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**Base: Cumbria and Southern Scotland**

## **Qualifications**

Multiprofessional Support of Learning and Assessment in Practice, 2019  
MSc Occupational Therapy, 2017  
MA (Undergraduate) Psychology, The University of Edinburgh, 2009

## **Memberships**

Health and Care Professions Council Reg No: OT74993  
British Association of Occupational Therapy Reg No: BT0252914  
British Association of Brain Injury Case Managers (BABICM) - 6537

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## **Summary**

I qualified as an Occupational Therapist in 2017 and have worked in a variety of settings including wheelchair services, stroke and neuro rehabilitation, and a number of acute settings. These experiences have enabled me to work with individuals with complex disabilities such as Acquired Brain Injury, Motor Neurone Disease, Multiple Sclerosis, Spinal Injuries and Amputations. I am an empathetic therapist, and like to deliver creative and client-centred interventions. I am particularly passionate about removing barriers to enable participation in chosen leisure activities and employment, as I believe these are vital to maintain good mental health which is so often overlooked. I always aim to deliver high quality care whilst promoting client-centred goal achievement.

## **Previous Clinical Experience**

- I have worked in a variety of settings including hospital, community and residential settings.
- I have experience of postural management and pressure relief care.
- I have prescribed powered and manual wheelchairs.
- I have carried out rehabilitation with a strong focus on client goals.
- I have experience of working autonomously as well as in a multi-disciplinary team.
- I am experienced in complex moving and handling.
- I have assessed for and prescribed equipment to promote independence.
- I have a knowledge and understanding of the core principles within Psychology.
- I have experience of vocational rehab, as well as supporting clients to gain and sustain employment.

## **Professional Experience**

### *Wheelchair Services and Prosthetics*

I have assessed and prescribed bespoke manual and powered wheelchairs in outpatient and community settings. There was strong focus on postural management and pressure relief care which has developed my knowledge of specialist seating, which is an essential skill to have when assessing clients with complex disabilities. I also worked within Prosthetics where I was responsible for providing

pre- and post-surgery support, rehabilitation and planned complex discharge of patients whose level of functioning had often changed significantly.

#### *Acute Stroke and Neuro-Rehabilitation*

I provided thorough assessment and evidence-based interventions with the aim of removing barriers to disability and supporting clients to be able to carry out their everyday occupations. I facilitated complex discharges from hospital and carried out dynamic risk assessments to ensure patient care was both safe and of high quality. As an OT within Stroke and Neuro Services, I not only considered physical functioning, but also cognitive, visual, psychological and emotional functioning when delivering creative and goal-centered interventions.

#### *Acute Wards*

I was based on the acute surgical wards, and provided cover for all other wards during weekend working. I was responsible for carrying out the OT process from screening referrals through to facilitating timely and safe discharges, ensuring patient care was my main priority, whilst remaining mindful of the need for patient flow.

### **Early Employment**

Following reading my Psychology degree in 2009, I worked as a Nursing Assistant in Stroke Rehabilitation. I was responsible for the daily care of patients including personal care, toileting and feeding. The staff promoted a 24-hour attitude to rehabilitation, and I continually facilitated patient rehabilitation outside their therapy sessions by ensuring patients were following best practice techniques, and empowering patients to push themselves within their capabilities.

I also worked at children's activity centres where I delivered group sessions aimed at promoting the personal development of children. I delivered educational sessions which focused on developing problem solving and teamwork skills.

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### **Continued Professional Development and Relevant Experiences**

- Accredited Wheelchair Prescriber, 2018
- Volunteer in Befriending Project for Edinburgh Headway, 2010
- Volunteer for Sports Driving Unlimited, (registered disability charity), 2009-2012
- Up to date with mandatory training as required in the NHS
- Acquired Brain Injury training, 2020
- New & Would Be Case Managers – Part 1, 2020
- Safeguarding and Mental Capacity Act Awareness training, 2020