



Professional Experience

Rachel is a dedicated Occupational Therapist with almost a decade of experience leading the assessment and treatment of patients with a broad range of physical and mental health conditions. She is highly proficient in conducting rigorous and holistic initial, cognitive and environmental assessments, leading care planning, monitoring progress, evaluating outcomes and continually optimising care. Rachel has worked across a broad range of clinical inpatient and community settings, including Substance Abuse, Community Physical Reablement, Mental Health Liaison, Hospital Complex Care, Trauma & Orthopaedics and Vascular Care. She currently operates as a member of a Highly Specialist Community Huntington's Disease team. Rachel is experienced in discharge planning, environmental assessments and equipment provision. As an Expert Witness, Rachel utilises her clinical expertise to provide comprehensive, detailed and impartial reports. She is fully trained in Civil Procedure Rules, including relevant revisions as they arise, and diligently maintains her continuing professional development.

Specialisms

- Physical & Mental Health Assessment
- Cognitive Assessment
- Environmental Assessment
- Specialist Equipment
- Complex Care
- Trauma & Orthopaedics
- Huntington's Disease
- Substance Abuse
- Functional Rehabilitation (Compensatory & Restorative Approches)

Qualifications

- PgDip Occupational Therapy
 - BA (Hons) Drama, Media & Cultural Studies
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Career History

Aneurin Bevan University Health Board Senior Occupational Therapist

2021 - Present

- Lead the assessment and treatment of patients as a member of a Highly Specialist Community Huntington's Disease Team.
- Build positive and productive working relationships with primary, secondary and tertiary care providers.
- Developed evidence-based interventions in alignment with individual's unique occupational and functional needs.
- Complete home visits to assess individuals' environments and provide advice, guidance and equipment.
- Delivered support groups and training for care staff regarding the complex needs of service users.

Cwm Taf Morgannwg Univesity Health Board Band 6 Occupational Therapist

2017 - 2021

- Completed rotations across Mental Health Liaison, Community Physical Reablement, Hospital Complex Care, Trauma & Orthopaedics and Vascular Care.
- This included patient assessment, history taking, patient counselling and treatment planning.



Career History Continued

Cardiff and Vale University Health Board Band 5 Occupational Therapy

2016 - 2017

- Covered mental health and physical rotations, managing an inpatient and community mental health caseload and conducting complex physical rehabilitation and discharge planning.
- Conducted assessments and issued equipment as necessary.
- Completed home visits with patients and environmental visits with carers.

Partnerships in Care (Llanarth Court Hospital) Occupational Therapist

2014 - 2016

- Supported clients experiencing substance abuse issues, including liaising with medical, welfare, educational and other agencies regarding referrals and service provision.
- Documented discovered behaviour patterns and relationship dynamics to inform accurate and effective treatment planning.
- Assisted clients in accessing relevant community services, including education, training and employment services.
- Established and managed a voluntary programme.
- Operated as Specialist Personality Disorder Occupational Therapist on a medium security male ward.
- Produced accurate and holistic reports for MDT and CPA meetings.
- Leveraged skills and expertise relating to inpatient and community mental health, including recovery principles, rehabilitative and compensatory interventions, inclusion, productivity, partnership working, occupational and psychological intervention.

Cygnet Health Care (Kowstoke Hospital) Bank Occupational Therapist

2014 - 2014

Memberships

- Royal College of Occupational Therapists
- RCOT Specialist Section Independent Practice
- Health & Care Professions Council

Ages Covered

- Adults only