

# Wilma Pretorius

Case Manager

Independent Occupational Therapist

## Profile

Wilma is based near Ely and is a highly experienced and skilled occupational therapist and case manager.

Her extensive case management and clinical experience includes the rehabilitation of young people and adults with orthopaedic, spinal and traumatic brain injury, together with those who have suffered polytrauma.

## Specialisms

- Catastrophic injury
- Spinal injury
- Traumatic and acquired brain injury
- Musculo-skeletal/orthopaedics
- Vocational rehabilitation
- Functional neurological disorder
- Pain management
- Hand injuries
- PTSD
- Ergonomic workplace assessment

## Ages covered

- Adolescent
- Adult
- Geriatric

## Biography

Wilma has worked as an occupational therapist (OT) since qualifying in 1987. Her clinical experience includes working with children and adults across a variety of sectors such as school psychological services, private psychiatric services, the insurance industry and the NHS. She has combined her work as an independent occupational therapist and case manager since 2004.

In her role as a case manager, Wilma specialises in the management of clients who have sustained catastrophic and life-changing injuries, providing support from initial assessment during acute stages of injury recovery, through to provision of equipment, and care packages, accommodation and transport.

Wilma uses a biopsychosocial approach, focusing primarily on the needs of the client, but also addressing the secondary impact of life-changing injuries on the client's family and support system. Using a framework of agreed goals, she aims to enable clients to re-engage in as wide a range of pre-injury activities as possible, to restore meaningful life roles and reinstate their sense of self-efficacy and autonomy. This includes optimising independence in all spheres of life, including personal care, domestic roles, hobbies, interests and work.

Having worked extensively within multi-disciplinary teams as part of her ongoing clinical case load, Wilma has developed effective communication skills with statutory and independent service providers. She is experienced in referring her clients to professionals such as physiotherapists, neuro-psychologists and consultants.

She has embedded experience of assessment, report writing and goal setting and is qualified in administering the Matheson Functional Capacity Evaluation (FCE) and certified in administering a variety of cognitive assessments used for clients with TBI.

Fundamental to her role as a case manager role is the need to maintain an active role as a treating occupational therapist and Wilma continues to maintain a small caseload of clients who have suffered catastrophic injuries, including neurological injury, polytrauma and spinal injury, for whom she provides bespoke occupational therapy services.



## Qualifications

- Bachelor of Occupational Therapy (Hons), University of the Free State, South Africa, 1987

## Memberships

- Health and Care Professions Council (HCPC)
- Case Management Society UK (CMSUK)
- Royal College of Occupational Therapist (RCOT)
- Royal College of Occupational Therapists Specialist Section – Neurological Practice
- Vocational Rehabilitation Association (VRA)
- Spinal Injuries Association (SIA)

## Contact details

### Location:

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### Tel:

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### Email:

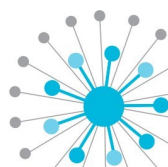
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### Website:

www.independenceworks.net

## Clinical skills and experience

- Case management and clinical experience of providing rehabilitation for a wide range of conditions, including traumatic brain injury, spinal injury, polytrauma, hand injury, chronic pain, complex orthopaedic injury and psychological sequelae of injury.
- Extensive experience working with clients, solicitors, and insurers within the context of personal injury.
- Extensive previous and current experience as a treating OT, working with clients and their families using a client-centred approach.
- Embedded experience in vocational rehabilitation, including work assessment, liaising with employers, developing/supporting graded return to work programmes, providing ergonomic assessment/advice and implementing adaptations.
- Committed to continuing professional development - full details of recent training are available on request.
- Housing and accommodation assessments and provision of specialist equipment to promote independence and reduce care burden on caregivers.
- Hand assessments, provision of basic hand therapy programmes, splints and graded treatment programmes.
- Experience of domiciliary, community and hospital-based rehabilitation.
- Experience working with non-English speaking clients and across a variety of cultures and socio-economic backgrounds. Wilma is also fully bilingual and speaks/reads Afrikaans fluently.
- Client and solicitor feedback/testimonials are available on request.



## Career history – private sector

### **Independent Occupational Therapist & Case Manager - Independence Works Ltd**

2003 - present

- Providing case management services for adults with traumatic brain injuries, complex orthopaedic injuries and polytrauma in accordance with the Rehabilitation Code.
- Carrying out detailed assessments of clients, based on a biopsychosocial model and utilising a client-centred approach to agree goals with them.
- Commissioning services such as specialised therapies, investigations and evidence-based treatment to optimise rehabilitation outcomes.
- Liaison with insurers, solicitors and treating professionals.
- Highly experienced in assessment and report writing.
- Delivering professional clinical supervision of other occupational therapist/case managers.

### **Independent Occupational Therapist, Company Director – Rehab@Work Ltd**

2003 - present

Offering OT services and carrying a small caseload of clients with complex treatment needs following significant orthopaedic trauma, amputation and/or brain injury. This role includes working within a multi-disciplinary team, providing rehabilitation as well as the training of support workers in delivery of an enabling approach to care.

### **Rehabilitation Co-ordinator – Momentum Employee Benefits**

1999 - 2001

- Assessment of injured employees to determine eligibility for insurer-funded rehabilitation services.
- Commissioning and co-ordination of bespoke rehabilitation services, and monitoring of outcomes.
- Delivery of condition-specific education to injured employees and their employers.
- Ergonomic assessments, including workstation assessments and implementation of adaptations/adjustments.

### **Disability Claims Assessor, Old Mutual Limited, South Africa**

1998 - 1999

Job included claims management and work assessment/rehabilitation.

### **Independent Occupational Therapist, Port Elizabeth/Cape Town, South Africa**

1994 - 2001

- Self-employed in private practice offering vocational rehabilitation, functional capacity assessments and work assessments following injury or illness.
- Expert witness services for TBI, spinal cord injury and amputees.

### **Psychiatric Aftercare Havens, Port Elizabeth, South Africa**

1993

Role involved the delivery of occupational therapy services in community mental health, enabling clients with long-term psychiatric conditions to transition into sheltered accommodation. Caseload included clients with significant behavioural difficulties following brain injury.

## Career history – statutory sector

- Senior 1 Occupational Therapist in Neuro-Rehab, Addenbrooke's Hospital 2001 - 2004
- Independent Occupational Therapist, Port Elizabeth/Cape Town, South Africa 1994 - 2000
- Senior Occupational Therapist in Adult Neurology and Surgery, 1991 - 1993  
Universitas Hospital, Bloemfontein, South Africa
- Paediatric Occupational Therapist, Pietermaritzburg School Psychological Clinic 1988 - 1991  
and Tswellang School for the Physically Disabled

