

# Rachel Relf

Case Manager

Independent Occupational Therapist

## Profile

A highly experienced and dynamic case manager and occupational therapist, Rachel specialises in physical health, with a particular interest in catastrophic injuries including major/poly trauma, hand/upper limb injuries, spinal injuries, amputations and psychological disorders.

## Specialisms

- Catastrophic injuries
- Spinal injuries
- Musculo-skeletal poly trauma / orthopaedics
- Hand injuries
- Vocational rehabilitation

## Ages covered

- Adult
- Paediatric

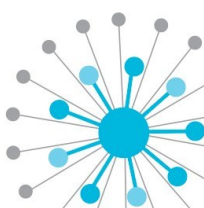
## Biography

Since qualifying as an occupational therapist in 1993, Rachel has built up a wealth of clinical experience in both statutory and private services.

She has developed advanced clinical reasoning and objective assessment skills, enabling her to devise bespoke treatment plans that deliver high quality rehabilitation, working across both private and statutory sectors for the benefit of her clients.

She is confident at co-ordinating input and liaising with health professionals, families, employers, solicitors and insurers alike.

Rachel also has experience of lecturing, examining and interviewing for the local university undergraduate occupational therapy programme.



## Qualifications

- BSc Hons Occupational Therapy, University of Salford, 1993

## Registrations & memberships

- Health and Care Professions Council (HCPC)
- Royal College of Occupational Therapists (RCOT)
- Accreditation of Practice Placement Educators (APPLE)

## Contact details

### Location:

Lancashire

### Tel:

07961 543937

### Email:

rachel.relf@independenceworks.net

### Website:

www.independenceworks.net

## Clinical skills and experience

- Extensive clinical experience in both acute and community settings, working with a wide range of physical disabilities including major/poly trauma, spinal cord injuries, amputations, chronic pain, musculoskeletal conditions and hand/upper limb injuries.
- Holistic approach to interventions ensuring physical, psychological, cognitive, sensory and environmental issues are addressed.
- Extensive case management experience with a good understanding of the litigation process and the need to meet deadlines.
- Skilled in vocational rehabilitation including work site assessments and return to work planning, as well as report writing and communication.
- Extensive assessment and treatment experience of treating clients with complex needs, devising individual treatment programmes.
- Specialist assessment and treatment skills including hand therapy interventions.
- Excellent problem-solving skills.
- Extensive experience of collaborative working.
- Extensive management experience, having managed an acute occupational therapy service comprising of in excess of 70 staff across four hospitals.
- Experience of strategic development, financial management and clinical governance - devising a risk management register and regularly monitoring the service's clinical audit programme.
- Experience of interpreting national directives, policies and profession guidance and applying these at local level.
- Staff management and development, including recruitment, retention, teambuilding, clinical supervision, appraisal, in service training, professional development, absence management and return to work programmes.
- Performance management experience (for individual staff and also from a service-wide perspective), including disciplinary processes and the analysis and interpretation of data and statistics.
- Excellent verbal and written communication skills.
- Committed to continuing professional development - full details of recent training are available on request.
- Excellent feedback from clients and solicitors - feedback/testimonials are available on request.



## Career history – private sector

**Independent Occupational Therapist & Case Manager - Independence Works Ltd** 2016 - present

- A highly skilled occupational therapist and case manager, experienced in working with clients with a wide range of complex conditions.
- Line management and supervisory responsibility of IW employees.
- Strategic role in the development of IW.

**Client Liaison Manager - CFG Law, Manchester** 2016 - 2018

- Identifying rehabilitation requirements of clients, supporting and signposting them to relevant statutory services.

## Career history – statutory sector

**Occupational Therapy Professional Manager, Pennine Acute Hospitals NHS Trust** 2009 - 2015

- Responsible for the strategic management of the occupational therapy service across four hospital sites whilst maintaining a highly specialist clinical caseload.

**Head Occupational Therapist, Heywood Middleton and Rochdale Primary Care Trust** 2001 - 2009

- Responsible for the strategic and operational management of the occupational therapy service across two hospital sites and community setting whilst maintaining a clinical caseload.

**Senior Occupational Therapist, Salford Royal Hospital, Greater Manchester** 1998 - 2001

- Responsible for the leadership of the musculoskeletal team.
- Developed highly specialised skills with major trauma and associated rehabilitation, fracture bracing, bespoke splinting and hand therapy.

**Senior Occupational Therapist (Rotational Post), Salford Royal Hospital** 1995 - 1998

- Rotational post enabling the development of clinical skills in acute medicine, orthopaedics, stroke rehabilitation and neurological rehabilitation.

**Occupational Therapist, North Manchester Healthcare NHS Trust** 1993 - 1995

- Enabled consolidation of and the development of skills acquired at undergraduate level.
- Worked in medicine, surgery, mental health-acute, orthopaedics, rheumatology, rehabilitation, elderly medicine.

