SPINAL OUTPATIENT SERVICES

Clinic appointments
Your consultant will request to see you between 6 weeks and 3 months post discharge following initial rehabilitation. Appointments will follow this on an annual basis unless your consultant advises otherwise. You may wish to be seen in addition to your routine appointments in which case you can phone the outpatient department and speak to one of the nursing staff or speak to your consultants' secretary to request this.

Types of clinics
Consultant clinics
Nurse clinics
Therapy clinics
Specific clinics for: -
  - Gynecology
  - Upper arm reconstructive surgery
  - Baclofen pump refill
  - Orthopaedics
  - Sexuality and fertility
  - Urology

Transport to Spinal Outpatients
It is usual practice for this hospital to pay for transport for your first trip back to Spinal Outpatients. After this you are expected to arrange your own transport by driving yourself, asking a family member or friend to drive you or seek local community transport that will bring you, i.e. taxi or voluntary transport schemes via the council or citizens advice bureau.
If future appointments require ambulance transport for a specific reason it will be up to your consultant here to agree that funding.

Home Visiting
Within spinal outpatients there is a peripatetic team who will visit you at home. Our aim is to visit you at home within the first six months of discharge, for a general follow up visit. A member of the team will contact you to arrange a convenient and appropriate time to visit you. If appropriate, we are able to visit for other problems brought to our attention by yourself, your community team or other members of staff from this centre.
Phone advice
The department is staffed from Monday to Friday 08.30 – 17.00. There is usually someone available to give advice, if the most appropriate person is not available we will use our good communication skills to ensure your message is passed on and that person contacts you as soon as possible. If we are unable to answer the telephone please leave a message with your details on the answerphone and we will endeavour to return your call as soon as possible. The multidisciplinary team is able to give advice and information on many different subjects i.e. bladder, bowel and skin care, equipment, exercise and community services. The department also has a large resource of information that we are happy to share with you.

Role of community staff
General Practitioner - you will need to visit the GP in order to discuss the medication you are on and set up a repeat prescription for all the drugs and equipment you need that are available on prescription. If you remain well there is no reason why you should need to see the GP. If you become poorly you may have more contact with the surgery or see the GP more frequently.

District Nurse - To help you with any nursing issues that carers are not able to be involved with. This may be to change your suprapubic catheter on a monthly basis or an alternate day visit to assist with bowel evacuation. The district nurse is also the person you can call upon if you are worried about a nursing issue and need advice or someone to visit you as soon as possible i.e. a pressure mark or pressure ulcer, or a leaking suprapubic catheter.

Carer – Carers are usually employed through social services to provide you with assistance to achieve activities of daily living that you are unable to do for yourself. This usually involves hygiene care, getting dressed and up, and making sure you have the things around you that you will need for the day. Carers will be allocated an appropriate amount of time with you, be it a couple of hours in the morning and evening or twenty four hours a day. Carers are not usually able to do any care that is classed as an invasive procedure i.e. manual evacuation of the bowel or catheter changes.

Spinal Outpatient Services
Telephone number:- 01296 315829 (answer machine)
01296 315828