



Helen Foston

Rehabilitation Manager

Base: Hull

Areas Covered: North East, North West, Midlands, South East, South West, Northern Ireland



Specialisms

Polytrauma

Complex Orthopaedic

Psychological Trauma

Injury Expertise

- Brain Mild Injury
- Complex Musculoskeletal
- Pain Management

Clinical Experience

- Helen has over 24 years' experience as a Lead District Nurse, working in the Community, undertaking comprehensive assessments of clients with complex nursing and medical conditions. To identify, plan, organise and undertake their nursing needs.
- These included patients with multi trauma, neurological, orthopaedic, palliative care, Tissue viability, pain management and surgical conditions.
- Helen's Community experience gives her a strong knowledge of NHS, statutory and private services available for rehabilitation.

Rehabilitation Expertise

Rehabilitation Management

- Helen has worked as a Rehabilitation Case Manager for six years undertaking face-to-face Immediate Needs Assessment for a variety of clients with multi trauma injuries.
- Helen has experience working with adults across a broad range of injury types and is experienced at formulating a comprehensive case management plan and developing goals in liaison with the client and all involved.
- Helen adopts a biopsychosocial approach - barriers to a successful outcome can be identified and addressed at the earliest opportunity.

- Through her clinical and case management experience, Helen is experienced in working with GPs, multi-disciplinary health teams, social services, employers, Insurers and Solicitors
- Helen's clear communication skills and considerable experience ensures that she develops effective working relationships with the client and all those involved in the cases that she is involved with.
- Focusing on the impact the injury has had on the client, treatment requirements and effectiveness enables Helen to identify any barriers for return to work and recovery and work with all involved to reduce them.

Vocational Rehabilitation

- In her role as Rehabilitation Case Manager Helen has extensive experience working with clients and employers to support their return to work and assisted in graded return work plans.

CPD & Training

- Safeguarding
- Therapy Outcome Measure (TOM)
- Post-Concussion Syndrome training
- Suicide Awareness
- Mental health Training (depression, anxiety and suicide)

Memberships & Qualifications

- BSc Community Nursing in the Home
- HND Nursing Studies - The Adult
- Registered with the National Midwifery Council
- Member of RCN & CMSUK

For further information please call on 01698 207 755, or email helpis@proclaim-care.co.uk or visit proclaim-care.co.uk

