



Tess Ellis

PROFILE

I am a physiotherapist with a special interest 24 hour postural care. I have worked with people with disabilities for over 20 years in a number of roles and have clear insight into how preventable body shape changes can impact on the physical, psychological and social wellbeing of an individual and the people who support them. I have a broad background yet the last 8 years has led me to focus on supporting people with movement difficulties to acquire and make use of equipment that promotes comfort, wellbeing and functional ability.

KEY SKILLS:

- Ability to work with individuals with disabilities and their families and supporters in a friendly and accessible manner
- Excellent assessment skills and ability to identify person specific need for seating and lying equipment
- Excellent communication skills
 - ❖ communicating client needs via clear report writing
 - ❖ communicating verbally and through correspondence with the range of agencies often involved in implementing postural care
 - ❖ delivering postural care training; both person specific and broader principles

EDUCATION:

1991 – 1995 University of East London, Stratford
BSc (Hons) Physiotherapy - Class 2.1

POST GRADUATE TRAINING:

- Band 5 ACPPLD STUDY DAY: October 2010
- 'Positive Positioning' Gill Arnett: BIOMECHANICS AND PROBLEMS ASSOCIATED WITH BODY SHAPE DISTORTION: March 2011
- 'Positive Positioning', Gill Arnett: POSTURAL MANAGEMENT IN LEARNING DISABILITY: April 2011
- North East Lincolnshire NHS Care Plus: POSTURAL AWARENESS, October 2011
- INTRODUCTION TO COMPLEX NEURODISABILITY/ LOW AWARENESS STATES AND SPASTICITY MANAGEMENT (one day) and 24 hr POSTURE MANAGEMENT, WHEELCHAIRS, SPLINTING /CASTING (one day) on 24th and 25th November 2012.
- THE CHAILEY APPROACH TO POSTURAL MANAGEMENT with Jo Jex: 29th and 30th Jan 2014
- MEASUREMENT OF BODY SYMMETRY (Level 3) WITH SARAH CLAYTON: 21st & 23rd May 2015
- OCNWMR LEVEL 4 AWARD IN LEADERSHIP IN POSTURAL CARE with Simple Stuff Works: June 2014 – Jan 2015 (Included Level 2 Sitting and Level 2 Postural Care Awareness)

- SUPPORTING INDEPENDENCE WITH SPECIALIST SEATING- PRESSURE CARE, POSTURE AND COMFORT with Gail Russell' – 10TH November 2015
- Attendance at European Seating Symposium 13th and 14th June 2016 (also gave a talk on Person Centered Thinking and Postural Care)
- Attendance at Angelman's Syndrome 3rd and 4th September 2016 (also gave a talk on AS and protection of body shape)
- ELIMINATING AVOIDABLE PRESSURE ULCERS 23rd March 2017 - 23rd March 2017
- Co-presented 'A person centered approach to the protection and restoration of body shape: how can equipment in sitting and lying help meet individual goals and changing needs to improve quality of life' at PMG July 2017
- POSTURE MANAGEMENT COURSE 24-27th September 2018, Oxford Centre for Enablement
- POSTURE MANAGEMENT IN SEATING 15th-16th October, Domestic Mobility Solutions, Bridgnorth Published 'Person Centred Postural Care' in PMLD Link Spring 2016 Newsletter

Co- wrote on line Level 2 Postural Care course during 2016:

<http://biztrainingsolutions.co.uk/postural-care-awareness>

Wrote Learning Byte for Undergraduate Nurses due to be published on-line by NHS Scotland 2017

Currently co-writing a CPD article on postural care for Nursing Standard

CAREER REVIEW:

Sept 2018- present: Lead Physiotherapist at Kent House Brain Injury Unit, Brain Injury Rehabilitation Trust, Disabilities Trust (14 hours per week)

- Working within the MDT to support continuing rehabilitation to adults with acquired brain injury as part of the neurobehavioral model
- Supporting individuals with 24 positioning plans and exercise programmes
- Working with the OT to advise on environmental changes and put in place appropriate moving and handling care plans for each individual

Jan 2012-present: self employed

- Working with adults and children who have or who are at risk of body shape changes.
- Assessment, implementation of 24 hour positioning plans (sleep systems, static chairs, wheelchairs and occasionally standing frames)
- Delivering talks on postural care to a variety of audiences and a range of accredited and bespoke training packages.

Jan 2012-December 2015: Set up & ran EST Partnership Ltd with business partner

- Worked with individuals, CCGs, LAs, private and voluntary sector to promote and implement person centered approaches, e.g. training delivery, support planning for people with PHBs, use of person centered tools for consultation during times of change
- Left to pursue increasing focus on physiotherapy and person centered postural care

29th July 2015 – 24th March 2016: Band 6 Locum Physiotherapist, Community Learning Disability Service, Leicestershire Partnership NHS Trust

- Worked in the MDT to provide physiotherapy for clients with LD in the community: postural care, assessment for and prescription of relevant equipment, exercise programmes, falls prevention, signposting to other professionals within the team and other agencies in NHS, LA, third sector and general community.

29th September 2014 – 24th July 2015: Band 6 Locum Physiotherapist, Community Team, Leicestershire Partnership NHS Trust

- Worked in the MDT to provide physiotherapy for elderly clients and clients with physical disabilities and injury in the community: postural care, assessment for and prescription of relevant equipment, exercise programmes, falls prevention, signposting to other professionals within the team

9th Dec 2013- 25th July 2014: Band 6 Locum Physiotherapist, Community Learning Disability Service, Leicestershire Partnership NHS Trust

- Worked in the MDT to provide physiotherapy for clients with LD in the community: postural care, exercise programmes, assessment for and prescription of relevant equipment, falls prevention, signposting to other professionals within the team and other agencies in NHS, LA, third sector and general community.

9th September 2013 – 15th November 2013: Band 6 Locum Physiotherapist, Community Learning Disability Service Rotherham Doncaster and South Humber NHS Foundation Trust.

- Worked in the MDT to provide physiotherapy for clients with LD in the community: postural care, assessment for and prescription of relevant equipment, exercise programmes, falls prevention, signposting to other professionals within the team and other agencies in NHS, LA, third sector and general community.

21st January 2013 – 15th March 2013: Band 6 Locum Physiotherapist, Mental Health, Leicestershire Partnership NHS Trust

- Maintaining physical ability, rehabilitating clients with mental health issues in an inpatient setting through exercise programmes, transfer practice, assessment for and prescription of relevant equipment, gait re-education.

5th November – 21st December 2012: Band 6 Locum Community Physiotherapist, Community Rehabilitation Team, Peterborough

- Worked in the MDT to provide physiotherapy for elderly clients and clients with physical disabilities and injury in the community: postural care, exercise programmes, assessment for and prescription of relevant equipment, falls prevention, signposting to other professionals within the team

3rd September 2012 – 26th October 2012: Band 6 Locum Physiotherapist at Cransley Hospice, Kettering

- Worked in an inpatient setting with clients at end of life to maintain appropriate level

of function and optimum comfort through, exercise, relaxation, assessment for and prescription of relevant equipment

August 2010 – January 2012: Return to Practice - Band 6 Community Physiotherapist Northamptonshire Healthcare NHS Trust, Kettering

- Worked in the MDT to provide physiotherapy for clients with LD in the community: postural care, assessment for and prescription of relevant equipment, exercise programmes, falls prevention, signposting to other professionals within the team and other agencies in NHS, LA, third sector and general community.

December 2008 – August 2010: Planning Person Centered Facilitator Northamptonshire Learning Disability Partnership Board

- Person centered planning with individuals with learning disabilities
- Delivering person centered planning and person centered thinking training

April 2003 – November 2008: Person Centered Planning Coordinator Rutland County Council, Oakham,

- Working with individuals with learning disability, their paid supporters and family members, statutory and voluntary services and the local community to implement Valuing People locally
- Key role in running LDPB meetings and relevant sub groups
- Delivering person centred planning training

2000 – 2003

Various; Private carer, overseas work (teaching English as a foreign language, environmental work) and travel.

1995 – August 2000: Rotational – Senior 1 Physiotherapist, St James's University Hospital Trust, Leeds,

- After qualifying worked through Junior and Senior rotations: musculoskeletal outpatients, paediatrics, learning disability, general medicine, neurology, care of the elderly (both in patient and outreach), orthopaedics, respiratory and ICU to become a Senior 1 in care of the elderly.

PROFESSIONAL MEMBERSHIPS:

- Chartered Society of Physiotherapy – membership number 55552
- Health and Care Professions Council – Professional Member: PH49982