

Rachel Wilson

Occupational Therapist, Case Manager and Care Expert

Profile:

I am an independent occupational therapist and case manager based in Harrogate, North Yorkshire. I have experience of in-depth assessments of adults and the elderly with physical disabilities and long-term conditions. My experience includes assessment, rehabilitation, education, and the planning and coordination of present and future care, equipment, transport and accommodation needs in hospital and community settings, including in the workplace. Conditions I treat include: rheumatoid and osteoarthritis with varying joint dysfunction; orthopaedic conditions such as complex fractures, amputation through trauma, elective hip and knee replacements; stroke; long-term conditions such as circulatory and respiratory conditions, diabetes, dementia, sensory impairment; neurological conditions including Minor Head Injury, Parkinson's Disease, Motor Neurone Disease, Multi-Systems Atrophy, Multiple Sclerosis; chronic pain; and conditions associated with aging such as reduced mobility and functional ability, and falls.

I have gained a comprehensive range of health and social care experience across several specialities within the statutory and independent sectors. I completed a Master of Sciences Degree in Professional Health Studies to further enhance my ability to evidence-base my practice.

I have worked as an independent expert witness since 2010, actively engaging with instructing parties (claimants, defendants and the CICA) to efficiently provide comprehensive reports to facilitate settlements regarding quantum in cases of clinical negligence and personal injury.

Qualifications:

- MSc Professional Health Studies, York St John University, 2011.
- BHSc (Hons) Occupational Therapy, York St John University, 2003.

Skills/experience:

- Varied knowledge, skills, and competencies of health and social care needs, with in-depth occupational therapy clinical experience in a wide range of conditions.
- Highly transferable skills in functional assessment of any condition in order to make sound recommendations, including physical, cognitive, behavioural, psychological, and social needs.
- Case management experience.
- A clear understanding of the impact of disability on individuals, their families and carers.
- A well rounded level of understanding of medical conditions, terminology, and medication.
- Experience of complex case conferences, discharge planning, and future care planning for individuals with complex needs in collaboration with the wider multi-disciplinary and multi-agency team.
- Excellent verbal and written communication skills at situation-specific levels within different forums, with a proven level of assertive diplomacy and persuasiveness when required.
- Outstanding knowledge of cross-sector services available to individuals to obtain optimum outcomes.
- A highly motivated autonomous worker with persistence and perseverance to exceed all expectations to provide an exceptional standard of work, maintaining a calm and organised manner, under the pressure of challenging time scales.

- Active involvement in many conferences and training events across the country with regular articles/blogs/contributions in newsletters, journals, and on social media.
- Maintenance of continuing professional development by attending courses/training events, reading and critiquing evidence-based articles/books, reflective practice, networking, supervision, and completing relevant study.

Registrations and memberships:

- The Health and Care Professions Council (HCPC)
- Royal College of Occupational Therapists (RCOT)
- The Case Management Society UK (CMSUK)
- Royal College of Occupational Therapists' Specialist Section – Independent Practice
- Royal College of Occupational Therapists' Specialist Section – Work