



Janice Ewart  
Case Manager/Physiotherapist  
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Base: Penrith, Cumbria

### **Qualifications**

BSc (Hons) Physiotherapy (1995)

### **Memberships**

Member of the Chartered Society of Physiotherapy (CSP) 55708  
Health and Care Professions Council (HCPC) Registration Number PH49407  
Association of Paediatric Chartered Physiotherapists (APCP) NW 104405  
Member of British Association of Brain Injury Case Managers (BABICM)

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### **Summary**

I have almost 20 years of experience as a paediatric physiotherapist and a vast amount of experience of multidisciplinary working with complex cases, co-ordinating services including education, social care, charities and agencies. My neurodevelopmental experience includes 24hr postural management with the use of specific handling, activities and specialist equipment to enhance the functional abilities and postural maintenance of the child. I have experience in techniques of muscle strengthening and management of spasticity which are essential for comfort, joint maintenance and participation in everyday activities. I have worked closely with other clinicians in all areas and been involved in the provision of dynamic lycra orthosis to optimise the child's function, making use of their own muscle work to reduce spasticity and improve posture.

I have provided ongoing education, advice and support to parents, carers and the wider family. I have been involved in groups such as hydrotherapy, riding for the disabled and a local bike group to ensure that children with complex needs can achieve and accomplish in activities alongside siblings and peers. Working with children and their families to achieve the goals that THEY have set is a high priority.

I am an effective communicator and understand the empathy required to work with people in often emotive circumstances. I like to be proactive in sourcing services and can think outside the box for improved outcomes, looking at relevant facts and findings to ensure the best plan clinically, and for the long term needs of the client. I have a good working knowledge of current systems around special educational needs, safeguarding, early help and social care.

### **Current Position**

I work for A Chance for Life Ltd as a Case Manager and Physiotherapist. I work with children and adults who have complex brain injuries and orthopaedic conditions, pre and post-litigation. In addition to the summary above my role includes:

- Carrying out assessments, preparing case management reports and costs.
- Preparing physiotherapy reports and costs.

- Sourcing and co-ordinating multi-disciplinary teams, liaising with solicitors, insurers, education authorities and statutory providers
- Recruiting, managing and supervising rehabilitation support workers
- Supporting clients and families through the litigation process

Setting up and reviewing client-centred goals and programmes, including case management plans & physiotherapy plans.

### **Key Skills**

- Carrying out detailed assessments, writing reports and setting goals with clients.
- A broad understanding and vast experience of assessment and treatment of paediatric conditions.
- Experience of working as part of a multidisciplinary team within across community services, education and social care.
- Experience of supervising and mentoring other therapists and students.

### **Key Achievements**

- Working with challenging families, developing and maintaining good working relationships.
- Managing a complex caseload, working closely with clients and their families to ensure their rehabilitation and support is tailored to meet their individual needs.
- Being involved in service development to enhance and improve the service delivery offered to clients and their families.

### **Professional Pathway**

I qualified as a Physiotherapist in 1995, graduating from Queen Margaret College, Edinburgh with a BSc (Hons) Physiotherapy.

**From 1995 – 1997** I worked in Raigmore Hospital, Inverness as a rotational physiotherapist across wide a range of acute and community settings including medical, surgical, neurology, amputees and paediatrics.

**From 1997-1999** I held a single-handed post covering Children with Cystic Fibrosis across the Highlands of Scotland. This was mainly community visits to review and monitor treatment programmes and lung function, liaising closely with other professionals.

**From 1999- 2001** I worked in community paediatrics covering a large, rural area working in home and school settings, again liaising closely with the wider team based centrally..

**May 2001- February 2018** I moved to Cumbria to take up a full-time post in Paediatrics where I have worked until I acquired the post at ACFL. This post had a mixed caseload from premature babies to 19 years of age with a wide range of developmental delay, musculoskeletal conditions and neurodisabilities.

### **Recent CPD/Training**

2017            CPIP UK Training (Hip Surveillance and Measurement), Leeds.  
                   eTIPS (Early Therapy in Perinatal Stroke) Professional Consultation Workshop, Newcastle.  
                   Spasticity Update Day – Alder Hey, Liverpool.