



## Ruth Chappell

Rehabilitation Manager

Base: Cardiff

Areas Covered: Wales, South West, Midlands



### Specialisms

Orthopaedic Trauma

Acquired Brain Injury

Spinal Fractures

### Injury Expertise

- Polytrauma
- Neurology
- Pain Management
- 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](mailto:helpis@proclaim-care.co.uk) or visit [proclaim-care.co.uk](http://proclaim-care.co.uk)

