

Debbie Racki BSc (Hons) Occupational Therapist

Email: info@debbieracki.co.uk

Mobile no's: 07955 788692

PERSONAL SUMMARY

A dedicated and driven senior occupational therapist who strives to maintain consistently high standards. A proactive, industrious, organised problem solver always looking for effective ways to make improvements for patients and services. Abundant experience in working with a variety of patient groups and diagnoses throughout the NHS, UK Ministry of Defence and overseas. Intuitive communicator enabling successful rapport building and interactions on varying levels. A warm and approachable individual providing committed support with integrity, whilst remaining empathetic to individuals' needs and difficulties, continually enabling realistic patient-centred goal planning.

CAREER SUMMARY

August 2022 - current: Associate occupational therapist for both Enable Therapy Services and The OT Service.

Completing Occupational Therapy assessments, identifying a person's needs and providing recommendations to clients referred by solicitors and case managers on behalf of the Occupational Therapy company.

- Completing telephone or face to face holistic assessments to obtain a history and current impact of illness or injury on a client, whether psychological or physical.
- Composing detailed and professionally written reports informing of findings and recommendations to be provided to the referring party.
- Researching and identifying appropriate and suitable equipment or treatment providers to address a client needs for the short or long term.

August 2022 – current: Pathfinder clinician, Sussex Partnership NHS Foundation Trust.

Providing mental health assessments and short-term interventions to clients referred through their GP surgery.

- Completing detailed assessments to obtain information from patients on symptoms and difficulties they are experiencing and identifying and formulating intervention plans to address problem areas in collaboration with the client.
- Utilising appropriate screening tools for psychological disorders.
- Using a plethora of evidence-based techniques, such as cognitive behavioural therapy, behavioural activation and stabilisation to address and assist a client with their difficulties.
- Identifying when clients require referral on to other support services or step up to specialist mental health teams to compliment or continue intervention alongside or after completion of my interventions.
- Providing advice and support to mental health social prescribers.

January 2021 - July 2022: dual role of senior occupational health advisor (OHA) and Clinical Operations Lead, Optima Health Ltd.

Co-ordinating day-to-day operations of the clinical team and clinical delivery whilst linking in with senior internal and external management teams and providing occupational health advice and support to NHS staff with a variety of musculoskeletal and psychological conditions.

- Assessing, planning and providing appropriate recommendations and adjustments to enable a person with mental health or musculoskeletal (MSK) conditions to successfully return to or remain at work.
- Utilising appropriate screening tools for psychological disorders.
- Grading phased return to work plans and adjustments to ensure achievable goals from a staff member's perspective whilst supporting management to facilitate this.
- Writing comprehensive and concise reports to guide management regarding how best to support employees whilst at work or to enable successful re-integration into the workplace.
- Lead working party member producing the post-covid syndrome protocol including production of staff and patient resources.
- Clinical triage for management referrals and identifying appropriate assessment pathways.
- Producing and delivering NHS induction programmes for new starters and mentoring them throughout.
- Completing audits, summarising findings, and proposing and addressing themes identified.
- Processing and delivering changes to internal processes whilst achieving key performance indicators.
- Assessing service needs and re-directing/adjusting resources to meet demands.
- Site risk assessments and establishing safe practice for lone workers based at remote clinics.
- Delivering bid presentations to potential customers to encourage new business- my most recent bid presentation for a 4-year contract was successful.

August 2017 – January 2021: occupational health advisor – occupational therapist and promoted to SECAmb team leader - Optima Health Ltd

Providing occupational health services to all employees of NHS ambulance and hospital trusts to enable staff to remain or return to work during or after a period of ill health or with a medical condition whilst managing a clinical team.

- Competent in assessing and recommending for a plethora of physical and psychological conditions related to their work capabilities.
- Utilising screening and assessment tools for psychological conditions, such as anxiety, depression and PTSD, and suggesting appropriate treatment and self-management strategies for these disorders.
- Assessing psychological needs and providing support, advice, education, and information on conditions to patients to enable understanding and normalisation of distressing symptoms related to PTSD, anxiety, and depression.
- Completing risk assessments for physical and psychological conditions and formulating a management plan to maximise employee's wellbeing at work.
- Composition of clear, concise and informative occupational health reports to employers to guide them in supporting staff members with their health conditions when returning or at work.
- Referring and liaising with other medical professionals or services to request or provide treatment.
- Implementation of evidence based and experiential practice.
- Providing line management, clinical and psychological support, and guidance to clinical team.
- Providing regular 1:1 staff supervision, completion of staff appraisals and identifying training needs and facilitating training within the team.
- Completing service audits to identify successful key areas or those for improvement.
- Organising, coordinating, and chairing team meetings.
- Maintaining regular contact with our customers to address any issues and ensure effective service delivery.

October 2012 – January 2015 (Band 6), February 2015 – July 2018: Band 7 upper quadrant specialist occupational therapist, Spines and Upper Quadrant Team. Defence Medical Rehabilitation Centre (DMRC) Headley Court, Ministry of Defence.

Providing inpatient and outpatient rehabilitation to servicemen and women from the Army, Navy and Air Force injured whilst serving. Treating patients with acute and chronic upper limb, neck and spinal injuries and associated psychological problems caused by military duty/training. Sole occupational therapist within the MDT completing appropriate assessments and treatments to rehabilitate patients through patient centred goal planning.

- Experienced holistic OT able to complete a variety of psychological, cognitive, and physical assessments.
- Continually employing a high level of clinical reasoning when treatment planning.
- Providing interventions including anxiety, mood and pain management, Mindfulness, postural education and strengthening, scar management, nerve re-education and vocational rehabilitation.
- Identifying patients' skills and strengths and prescribing appropriate treatment plans to assist them in alternative career exploration.
- Design and facilitation of group work programme to address patient needs.
- Part of the MDT attending clinics to assess patient's rehabilitation needs prior to admission.
- Developing best practice guidelines for assessment and treatment of shoulder, elbow, hand, and wrist pathologies throughout the wider Defence Medical Rehabilitation Services (DMRC).
- Occupational therapy lead of the Chronic Regional Pain Syndrome (CRPS) working party to standardise assessment and treatment.
- Experience and deeper level of understanding in psychological disorders including combat and non-combat Post Traumatic Stress Disorder (PTSD).
- Supervision and mentoring of two junior occupational therapists and students.

March 2009 - October 2011 (Band 6) October 2011 – September 2012: Band 7 occupational therapist - Intermediate Care Team (ICT) and Falls Team - Surrey Community Health.

A multidisciplinary MDT providing early therapeutic intervention within a community setting to ensure safe integration into the community post discharge from hospital or to prevent hospital admission. Working with adults' post-surgery or fracture, at risk of falls, with long term neurological conditions or providing palliative care for up to six weeks.

- Conducting home risk assessments, including psychological and cognitive assessments and screening and provision of equipment, including hoists to enable patients to remain as independent and safe at home.
- Completing holistic occupational therapy assessments to identify areas for intervention and goal planning and subsequently collaboratively working with clients to implement treatment and interventions.
- Overseeing the day to day running of ICT and providing guidance to all staff.
- Triaging and prioritising rapid response calls and coordinating home visits.
- Managing therapy assistants, occupational therapists, physiotherapists, and therapy technicians.
- Planning, developing and evaluation of Surrey wide community occupational therapy service.

October 2011 – January 2012: Voluntary Occupational Therapist - Outreach International - based in Ecuador (3-month sabbatical).

Voluntary occupational therapist providing Occupational Therapy input for a non-profit organisation working within developing communities to find lasting solutions to poverty.

- Providing Occupational Therapy to children aged from 6 months to 18 years old with a wide range of disabilities including physical, developmental disorders, learning and behavioural problems.
- Providing hand therapy and rehabilitation with a hospital outpatients' department working with upper limb injured patients either from traumatic injury, surgery, congenital deformity, or brain injuries.
- Communicating in Spanish with children, parents and other professionals to assist in addressing OT needs, advising of treatment and management required.

September 2006 – February 2009: Band 5 Occupational Therapist rotational post - Surrey Primary Care Trust (PCT).

Providing Occupational Therapy in a variety of settings to diverse patient groups including elderly inpatient rehabilitation, post-surgical inpatients, drug and alcohol team and the Intermediate Care Team.

- Completing all aspects of Occupational Therapy including functional, psychological, and cognitive assessments.
- Completing Occupational Therapy patient centred treatment and goal planning.
- Providing guidance, education, strategies, and advice to patients.
- Equipment assessment and provision, including hoist assessments.
- Facilitated group work therapy sessions.
- Participated in peer supervision and training.

EDUCATION AND QUALIFICATIONS

- 2019 Certificate in Managing Mental Health at Work, The At Work Partnership Ltd.
- 2019 Eye Movement Desensitisation Reprocessing (EMDR) qualified therapist, Richman EMDR Training
- 2017 Trained Trauma Risk Management (TRiM) Practitioner course, March on Stress.
- 2017 Building Resilience, In Equilibrium Associates.
- 2017 An Introduction to The Power of NLP, Beyond Training Solutions.
- 2016 Mindfulness based Stress Reduction course, Mindfulness Sussex.
- 2016 Chronic Regional Pain Syndrome (CRPS) study day, Bath Centre for Pain Services, Royal National Hospital for Rheumatic Diseases.
- 2015 Primary Certificate in Cognitive Behavioural Therapy (CBT), Centre for Stress Management.
- 2015 Scar Management, Job skin.
- 2015 Graded Motor Imagery (GMI) for pain management, Neuro Orthopaedic Institute (NOI).
- 2014 Level 2 Management of the Wrist, British Association of Hand Therapists (BAHT)
- 2014 Explain Pain, Neuro Orthopaedic Institute, NOI.
- 2013 Level 1 Introduction to Hand Therapy, British Association of Hand Therapists (BAHT)
- 2003 – 2006 BSc Hons Occupational Therapy second-class upper division, Brunel University.
- 2002 – 2003 Access to Nursing course pass, Kingston College.

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References available on request.