



Heads Up Therapies

Curriculum Vitae – Barlow

Occupational Therapist

PERSONAL PROFILE

I have been working as an occupational therapist for 10 years with experience of working in the acute hospital and community settings. I have worked within a wide range of specialist areas including trauma & orthopedics, medicine, stroke and pediatrics.

My passion is working within neuro rehabilitation, which I have specialised in for the past 8 years. It is a complex and diverse area that constantly challenges me and enables me to use my skills to enhance the quality of life and wellbeing of the people I work with. I have experience of working with a range of neurological conditions including stroke, Multiple Sclerosis, Parkinson's Disease, Guillain-Barre, spinal cord injuries, brain injury and Motor Neurone Disease.

My clinical role involves specialist neurological assessment and treatment in relation to cognitive & perceptual issues, mood, sensory motor problems, visual problems, functional activities, driving, positioning and postural management, spasticity management, vocational rehab, social inclusion & fatigue management. I also provide leadership, training and clinical expertise to a team of therapists and rehabilitation assistants.

My style of work is client centric, with emphasis on building a therapeutic relationship to aid in identifying client needs, motivations and goals. I value working within an MDT and involving relatives/carers as this is the best way to enhance patient outcomes. Rehabilitation is best delivered via a 24-hour approach, therefore educating family members, carers, teaching self-management strategies and supporting community integrations are all tools I use to support the clients I work with. This way of working is essential in making long-lasting changes for clients.

I am a very empathic person and hold myself to very high working standards, advocating for the people I work with when necessary. From a personal point of view, I love nature and the outdoors. Most of my hobbies are centered around being outside, such a rock climbing, fell walking, mountain biking and paddle boarding. Spending time outdoors or in green space has massive benefits to everyday life, both physically and mentally and I like to support clients to regain this important connection in their own way.

EDUCATION & QUALIFICATIONS

Salford University

BSC Occupational Therapy

2011-2014

1st class

PROFESSIONAL MEMBERSHIPS

Health and Care Professions Council

OT69751



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EMPLOYMENT

Brainkind Neurological Care Centre

Nov '21- July '24

Band 7 equivalent – Clinical Specialist

- Providing clinical leadership for service and staff development.. Autonomously managing complex clinical caseload of neurological patients
- MDT working
- Service development
- Lead on setting up a neuro foundations training programme for new and current staff.
- Set up upper limb rehab group
- Improved EDD setting and length of stay processes
- Reviewing service provision against NHS benchmarking criteria

Brainkind Neurological Care Centre

March '21- Nov '21

Band 6 equivalent occupational therapist

MLCO - Manchester Foundation Trust

Band 6 Community stroke and neuro rehabilitation Occupational Therapist

- Managing a clinical caseload of stroke and neurological patients.
- Assessment, treatment planning and goal setting for caseload.
- MDT/multi-agency working.

OT for Kids

Sep '16 – Aug '17

Paediatric therapist

- Group based interventions targeting fine & gross motor skills and handwriting.
- 1:1 assessments and treatment in relation to ASC and developmental delay



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Pennine Acute Hospital Trust

August 2014 – September 2016

Band 5 Rotational post

Stroke, Orthopaedics and medicine

FURTHER TRAINING/CPD

Oct-Dec 2017

Introduction to Bobath Modules 1,2, & 3.

May 2018

Harrison - Occupational therapy for the physical rehabilitation of neurological disorders

Oct 2018

Brain Tree Training – Cognitive rehab for professionals

April 2019

RCOT Masterclass: Parkinson's Disease April 2019

Jan 2021

ODN – Introduction to spasticity webinar

Jan 2021

ODN - Spasticity: Pathophysiology and Clinical Assessment webinar

March & June 2023

Posture & Balance as it related to selective control of the upper limb

Dec 2023

NCOR - Neurological Upper Limb for Occupational Therapists

