

Professional Experience

Louise Sims is a committed Occupational Therapist with a decade of experience, primarily within community NHS and social services teams but more recently as an independent practitioner. She has handled cases of acquired brain injuries (TBI) and dementia, requiring a nuanced understanding of the interplay between physical, cognitive, and emotional health. Louise's role in developing comprehensive care packages, in collaboration with multidisciplinary teams, highlights her skill in creating effective, holistic care plans. These plans are not just about immediate rehabilitation but also encompass long-term support and adaptation strategies, vital for the sustained recovery and well-being of her patients. Her work with older adults, particularly those in advanced stages of Parkinson's Disease and Multiple Sclerosis, showcases her ability to navigate the challenges of physical disabilities, cognitive decline, and emotional distress. She also has specialist knowledge of working with people who have oncological and progressive conditions and those frail and/or have orthopaedic conditions.

In her career, Louise has excelled in managing complex cases involving advanced cognitive impairment and serious mental illnesses. Louise's approach is deeply patient-centred, focusing on enhancing quality of life and promoting independence through bespoke occupational therapy interventions. Louise's adaptability and dedication to comprehensive care are evident in her varied roles and her proficiency lies in addressing the multifaceted needs of older adults with complex and diverse conditions.

Louise's commitment to her clients is further reflected in her continuous pursuit of professional development, ensuring she remains abreast of the latest best practices in occupational therapy for complex neurological, gerontological and mental health conditions. Her collaborative approach within multi-disciplinary teams underscores her holistic view of patient care, ensuring the delivery of individualized treatment plans in conjunction with physiotherapists and social workers. Louise's role as a compassionate and skilled Occupational Therapist is integral to her mission of improving the lives of those grappling with mental health and cognitive challenges. Her dedication to this mission is a testament to her professional integrity and commitment to the field of occupational therapy.

Louise is fully trained in Civil Procedure Rules, including relevant revisions as they arise. She actively maintains her continuing professional development via a range of training opportunities.

Specialism

- Acquired Brain Injury (ABI)
- Cancer and palliative care
- Orthopaedics
- Respiratory conditions
- Neurological conditions and disorders
- Orthopaedic & MSK injuries, condition
- Mental health & learning disability
- General medical & surgical conditions

Age group

Adults

Career history

Occupational Therapist, Associate of The OT Practice

May 2022 to present

- Senior Occupational therapist for Hampshire County Council set in a Discharge to Assess Unit for clients who are unable to return home after being discharged from hospital. Many of these clients are older people who require further therapy and ongoing assessment to plan future care needs.
- Senior Occupational Therapist working for Central Northwest London NHS Trust. This is a remote role contacting clients who have recently been referred to the Community Therapy team for further assessment following a hospital admission. The assessment requires good communication skills to engage with individuals and discuss their current abilities and produce a clinical detailed written assessment the community therapists.

Community Occupational Therapist Dorset Healthcare NHS Trust

Nov 2013 to April 2022

Community Occupational Therapist within a Community Mental Health Team for Older People.

- Managing a caseload of clients with functional and organic mental health conditions.
- Home assessment
- Developed and designed an assessment for clients living alone with cognitive impairment.
- Managed a Cognitive Stimulation Group.

Experience with completing standard cognitive and specialist assessments to assist the medical consultant with obtaining a diagnosis.

Qualifications

- Occupational Therapy BSc (Hons).
University of Southampton 2013
- Assessment of Motor & Processing Skills
Accredited Assessor.
- Child Development Level 2 (Open University
2007)
- Health & Social Care Level 1 (Open University
2007)
- Montessori Teaching Diploma.

Professional Memberships

- HCPC
 - RCOT
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