

Outpatient Services

The Outpatient Clinic at the St. Louis VA Spinal Cord Injury Service (SCI) seek to serve you and to optimize your health through evaluation and treatment of acute medical problems, as well as prevention, early identification and treatment of chronic medical problems, complications related to the spinal cord injury or dysfunction itself as well as those linked to lifestyle choices. We try to promote healthy living, with the goal of fostering successful aging and longevity. Our nurses, nurse practitioner, physicians, psychologists, social workers, rehab therapists, nutritionist, and pharmacist are here to work together, answer your questions, explain our recommendations and provide educational opportunities about your health care needs. We are ready to work with you and your family, friends and caregivers. We encourage an annual comprehensive preventive health evaluation by a multidisciplinary team.

Our clinic is open to you 5 days week by appointment, but we also see patients on a walk-in basis for acute problems. However some acute problems must be taken care of at the acute care John Cochran division or a nearby emergency room.

On Thursdays mornings we see patients for Annual Evaluations. These visits follow national guidelines which were devised based on a careful analysis of the needs of SCI patients.

You can expect your visit to include:

- Medical History and Physical Examination including:
 - Cardiovascular Screening
 - Respiratory Evaluation
 - Annual digital rectal exam
 - Inspection of skin
 - Neurological complications i.e. pain and spasticity
 - Review of medications and supplies
- Annual Influenza vaccine and Pneumococcal vaccine if indicated
- Lab tests such as blood counts, lipids, liver function, protein, PSA (men), urine analysis
Several of these tests require you to be fasting after midnight. However, it is perfectly ok to drink water. But no other fluids, please.
- PT/OT evaluation including for equipment needs, seating, activities of daily living, safety
- Dietary and nutritional assessment
- Psychological, social and vocational screenings including Sexual Health screening

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- You may be scheduled for radiological exams including ultrasounds of the gallbladder and urinary system for stones and other problems. **Ultrasounds require you to stop taking anything by mouth 6 hours before the appointment.**

Location: Jefferson Barracks, Building 52, Spinal Cord Injury Service, Room 2S7

**For appointments, medication refills and concerns about your health
call 314-652-4100 or 800-228-5459, ext 6-6677**

