



Helen Arnott
Occupational Therapist

Curriculum Vitae

Professional title: Occupational Therapist
BSc (Hons) Occupational Therapy (1997)

Member of: HPC Health Professions Council (12 years)

Relevant practical experience:

July 2006 – present Specialist Occupational Therapist
JS Parker Ltd

- Assess, formulate and deliver home and community based occupational therapy programmes to people with brain or spinal injuries
- Assess and make recommendations regarding specialist equipment for daily living, vehicles and housing adaptations
- Use a client centred approach to motivate and encourage the client to work towards their own goals in a variety of self care, household, community, leisure and works tasks as appropriate
- Liaise closely with the clients' Case Manager to ensure that occupational therapy goals are related to long term needs and are maintained on discharge from occupational therapy services
- Establish and maintain close links with families/carers, other professionals and provide advice and constructive support
- Recruit, train and supervise Rehabilitation Assistants and Support Workers in collaboration with Case Managers
- Write clinical and medicolegal reports outlining assessment, intervention and proposed future plans
- Work within College of Occupational Therapy standards, along with the policies and procedures as laid down by JS Parker Ltd

August 2004 – July 2006 Career Break

June 2003 – August 2004 Senior Occupational Therapist
Rehabilitation Medicine Service (Community), North
Lincolnshire

- Assessment and provision of treatment programmes for clients with acquired or deteriorating neurological conditions such as acquired brain injury, motor neurone disease, multiple sclerosis

- Service delivery tailored to client need e.g. workplace resettlement, access to community facilities, carer/family training, cognitive and physical skills intervention
- Planning and implementation of service-user groups, Multi-system liaison with Rehabilitation Medicine Service personnel to facilitate efficient specialist service delivery

**March 2002 – May 2003 Senior Occupational Therapist
Blackheath Brain Injury Rehabilitation Centre, London**

- Providing occupational therapy to a medium-secure neuropsychology unit for clients with challenging behaviours and cognitive deficits and a neuro-disability unit for clients with complex physical and/or communication difficulties
- Standardised and non-standardised assessments of function, perception and cognition and formulation of treatment plans encompassing activities of daily living, spatial/temporal orientation, normal movement, environmental modification, recreation and leisure, complex seating and positioning

**Oct 2001 – March 2002 Head Occupational Therapist (Neurology)
Royal London Hospital, London**

- Recruitment, supervision and appraisal of temporary and permanent staff
- Lead staff and team meetings
- Plan, implement and manage change within the service in collaboration with departmental head

**Sept 1997 – Oct 2001 Senior Occupational Therapist
Whipps Cross Hospital, London**

- Various clinical occupational therapy positions held in out patient and in patient settings including general medicine, orthotics, surgery and neurology

Relevant expertise sharing:

Co-presenter at JSP Annual Conference

Somewhere to Live, Someone to Love, Something to Do - 2007

**Guest Lecturer (BSc (Hons) Occupational Therapy)
'Models, Frames of References and Approaches in Neurology'**

South Bank University - 2004

Presentation 'Case Study, Client in Minimally Conscious State'

North Lincolnshire and Goole Medical and Surgical Consultants Symposium - 2004

Academic qualifications:

**1994 – 1997 BSc (Hons) Occupational Therapy (First Class)
(Coventry University)**

1992 – 1994

BTEC National Diploma in Nursery Nursing (Distinction)
(North Derbyshire Technical College)

Relevant vocational training:

2009	Sexual Health and Wellbeing following Acquired Brain Injury
2008	Motivational Interviewing Training Trust-Ed Annual Conference: Social and Behavioural Changes following ABI in Childhood and Adolescence
2007	Skills for Clinical and Case Supervision Management of Aggressive Behaviour Protection of Vulnerable Adults The Mental Capacity Act 2005
2006	NANOT annual conference: Best Practice in Brain Injury
2004	Assessment of Motor Process Skills (AMPS) Sensory Modality Assessment & Rehabilitation Technique (SMART)
2003	Softcast Splinting for the Upper and Lower Limb
2002	Neuropsychology in Brain Injury Tracheostomy Care
2001	Wheelchair Assessment and Prescription