

**REPORT**

State Spinal Cord Injury Service

# Spinal Cord Injury Education and Resources Directory

August 2018



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**CLINICAL  
INNOVATION**

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## Glossary

ACI	NSW Agency for Clinical Innovation
SCI	Spinal cord injury
AD	Autonomic dysreflexia
SSCIS	State Spinal Cord Injury Service
MSKTC	Model System Knowledge Translation Center
UAB-SCIMS	University of Alabama at Birmingham Spinal Cord Injury Model System
Spire	Spinal Injury Resource Support Network

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## Introduction

This directory is intended as a starting point for information on the care and management of people with a spinal cord injury (SCI). The directory is not exhaustive, it provides a sample of useful and informative resources on the support, care and management of people with spinal cord injury. The fact sheets and guidelines offer general advice only and have been prepared without taking into account the particular situation and needs of individuals. By its very nature, the information provided in these factsheets and guidelines can only be seen as a general overview. It does not constitute professional advice and should not be relied on as such. Before making any decision based on the information or advice contained, expressly or implicitly in these publications, individuals with SCI and their carer should seek advice from their doctor or health professional.

The following spinal cord injury related topics are included:

- Overview of SCI
- Autonomic dysreflexia (AD)
- Ageing
- Bladder management
- Bowel management
- Care givers, family and friends
- Chronic pain and SCI
- Equipment
  - general
  - mobility
  - pressure relieving
- Health maintenance
- Holistic approach
- Nutrition
- Peer support
- Physical activity
- Psychosocial resources
- Reconditioning
- Respiratory
- Pressure injury prevention and management
- Upper limb preservation
- Websites with a range of resources

All links were current August 2018.

## Resources

### Overview of spinal cord injury

Title	Audience	Owner or host	Access	Comment
<i>What is Spinal cord injury (SCI)?</i>	Consumers	Spinal Cord Injuries Australia	<a href="https://scia.org.au/living-with-a-disability/a-new-spinal-cord-injury/what-is-a-spinal-cord-injury/">https://scia.org.au/living-with-a-disability/a-new-spinal-cord-injury/what-is-a-spinal-cord-injury/</a>	Basic overview of what is a SCI, and impairment and function following SCI
<i>Dad had a spinal cord injury and what happened next.</i> Turner D, Wrigg S: Royal Rehab Centre, NSW Department of Health; 2006	Consumers	Diane Turner, Social Worker, Royal Rehab, Sydney, Australia	<a href="http://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0010/155287/dad_had_a_sci_Oct2406.pdf">http://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0010/155287/dad_had_a_sci_Oct2406.pdf</a>	Written from a child's perspective, easy to understand. Covers injury, hospital stay and discharge
<i>Talking to children about SCI – a guide for families</i> Unger C, O'Reilly L, Serratore L, Tulinsky C, 2012	Consumers	Jointly Agency for Clinical Innovation, State Spinal Cord Injury Service, Spinal Outreach Service, ParaQuadNSW & Northcott Sydney, Australia	<a href="http://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0008/194399/Talking_to_children_about_SCI_-_guide_for_families_A4_book_LR.pdf">http://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0008/194399/Talking_to_children_about_SCI_-_guide_for_families_A4_book_LR.pdf</a>	Practical information for a range of ages, including common questions with suggested responses.

Title	Audience	Owner or host	Access	Comment
<i>Spinal Cord Injury - A manual for health professionals, carers and family</i>	Health professionals, community care workers and consumers	Hunter Rehab & Motor Accidents Authority, Newcastle, Australia	CDRom – Available for free from the Hunter Spinal Cord Injury Service Phone: +61 2 49257888 Email: <a href="mailto:SCIS@hnehealth.nsw.gov.au">SCIS@hnehealth.nsw.gov.au</a>	Includes a range of topics related to the care and support of people with a SCI.
<i>Introduction to SCI e-learning modules</i>	Health professionals	International Spinal Cord Society, UK	<a href="http://www.elearnsoci.org/">http://www.elearnsoci.org/</a> To access 1. Click on link above 2. Click on 'Overview for the whole team' tab 3. Click on the health professional discipline of interest 4. Click on the module on introduction to spinal cord injury.	The module caters for various health professionals and requires registration and creation of individual login. Free of charge. The module includes text and diagrams to explain anatomy and physiology, cause and types of spinal cord injuries. It includes questions to assess learning.
<i>What is spinal cord injury? (2011)</i>	Consumers	Toronto Rehab, USA	<a href="http://www.spinalcordessentials.ca/PDF/SEL-MED10-What_is_spinal_cord_injury-2011.pdf">http://www.spinalcordessentials.ca/PDF/SEL-MED10-What_is_spinal_cord_injury-2011.pdf</a>	Basic overview of SCI anatomy, types and classification of SCI.

Title	Audience	Owner or host	Access	Comment
<i>Guidance on the support needs of adults with spinal cord injury</i>	Health professionals	icare lifetime care, Sydney, Australia	<a href="https://www.icare.nsw.gov.au/treatment-and-care/information-for-service-and-healthcare-providers/tools-and-resources">https://www.icare.nsw.gov.au/treatment-and-care/information-for-service-and-healthcare-providers/tools-and-resources</a> To access: 1. Click on link 2. Click on 'Guidance on the support needs of adults with spinal cord injury'	A best practice tool to inform and guide people involved in making decisions around why a person with a SCI needs assistance from support workers.
<i>Understanding Spinal Cord Injury – What you should know about spinal cord injury and recovery – Companion Booklet (2011)</i>	Created for consumers. Also useful for health professionals	Shepherd Centre, Atlanta, Georgia, USA	<a href="http://www.spinalinjury101.org/files/understanding-spinal-cord-injury.pdf">http://www.spinalinjury101.org/files/understanding-spinal-cord-injury.pdf</a>	Comprehensive and easy to understand resource. Contents include basic facts about SCI, levels of injury and classification system, glossary of terms, expected emotions and helpful coping tips, and questions families should ask the trauma care medical team.

## Autonomic dysreflexia

Title	Audience	Owner or host	Access	Comment
<i>Autonomic Dysreflexia (AD) Safety Notice 014/10</i> (2010)	Health professionals	NSW Agency for Clinical Innovation, State Spinal Cord Injury Service,	<a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a> To access: 1. Click on link above 2. Click then on the following headings: <ul style="list-style-type: none"> <li>• '<i>Autonomic Dysreflexia</i>' for Health professional resources</li> <li>• '<i>Consumer Spinal Cord Injury Resources</i>' for consumer resources</li> </ul>	Informative and comprehensive resources for health professionals and consumers.
<i>Autonomic Dysreflexia Treatment Algorithm</i> (2010)	Health professionals			
<i>Treatment of Autonomic Dysreflexia for Adults and Adolescents with SCI</i> (updated 2014)	Health professionals			
<i>Image of AD Medical Emergency Card for education purposes.</i>	Health professionals and consumers			
<i>Video presentation on AD</i>	One each for health professionals and consumers			
<i>Autonomic Dysreflexia</i>	Consumers	ParaQuad NSW, Australia	<a href="https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/">https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/</a> To access: click on link then on ' <i>Autonomic Dysreflexia</i> '.	Easy to understand resource. One of a series of spinal fact sheets

Title	Audience	Owner or host	Access	Comment
<i>Acute Management of Autonomic Dysreflexia</i> (2 <sup>nd</sup> edition, July 2001)	Health professionals	Paralyzed Veterans of America	<a href="https://www.pva.org/publications/clinical-practice-guidelines">https://www.pva.org/publications/clinical-practice-guidelines</a> The guidelines are available as free downloadable PDF document, in print or as an interactive eBook. To access the interactive eBook, a link is provided on the website to download a free ePub App onto a mobile device.	Comprehensive guidelines outlining the pathophysiology, causes, signs and symptoms and recommendations for management of autonomic dysreflexia.
<i>Autonomic Dysreflexia (AD)</i>	Consumers	Spinal Cord Injuries Australia	<a href="https://scia.org.au/living-with-a-disability/health-wellbeing-and-daily-life/autonomic-dysreflexia/">https://scia.org.au/living-with-a-disability/health-wellbeing-and-daily-life/autonomic-dysreflexia/</a> To access: 1. Click on link for brief overview 2. Click on ' <i>Further Reading &amp; Information</i> ' for links to additional resources on AD	Basic overview of autonomic dysreflexia with links to a number of resources on AD available on line.
Information on <i>Autonomic Dysreflexia</i>	Consumers	Christopher Reeve Foundation, New Jersey, USA	<a href="https://www.christopherreeve.org/living-with-paralysis/health/secondary-conditions/autonomic-dysreflexia">https://www.christopherreeve.org/living-with-paralysis/health/secondary-conditions/autonomic-dysreflexia</a> or <a href="http://christopherreeve.org">http://christopherreeve.org</a> and enter Autonomic Dysreflexia in the search function.	Easy to understand resource.

Title	Audience	Owner or host	Access	Comment
Education module on <i>Autonomic Dysreflexia</i>	Health professionals	International Spinal Cord Society, UK	<a href="http://www.elearnsoci.org">http://www.elearnsoci.org</a> To access: 1. Click on link 2. Click on 'Log in' to set up individual login, free of charge. Once registered 3. Click on the health professional discipline of interest 4. Click on module for <i>Autonomic Dysreflexia</i> .	Module caters for various health professionals
<i>Management of Autonomic Dysreflexia - Information for Health Professionals and People with Spinal Cord Injury</i> (Sept 2017)	Health professionals and consumers	Queensland Spinal Cord Injuries Service, Brisbane, Australia	<a href="https://www.health.qld.gov.au/qscis/html/dysreflexia.asp">https://www.health.qld.gov.au/qscis/html/dysreflexia.asp</a> To access: 1. Click on link 2. Click on links to PDF documents <ul style="list-style-type: none"> <li>• <i>Management of Autonomic Dysreflexia</i>, or</li> <li>• <i>AD Emergency Card</i></li> </ul>	Fact sheet with clear information for health professionals and consumers on the identification and management of Autonomic Dysreflexia. Provides contact details for Queensland services.

## Ageing

Title	Audience	Owner or host	Access	Comment
<i>Ageing with Spinal Cord Injury</i> . ACI; 2014	Health professionals	NSW Agency for Clinical Innovation, State Spinal Cord Injury Service, Sydney, Australia	<a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a> To access: 1. Click on link 2. Click on 'Factsheets' heading 3. Click on ' <i>Ageing with Spinal Cord Injury</i> '	Informative and comprehensive resources for health professionals.
<i>Ageing with Spinal Cord Injury</i> ACI; 2012	Consumers	ParaQuad NSW & Lifetime Care Support Authority, Sydney, Australia	<a href="https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/">https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/</a> To access: click on link then on ' <i>Ageing with SCI</i> '.	Easy to understand resource. One of a series of a series of fact sheets
Links to various resources related to <i>ageing with SCI</i>	Health professionals and consumers	Spinal Cord Injuries Australia (SCIA)	<a href="http://library.scia.org.au">http://library.scia.org.au</a> To access: click on link, then click on ' <i>Ageing and SCI</i> '	Lists and provides links to a number of resources available on line on ageing with a SCI.
<i>Ageing well with SCI</i>	Consumers	Spinal Injuries Association, UK	<a href="https://www.spinal.co.uk/learn/understanding-sci/ageing-sci/">https://www.spinal.co.uk/learn/understanding-sci/ageing-sci/</a> To access: click on link to access webpage which provides a link to further resources	Good and easy to comprehend consumer resource

Title	Audience	Owner or host	Access	Comment
Learning Module - <i>Ageing</i>	Health professionals	International Spinal Cord Society (ISCOS), UK	<a href="http://www.elearnsoci.org">http://www.elearnsoci.org</a> To access: 1. Click on link 2. Click on ' <i>Log In</i> ' to set up individual login, free of charge. Once registered, 3. Click on the health professional discipline of interest 4. Click on module for <i>Ageing</i> .	Module caters for various health professionals
<i>Aging with Spinal Cord Injury and Disability</i> (2017) <sup>1</sup>	Consumers	Christopher Reeve Foundation, New Jersey, USA	<a href="http://christopherreeve.org">http://christopherreeve.org</a> To access: 1. Click on link ' <i>Living with Paralysis</i> ' 2. Click on ' <i>About Paralysis Resource Center</i> ' 3. Click on ' <i>Fact Sheets A-Z</i> ' 4. Click on ' <i>Topic Resources</i> ' 5. Scroll down to ' <i>Aging with SCI</i> '.	The resource lists many web sites and books on the subject of ageing with SCI and disability

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<sup>1</sup> USA spelling

## Bladder management

Title	Audience	Owner or host	Access	Comment
<i>Your Bladder</i>	Consumers	ParaQuad NSW, Australia	<a href="https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/">https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/</a> To access click on link, then on 'Your Bladder'.	Useful information promoting good bladder care and providing signs and symptoms and directions as to what to do if infection is suspected. One of a series of fact sheets
<i>Management of the Neurogenic Bladder for Adults with Spinal Cord Injuries.</i> Middleton J, Ramakrishnan K, Cameron I. Sydney: Agency for Clinical Innovation (updated 2013)	Consumers and carers	NSW Agency for Clinical Innovation, State Spinal Cord Injury Service	<a href="http://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0010/155179/Management-Neurogenic-Bladder.pdf">http://www.aci.health.nsw.gov.au/__data/assets/pdf_file/0010/155179/Management-Neurogenic-Bladder.pdf</a> or <a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a> To access: 1. Click on link 2. Click on 'Factsheets' heading 3. Click on <i>Management of the Neurogenic Bladder for Adults with Spinal Cord Injuries.</i>	Identifies types of bladder dysfunction and information on management.
Various resources on bladder management following Spinal Cord Injury (updated Aug 2017)	Consumers and carers	Queensland Spinal Cord Injuries Service, Brisbane, Australia	<a href="https://www.health.qld.gov.au/qscis/html/bladder-bowel.asp">https://www.health.qld.gov.au/qscis/html/bladder-bowel.asp</a> To access: 1. Click on link 2. Click on links to PDF documents	A number of easy to understand fact sheets related to bladder management in SCI.

## Bowel management

Title	Audience	Owner or host	Access	Comment
<i>Management of the Neurogenic Bowel for Adults with Spinal Cord Injuries.</i> Pryor J, Fisher M, Middleton J (Updated 2013)	Health professionals	NSW Agency for Clinical Innovation, State Spinal Cord Injury Service	<a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a> To access: 1. Click on link 2. Click on 'Fact Sheets' 3. Click on ' <i>Management of the Neurogenic Bowel for Adults with Spinal Cord Injuries</i> '.	Identifies types of bowel dysfunction and information on management.
<i>Your Bowel</i>	Consumers	ParaQuad NSW, Australia	<a href="https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/">https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/</a> To access click on link, then on ' <i>Your Bowel</i> '.	Useful information promoting good bowel care. One of a series of fact sheets
<i>A Guide to Management of Lower Motor Neurone Bowels.</i> Queensland Spinal Cord Injuries Service; 2017	Consumers and carers	Queensland Spinal Cord Injuries Service	<a href="https://www.health.qld.gov.au/qscis/html/bladder-bowel.asp">https://www.health.qld.gov.au/qscis/html/bladder-bowel.asp</a> To access 4. Click on link 5. Click on links to PDF documents	Easy to understand fact sheets
<i>A Guide to the Management of Upper Motor Neurone Bowels.</i> Queensland Spinal Cord Injuries Service; 2017	Consumers and carers			

## Care givers, family and friends

Title	Audience	Owner or host	Access	Comment
<i>A Guide to Engaging your own Support Workers</i> , (WA): My Place, 2015	Consumers and Health professionals	My Place (WA)	<a href="http://www.myplace.org.au/services/pdf/MyPlace_EngagingBooklet_Web.pdf">http://www.myplace.org.au/services/pdf/MyPlace_EngagingBooklet_Web.pdf</a>	An in-depth look at the difficulties that arise from choosing a support worker for your disability needs.
Various brochures about being a carer	Carers	Carers Australia NSW	<a href="https://www.carersnsw.org.au/publications/resources/">https://www.carersnsw.org.au/publications/resources/</a> To access: 1. Click on link 2. Click on links to PDF documents	A number of information brochures for carers.
<i>Information for Family and Friends</i> . ParaQuad NSW; 2013	Consumers	ParaQuad NSW, Australia	<a href="https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/">https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/</a> To access: 1. Click on link 2. Click on ' <i>Information for Family and Friends</i> '.	Helpful and quite detailed information for family members. One of a series of fact sheets

## Equipment

Title	Audience	Owner or host	Access	Comment
<b>General</b>				
<i>Occupational Therapy Interventions for Adults with Spinal Cord Injury; an overview</i> Willey A, Arthur L, de Paula A, et al. Sydney: Agency for Clinical Innovation; 2014	Health professionals	NSW Agency for Clinical Innovations, State Spinal Cord Injury Service, Sydney, Australia	<a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a> To access: 1. Click on link 2. Click on 'Fact Sheets' 3. Click on Occupational Therapy Interventions for Adults with Spinal Cord Injury	From the factsheet: This fact sheet attempts to provide a therapist [who may have limited experience working with clients with a SCI] with the tools to assess a client well, and then to make appropriate recommendations for equipment or home modifications, based on this information.
<i>Equipment</i>	Consumer	ParaQuad NSW & Lifetime Care & Support Authority	<a href="https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/">https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/</a> To access: 1. Click on link 2. Click on 'Equipment'.	Easy to understand resource. One of a series of fact sheets
<i>Queensland Spinal Cord Injury Service: Equipment assessment tools</i>	Health professional	Queensland Spinal Cord Injury Service	<a href="https://www.health.qld.gov.au/qscis/">https://www.health.qld.gov.au/qscis/</a> To access: 1. Click on the link 2. Click on 'Information for Consumers and Health Professionals' link 3. Click on 'Equipment'	There are a range of useful resources here including <i>Mobile Shower Commode Assessment and Trial Form</i> , <i>Mattress Trial Client Assessment Form</i> and <i>Power Wheelchair Assessment and Evaluation Form</i>

Title	Audience	Owner or host	Access	Comment
<b>Mobility</b>				
<p><i>Guidelines for the prescription of a seated wheelchair or mobility scooter for people with a traumatic brain injury or spinal cord injury.</i>            Sydney: EnableNSW and Lifetime Care &amp; Support Authority. 2011</p>	<p>Health professionals (and consumers)</p>	<p>EnableNSW and Lifetime Care &amp; Support Authority</p>	<p><a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a>            To access:            1. Click on the link            2. Click on then on '<i>Guidelines for the prescription of a seated wheelchair or mobility scooter for people with a traumatic brain injury or spinal cord injury</i>'.</p>	<p>From the guidelines: The guidelines ... relate to two health conditions – spinal cord injury and traumatic brain injury ... [and] have been developed using a rigorous methodology of searching for, appraising and grading the research evidence in conjunction with a working party ... [They] are intended to inform and guide the therapist on clinical actions and decisions, but do not replace the need for clinical supervision or clinical judgment.</p>

Title	Audience	Owner or host	Access	Comment
<p><i>Summary of the guidelines for the prescription of a seated wheelchair or mobility scooter for people with a traumatic brain injury or spinal cord injury.</i> Sydney: EnableNSW and Lifetime Care &amp; Support Authority; 2011</p>	<p>Health professionals (and consumers)</p>	<p>EnableNSW and Lifetime Care &amp; Support Authority</p>	<p><a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a>            To access:            1. Click on the link            2. Click on <i>Guidelines for the prescription of a seated wheelchair or mobility scooter for people with a traumatic brain injury or spinal cord injury</i></p>	<p>From the summary: The guidelines are intended to inform and guide the therapist on clinical actions and decisions, but do not replace the need for clinical reasoning, judgement and/or supervision. It is intended that prescribers of wheelchairs use this summary of recommendations as a quick reference in conjunction with the complete guidelines and resources.</p>
<p><i>Technical report for the Guidelines for the prescription of a seated wheelchair or mobility scooter for people with a traumatic brain injury or spinal cord injury.</i> Lukersmith, S. Sydney: EnableNSW and Lifetime Care &amp; Support Authority; 2011</p>	<p>Health professionals (and consumers)</p>	<p>EnableNSW and Lifetime Care &amp; Support Authority</p>	<p><a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a>            To access:            1. Click on the link            2. Click on <i>Guidelines for the prescription of a seated wheelchair or mobility scooter for people with a traumatic brain injury or spinal cord injury</i></p>	<p>This report should be read in conjunction with the <i>Guidelines for the prescription of a seated wheelchair or mobility scooter for people with a traumatic brain injury or spinal cord injury</i>.</p> <p>From the technical report: This technical report provides information on the development process, methodology, tables of evidence and the working party.</p>

Title	Audience	Owner or host	Access	Comment
<i>Spinal Seating Professional Development Program</i> (Updated in 2017)	Health professionals	Agency for Clinical Innovation, State Spinal Cord Injury Service	<a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/spinal-seating">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/spinal-seating</a> This is a program of ten online education modules in seating and wheeled mobility. To access click on the link, then on the listed modules	From the ACI website: The ACI State Spinal Cord Injury Service education website for seating and wheeled mobility has been established to assist health professionals gain knowledge, confidence and understanding in the practice of seating and wheeled mobility prescription.
<i>Using a manual wheelchair multimedia course.</i> SCI-U.	Consumers and health professionals	SCI-U – for healthy living	On line course available at <a href="http://www.sci-u.ca/">http://www.sci-u.ca/</a> To access: click on the link, then on 'Wheelchair' on the toolbar along the top of the web page	A client focused e-learning package
<b>Pressure relieving</b>				
<i>About your contoured foam cushion</i>	Consumers	NSW Agency for Clinical Innovation, State Spinal Cord Injury Service	<a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a> To access: click on link, then on 'Spinal Seating'	These are handy one page summaries to assist consumers to correctly set up and maintain their cushions.
<i>About your Jay cushion</i>				
<i>About your ROHO</i>				
<i>Enhancer cushion</i>				
<i>About your ROHO Quadro Select ®/Contour Select™ cushion</i>				

## Health maintenance

Title	Audience	Owner or host	Access	Comment
<p><i>Health Maintenance for Adults with Spinal Cord Injuries.</i> Middleton J, Ramakrishnan K, Cameron I. Sydney: Agency for Clinical Innovation; 2014</p>	Health professional and consumers	NSW Agency for Clinical Innovation, State Spinal Cord Injury Service	<p><a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a> To access: 3. Click on link 4. Click on the 'Factsheets' heading 5. Click on 'Health Maintenance for Adults with Spinal Cord Injuries'.</p>	Provides specific information on health maintenance – good resource for health professionals

## Holistic approach

Title	Audience	Owner or host	Access	Comment
<p><i>SCI Health Management Plan – z card</i></p>	Consumer	Hunter Spinal Cord Injury Service	<p><a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a> To access: click on link, then on 'Consumer Spinal Cord Injury Resources' Available for a small charge from the Hunter Spinal Cord Injury Service: <a href="mailto:SCIS@hnehealth.nsw.gov.au">SCIS@hnehealth.nsw.gov.au</a></p>	This card is designed to fit in a wallet and is described as 'an easy to use tool for people with SCI to communicate their health care needs'.

## Nutrition

Title	Audience	Owner or host	Access	Comment
<i>Health Nutrition Fact Sheet: Healthy Eating for Adults with Spinal Cord Injury.</i> Wright, S. Sydney: Agency for Clinical Innovation; 2014	Health professionals and consumers	NSW Agency for Clinical Innovation, State Spinal Cord Injury Service	<a href="http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources">http://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/resources</a> To access: 1. Click on link 2. Click on 'Factsheets' heading 3. Click on <i>Health Nutrition Fact Sheet: Healthy Eating for Adults with Spinal Cord Injury.</i>	Provides a good overview of nutrition and issues for consideration in people with a SCI
<i>Healthy Living</i>	Consumers	ParaQuad NSW & Lifetime Care Support Authority	<a href="https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/">https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/</a> To access click on link, then on <i>Healthy Living.</i>	Information on living healthily, including nutrition. One of a series of fact sheets
<i>Eat Well, Live Well, with Spinal Cord Injury.</i> James K, Smith JE. 2013	Consumers and health professionals	James K, Smith JE.	Book can be ordered from <a href="http://www.eatwelllivewellwithsci.com/">http://www.eatwelllivewellwithsci.com/</a>	
<i>Nutrition - Multimedia course</i>	Consumers and health professionals	SCI-U – for healthy living	On line course available at <a href="http://www.sci-u.ca/">http://www.sci-u.ca/</a> To access click on link, then on 'Nutrition' on tool bar along the top of the web page	A client focused e-learning package

Title	Audience	Owner or host	Access	Comment
<i>Weight Management following Spinal Cord Injury.</i> Information sheet. Birmingham: University of Alabama; January 2005	Consumer	University of Alabama at Birmingham SCI Model System	<a href="https://www.uab.edu/medicine/sci/uab-scims-information/sci-infosheets">https://www.uab.edu/medicine/sci/uab-scims-information/sci-infosheets</a> To access click on link, then on <i>Weight management following SCI</i>	Information sheet – emphasizing the importance of a good food plan for individuals following SCI.
<i>EatRight© Weight Management Program.</i> Birmingham: University of Alabama; January 2005	Consumer	University of Alabama at Birmingham SCI Model System	<a href="https://www.uab.edu/medicine/sci/uab-scims-information/eatright-weight-management-program">https://www.uab.edu/medicine/sci/uab-scims-information/eatright-weight-management-program</a> To access click on link, then on the chapter of interest	Twelve week weight management program for people with SCI. A workbook and video education series guide the individual through the program on a weekly basis.

## Peer support

Title	Audience	Owner or host	Access	Comment
<i>Peer Support</i>	Consumers and health professionals	Spinal Life Australia	<a href="https://www.spinal.com.au/resources/peer-support/">https://www.spinal.com.au/resources/peer-support/</a>	General information about peer support team at the Princes Alexandra Hospital, Brisbane.
<i>Spire Peer Support</i> Victoria: Spire, 2015	Consumers and health professionals	Spire (Spinal Injury Resource Support Network)	<a href="https://www.spire.org.au/resources/peer-support/">https://www.spire.org.au/resources/peer-support/</a>	Invaluable resource with a range of information and resources on peer support, family care and assistance.
<i>Peer Support Services.</i> Traffic Accident Commission; 2014	Consumers and health professionals	Traffic Accident Commission Victoria	<a href="https://www.tac.vic.gov.au/">https://www.tac.vic.gov.au/</a> To access click on link above, then type 'peer support' into search function.	Information and contacts on peer support in Victoria.

## Physical activity

Title	Audience	Owner or host	Access	Comment
<i>Physical Activity</i> - Multimedia course.	Consumers and health professionals	SCI-U – for healthy living	<a href="http://www.sci-u.ca/">http://www.sci-u.ca/</a> To access click on link above, then 'Activity' on tool bar along the top of the webpage	A client focused e-learning package

## Reconditioning

Title	Audience	Owner or host	Access	Comment
<p><i>PhysioTherapy eXercises for people with injuries &amp; disabilities. V1.11</i>            Physiotherapists, NSW            Department of Health. Sydney:            March 2015</p>	<p>Health            professional</p>	<p>Managerial            Committee,            physiotherapyexercises.com</p>	<p><a href="https://www.physiotherapyexercises.com/">https://www.physiotherapyexercises.com/</a></p>	<p>From the website: This website currently contains over 1,000 physiotherapy exercises appropriate for people with injuries and disabilities... [It] primarily consists of exercises aimed at improving strength, flexibility, function and fitness. Emphasis has been placed on providing exercises that are independent of different philosophical approaches to the treatment of people with injuries and disabilities.</p>

## Respiratory

Title	Audience	Owner or host	Access	Comment
<i>Respiratory Health and Spinal Cord Injury.</i> Garshick E, Kelbine P, Gottlieb D, Chiodo A. Washington: MSKTC; August 2015	Consumers	Model System Knowledge Translation Center	<a href="http://www.msktc.org/sci">http://www.msktc.org/sci</a> To access click on link above, then on ' <i>Respiratory Health and SCI</i> '	Provides an overview of the respiratory system, how it is affected by SCI, and common respirator problems or conditions that may occur
<i>Respiratory Management Following Spinal Cord Injury: A Clinical Practice Guideline for Health-Care Professionals.</i> Consortium for Spinal Cord Medicine. Paralyzed Veterans' Association; 2005	Health professionals	Paralysed Veterans' of America	<a href="http://www.pva.org/publications/clinical-practice-guidelines">http://www.pva.org/publications/clinical-practice-guidelines</a> To access click on link above, then scroll down list of publications to download PDF version. Alternatively, download a free ePub App onto mobile device.	A comprehensive clinical practice guideline.
<i>Respiratory Management Following Spinal Cord Injury: What You Should Know.</i> Consortium for Spinal Cord Medicine. Paralyzed Veterans' Association; 2009	Consumers	Paralysed Veterans' of America	<a href="http://www.pva.org/publications/consumer-guides">http://www.pva.org/publications/consumer-guides</a> To access click on link above, then scroll down list of publications to download PDF version. Alternatively, download a free ePub App onto mobile device.	A guide for consumers on respiratory management.
<i>Respiratory Health</i>	Consumers	ParaQuad NSW & Lifetime Care Support Authority	<a href="https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/">https://www.paraquad.org.au/information/spinal-cord-injury/spinal-factsheets/</a> To access click on link above, then on <i>Respiratory Health</i> .	Easy to understand resource. One of a series of fact sheets.

## Upper limb preservation

Title	Audience	Owner or host	Access	Comment
<p><i>Preservation of Upper Limb Function Following Spinal Cord Injury: A Clinical Practice Guideline for Health-Care Professionals.</i> Consortium for Spinal Cord Medicine. Paralyzed Veterans' Association; 2005</p>	<p>Health professionals</p>	<p>Paralyzed Veterans' of America</p>	<p><a href="http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305831/k.4943/Clinical_Practice_Guidelines__Consumer_Guides.htm">http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305831/k.4943/Clinical_Practice_Guidelines__Consumer_Guides.htm</a> The guidelines are available as free downloadable PDF document, in print or as an interactive eBook. To access the eBook, a link is provided on the website to download a free ePub App onto a mobile device.</p>	<p>A comprehensive clinical practice guideline.</p>
<p><i>Preservation of Upper Limb Function: What You Should Know.</i> Consortium for Spinal Cord Medicine. Paralyzed Veterans' Association; 2008</p>	<p>Consumers</p>	<p>Paralyzed Veterans' of America</p>	<p><a href="http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305831/k.4943/Clinical_Practice_Guidelines__Consumer_Guides.htm">http://www.pva.org/site/c.ajlRK9NJLcJ2E/b.6305831/k.4943/Clinical_Practice_Guidelines__Consumer_Guides.htm</a> The guidelines are available as free downloadable PDF document, in print or as an interactive eBook. To access the eBook, a link is provided on the website to download a free ePub App onto a mobile device.</p>	<p>This guide is based on the clinical practice guideline.</p>

## Websites with a range of resources

Title	Audience	Owner or host	Access	Comment
<i>Spinal Cord Injury Factsheets</i>	Consumers	Model Systems Knowledge Translation Center (MSKTC)	<a href="http://www.msktc.org/sci/factsheets">http://www.msktc.org/sci/factsheets</a>	List of factsheets covering a range of topics on SCI related issues
<i>United Spinal's Spinal Cord Injury Resource Centre</i>	Consumers and health professionals	United Spinal Association Spinal Cord Resource Centre	<a href="http://www.spinalcord.org/">www.spinalcord.org/</a>	A range of general Information and resources
<i>Health Information pages</i>	Health professionals and consumers	Queensland Spinal Cord Injuries Service	<a href="https://www.health.qld.gov.au/qscis/html/health.asp">https://www.health.qld.gov.au/qscis/html/health.asp</a>	A number of resources relating to spinal cord injury and the management of complications
<i>Spinal Cord Injury Model System Information Network</i>		University of Alabama at Birmingham (UAB) School of Medicine	<a href="https://www.uab.edu/medicine/sci/uab-scims-information/sci-infosheets">https://www.uab.edu/medicine/sci/uab-scims-information/sci-infosheets</a>	The Spinal Cord Injury Model System (UAB-SCIMS) offers a series of factsheets on selected topics related to SCI.
<i>Publications: Clinical Practice Guidelines</i>	Health professionals and consumers	Paralyzed Veterans of America	<a href="http://www.pva.org/publications/clinical-practice-guidelines">http://www.pva.org/publications/clinical-practice-guidelines</a>	Various clinical practice guidelines for healthcare specialists and self-help guides for consumers and carers