

MEL TERRY

INDEPENDENT OCCUPATIONAL THERAPIST AND CASE MANAGER

HCPC Registration: OT32095 RCOT: BT0217828

PROFILE

I am a compassionate leader having worked in senior roles in the NHS, and within these roles I have managed, monitored and supported staff as well as overseeing budgets and operations.

Since qualifying as an Occupational Therapist in 2000, my practice is underpinned by my excellent rehabilitation approach. Throughout my career I have worked with adults and children from assessment through to treatment planning. I have supported a range of individuals experiencing complex difficulties through rehabilitation and worked with a variety of physical and mental health services. Using a client-centred approach ensuring the client always has a voice and promoting opportunities, I am very experienced in working with a wide range of professionals and coordinating teams to ensure the best outcomes for clients.

I have worked on innovative individual and group practices, giving client choice to their therapeutic journey, working collaboratively with multi-disciplinary colleagues as required. I have experience in vocational rehabilitation to promote maintaining or returning to work or obtaining new employment or educational opportunities. I enjoy advocating for clients through identifying fair, equal, diverse treatments, services, and venues available to those with disability and/or difference.

I have excellent skills in coordinating and organising events including Occupational Therapy conferences locally in Cornwall with high profile speakers across the profession, including service user representatives to share their lived experience of OT.

TRAINING COURSES

- 2025 - Adapting Homes, Transforming Lives Course Of Webinars.
- 2024 - New And Would Be Case Managers
- 2024 - Beyond The Beginnings, Case Mgt
- 2024 - Fce Course For Occupational Health
- 2024 - Independent Trials Masterclass

EXPERIENCE

Specialist Independent Occupational Therapist and Case Manager

MARCH 2023 - PRESENT

Working with adults presenting with complex health issues, with both physical and emotional symptoms, eg neurological conditions, rheumatoid arthritis, traumatic brain injury, mental health diagnoses, neurodivergence. Assessment of the person and their environment to collaboratively establish rehabilitation plans which include vocational activities as applicable, and relevant adaptations or equipment to promote independence. Co-created an innovative group with a Nature and Creative practitioner outdoors to maximise on green therapy and occupational flow and mindfulness in nature for people experiencing fatigue as their primary symptom.

Oncology and Haematology Service Manager

Royal Cornwall Hospital Trust

JANUARY 2022 – DECEMBER 2023

- 2025 - The Litigation Jigsaw – Fitting Together

EDUCATION

University of Plymouth / MSc
Advanced Professional Practice
- Work and Well

June 2013

A post-graduate clinical degree to develop clinical and professional skills with particular emphasis to the well-being of staff in the workplace.

Cornwall College / PGCE (PCET)

June 2022

Post graduate certificate in education to be able to teach post compulsory education aged students, including Occupational Therapy trainees, which I have done as a guest lecturer at Plymouth university.

St Loyes School of Occupational Therapy / BSc Occupational Therapy

June 2000

An undergraduate vocational degree to provide clinical skills to register with HCPC as an Occupational Therapist to be able to empower people to live life to their full potential, overcoming physical & mental health difficulties, minimising the impact of disability & promoting independent living.

Operational management of 40 medics, including consultants and junior staff, and a team of 40 administration staff. Responsibility for performance targets reported locally to the Trust and Integrated Care Board and nationally to NHS England. Financial management of a budget of £2million, with recent allocation of additional funding for new NICE Technical Appraisals which will incur an increase to capacity, requiring a workforce transformation strategy.

Chronic Fatigue Syndrome/Post Covid Syndrome Service Manager and Specialty Lead - 6 month secondment

Royal Cornwall Hospital Trust

JULY 2021 – JANUARY 2022

Due to the Covid 19 pandemic, this service had established an assessment only service for Post Covid Syndrome (Long Covid) and I expanded this multi-disciplinary service with 4 clinical appointments to provide treatments. With a backlog of patients, I developed a triaging system for the pending list, developed a new programme of symptom management to optimise therapy resources, engaged a sessional therapist to design and deliver these groups utilising their transferable skills from the Pain Management service. I transformed the workforce to offer traditional Occupational Therapy (OT) posts to Allied Health Professionals (AHPs)/Nurses to complement the existing OT staff, including service user representatives on all my interviews. A new NICE guideline had recently been published, therefore a revision to the entry referral criteria was required. Offered robust governance processes, support and training to a team that had experienced limited structure due to an absence of leadership.

Vascular, Breast Surgery and Haematology Service Manager

Royal Cornwall Hospital Trust

JUNE 2019 - JUNE 2021

I entered senior management following an extensive career in OT to develop transferable management and leadership skills. As a compassionate leader, I utilised my therapeutic skills with staffing groups, particularly two members of staff returning to work with complex life-changing health difficulties. I was also able to plan appropriate phased returns to work, with necessary reasonable adjustments to their job plans and the environment. I would always look to the holistic nature of the clinical pathways within these services, identifying any workforce transformations that would require AHPs. As OTs aim to enable individuals to reach their optimum level of function and well-being, I believe that as a manager, I was able to do this with my staff through supervision, appraisals, mentoring, coaching, and training skills.

Specialist Occupational Therapist

Chronic Fatigue Syndrome/ME Service, Royal Cornwall Hospital Trust

NOV 2010 – MAY 2019

I managed a complex caseload of adults with CFS/ME and children with either CFS/ME or chronic fatigue associated with other health conditions, ranging from psychiatric disorders such as severe anxiety and eating disorders to cerebral palsy, brain tumours and respiratory conditions.

Delivered individual and group therapy using a biopsychosocial/occupational approach to include fatigue management; lifestyle redesign; vocational rehabilitation; cognitive reframing; interventions to address relationships/sexual orientation/gender issues affected by their condition; pain management; psychological approaches; environmental assessments to address occupational barriers eg recommendations for ramps/wheelchair access; adaptive equipment and compensatory strategies to optimise independence; benefits/housing advice to ensure safe, secure accommodation and financed which impact on function; liaison with/onward referrals as appropriate to community services such as Psychiatry, Social Services, Voluntary agencies eg Shelter.

During this time, I co-founded a Royal College of Occupational Therapy (RCOT) locality group to offer peer support and sharing of good practice, then subsequently established the Cornwall Conference Committee as a sub group. I also trained as a voluntary Health and Well Being Champion with RCOT to advocate and taught work-based interventions to a variety of health professionals, including AHPs, medics, nurses and social care staff.

Project Lead

Psychiatric Liaison Service, Cornwall Partnership Foundation Trust

APR 2009 – OCT 2010

This was a fixed term secondment assessing the psychological experience of patients with a long-term condition (LTC), and I focused on Breast Cancer, Diabetes and Respiratory conditions. During the project I established relevant assessment tools, developed innovative methods to capture data and influenced health professionals within these services to start to consider the impact of anxiety and depression on the clinical pathway and patient recovery. Within respiratory services I contributed to the Pulmonary Rehabilitation Group to teach patients anxiety and depression management techniques, then went on to upskill the local OTs to continue these sessions. My concluding report on this project contributed to the development of community therapy services for respiratory patients in specific areas of the county, followed later with a large injection of capital to replicate the services in the whole of the county.

Senior Occupational Therapist / Deputy Team Leader

Community Mental Health Team, Cornwall Partnership Foundation Trust

DEC 2004 – APR 2009

As the only OT across two teams, I offered direct therapy to individuals, case coordination of some people, as well as consultations to colleagues working with their patients experiencing severe mental health disorders. We ran specific groups for people with Personality Disorders, I contributed to the Dialectical Behaviour Therapy groups utilising sensory integration approaches for emotional regulation to facilitate occupation. The patients ranged from those experiencing anxiety and depression, to schizophrenia, with a severe catatonic patient for whom I managed a comprehensive care package and supported the consultant to deal with some very difficult safeguarding issues. I presented at Mental Health Act tribunals to advocate patient safety.