



Sara Fisher

Head of Clinical Services

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Base: Penrith

Qualifications

BSc (Hons) Physiotherapy

MSc Physiotherapy

PG Certificate Teaching and Learning in Higher Education

Care of the Acutely Ill Patient - University Certificate

Postural Stability Instructor

Staff and Education Development Association (SEDA) Accredited: Learning, Teaching and Assessing

Memberships

Member of the Chartered Society of Physiotherapy

Health and Care Professions Council - Registration Number PH46214

Association of Chartered Physiotherapists with an Interest in Neurology (ACPIN)

Fellow of the Higher Education Academy (FHEA)

Summary

Since 1993 I have worked as a physiotherapist with a strong clinical interest in the treatment of neurological conditions. I have worked in a variety of settings from acute in-patient care and in-patient rehabilitation units through to a range of community rehabilitation settings. I have carried caseloads in the NHS and in privately funded rehabilitation. More recently I have worked at the University of Central Lancashire teaching undergraduate Physiotherapists and postgraduate Allied Health Professionals, whilst engaging with a range of academic responsibilities. I have always loved my work with neurologically impaired clients and have a specialism in Stroke and Acquired Brain Injury. The key skills which I bring to this role are:

- A detailed understanding of a range of adult and paediatric neurological conditions
- Clinical expertise in physiotherapy assessment and treatment of neurological conditions
- Clinical and team leadership skills
- Knowledge and practise of integrated team working across a range of health and social care professions
- Working knowledge of the process of case management
- Research and audit

Current position

I joined ACFL in 2016 and was appointed to the new role of Head of Clinical Services. My key functions in this role are to:

- Ensure the clinical team provide an efficient and high quality case management, occupational therapy, physiotherapy and support work service
- Provide professional leadership to the clinical team
- Be an integral part of the senior management team providing strategic direction to the clinical team
- Provide leadership and responsibility for recruitment, retention and training of clinical and

support staff

- Carry out assessments, write reports and provide costings, commensurate with my clinical background
- Maintain a small clinical caseload in physiotherapy

Key achievements

- Throughout my career, I have always carried a clinical case load in physiotherapy
- I have a good track record of improving function in clients who have, over time, gradually lost function since their original injury and recovery
- I have successfully worked across many different structural and organisational boundaries to develop better services for clients
- I have participated in the development, delivery and evaluation of a NW regional training programme to increase understanding of the public health role of Allied Health Professionals.
- I consistently work closely with individuals to support them to develop themselves to their full capacity, such as achieving independence in functional tasks, achieving organisational and career goals or achieving relevant academic qualifications

Professional pathway

Early career

- I qualified as a Physiotherapist in 1993, graduating with BSc (Hons) Physiotherapy from Sheffield Hallam University with an elective placement in Spinal Cord Injury
- I worked in Chesterfield as a rotational junior physiotherapist across a range of acute and rehabilitation settings from 1993-1995 before undertaking a specialist qualification in "Care of the Acutely Ill Patient"
- In 1996 I worked as senior physiotherapist at Sheffield Children's Hospital providing physiotherapy management of patients on paediatric intensive care, and neonatal intensive care, also becoming involved in the neurological development and treatment of babies and children with a range of neurological disorders
- Various locum posts from 1996-1997 within Sheffield and South Yorkshire in a range of neuro, older adults and musculoskeletal services.

1997-1998 – Outdoor Education and Training Development Tutor -YMCA Lakeside, Cumbria

I took a brief career break from Physiotherapy to follow a dream to work in the outdoors so that I could enable other children to benefit from the opportunities and benefits I had gained through participation in outdoor activities throughout my childhood and young adulthood. My key roles were liaising with incoming group leaders to ensure programmes were fit for purpose and working with groups to provide technical skills, and personal development or team development programmes as required.

1998-2000 – Neuromedical and Older Adults

I worked in two different locations, Kendal and Rotherham, to provide inpatient services to people with a range of neuromedical conditions ranging from cardiac events, through respiratory dysfunction to neurological dysfunction. These posts enabled me to develop my clinical assessment and treatment skills whilst introducing me to clinical and team leadership.

2000-2005 Neurology

I worked in Rotherham on an acute stroke unit, developed a community outreach service for stroke rehabilitation and then subsequently became the lead clinician for a busy neurological outpatient rehabilitation service treating a range of clients with a variety of neurological conditions. In Morecambe Bay I became involved at a strategic level on the development of services for Stroke patients whilst also developing a Bay-wide network of Neuro physios to provide peer support and review of services. During this period I also undertook my MSc Physiotherapy. These posts were pivotal in developing my leadership and business skills, where the business planning, managing all aspects of staffing and development of service were my key roles.

2005-2016 Senior Lecturer

My post as physiotherapy lecturer at the University of Central Lancashire (UCLan) has enabled me to teach undergraduate physiotherapy students with responsibility for the delivery of teaching and assessment around neurological conditions, physiology and business skills. From 2010 I also led the Allied Health Postgraduate Framework of modules with responsibility for marketing, recruitment, and support of students through their path of study as well as teaching modules ranging from case management, to outcome measurement and neurological rehabilitation.

I have been fortunate to work with a wide range of pre-registration and post-registration professionals and count myself privileged to have supported and guided them through their studies as they progress through their careers. I have also been key in ensuring quality assurance and compliance both within UCLan and for other institutions including University of East London, Queen Margaret University Edinburgh and Manchester Metropolitan University. Through my time in education I have been able to develop my team and people management and development skills, my IT knowledge and my ability to critically evaluate information and situations.

Continued Professional Development in the past three years:

Training

2017 HABC Level 2 Award in Emergency First Aid at Work (QCF) update

Conferences and network events

2016 European Region of World Congress of Physical Therapist ER-WCPT2016 conference
Allied Health Professionals North West Network (AHPNW) conference
Technology in Healthcare Workshop
ACPIN/International Physical Therapy Association Conference

2015 Physio 2015 conference
AHPNW conference
ACPIN conference
Athena Swann – Speaking in public

2014 AHPNW conference
UCLan academic conference

Other CPD

Ongoing learning through use of reflective portfolio.