

Tabitha Starr

Case Manager

Independent Occupational Therapist

Profile

Tabitha is a highly experienced and skilled occupational therapist and case manager whose specialisms include rehabilitation following multiple orthopaedic trauma, upper limb conditions, amputation, peripheral nerve injuries, chronic fatigue/pain, psychological and neurological conditions, such as brain injury and concussion.

Specialisms

- Multiple musculoskeletal/orthopaedic trauma
- Brachial plexus and peripheral nerve injuries
- Hand and upper limb injury and amputations
- Chronic fatigue/pain
- Psychological conditions
- Traumatic and acquired brain injury
- Concussion

Ages covered

- Adults
- Adolescents

Biography

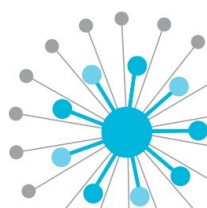
Since qualifying in 2002, Tabitha has worked extensively in rehabilitation case management across both the independent and statutory healthcare sectors. She is passionate about delivering clinical excellence and evidence-based practice to all clients, whatever their injury or trauma.

During her career, Tabitha has worked within trauma and orthopaedics, oncology, neurology, community rehabilitation, hand therapy and rheumatology. In addition, since 2007 she has specialised in treating clients with hand and upper limb injuries, peripheral nerve injuries, psychological difficulties and brain injuries relating to accidents. Her work spans adult and adolescent clients, working with families, within multidisciplinary teams, and across agencies and services. She is accomplished in designing and implementing client-centred rehabilitation packages, bringing together the treating health professionals and then co-ordinating their involvement so that the client receives the best possible service and outcomes.

Tabitha manages a wide-ranging caseload, receiving referrals from insurance companies, solicitors, GPs and consultants. She offers a comprehensive range of individually tailored rehabilitation packages, including detailed assessments, provision of adaptive equipment, specialist services and treatments, with the aim of helping the client return to physical and psychological wellbeing and ultimately independence.

She has proficient knowledge in vocational rehabilitation, helping clients return to work following an accident or injury, and has the skills to work collaboratively with both the client and employer, to facilitate a safe and effective return to work. She is a confident and skilled report writer and communicator.

Tabitha's skills make her a sound and experienced occupational therapist case manager, who is able to take on any rehabilitation, no matter the client's injury or trauma.



Qualifications

- PG Dip College of Occupational Therapists, St Bart's and the Royal London, 2002
- BSc (Hons) Psychology, Southampton University, 1996

Memberships

- Health and Care Professions Council (HCPC)
- Royal College of Occupational Therapists (RCOT)
- Royal College of Occupational Therapists Specialist Section - Independent Practice
- British Association of Hand Therapists (BAHT)

Contact details

Location:

Hampshire

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Email:

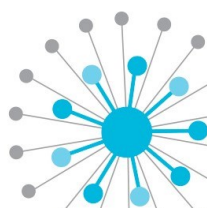
tabitha.starr@independenceworks.net

Website:

www.independenceworks.net

Clinical skills and experience

- Wide range of experience of working with adolescents and adults with complex injuries, including multiple orthopaedic trauma, upper limb conditions, amputations, peripheral nerve injuries, chronic fatigue, chronic pain, psychological problems and neurological conditions (including traumatic brain injury and concussion).
- Comprehensive and extensive experience working in rehabilitation and proficient case management skills, working with clients, health professionals, solicitors and insurers, with good communication and report writing skills.
- Well regarded by orthopaedic consultants, surgeons, GPs, clients and solicitors, providing sound clinical reasoning skills across a range of conditions and disability.
- Extensive experience of working within clinical settings, clients' homes and work environments, collaborating with family members, treating clinicians and employers to provide comprehensive and client-centred rehabilitation programme, aiding psychological and physical wellbeing and maximising independence.
- A wealth of experience providing in-depth assessment for the provision of adaptive equipment to facilitate independence both at home and work.
- Highly regarded and skilled advanced practitioner in hand therapy, delivering therapeutic interventions including upper limb therapy, splinting, pain management, oedema and wound management, ultrasound and orthotics.
- Extensive counselling experience with a cognitive behavioural approach, helping clients with varying conditions and injuries overcome illness and accepting chronic conditions and life-changing experiences.
- Effective managerial and supervisory skills, running a small but effective hand therapy service and co-ordinating a multi-disciplinary upper limb practice.
- Sound training and educational skills, providing teaching to GPs, physiotherapists, as well as OTs, rehabilitation assistants and students.
- Active and experienced in audits, protocols and a member of a wider national hand therapy group for advocating best practice, following NICE guidelines and implementing evidence-based interventions.
- Committed to continuing professional development - full details of recent training are available on request.
- Client and solicitor feedback/testimonials available on request.



Career history - private sector

Independent Occupational Therapist & Case Manager - Independence Works Ltd 2021 - present

- Working with clients following injury, completing in-depth assessments of their physical, cognitive, psychosocial and vocational needs to facilitate the provision of equipment and support, and the referral to specialist providers, with a focus on the client returning to work and independence.

Clinical Specialist Hand Therapist - BMI Circle Health Ltd, Sarum Road Hospital 2015 - present

- Running a small hand therapy team providing highly specialised assessment, treatment and rehabilitation for patients with upper limb conditions and following complex injuries and surgery.
- Responsible for service development, audits, supervision, in-service and GP education, procurement and multidisciplinary co-ordinating.

Independent Occupational Therapist Associate - The Occupational Therapy Practice 2014 - 2017

- Comprehensive occupational therapy/case management provision for clients following trauma and injury.

Career history - statutory sector

Senior OT, Hands and Rheumatology, Hampshire Hospitals NHS Foundation Trust 2007 - 2015

- Senior hand therapist in a large and busy out-patient therapy department. Split post providing assessment and treatment for clients with hand and rheumatological conditions.
- Working in a multidisciplinary team and receiving referrals from consultant hand surgeons, rheumatologists and GPs.
- Development of a specialist occupational therapy service for fibromyalgia and chronic fatigue clients, including the management and running of group and 1:1 treatment programmes.
- Gathering and writing of programme material using the latest evidence-based research to develop a client-centred service and recording client data and analysis for conducting audits and future research purposes.

Senior OT, Acute Medical & Palliative Care, Winchester and Eastleigh NHS Trust 2006 - 2007

- Senior occupational therapist providing a specialist service for the acute medical wards with an expert remit for palliative care clients. Included complex discharge planning and counselling therapy for extremely vulnerable clients.
- Responsible for the supervision of junior staff members and rehabilitation assistance and supporting the development of the occupational therapy palliative care service, including the improvement of occupational therapy competencies and standards of practice.

Senior OT, Trauma and Orthopaedics, Winchester and Eastleigh NHS Trust 2005 - 2006

- Senior occupational therapist post based in the busy hospital trauma and orthopaedic wards, providing a specialist occupational therapy service including assessment and treatment of clients following surgery and trauma, identifying needs for equipment, rehabilitation and ongoing referrals to achieve client goals of rehabilitation.

Basic Grade Occupational Therapist, Winchester and Eastleigh NHS Trust 2002 - 2005

- Rotational post in neuro rehabilitation, hand therapy, falls, community, medical and surgical orthopaedics.

