brain injury, or other neurological diseases/disorders.

Clinic Operating Days/Hours: First Friday of the 13:30 -15:00 hrs

Staff Name & Designation:

- Dr C Gschwind,
- Rehabilitation Physicians:
Dr C King, Dr B Zeman, Dr Grace Leong,
Dr Jasbeer Kaur, Dr L Nier
- Dr Andrew Ellis (Orthopaedic Surgeon)
- Dr Paul Silberstein (Neurologist)

Referral Requirements: Written referrals from rehabilitation physicians, neurologists, and physiotherapist are accepted.

Contact Person/Phone Number: For appointments call the Spinal Physiotherapist on (02) 9926 8783.

Seating and Wheelchair services for people with a spinal cord injury (SCI)

Clinic Name/Location: The Assistive Technology & Seating Service (AT&S) offers outpatient services at the Royal Rehabilitation Centre Sydney (Ryde).

Division/Department/Ward: State Spinal Cord Injury Service (Northern Sector)

Core Business: The AT&S provides consultations and services for seating and wheelchair problems such as pressure, posture, stability, safety etc.. Services include metropolitan outpatient services at Ryde and non-metropolitan services (excluding the Illawarra region). AT&S does not offer wheelchair repairs and maintenance services.

Clinic Operating Days/Hours: Normal business hours (Monday to Friday)

Referral Requirements:

Primary criterion is that metropolitan SCI clients have a medical linkage with the Royal North Shore Hospital. Self referrals are accepted, but SCI clients are encouraged to arrange referral through their local Occupational Therapist, Physiotherapist or Registered Nurse who can work with AT&S staff and provide follow up.

Contact Person/Phone Number: For appointments call AT&S on (02) 9808 9292 or Fax (02) 9808 9682

Additional Outpatient Services for people with a spinal cord injury:

Orthotics consultation/referral to the RNSH Orthotics Department

Referral Requirements: A written referral from a Spinal Cord Injury Rehabilitation Physician is required outlining the patient's current problem, diagnosis and the aim of orthotic intervention.

Contact Person/Phone Number: For appointment call the Orthotics Department on (02) 9926 7467

Dynamic Bladder Studies

Core Business & Clinic Operating Days/Hours:

Cystometrograms are conducted fortnightly (1-3 per session) on a Wednesday afternoon.
Videourodynamics and conducted once per month (3 SCI patients per session) in the RNSH Radiology Department on Wednesday mornings.

Staff Name & Designation: Dr Lianne Nier or Dr Jasbeer Kaur

Referral Requirements: Only referrals from Spinal Specialists to the Clinical Nurse Consultant (Urology) or Spinal Case Coordinator accepted.

Contact Person/Phone Number: Page CNC (Urology) or Spinal Case Coordinator via RNSH switchboard on (02) 9926 7111

Physiotherapy for people with a SCI

Core Business: General physiotherapy for musculoskeletal issues is available through the RNSH Physiotherapy Department for people with a SCI who live in the Lower North Shore area. This service is limited to 2 sessions per week for a maximum of 3 weeks.

Clinic Operating Days/Hours: For appointments call the Physiotherapy Department through the RNSH switchboard on (02) 9926 7111