

## Fact sheet

# Royal Adelaide Hospital

## Spinal Outpatient Services Clinical Information Sheet

Clinical Condition	Cervical or thoracic myelopathy
<b>Eligibility</b>	Upper limb and/or lower limb symptoms (e.g. pain, weakness, spasm, paraesthesia) believed to be associated with spinal cord compromise. May involve disturbance of gait, bladder/bowel/sexual function. May be chronic/slowly progressive in nature (e.g. degenerative cervical spondylotic myelopathy) or an acute presentation following trauma. Physical examination reveals clinical signs of upper motor neuron pathology (e.g. hyper-reflexia, increased tone, sensory changes, positive Babinski response, positive Hoffmann's reflex)
<b>Pre-referral management</b>	<ul style="list-style-type: none"><li>Referral for CT scan or MRI (best practice) is indicated if a diagnosis of cervical or thoracic myelopathy is suspected.</li></ul>
<b>Priority</b>	<b>IMMEDIATE:</b> If a traumatic spinal cord injury is suspected immediate specialist consultation is indicated. Refer patient immediately to the Emergency Department or contact the Spinal Fellow/Registrar at the RAH via switch: (08) 7074 0000  <b>SEMI-URGENT</b> Refer to the Spinal Outpatient Department via completion of the mandatory referral template (Fax: 08 7074 6247).
<b>Investigations required with referral</b>	Include copies of all relevant investigation findings (as suggested in pre-referral management above) with referral. <u>Note:</u> Pre-referral investigations are not mandatory if a clear clinical diagnosis can be made.
<b>Discharge Criteria/information</b>	Discharge following improvement/resolution of symptoms and/or surgical management options no longer being considered.
<b>Fact sheets</b>	Refer to <a href="http://www.sahealth.sa.gov.au/lumbardisorders">www.sahealth.sa.gov.au/lumbardisorders</a>

For more information:  
Spinal Outpatient Clinics  
Royal Adelaide Hospital  
Port Road, Adelaide  
Telephone: 08 8707 4000  
[www.sahealth.gov.au](http://www.sahealth.gov.au)

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Government  
of South Australia

**Health**  
Central Adelaide  
Local Health Network

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