



Ruth Chappell

Rehabilitation Manager

Base: Cardiff

Areas Covered: Wales, South West, Midlands

Specialisms

Orthopaedic Trauma

Psychological Trauma

Amputation

Injury Expertise

- Spinal Fractures
- Polytrauma
- Neurology
- Pain Management
- Brain Injury - Mild to Moderate
- Hand & Upper Limb Injury

Clinical Experience

- Ruth has worked in clinical practice for over seven years in the NHS.
- Her broad range of clinical experience includes:
 - Orthopaedics Trauma Rehabilitation
 - Neurological Rehabilitation (Hospital & Outpatients)
 - Community Paediatrics
 - Mental Health
 - General Medical and Surgery
 - Older People's Mental Health
 - Palliative Care
- She is experienced at preparing and delivering treatment plans within hospital and community settings.
- Ruth's experience included the management of complex cases through to discharge planning.
- Working in palliative care, Ruth became highly skilled in sharing and discussing sensitive information.
- Her role included assessment of equipment and adaptation needs.

Rehabilitation Expertise

Rehabilitation Management

- Rehabilitation Manager for over nine years.
- She has experience working with adults and young people across a broad range of injury types.
- Her client-centred approach is to agree attainable goals to build to the overall outcome. This approach creates client engagement and motivation as they can see the progress being achieved.
- Ruth's 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, Ruth is experienced in working with GPs, multi-disciplinary health teams, social services, employers, Insurers and Solicitors.

Vocational Rehabilitation

- Ruth has considerable vocational experience.
- Ruth can undertake FCE, workplace, Occupational Health and ergonomic assessments.
- Ruth prepares graded return to work plans, specific to the client's and employer's needs, enabling a safe and sustainable return to work.

CPD & Training

- Housing Adaptation & Design
- Supporting Psychological Recovery
- Motivational Interviewing
- Safeguarding
- Therapy Outcome Measure (TOM) Training
- Specialist Seating & Posture

Memberships & Qualifications

- BSc Occupational Therapy
- CMSUK, RCOT & HCPC

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

