

Sarah Hodge | BSc (Hons), AFHEA, MSc

Occupational Therapist and Case Manager

Professional Qualifications:

BSc (Hons) Occupational Therapy, MSc Leadership of Allied Health Professionals

Clinical specialities:

Adult assessment and rehabilitation, Oncology (including palliative and end of life care), Neurological rehabilitation, Trauma and orthopaedics, Progressive respiratory conditions, Vocational rehabilitation, Community rehabilitation

Additional Interests: Education/student development, service development/change management

Locations covered: North Lincolnshire and surrounding areas plus remote work

Professional summary:

Throughout my career I have maintained a passion for supporting individuals to live as independently and as well as possible despite their diagnosis and stage of condition. I have always sought opportunity to develop services and have kept proactive in making innovative changes in collaboration with patients, their families, and colleagues. I have been fortunate to be able to represent occupational therapy at both a local and national level, through designing, building, and delivering new services which have continued to be sustained beyond the initial scope. I am hard working and dedicated to delivering high quality holistic assessment and intervention for individuals with complex symptoms using up to date evidence, client centred principles and core occupational therapy skills. I am extremely passionate about occupational therapy and the difference occupational therapists can make to peoples' lives.

Clinical skills/experience:

- Highly organised, working with adults (18 years and over) to design and implement comprehensive, goal focused rehabilitation programmes to address functional impairments that are often complex, with resource and time limitations.
- Competent in completing functional activities of daily living (ADL) assessment in all occupational performance areas, utilising a collaborative approach to recommend and implement minor aids and equipment and graded therapy programmes in the home and work environment for those diagnosed with complex neurological, respiratory and orthopaedic conditions.
- Specific skills in more in-depth functional assessment incorporating details around specific motor and process (cognitive) function.
- Ability to establish baseline cognitive skills and design/develop cognitive rehabilitation programmes in collaboration with the individual and their carer.
- Advanced communicator, utilising motivational, educational and sensitive approaches adapted to the clients and referrers needs as well as during interactions with professionals.
- Ability to assess the home/work environment to facilitate provision of minor adaptations.
- Specialist skills in the management of fatigue as a symptom following diagnosis of a life-limiting condition, including but not limited to Cancer, Multiple Sclerosis and Motor Neurone Disease.
- Skills in moving and handling of individuals in their home environment (including within a residential care/nursing care setting), alongside provision of education for carers/relatives in the use of equipment both verbally and as a clear, succinct care plan.
- Passionate and competent in the delivery of education to a wide network of individuals (professional, student and client based) in relation to occupational therapy, symptom/condition management and self-management programmes. Able to deliver on a one to one or group basis.
- Clinically led the design, implementation, and delivery of a bespoke therapy service with the overall ethos of providing high quality rehabilitation for a complex caseload of individuals diagnosed with Cancer and

other life-limiting conditions alongside facilitating innovative education, supervision and leadership for peers.

- Supervision and case load management of occupational therapists and therapy assistant staff within various areas of practice including acute, community and intermediate care.
- Design and development of clinical education resources within both acute and community services.
- Management of referrals, service caseload and sustainable service development projects including audit and reviews, health and safety and risk assessment, allocation of work and both small/large scale service changes.
- Moving and handling key trainer. Frequent delivery of moving and handling training to clinical staff, non-clinical staff, patients and their families.

Employment Details:

Present: PhD Student (part-time)

Present: Advanced Care Practitioner Occupational Therapist (Lindsey Lodge Hospice and Healthcare)

Clinical lead post to transform and modernise pathways of care and enable safe and effective sharing of skills across traditional professional boundaries from an occupational therapy perspective within the hospice setting. On a day-to-day basis I work collaboratively to deliver rehabilitation and support a complex caseload of patients with specialist palliative care/end of life care needs as well as implementing the four pillars of Advanced Clinical Practice including leadership and management, education, and research.

Present: Independent Occupational Therapist (Hillsmere Occupational Therapy) and Case Manager

My role is to provide the full occupational therapy process to support individuals to manage their symptoms and be as independent as possible with their daily activities, including remaining in paid employment. Alongside this work, I provide specialist occupational therapy case management for clients following personal injury including complex orthopaedic trauma and clients with vocational rehabilitation needs. I am also a Blue Badge Expert Assessor.

2018 – 2021: Wellbeing Centre Manager/Occupational Therapist (Lindsey Lodge Hospice and Healthcare)

A dual clinical/leadership role within the Wellbeing Centre to manage and develop Day Care services, the Physiotherapy/Occupational Therapy team, Complementary therapy, Lymphoedema service and Counselling/Bereavement support team. Clinical work includes specialist occupational therapy assessment and intervention in relation to physical/cognitive function, symptom management and vocational rehabilitation for individuals diagnosed with complex life-limiting conditions inclusive of Cancer, Neurological conditions, and Respiratory conditions – as an in-patient, out-patient or within the person's home environment.

2017 – 2018: Band 8a Operational Matron/Occupational Therapist (Community)

Lead and clinical practitioner for one of three care networks in the local community delivering nursing, occupational therapy and physiotherapy for adults; including the housing and major adaptations team and end of life care/specialist palliative care teams. Key parts of the role included being a member on the disabled facilities grants panel to assess and evaluate suitability of equipment/adaptation recommendations, leading serious incident investigations, inclusive of report writing and advanced communication with patients, their families and external professionals and maintaining a clinical caseload of clients diagnosed with multiple short/longer term conditions inclusive of orthopaedic/medical diagnoses.

2014 – 2017: Band 7 Macmillan Occupational Therapist (Acute/Community)

Initially employed as a two year secondment as clinical lead for the design and delivery of a bespoke new service in the local area with the overall ethos of providing high quality rehabilitation for a complex caseload of individuals diagnosed with Cancer and other life-limiting conditions alongside facilitating innovative education, supervision, and leadership for peers. The role varied from one to one work and working closely with the core therapy rehabilitation team to assess and deliver intervention (inclusive of equipment and recommendations for housing adaptations) for patients within their community home, local hospice and acute services to sharing the value of occupational therapy on a national scale through conferences, charitable events and fundraising opportunities.

2013 – 2014: Band 6 Senior Occupational Therapist (Intermediate Care Services)

A clinical role in the Intermediate Care services across an in-patient rehabilitation unit, community home team and rapid response/crisis support team to provide assessment, goal setting and intervention to help individuals fulfil their activities of daily living as independent as possible. The role included home environment assessment, functional assessment and group education/rehabilitation sessions.

2010 – 2013: Band 5 Rotational Occupational Therapist (Acute/Community)

A clinical role providing grounding in areas of practice including stroke rehabilitation, acute medicine and surgery, palliative care, adult and paediatrics (housing and adaptations) and orthopaedics. Achievements included the implementation of 'pre-op hip surgery classes' which contributed to reduced length of hospital stay for patients receiving elective orthopaedic surgery.

Achievements:

- Innovation in Care 2019 – Hospice UK Awards
- 'Improving Quality' nomination 2018 – Advancing Healthcare Awards
- Outstanding Occupational Therapist of the Year 2016 – The OT Show
- Commended at the Quality in Care for Oncology Awards 2016 – QIC Awards

Professional Membership and Additional Roles:

- Registered with the Health and Care Professions Council (OT61755)
- Member of the Royal College of Occupational Therapists and the Specialist Section for Independent Practice
- Associate Fellow of the Higher Education Academy
- Associate case manager with Independence Works Ltd
- Associate occupational therapist with Enable Therapy Services Ltd
- Expert Assessor (Blue Badge/Accessibility) with Access Independent
- Clinical supervision (APPLE accreditation)
- Long Arm Supervisor and Guest Lecturer at Lincoln University/Sheffield Hallam University
- Moving and Handling Key Trainer

Continuing Professional Development:

I continue to develop professional skills through ongoing active learning, networking, and collaboration. I read a variety of professional articles, engage in regular clinical supervision, use reflective practice and am proactive in both service and staff development. I provide regular supervision for occupational therapy students and newly qualified practitioners. I attend events, workshops, and training as able to support both my independent and NHS practice.