

# Ravina Samrai

Expert Witness  
Occupational Therapist

Birmingham



## Professional Experience

Ravina Samrai is an Advanced Occupational Therapist with over 15 years of NHS experience, specialising in intermediate care, discharge-to-assess (D2A) pathways, and rehabilitation for adults with complex, multifactorial health presentations. She has particular expertise in managing older adults with frailty, dementia, Parkinson's disease, stroke, fluctuating mobility, and cognitive impairment. Her clinical practice focuses on functional rehabilitation following hospital admission, with a strong emphasis on safe discharge planning, equipment provision, and enablement in the community.

Working in a Pathway 2, D2A setting, Ravina undertakes comprehensive holistic assessments encompassing activities of daily living, mobility, cognitive function (including Mental Capacity Assessments), manual handling, and environmental safety. She is experienced in prescribing a wide range of adaptive equipment including hoists, specialist seating, wheelchairs, and bathing aids, and liaising with adult social care to coordinate minor and major home adaptations. Her caseload includes patients with post-acute medical decline, long COVID, falls risk, continence issues, and behaviour affecting function, often requiring tailored care planning and close MDT coordination. She has completed clinical reasoning for transitions to 24-hour care settings, single- versus double-handed care decisions, and risk-led intervention planning.

Between 2021 and 2023, Ravina held a Band 7 Clinical Lead secondment post, where she provided daily clinical leadership within her team. She developed and implemented competency frameworks for Band 5 staff, supervised junior colleagues, led daily MDT meetings, and contributed to service improvement initiatives targeting discharge efficiency and reduced length of stay. Her leadership included recruitment, incident learning, performance supervision, and the successful rollout of the D2A model across the unit.

Ravina is HCPC registered and holds a BSc (Hons) in Occupational Therapy from Coventry University. She offers a clinically grounded, practically informed understanding of rehabilitation, functional assessment, equipment needs, and care planning. Her broad experience across physical and cognitive complexity, combined with operational leadership in intermediate care, enables her to provide robust and reliable opinion on care and occupational therapy needs in adult rehabilitation and community-based cases.

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

## Specialisms

- Neurological conditions & injuries
- Cauda equina
- Paraplegia
- Orthopaedic & MSK injuries / conditions
- Amputations
- Anxiety & Mood disorders
- Pain conditions
- Loss of hearing
- Respiratory conditions
- Cancer diagnoses
- Environmental/housing adaptations
- Specialist equipment provision

## Age group

- Adults



## Career history

- Occupational Therapist 2010 - Present  
Birmingham Community Healthcare NHS Trust
  - Working with elderly population using the D2A model in Pathway 2 setting.
  - Enhanced Holistic assessments of ADL's, home environment, cognitive impairments, including MCA and manual handling risk.
  - Manual handling risk assessments, advising and educating junior staff.
  - Extensive experience in equipment assessment and provision, including minor adaptations, wheelchair prescribing and specialist seating. Liaising with adult social services for major adaptations.
  - Clinical specialist knowledge on acute, chronic, and complex health conditions plan, implement and evaluate interventions.
  - Leading daily MDT meetings to improve discharge process.
  - Experience as Placement Practice Educator.
  - Obtained Band 7 Clinical Team lead secondment post from 2021-2023 before returning to Band 6 post.
- Clinical Lead OT (secondment) 2021 - 2023  
Birmingham Community Healthcare NHS Trust
  - Managing complex cases, providing expert clinical input.
  - Enabling and empowering a team of therapy staff to deliver clinically effective care.
  - Advanced clinical reasoning skills to assess, plan, implement and evaluate interventions.
  - Extensive experience with report writing to support referrals for other agencies.
  - Conducting complex risk assessment: ADL's, moving and handling, posture/mobility and community safety.
  - Audits and Risk management- reviewing, learning and teaching from incident.
  - Daily management of staff, including supervision and mentoring
  - Service improvements projects:- Implement D2A model in Pathway 2, Reduce length of stay, Band 5 Competency programme
  - Staff recruitment, sickness and performance management

## Qualifications

- BSc Hons Occupational Therapy,  
Coventry University  
Sep 2006 - Sep 2009

## Professional Memberships

- HCPC