



# Advance Occupational Therapy

Achieving Goals Together

## Curriculum Vitae

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## Qualifications:

MSc Pre-registration Occupational Therapy (University of Cumbria 2010)

## Memberships:

Royal College of Occupational Therapists (registration number BT0241245)

Health and Care Professions Council (registration number OT61709)

Case Management Society UK (member number 18-3964-A)

## Professional Experience:

I qualified at Masters Level from the University of Cumbria in 2010. My first position after qualifying was with Lincolnshire Community Health Services, where I completed a Band 5 rotational post working with adults of all ages. This role provided sound experience across medical rehabilitation, intermediate care and palliative care in functional assessments and environmental adaptations. Patients presented with a wide range of physical conditions (including neurological and orthopaedic), mental health conditions and cognitive difficulties. I gained knowledge in selecting appropriate aids and adaptations and effective, safe discharge planning. The palliative care rotation in particular provided me with skills in complex care planning and working with a wide MDT, enabling me to improve my communication skills and dealing with difficult conversations. I gained skills in running groups, anxiety management, reminiscence therapy, and complex moving and handling.

In 2012, having moved back to the North-West to be nearer family, I became a Case Manager at Northern Case Management. On most cases I had a dual OT/ Case Manager role across pre and post-litigation cases. I gained experience in recruiting and supervising teams of support workers. Some patients were low-level, requiring large complex 24-hour care packages and regular moving and handling reviews. Others had frontal lobe damage with behavioural problems, and as OT I worked closely with the MDT and patients to set realistic goals and used core OT skills of activity analysis and grading to improve a patient's engagement in activities of daily living. Such activities included personal care, cooking, sleep hygiene assessments, household management, budgeting, shopping, voluntary vocational rehabilitation, liaison with tertiary educational establishments.

In July 2014 I took the decision to gain wider OT experience and secured a locum role with Rochdale Council, assessing for and implementing Assistive Technology from basic telecare to chair and bed sensors, epilepsy sensors, medication dispensers, and safer walking devices for those with dementia. Following this role, I worked for a private healthcare company that had secured a healthcare contract to provide a step-up/step-down service for a large healthcare trust in Lancashire. The service facilitated safe discharge planning from the acute sector as well as preventing hospital admission.

I then continued locum work at Band 6 level across a variety of locations and services in Manchester and East Lancashire, working with adults with complex needs. I expanded my experience in Neurological conditions such as MS and MND, as well as TBI and palliative care which enabled me to consolidate skills in environmental adaptation, moving and handling, and specialist seating.

In July 2016 I took the position of Community OT with Lancashire Care Foundation Trust. This was a specialist falls role and enabled me to further consolidate my assessment and treatment skills of those with complex needs across a range of conditions. After leaving this role to work nearer home, I worked across a variety of Band 6 roles in intermediate care, dementia rehabilitation and intensive home support (rapid response).

In June 2018 I took up a part-time role with Medicess as Rehabilitation Case Manager. The patients referred present mainly poly-trauma, including TBI, from road traffic and work placed accidents. I chose to work part-time in this role so that I could also work independently in a pure OT role. The dual aspect afforded by both roles provides me with a unique understanding of the rehabilitation process alongside the medico-legal framework.

All my roles have focussed on safeguarding vulnerable adults, and service development including redesigning outcome measures, service assessments and processes, and detailed risk assessments, and participation in in-service training.

### Summary of recent Continued Professional Development

August 2018 Assisting with final year Masters Level student assessment vivas, University of Cumbria

June 2018 Workshop with final year Masters Level students, University of Cumbria "Transition from student to practitioner"

April 2018 Mandatory Training HCL (Healthcare Locums)

July 2017 "Apologising to Patients and Service Users"

June 2017 Pressure Ulcer Awareness Training

June 2017 Mandatory Training

Feb 2017 In-service Training

Ongoing clinical supervision

Ongoing reflective practice

### Career Positions

June 2018 - Rehabilitation Case Manager, Medices Ltd part-time

Apr 2018 - ongoing Band 6 Locum OT part-time

Sept 2017 - Apr 2018, Band 6 OT, Pennine Care Foundation Trust

July 2016 - Sept 2017, Band 6 OT, Lancashire Care NHS Foundation Trust

July 2015 - July 2016, Band 6 Community Rehab Locum OT, East Lancashire Hospitals NHS Trust, LCFT NHS Foundation Trust, UHSM (now Manchester Foundation Trust)

Jan 2015 - July 2015, OT, Healthcare at Home

July 2014 - Jan 2015, Locum OT, Assistive Technology, Rochdale Council

Dec 2012 - July 2014, O.T. Case Manager, Northern Case Management

Oct 2010 - Dec 2012. Band 5 OT, Lincolnshire Community Health Services