

CLAIRE CLARKE

I am a highly specialist physiotherapist with a passion for working in neurology. I pride myself on my excellent communications skills, creative approach to treatment and proactive work ethic.

I have extensive experience of working with adult's who have complex neurological problems from the early stages in their rehabilitation to helping them manage their condition long-term. I pride myself in offering a tailored patient-centred treatment approach setting realistic goals with the patient to achieve the desired outcome.

Areas of Expertise

Adults with Neurological Conditions
Complex postural management
Complex spasticity management
Specialist in Upper limb rehabilitation
Teaching and presentation skills
Managing, appraising, supervising and teaching others
Trained and experienced in the Bobath Concept and Movement Sciences Approach.
Trained Saeboflex practitioner.
Skilled in the use of electrical muscle stimulation, for upper and lower limb.
Experienced in the use of casting and thermoplastic splinting.

EMPLOYMENT HISTORY

Oxford Centre For Enablement

Oct 2007- Present

Nuffield Orthopaedic Centre/Oxford Universities NHS Trust

Current Post: Band 7 Highly Specialist Neurological Physiotherapist

Neurological Rehabilitation Service – July 2012 – present

- Providing high levels of clinical expertise in specialist areas of complex neurological rehabilitation such as upper limb rehab, splinting, casting, gait re-education, spasticity and posture management.
- Managing the daily organisation and running of the NRS service and responsibility for appraising, teaching and supervising band 6, band 5 and assistant physiotherapists within the department.

Continuing Disability Management Service - Oct 07- May 08 (Band 6), May 08 – July 2012 (Band 7).

- Lead band 7 physiotherapist within a specialist neurological physiotherapy and multidisciplinary team (MDT) known as Continuing Disability Management Service (CDMS).
- Providing specialist advice, assessment and treatment to in-patients and day hospital/outpatients with long term neurological conditions including MS, Stroke, MND and other progressive conditions throughout the course of their illness.

Senior II Rehabilitation Physiotherapist (Rotational)

July 2005-Oct 2007

Wycombe General Hospital, Buckinghamshire Hospitals NHS

Trust

Neuro outliers and elderly rehab

- Responsible for the running of the neuro outlier service across the hospital and the supervision of junior staff on the elderly rehab wards.
- Providing specialist advice on the acute management of newly diagnosed or deteriorating complex neurological patients including, MS, Parkinson's, TBI and Stroke

Stroke unit

- Working in a specialist physiotherapy and multidisciplinary team providing specialist stroke care to a 20 bedded combined stroke unit.
- Providing goal orientated treatment programmes based on specific knowledge and evidence based practice.

Intermediate Care

- Sole physiotherapist within a multidisciplinary team providing a service preventing hospital admission and supporting early discharge from hospital. Treating a variety of rehabilitation patients using a holistic approach to maximise independence.
- Managing junior staff and providing specialist training and regular appraisals. Providing emergency on-call physiotherapy.

- 5 junior rotations completed, each of a 4 month duration including; ITU and respiratory medicine, Heberden neurological rehabilitation unit, outpatients and hydrotherapy, orthopaedics, elderly rehabilitation and adult community. This enabled the development of a wide variety of professional and clinical skills in a wide range of areas.

KEY SKILLS AND ACHIEVEMENTS

- Specialist in assessing and managing adults with complex postural and seating needs.
- Experienced in treating with clients with profound physical, cognitive and communication difficulties.
- Extensive experience in complex spasticity management, including working alongside consultants in specialist spasticity clinics.
- Trained in a variety of assessment and treatment skills using different approaches including the Bobath Concept and Movement Sciences
- Use of evidenced based practice and the most up to date research for a variety of treatment interventions.
- Trained Saeboflex practitioner including new Saebo developments.
- Skilled in the use of electrical muscle stimulation with experience in upper limb and lower limb, FES.
- Highly experienced and trained in the use of casting for upper limb and lower limb.
- Highly experienced in thermoplastic splinting for the upper limb including running a specialist upper limb splinting clinic.
- Service development skills; assisting in the training of new staff and introduction of a new multidisciplinary team goal setting programme on a new stroke unit.
- Developing existing services and initiating new services; design and initiation of the 'arm management group' for both inpatient's and outpatients and setting up an integrated splinting pathway for therapy services at the OCE.
- Managing, appraising, teaching and supervising other physiotherapists, assistants and students.
- Experience in teaching other health professional, on a range of topics including interdisciplinary goal planning, moving and handling, the upper limb, posture and balance.
- Facilitating and delivering highly specialist clinical external courses.
- An enthusiastic member of ACPIN and was part of the committee for over 3 years, helping to organise the forthcoming programme including evening lectures and external courses.

PROFESSIONAL EDUCATION AND MEMBERSHIPS

Oxford Brookes University, BSc (Hons) Physiotherapy, Grade: 2:1, 2000-2003

HPC Registration – PH65515

Member of Chartered Society of Physiotherapy - 69360

Member of Association of Chartered Physios Interested in Neurology (ACPIN) - 4570

CONTACT DETAILS

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