

# Ms Heather Bushell CV

## PRINCIPAL PROFESSIONAL SPECIALISMS

### Occupational Therapist

BSc (Hons)

## QUALIFICATIONS & ACCREDITATIONS

- BSc(Hons) Occupational Therapy, Robert Gordon University, Aberdeen (2009)

## SPECIAL INTERESTS

- Neurological conditions
- Traumatic and acquired brain injury
- Vocational rehabilitation
- Mental health
- Upper limb rehabilitation

## PAST & PRESENT POSITIONS

- **Independent Occupational Therapist**, Self Employed, 2017 - Present
  - Heather provides specialist assessments and rehabilitation for individuals following brain injury or other neurological conditions. She offers tailored vocational interventions, including Functional Capacity Evaluations for those with a wide range of health conditions. Heather uses motivational interviewing, coaching, and CBT techniques within her practice.
- **Locum Specialist Occupational Therapist**, Luton and Dunstable Hospital, Hyperacute stroke unit, 2019
  - Heather conducted assessments, treatments, and discharge planning for stroke patients.
- **Highly Specialist Occupational Therapist**, New Meppershall ABI Unit, Stroke and brain injury rehabilitation, 2016 - 2019
  - Heather managed the assessment, treatment, and discharge planning of complex neurological clients, primarily those with stroke and brain injury. She facilitated physical rehabilitation, including upper limb, balance, and equipment provision, as well as cognitive rehabilitation, functional activities training, and education. She provided specialist education and training to patients, families, and staff. She assessed clients' needs for service admission and produced comprehensive, timely reports.
- **Highly Specialist Occupational Therapist**, Christchurch Group, Community Based Transitional Living, 2016
- **Advanced Occupational Therapist**, South Warwickshire Foundation Trust (SWFT), Level 1 Post Acute Rehab, CERU, 2015 - 2016
- **Acting Advanced Occupational Therapist**, South Warwickshire Foundation Trust (SWFT), Level 1 Post Acute Rehab, CERU, 2013
- **Specialist Occupational Therapist**, SWFT, Inpatient Rehabilitation, 2012 - 2015
- **Occupational Therapist**, National Brain Injury Centre, Northampton, Neurobehavioural Rehabilitation, 2009 - 2012

## MEMBERSHIPS

- Health and Care Professions Council (HCPC) – OT59527
- Royal College of Occupational Therapists (RCOT)
  - RCOT Specialist Sections Independent Practice, Work, Neurological Practice
- Vocational Rehabilitation Association (VRA)
- British Society of Lifestyle Medicine (BSLM)

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### SPECIALIST SKILLS

- Advanced skills in 24-hour posture and positioning for clients with catastrophic brain and spinal cord injuries
- Expertise in Functional Capacity Evaluations and Return to Work programmes, including work-based assessments, graded return-to-work plans, and liaising with employers and volunteering opportunities
- Experienced in supporting home adaptations through assessing and recommending environmental adaptations, adaptive equipment, and accessible vehicles
- Knowledgeable in high- and low-tech communication devices, including environmental controls and switch use
- Extensive experience working with clients with complex neurodisability, including physical, cognitive, behavioural, perceptual difficulties and those in prolonged disorders of consciousness
- Skilled in lifestyle management and behavioural modifications for managing sleep, fatigue, and pain
- Proficient in report writing, setting rehabilitation plans/goals, and verbal communication, demonstrating specialist knowledge, skills, and clinical reasoning

### CONTINUING PROFESSIONAL DEVELOPMENT

- Matheson trained Functional Capacity Evaluator - 2022
- Motivational Interviewing in Brain Injury - 2020
- Cognitive Behaviour Therapy for Insomnia (CBT-i) - 2020
- Lifestyle Medicine Practitioner - 2020
- Fatigue management - 2018
- Assessment of Motor and Process Skills - 2017

