



Professional Experience

Rachel is an Advanced Occupational Therapist with 17 years of experience, predominantly within critical care, neurology and stroke. Throughout her career, she has led the assessment and rehabilitation of patients with a wide range of conditions, including hypoxic brain injury, Guillain Barre Syndrome and a variety of cardiac, respiratory and surgical issues. Earlier in her career, Rachel also gained significant experience working with orthopaedic, dementia and palliative patients. Rachel is an accomplished leader and has spearheaded the development of innovative and high-performing services. She is skilled in assessing patient's physical and social environments and prescribing appropriate specialist equipment to facilitate maximum safety and independence. Rachel is fully trained in Civil Procedure Rules, including relevant revisions as they arise, and maintains her continuing professional development through a range of training.

Specialisms

- Critical Care
- Neurology
- Stroke Rehabilitation
- Hypoxic Brain Injury
- Functional Assessment
- Seating & Equipment Provision
- Musculoskeletal health and Trauma

Qualifications

- BSc (Hons) Occupational Therapy
 - BSc (Hons) Psychology
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Career History

Stanford Wellbeing Ltd

Consultant Occupational Therapy Associate

2023 - Present

- Provide comprehensive assessment and detailed reports on individual's needs for equipment, care and rehabilitation following debilitating or life-changing acute and chronic conditions.
- Evaluate factors impacting an individual's function including medical diagnosis, limb function, fatigue, pain and cognitive abilities.
- Assess an individual's physical and social environments, supporting independence.
- Deliver one-to-one therapy sessions or oversee therapy assistants for a range of rehabilitative issues.

Broomfield Hospital (Mid & South Essex NHS Foundation Trust)

Advanced Occupational Therapist (Critical Care & Neurology)

2021 - 2022

- Led in establishing a Neuro Occupational Therapy service within General Critical Care and Covid High Dependency Units.
- Conducted comprehensive assessments using standardised tools and provided holistic rehabilitation for a variety of impairments including delirium, upper limb function, fatigue and anxiety.
- Worked with patients with a wide range of conditions, including Covid-19, Guillan-Barre Syndrome, Stroke, surgical and respiratory issues.



Career History Continued

Basildon Hospital (Mid & South Essex NHS Foundation Trust)
Advanced Occupational Therapist (Critical Care & Neurology)

2018 - 2021

- Established Neuro Occupational Therapy services within a regional Cardiac Critical Care unit.
- Assessed pre-admission and current functional abilities often with a focus on cognition and mobility, considering social and physical environments.
- Provided specialist assessment and rehabilitation for patients with a wide range of conditions related to cardiac and respiratory illness such as hypoxic brain injury, low awareness states, fatigue and anxiety.

Basildon Hospital (Mid & South Essex NHS Foundation Trust)
Advanced Specialist Occupational Therapist (Stroke)

2009 - 2018

- Led an Occupational Therapy service within Hyper-acute and Stroke Rehabilitation wards.
- Provided highly specialist assessment and intervention with patients and their families around stroke related impairments including cognition, sensory processing, emotional adjustment, upper limb function and mobility.

Basildon Hospital (Mid & South Essex NHS Foundation Trust)
Highly Specialist Occupational Therapist (Stroke)

2007 - 2009

- Completed specialist assessment and interventions to facilitate Stroke patient's recovery and transition from hospital to home environments.
- Used specialised equipment to aid patient recovery and safety in hospital and home.

Broomfield Hospital (South Essex NHS Foundation Trust)
Rotational Occupational Therapist (Surgical, Palliative, Renal & Stroke)

2006 - 2007

- Worked with diverse complex conditions including orthopaedic, surgical, and dementia patients.
- Provided comprehensive assessment and interventions for discharge to patient's home environment, including care and modifications to reduce falls risk and enhance independence.

Memberships

- Royal College of Occupational Therapists
- Royal College of Occupational Therapists Specialist Sections For Independent Practice, Neurological Practice and Trauma & Musculo-skeletal Health
- Health and Care Professions Council (HCPC)

Ages Covered

- Adults only