

## Important information for hospital staff

This document is designed for you to write down important information to give to hospital staff upon admission, including information about your daily routine, personal care needs, medication, and more.

Outside of specific spinal cord damage treatment areas, such as the Spinal Injuries Unit, it's possible that hospital staff may have limited knowledge of the impacts of spinal cord damage.

By completing the following, you can help keep them informed and assist them in making the right decisions to ensure your treatment is effective and safe and your personal needs are being met.

## Your daily routine

This section is for you to provide a short summary of a regular day in your life, with a particular focus on activities your Personal Support Worker or carer assists with, including bowel and bladder routines, assisted coughing, transfers, meals etc.

## Your personal care routine

Use the below list to clearly outline the specialist support you will need during your time in hospital.

<b>Specialist support I need</b>
Please tick if you require assistance with any of the following:
<input type="checkbox"/> Bowel therapy and bladder washouts
<input type="checkbox"/> PEG feeding
<input type="checkbox"/> Diabetes management assistance
<input type="checkbox"/> Ventilation or CPAP
<input type="checkbox"/> Passive exercise routines over 15 mins
<input type="checkbox"/> Monitoring skin integrity and early identification of pressure areas
<input type="checkbox"/> Support to manage and identify Autonomic Dysreflexia
<b>Other assistance I need</b>
Please tick if you require assistance with any of the following:
<input type="checkbox"/> Showering and dressing
<input type="checkbox"/> Personal grooming
<input type="checkbox"/> Assistance with eating meals/drinking
<input type="checkbox"/> Assistance with taking medication
<input type="checkbox"/> Other (provide detail):

## Notes and questions you wish to ask

Include any specific questions or comments you have for hospital staff in the box below.

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## Current Medications

Please see below current medications, which have been prescribed by my GP / Spinal Consultant. If the hospital permits, I will bring my medications in with me.

**The following are important issues that affect spinal cord injured patients that I would like you to be aware of:**

## Autonomic Dysreflexia (AD)

Provide information on potential triggers for autonomic dysreflexia (AD). A factsheet on the condition is also available at [spinal.com.au/emergencyplan](http://spinal.com.au/emergencyplan)

## Bowel Care

Information on your bowel regime. This information should be shared with anyone who needs to provide you with bowel management. You may also request to see a copy of the hospital's policy on Digital Removal of Faeces if available.

## Bladder Care

Information on your bladder regime. Include any continence products you use, such as catheters. Please also mention if you have an allergy to latex.

## Pressure Care

Pressure relief can be vital for people with spinal cord injury to prevent pressure ulcers. Please provide information of areas or levels where you have a partial or total loss of sensation.

## Spasms

Spasms in people with spinal cord injury SCI can be very severe or violent and may occur as a warning sign that something is wrong (e.g. a urinary tract infection, episode of Autonomic Dysreflexia). Please provide more information on how spasms impact you, if you have a bedrest position that assists in reducing the severity of spasms as well as any medications you are taking specifically to manage them.

## Respiratory Care

Compromised respiratory function is a very common result of spinal cord injury, leading to higher susceptibility to chest infection. Please provide any important information about your respiratory issues blow.

## General Equipment & Communication Equipment

Please list what equipment and aids you require to maintain independence as much as possible. You should check if the hospital's Occupational Therapy department can supply equipment that fits your level of spinal cord injury, as well as if there is a Nurse Call System in place you can use if needed. .

Please note, upon admittance to hospital you may not be allowed to bring certain equipment such as mobility aids, especially if an ambulance was required for transport. You should check with staff about what you can bring in, then organise a family member or friend to deliver to you any relevant equipment you may need.

## Additional notes

Everyone has different personal needs and health outcomes and conditions. Please list any other additional information, such as allergies, important for hospital staff to know to be able to effectively and safely treat you during your hospital visit.