

**Carolyn West**

Specialist Occupational Therapist

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Base: Cheshire

**Professional Qualifications**

Dip COT

MPhil in apraxia

**Memberships**

British Association of Occupational Therapists (BAOT)-Reg. No BT 0213845

Health &amp; Care Professionals Council (HCPC) – Reg. No OT

College of Occupational therapy Specialist Section Neurological Practice (COTSS-NP) – Reg. No N422 (NW committee member)

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**Summary**

I am enthusiastic and highly specialist occupational therapist with over 25 years working in the field of neurology, I have a wealth of experience in many different aspects of neurological rehabilitation. Working in both private practice and as a senior clinical lead in a strategic regional neurological unit, I am able to link between hospital, home and into the community. I am a highly skilled clinician and manager and have a strong record of enabling clients to reach their best potential by building a close rapport with them, their family and their team.

**Current position**

I currently work with a Chance for Life, as an associate specialist occupational therapist alongside my role in the NHS. I have specialist neurological skills and experience in:

- Assessing and treating neurological impairment (physical, cognitive, behavioural and emotional) both in the community and hospital settings.
- Enabling clients to reach their optimum level of function through bespoke treatment programmes.
- Being part of a client-centred interdisciplinary approach
- Neurological splinting and casting
- Clients with prolonged disorders of consciousness
- Vocational rehabilitation
- Behaviour management
- Return to driving
- Posture management
- Fatigue management
- Manual handling trainer
- Working and managing difficult situations
- Leading and managing successful clinical teams.
- Supervising / training and working with professionals/ carers to enhance their skills
- Working at a strategic management level

## **Key Achievements**

- I have highly specialist skills in working with acute neurological clients and their families following the trauma of ABI.
- I have worked collaboratively with a young man in the community following a traumatic brain injury. Jointly we set goals and implemented a treatment plan that enabled him to return to work and to develop his love for cycling.
- I am the clinical lead occupational therapist for the Greater Manchester acute neurological unit, ensuring that best practice is implemented within the regional unit.
- I am a committee member of the COTSS-NP North West group ensuring training is available to OT's in the region.

## **Professional Pathway**

I qualified in 1988 from the College of Ripon and York St John. On qualifying I worked at Halton hospital in Runcorn which gave me a good foundation in OT skills. I transferred to Broadgreen hospital to specialise in neurology. I then moved to Whiston and St Helens Trust where my role was leading and developing the community / outpatients neurology service.

I was appointed to the post of clinical lead OT in 1999 to assist with the establishment of the clinical Neurorehabilitation services for Greater Manchester and specifically Salford Royal Hospital.

Prior to working on the acute neurology rehabilitation unit I developed my neurological skills working within other neurological areas in the trust which included; the stroke ward, acute neurological unit and neurosurgery. I also had the opportunity to develop and work within the new Salford and Trafford community neurology services.

I now work part time as clinical lead OT on the acute neurology rehabilitation ward, which is part of the regional neuroscience services for Greater Manchester. The role demands an extensive clinical knowledge and level of skill as the patients have a high degree of complex needs. The conditions treated are diverse and include acquired brain injury, stroke, spinal injury, long term conditions and low arousal patients (PDOC). I am currently working to develop the service for PDOC patients in Greater Manchester.

Until recently I also worked for an independent sector company specialising in community neurological rehabilitation, where I was responsible for the North West Region. This service provides rehabilitation to brain injured clients with predominately cognitive deficits. I assessed and completed the initial prediction / OT report outlining the assessment finding and treatment plan. I provided a prediction as to the quantity and duration the OT programme will take to deliver; I regularly reviewed reports and advised on appropriate treatment plans; I liaised with the wider MDT including case managers and solicitors; I supervised the programme managers ensuring the client was able to optimise their potential recovery.

## **Continuing Professional Development**

- Functional upper limb course
- SMART assessors course
- Insight workshop, Braintree Training
- Understanding and dealing with behavioural problems
- Basic 3 week Bobath course
- Postural management course
- Certificate in counselling
- Splinting in neurology
- Fatigue management
- Management diploma at St Helens college
- Masters of Philosophy in Apraxia, Manchester University