



# Introduction

Welcome to the Fiona Stanley Hospital State Rehabilitation Service. This Spinal Patient Care Manual is designed to provide you, your family and your carers with relevant information about living with a spinal cord injury.

Please use this manual as a guide to support you and your family in preparation for your discharge home from hospital, as well as enhance your knowledge about living with a spinal cord injury. It is divided into specific subjects related to your needs, which allows you to easily access resources related to your care.

Electronic versions can be found on the **SpinalWA** website – [www.spinalwa.org](http://www.spinalwa.org)

## Spinal Community Nursing Service

The **Quadriplegic Centre Community Nursing Service (QCCNS)** is a free service managed by the Quadriplegic Centre. The service includes three Clinical Nurses who have specialist skills in spinal cord injury nursing. The following services are provided:

- **Treatment** – assessment and support with preventative care (e.g. continence and wound management)
- **Education** – advice on all aspects of rehabilitation
- **Information** – on all health matters and other support services related to disability
- **Advocacy** – to provide appropriate support on behalf of individuals, and/or direct clients to other advocacy agencies
- **Referrals** – as required.

With the patient’s consent, staff are able to discuss issues with, GP’s and care agencies i.e. Silver Chain on the person’s behalf. The QCCNS service is also available to rural clients and visits major centres each year.

### Service hours:

8am to 4pm Monday to Friday  
(except for public holidays).

### Office contact:

**9381 0124** (Monday to Friday 8am–9am, answer machine after 9am).

North Metropolitan area	<b>0409 683 603</b>
South Metropolitan area	<b>0417 977 299</b>
East Metropolitan area	<b>0409 894 185</b>

## Useful phone numbers

Fiona Stanley Hospital Switchboard <b>6152 2222</b>	Spinal Unit – Ward 1A Ward Clerk <b>6152 7280</b>	Spinal Urology Nurse Consultant <b>6152 2222</b>	Outpatients Department Enquiries <b>6152 7046</b>	HealthDirect <b>1800 022 222</b>
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## Contact

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### **State Rehabilitation Service**

Fiona Stanley Hospital  
11 Robin Warren Drive, Murdoch WA 6150  
Phone Helpdesk: (08) 6152 2222  
[www.fsh.health.wa.gov.au](http://www.fsh.health.wa.gov.au)

*This document can be made available in alternative formats on request.*

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