



## Spinal COrd Injury REsources for Primary Care Practitioners

Problem	Community Resources	SCI Health Professionals (Telephone Consultation) 905-521-2100 + Ext. #	Specialist Physicians (Requires Provider Referral)
	Online Resources		
Bladder	<a href="#">Urodynamics Testing at HHS</a> – Patient Handout	Regional Rehabilitation Centre Outpatient Clinic, Ext. 40863 Urodynamics Clinic, Ext. 40800	<b>Dr. K. Piercey</b> – Urologist Phone: 905-522-1155 x34987 Fax: 905-528-3043 <b>Dr. Greenspan</b> – Urologist Phone: 905-529-0988 Fax: 905-529-0296
	<a href="#">Bladder Management</a>		
Bowel		<b>Outpatient Clinic Nurse Clinician</b> , Ext. 40863  <b>SCI Nurse Clinician</b> , Ext. 40920	<b>Dr. B. Lumb</b> – Gastroenterologist Phone: 905-389-4411 x43890 Fax: 905-381-7099
	<a href="#">Bowel Management</a>		
Integumentary	HNHB CCAC 1-866-790-4642 – Referral to a Wound Care Consultant	<b>SCI Nurse Clinician</b> , Ext. 40920	<b>Dr. S. Martin</b> – Plastic Surgeon Phone: 905-572-6226 Fax: 905-572-6301 <b>Dr. C. Levis</b> – Plastic Surgeon Phone: 905-308-9419 Fax: 905-525-6424 <b>Dr. Norm Flett</b> – Family Physician (Wound Clinic) Phone: 905-627-3541 x2248 Fax: 905-627-2898
	<a href="#">HNHB CCAC</a> <a href="#">Pressure Ulcers</a>		
Sexual Health	<a href="#">Peer Support Program</a> - Spinal Cord Injury Ontario <a href="#">Maternal Fetal Medicine Clinic</a>	<b>Peer Support Coordinator</b> Tel: 905-383-0216 Ext. 2 Fax: 905-383-5021	<b>Dr. M. A. Fischer</b> – Andrology Consultant, Urologist Phone: 905-634-4440 Fax: 905-639-3810 Toll Free: 1-877-663-0223 (1-877-ONE-0223) <b>Dr. Greenspan</b> – Urologist (Erectile Dysfunction) Phone: 905-529-0988 Fax: 905-529-0296 <b>Dr. Barbara Brennan</b> – Maternal Fetal Medicine Specialist Phone: 905-521-2644
	<a href="#">Sexual and Reproductive Health</a>		
Cardiovascular		<b>Advanced Practice Nurse</b> , Acute SCI Program, Ext. 46733	<b>Dr. D. Holder</b> – Cardiologist Phone: 905-521-2100 x44508 Fax: 905-523-8352
	<a href="#">Autonomic Dysreflexia</a> <a href="#">Orthostatic Hypotension</a> <a href="#">Cardiovascular Health</a> <a href="#">Venous Thromboembolism</a>		
Respiratory		<b>Respiratory Therapist</b> , Ext: 40931 / 40932	<b>Dr. Graham Jones</b> – Respiriologist Phone: 905-521-2100 x76401 Fax: 905-521-4971
	<a href="#">Respiratory Complications</a> <a href="#">Optimizing Respiratory Therapy Services</a> : A Continuum of Care from Hospital to Home (for chronic ventilated patients)		

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Neurological		Advanced Practice Nurse, Acute SCI Program, Ext. 46733	<b>Dr. E. Kachur</b> – Neurosurgeon Phone: 905-522-9884 x44712 Fax: 905-522-2615 <b>Dr. N. Murty</b> – Neurosurgeon Phone: 905-522-8830 Fax: 905-522-9371 <b>Dr. A. Cenic</b> – Neurosurgeon Phone: 905-521-2100 x46781 Fax: 905-577-8008
	<a href="#">Spasticity</a> <a href="#">Syringomyelia</a>		
Musculoskeletal Physical Activity Rehabilitation	<a href="#">HHS – Spinal Cord Injury Rehabilitation Program</a> <a href="#">MacWheelers Spinal Cord Injury Rehabilitation Program</a> (McMaster University) <b>Mobility+</b> (Les Chater YMCA) <a href="#">Referral Form</a>	<b>Physiotherapist</b> , SCI Rehab, Inpatient Program, Ext. 40801  <b>Physiotherapist</b> , SCI Rehab, Outpatient Program, Ext. 40821	<b>Prosthetics and Orthotics Department</b> Phone: 905- 521- 2607 <b>Dr. R. Williams</b> – Physiatrist Phone: 905-521-2100 x40817 <b>Dr. M. Denkers</b> – Orthopedic Surgeon Phone: 905-521-2100 x44158 Fax: 905-577-8248 <b>Dr. K Rajaratnam</b> – Orthopedic Surgeon Phone: 905-526-8430 Fax: 905-526-6227 <b>Dr. A. Papaioannou</b> – Osteoporosis Specialist Phone: 905-777-3837 Fax: 905-549-7003 <b>Regional Rehabilitation Outpatient Clinic</b> Phone: 905-521-2100 x40806 Fax: 905-577-8231
	<a href="#">Bone Health</a> <a href="#">Heterotopic Ossification</a> <a href="#">Physical Activity Guidelines for SCI</a> <a href="#">SCI Action Canada</a>		
Pain	<a href="#">Centres for Pain Management</a> Phone: 905-574-4911 Fax: 905-574-8290 <b>HHS Chronic Pain Management Unit</b> – Chronic Pain Management Program		<b>Dr. E. Tunks</b> – Pain Management Consultant Phone: 905- 521-2100 x40836 Fax: 905-521-7954 <b>Dr. N. Buckley</b> – Anesthesia Phone: 905-521-2100 x42590 Fax: 905-523-1224 <a href="#">HHS Pain Management Centre</a> Phone: 905-521-2100 x44621 Fax: 905-577-8022
	<a href="#">Pain Management</a>		
Mental Health	<a href="#">Crisis Outreach and Support Team (COAST)</a> 905-972-8338 <b>Community Psychiatry Services (CPS)</b> 905-521-6040 <b>East Region Mental Health Services</b> 905-573-4801	<b>Social Worker</b> , SCI Rehab, Inpatient Program , Ext. 40961	
	<a href="#">Depression</a> <a href="#">Substance Abuse</a>		
<b>General</b> <ul style="list-style-type: none"> <li>• Personal Support</li> <li>• Housing</li> <li>• Transportation</li> <li>• Education</li> <li>• Employment</li> </ul>	<a href="#">Peer Support Program</a> - Spinal Cord Injury Ontario	<b>Seating Clinic</b> , Outpatient Clinic, Ext. 40811  <b>Occupational Therapist</b> , SCI Rehab, Inpatient Program, Ext. 40956	<a href="#">Regional Rehabilitation Adult Wheelchair and Seating Clinic</a> Phone: 905-521-2100 x77128 Fax: 289-649-0830 <a href="#">Referral Form</a>
	<a href="#">Community Resources</a> – HHS Patient Education <a href="#">Housing and Attendant Care</a> <a href="#">Work and Employment</a>		

## Additional Online Resources

### Paralyzed Veterans of America Guidelines

[Clinical Practice Guidelines](#) (free download) Topics include:

Bladder Management for adults with SCI	Respiratory management following SCI
Neurogenic Bowel Management	Preservation of upper limb function following SCI
Pressure ulcer prevention and treatment:	Outcomes following traumatic spinal cord injury
Sexuality and reproductive health	Depression following SCI
Acute management of autonomic dysreflexia	Early acute management for adults with SCI
Prevention of thromboembolism	<a href="#">Consumer guidelines</a> <i>available for patients</i>

### [Spinal Cord Injury Information Network](#) - University of Alabama

- Educational materials and information about SCI for **health professionals** and **consumers**
- Links to national organizations, government agencies, commercial products, and educational resources related to spinal cord injury.

### Assessment Tools:

ASIA [International Standards for Neurological Classification of SCI](#)

SCI Outcome Measures - [Spinal Cord Injury Rehabilitation Evidence \(SCIRE\)](#)

## Resources for Patients

### Hamilton Health Sciences [Patient Education Website](#)

<a href="#">Bladder function (women)</a>	<a href="#">Bladder function (men)</a>
<a href="#">Bowel function</a>	<a href="#">Skin care</a>
<a href="#">Healthy Eating</a>	<a href="#">Skills for the job of living</a> (ADL, home modifications, equipment, seating)
<a href="#">Keeping your lungs healthy</a>	<a href="#">Range of motion</a>
<a href="#">Tracheostomy care</a>	<a href="#">Movement and exercise</a>
<a href="#">Long-term health promotion plan</a>	

### [SCI-Info-Pages](#) – SCI Resources, Health and General Information for consumers

<a href="#">Bowel Management</a>	<a href="#">Skin Management</a>
<a href="#">Range of Motion</a>	<a href="#">Urinary Tract Infections (UTI)</a>
<a href="#">Skin &amp; Pressure Sores</a>	<a href="#">Skin &amp; Pressure Sores</a> - Prevention and Treatment
<a href="#">Wheelchair Setup (manual)</a> and <a href="#">Wheelchair Setup (power)</a>	<a href="#">Other Health Issues</a> – Secondary complications of SCI

[SCI-U](#) - E-learning resource on how to live an active, healthy life after experiencing a spinal cord injury