Helen Ibbunson

Neurological Rehabilitation Case Manager &
Registered Occupational Therapist

Location: South West England

Summary of patient expertise and specialist training:

Helen specialised in the management of neurological conditions during her work as a treating Occupational Therapist. Her first-hand knowledge and training encompasses **children, young adults and older adults with a range of neurological conditions and/or spinal injuries,** including many with significant additional medical complexities.

As well as her experience as a Clinical Specialist Occupational Therapist, Helen is also a highly-trained and experienced case manager. She is particularly skilled at helping her clients psychologically, helping them mentally adjust to their injury challenges and supporting their emotional, as well as medical, needs. She is experienced in the following areas:

- Complete and incomplete spinal cord injuries, at differing levels of the spinal column
- Ventilation requirements
- Acquired Brain Injury including those with Locked-In Syndrome and Disorders of Consciousness
- Amputation
- Stroke
- Epilepsy
- Multiple Sclerosis
- Guillain-Barre Syndrome
- Cerebral Palsy
- Motor Neurone Disease
- Rheumatoid conditions
- Complex mental health disorders and learning disorders
- Multiple orthopaedic trauma

Helen has a calm and confident approach, **ensuring that her clients and their family feel safe in her hands**. She quickly develops positive working relationships with her clients and applies her skills and knowledge to overcome challenging circumstances.

Case Management skills:

The smooth running of any case is crucial for the comfort and well-being of our clients. Helen's experience in proactively managing a case from the outset is second to none. Her skills include:

- Immediate Needs Assessments
- Case Management Action Plans and Progress Reports
- Understanding of the requirements of the litigation process
- Set-up and management of community care packages
- Safeguarding and Risk Assessment
- Working with clients under the Mental Capacity Act
- Managing challenging behaviours
- Motivational interviewing
- Welfare, Benefit and Disabled Facilities Grant applications
- Major adaptations to properties

Professional registrations and memberships:

- British Association of Occupational Therapists (BAOT)
- Specialist Section Neurological Practice (BAOT)

Qualifications and training:

Qualifications

- Diploma College of Occupational Therapists - University College of Ripon and York St. John (1988 – 1991)
- Further Adult Education Teaching Certificate (FAETC)

Mandatory training including Basic Life Support completed.

Other recent training:

- Confidentiality Awareness – Tutorcare (2018)
- Epilepsy awareness, seizure management and emergency medications - Epilepsy Society (2017)
- Case Managers Training Day – Stewarts (2017)
- Neurologic Music Therapy – Chroma (2017)
- Clinical Seating – Seating Matters (2017)
- Spinal Injury Association Case Managers Training Day (2012)
- Attendance at Neuro Professional and Occupational Therapy Clinical Meetings (every 3-4 months)

Employment:

COOCI Associates LLP – Neurological Specialist Case Manager – from 2012

- Independently manages caseload of clients with complex conditions.
- Works with clients and their families, supporting the achievement of client centred rehabilitation goals, to maximise independent living
- Liaises with Interdisciplinary and Multidisciplinary Teams in the statutory and private sector for the provision of health, social care, education, therapy and care/support services
- Provides case management services to people pre and post litigation settlement, including those people requiring Court of Protection, liaising closely with legal services
- Throughout Helen's career and continuing to date, actively maintains personal development and has been involved in audit, research and has presented at conferences

Bath Neuro Rehabilitation Services, Royal National Hospital for Rheumatic Diseases – Clinical Specialist Occupational Therapist – 2004 to 2012

- Clinical Specialist in Neurology and Team Leader at the Bath Head Injury and Neurological Rehabilitation Unit
- Responsible for leading a team of therapists in complex clinical, governance, development and professional/managerial aspects
- Working with both adults and young people (from aged 12 upwards) with highly complex and multifaceted needs following acute and traumatic acquired brain injury and/or spinal injury, as well as those with complex neurological conditions e.g. Locked-in Syndrome

- Developing the service to provide rehabilitation for people who were ventilator dependent and had sustained a TBI
- Co-ordination of complex discharge planning, facilitating maximum independence for patients in a variety of settings
- Provision of pre-admission assessments to guide the rehabilitation pathway for the injured individual
- Service development as part of the management team, ensuring evidence based and best practice clinical intervention
- Provision of rheumatology outpatient occupational therapy services, including leading Fibromyalgia outpatient course

Physical and Neurological Rehabilitation, Bristol General Hospital – Clinical Specialist Occupational Therapist – 2001 to 2004

- Provision of physical and neurological rehabilitation services, within the acute setting of a large NHS Trust
- Active in the development of services across the Trust in liaison with other senior therapists.
- Provided professional support, supervision and training for junior members of the team and students.
- Clinical educator for occupational therapy students
- Developed knowledge and skills and acquired position of Clinical Specialist Occupational Therapist (CSOT)

Somerset Social Services – Community Occupational Therapist – 2000 to 2001

- Independently managed caseload of service users requiring assessment for equipment and adaptations to maintain independent living in the community
- This service also had a rehabilitation aspect to facilitate access to rehabilitation in the community and providing an in-reach service to any service users admitted to the community hospital

Gloucestershire Social Services – Community Occupational Therapist – 1999 to 2000

- Independently managed caseload of service users requiring assessment for equipment and adaptations to maintain independent living in the community
- Seconded to develop a step-down rehabilitation for those people in hospital requiring slow stream rehabilitation to return to community living

Quantock Rehabilitation Unit, Weston General Hospital – Senior 1 Occupational Therapist – 1996 to 1999

- Provision of physical and neurological rehabilitation, in a sub-acute setting.
- Working with adults with Multiple Sclerosis, Guillain-Barré Syndrome, Cerebral Palsy, Motor Neurone Disease, rheumatoid conditions, amputations and stroke
- Team Leader for the Occupational Therapy Team
- Provided professional support, supervision and training for junior members of the team and students
- Clinical educator for occupational therapy students
- Part of the day to day management team of the unit
- Worked collaboratively with the Inter-disciplinary Team in the training of rehabilitation support workers

National Spinal Injuries Centre, Stoke Mandeville Hospital – Basic Grade to Senior 1 Occupational Therapist – 1991 to 1996

- Worked across several wards, including the High Dependency Unit, Acute and Rehabilitation wards working with adults and children who had sustained paraplegic and tetraplegic level spinal cord injuries (complete and incomplete)
- Worked with patients who, in addition to their spinal cord injury, had other complicating presentations including stroke/brain injury/orthopaedic injuries and mental health conditions.
- Provision of assessment, treatment and intervention to maximise a person's independence in all aspects of their daily life, including co-ordinating return to community living
- Progressed clinically and managerially whilst at the NSIC and in 1994 was promoted to the position of a Senior 1 Occupational Therapist
- Actively responsible for taking the lead on developing and implementing the Occupational Therapy Service Management Programme for patients with tetraplegia and ventilator dependency
- Provided professional support, supervision and training for junior members of the team and students
- Clinical Educator for occupational therapy students
- Involved as part of the Occupational and Interdisciplinary Team in research, particularly related to hand therapy and splinting and assessment of powered wheelchairs

© COOCI Associates Ltd
Not to be reproduced without permission