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Jo Proffitt

Curriculum Vitae – March 2021

Qualifications

BSc (Hons), Occupational Therapy, 1995 - University of Northumbria

Professional Bodies Registered with the Health and Care Professionals Council (HCPC): OT24249 Member of the British Association of Brain Injury Case Managers (BABICM)

Experience

After graduation, I started my Occupational Therapy career in South Tees Community and Mental Health NHS Trust on a basic grade rotation. I gained experience in elderly rehabilitation, acute mental health and in-patient neurological rehabilitation. In my final rotation I carried out rehabilitation with patients with spinal cord injury, progressive neurological conditions and traumatic brain injury. This was an excellent opportunity to gain experience and skills in assessment and rehabilitation of neurologically impaired patients.

In 1997 I took a post as a Senior Occupational Therapist with City Hospitals Sunderland NHS Trust. During this employment I worked on an in-patient neurological rehabilitation unit. I was able to attend various courses in this field and develop skills in providing intervention to patients with progressive neurological conditions, traumatic brain injury and stroke. I also gained experience in carrying out sensory assessments with patients with prolonged disorders of consciousness.

I moved to a new role in 2003 working for South Tyneside NHS Foundation Trust as a Senior Occupational Therapist within the community stroke team. I became skilled in assessing and treating patients in their home environments and assisting them to be as independent as possible. I gained experience in assessing for environmental adaptations and equipment to enhance patient's quality of life.

In 2006 I was successful in being promoted to Lead Occupational Therapist for both the community and in-patient stroke service at South Tyneside. I worked across the care pathway, developing skills in acute and rehabilitation in-patient care and community rehabilitation. I developed my clinical skills further, planning complex discharges and developed a special interest in cognitive assessment and rehabilitation. I further enhanced my verbal and written communication skills, leading case conferences and multi-disciplinary reviews.

My role developed further in 2013 and I became the Safe Care Lead for the Community Stroke Team. This involved the leadership of the growing interdisciplinary community stroke team alongside my existing clinical and managerial roles. I took a lead role with safeguarding and mental capacity issues. I continued to advance my understanding of acquired brain injury, neuroplasticity and its impact upon rehabilitation. I kept up to date with evidence-based practice by attending courses and shared learning with the wider team by delivering awareness training. I built excellent therapeutic relationships with patients and families enabling them to maximise their recovery.

In 2018 I joined CCMS as a Case Manager. I hold a mixed caseload of both adults and children with various disabilities including Acquired Brain Injuries, Spinal Cord Injuries and Cerebral Palsy. My clients have acquired their injuries through medical negligence or personal and serious injury. I have a great deal of experience of managing clients with 24/7 and 2 to 1 packages of care. I have experience of working with clients with challenging behaviour and severe cognitive and physical impairment. I hold a mix of both settled and litigation clients. I enjoy using my assessment skills and understanding of the multi-disciplinary role to maximise recovery and quality of life. I take a proactive approach, utilising problem-solving skills to work holistically with clients and their families.

As part of my role within CCMS, I am the Education Lead, providing support and sharing information with my fellow Case Managers to ensure they are kept up to date with evidence-based practice and new research in the field of brain injury, spinal injury and rehabilitation.