

FACTSHEET

This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form.

Hospital admissions and Spinal Cord Injury

Some hospital admissions are unavoidable. There are many things to think about when getting ready for an admission.

Depending on why you have been admitted, you or your family may need to be assertive and advocate on behalf of the Spinal Cord Injury specific needs. The following are some tips to make the most of an admission.

What to bring to hospital

Medical Checklist

- Personal health records e.g. the blue or red book or recent clinic letter
- Medicare card
- Private health insurance details
- List of medications and the medications themselves
- Details of the regular General Practitioner (GP) including their address and phone number.
- Details of any important therapists you may be using i.e. Physiotherapy, Occupational Therapist, Nurse
- Any relevant x-rays or results from recent tests
- Any mobility equipment (including wheelchairs, customised commode and orthotics)

Personal checklist for overnight and long term stay

- Clothes (including pyjamas and slippers) and shoes
- Toothbrush, toothpaste and hairbrush
- Catheter or bowel washout equipment (if required)
- Money for meals, parking and accommodation of family members
- Books and activities to pass the time (children's hospitals have a school onsite which is run by the Department of Education and Communities)
- Phone and phone charger

What to ask for

Not all hospital staff will have a good understanding of Spinal Cord Injury. Please ask the ward staff to advise the Spinal Cord Injury Clinical Nurse Consultant (CNC) of your admission.

You or your family may need to ask for the following:

- Pressure mattress or other skin protection equipment that you routinely use.
- Staff to check skin for pressure injury marks morning and night.
- Medications if specifically required at certain times.
- Assistance with performance of bladder and bowel program.

Further information about Spinal Cord Injury is available at:

- The Sydney Children's Hospital Network website has a series of factsheets about Spinal Cord Injury www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets
- The agency for clinical innovation have a series of factsheets available: www.aci.health.nsw.gov.au/resources/consumer-resources

Remember:

- Not all hospitals are going to know your specific needs. It is OK to be assertive and self-advocate.