

## Curriculum Vitae

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### Introduction

I am a qualified Occupational Therapist with over 20 years' experience within the health and social care sector (statutory, private and independent). I have worked within the clinical fields of orthopaedics, forensic mental health, learning disabilities, brain injuries, community rehabilitation, surgery and medicine and older adults. Within the NHS I worked to a management level and also established and developed new Occupational Therapy services.

In 2009 I set up as an Independent Occupational Therapist, offering services to individuals, charities, Case Managers and companies around Wales. I also started working as a Case Manager and as an Expert Witness in the same year.

I combined my entrepreneurial skills with my passion for Case Management and established "Stokes Case Management" in 2014. We now have over 30 associates who offer Case management and therapy to clients within the litigation arena around the UK. We also specialise in OT Expert witnesses.

I am the clinical director of the company, but also hold a clinical caseload as an OT and Case Manager of clients with severe and complex disabilities (Adult and Paediatric). As an expert witness, I accept instructions from Claimant and defendant solicitors all over the UK and am experienced within the medico-legal sector.

I continually develop my clinical skills and am up to date with Occupational Therapy models and interventions. I speak at conferences throughout the UK on various topics in relation to clients who have suffered catastrophic injuries and am also a guest lecturer at Cardiff University's School of Occupational Therapy.

## **Key Skills**

1. Extensive experience in management of adults and children with ABI, CP and Spinal Injuries and of working clinically in the field of community rehabilitation.
2. Extensive knowledge and experience of the Mental Health / Mental Capacity Act.
3. Extensive knowledge of risk assessment and risk management.
4. Experience of implementing community based rehabilitation programs, and organizing support packages linking in with local services where possible.
5. Highly developed communication skills with the ability to communicate with clients of all ages and from all walks of life with creativity, empathy and humour.
6. Excellent problem solving skills.
7. Routinely use a goal orientated approach to intervention.
8. Proven ability to work under pressure.
9. Ability to work independently or as part of inter-disciplinary team.

## **Professional Affiliations**

- British Association of Occupational Therapists
- HCPC OT30616
- British Association of Brain Injury Case Managers
- Case Management Society of the UK
- Vocational Rehabilitation Association

## **Professional Education**

- 1999 BSc (Hons) Occupational Therapy, St Loyes School of Occupational Therapy, Exeter

## **Work History**

Currently Director of Stokes Case Management, Case Manager, Occupational Therapist, Guest lecturer and Expert Witness

### **Associate Case Manager**

West Country Case Management 2009 - 2015

I worked as a Case Manager with West Country Case Management from 2009 and held a case load of settled and unsettled clients throughout Wales and the South West. I worked with clients with a diagnosis of Brain injury with complex needs, spinal injuries, Cerebral palsy and Post Traumatic Stress disorder.

### **Expert Witness**

Somek and Associates 2009 - 2015

I wrote medico-legal reports, acting as an expert witness for Somek & Associates. I received instructions from both Claimant and Defendant Solicitors and Insurers. I had undergone training in the medico-legal process and am fully aware of my responsibilities under the Civil Procedure Rules (CPR) pertaining to Expert Witnesses.

### **Head Occupational Therapist, Band 7, Pinetree Court Hospital, Learning Disability / Mental Health**

Start: August 2007 - End: March 2010

I worked for a private healthcare company in a rehabilitation/low secure unit for adults with learning disabilities, brain injuries and mental health diagnoses. I had the opportunity to set up, develop and manage the Occupational Therapy service at Pinetree Court and have been involved in recruitment, management and training of staff. I worked as part of a Multi-Disciplinary Team and also held a complex case load within the unit and provided Occupational Therapy support to our neighbouring Community house.

#### **Duties included:**

- Setting up a new Occupational Therapy service as well as evaluating and developing the service in line with changing needs.
- Carrying out assessments, writing treatment plans, prescribing, carrying out

and evaluating detailed intervention programmes.

- Providing clinical and professional leadership to the Occupational Therapy team and mentoring newly qualified Occupational Therapy staff.
- Carrying out regular clinical supervision and appraisals with all Occupational Therapy staff.
- Developing, monitoring and auditing standards in order to influence clinical and professional practice.
- Providing Occupational Therapy intervention for all clients at the unit and community house.
- Providing regular training for support staff within the company.
- Carrying out research to contribute to development of ideas within the Occupational Therapy department.
- Supervising Occupational Therapy students.
- Designing and advising purchasers on packages of care and placement designs.
- Providing regular reports for purchasers, Tribunals and for the Ministry of Justice.

**Head IV Occupational Therapist, Older adult mental health Service, Monmouthshire** Start: October 2005 - End: August 2007

I worked within the borough of Monmouthshire for the older adult's service. I had professional line management for a team of seven Occupational Therapy staff who were based around the borough in the day hospitals and wards. During my time in this position I planned, developed and evaluated the service as well as managing a varied and complex caseload within the community elderly care / mental health team.

**Duties included:**

- Providing clinical and professional leadership to the Occupational Therapy team for older adults.
- Carrying out assessments, writing treatment plans and providing treatments in groups and on a 1:1 basis.

- Assessing and providing equipment and adaptations for the clients' homes.
- Designing and providing care packages and liaising with external agencies.
- Monitoring care packages.
- Carrying out regular clinical supervision and appraisals with all Occupational Therapy staff.
- Developing, monitoring and auditing standards in order to influence clinical and professional practice.
- Evaluating and developing the service in line with changing needs.
- Providing Occupational Therapy intervention for the patients referred to the Community Mental Health Team.
- Representing the Occupational Therapy profession at all Borough clinical and strategic forums.

**Senior 1 Occupational Therapist, Medical Emergencies Admission Unit, Llandough Hospital** Start: March 2004 - End: October 2005

I worked within the acute sector of Llandough Hospital where I provided an Occupational Therapy service to the Medical Emergency Admissions Unit (MEAU) and also the Coronary Care Unit as well as providing Occupational Therapy interventions to the medical and surgical wards when required. I managed a caseload of clients with complex needs using client centred principles to assess, plan, implement and evaluate interventions in primary and secondary care settings. My work also included home visits and liaising with community services and facilities to provide urgent care packages. My main role was to facilitate safe discharge back into the community and to reduce admissions to the main wards of the hospital. I was responsible for a small team of Occupational Therapists who covered the medical/surgical and care of the Elderly wards within the busy environment of Llandough. **Duties included:**

- Providing Occupational Therapy intervention to MEAU and other areas.
- Assessing clients for equipment and adaptations for their homes.
- Supervising junior qualified staff, helpers and other technical staff.

- Contributing to the training programme of Occupational Therapy staff, students and act as a clinical supervisor.
- Giving talks and presentations.
- Attending relevant courses and lectures.
- Carrying out regular audits and present findings.

**Senior 2 Occupational Therapist, EMI Department, Barry Hospital** Start: August 2002 - End: February 2004

I had responsibility for the provision of Occupational Therapy within the Older adult mental health department at Barry Hospital and also supported the rest of the Occupational Therapy service when required. I was also seconded to the Older adult mental health department at Whitchurch Hospital (Part time) as a Senior 1 Occupational Therapist. I supported and supervised the junior and unqualified staff in the provision of services as well as personally provided a service on one ward and to the day hospital.

**Duties included:** carrying out Occupational Therapy process using models to guide practice, designing and providing care packages along with the community teams and local social services, and assessing clients for equipment and housing adaptations. I also supervised junior and support staff.

**Senior 2 Occupational Therapist, Caswell Clinic, South Wales Forensic Psychiatric Service**

Start: July 2000 - End: August 2002

Here I was responsible for the provision of Occupational Therapy within the service and managed my own caseload involving one to one and group work with the client group using the “model of human occupation” to guide practice.

**Basic Grade Occupational Therapist, Morriston Hospital, Swansea**

Start: August 1999 - End: July 2000

I was responsible for the provision of Occupational Therapy within Trauma and Orthopaedics and Elderly Care Medicine on a rotational basis. This involved liaising with other members of MDT, carrying a caseload and assisting other Occupational Therapy staff during “winter crises”, carrying out Activities of Daily Living assessments, providing appropriate equipment, undertaking home visits

and discharge planning.

### **Courses / Events**

I maintain my CPD by attending clinical and other relevant courses throughout the year.

#### **Examples of courses (details in CPD file):**

- Mindfulness training
- Cognitive Behavioural Training within primary care sector
- Mentoring and Supervision
- Posture and Seating
- Manual Handling
- Educator qualification
- Neuro-rehabilitation Courses BABICM

#### **Medico-Legal courses attended:**

- An introduction to Medico-Legal practice and Report writing - Somek & Associates
- Medico- Legal Workshop for Care/Occupational Therapy Expert Witnesses - Somek & Associates/Irwin Mitchell
- Bond Solon Court Room Skills training
- Welsh based Expert witness report writing, expert witness and court room skills