



Rowan Varley-Doran

Independent Specialist Rehabilitation Case Manager
Occupational Therapist

BIOGRAPHY

Rowan is an enthusiastic and innovative Case Manager with a mix of complementary skills including core occupational therapy principles, together with assessment and treatment planning. She has a varied background and brings excellent communications skills to the fore when working with her clients, in order to facilitate optimum rehabilitation outcomes.

KEY SKILLS AND EXPERIENCE

Rowan has worked as a Specialist Rehabilitation Case Manager since 2011 and currently manages a varied caseload of clients with complex and catastrophic injuries. Rowan's clinical experience includes several years working with Occupational Therapy patients in the medical, orthopaedic, neurological and brain injury services, within community and inpatient settings.

- Rowan has worked clinically and in a case management capacity with complex discharge planning from acute services to inpatient rehabilitation care and into the community. Utilising OT knowledge and skills to carefully consider care, rehabilitation and treatment needs.
- She continues to engage in regular continuing professional development courses, specifically focused on treatment and case management of those with brain and spinal cord injuries.
- Rowan is trained in Functional Capacity Evaluation and is able to adeptly engage with employers and occupational health providers to implement return to work meetings, graduated return to work, adapted work environment planning, workplace assessment and assistance with job seeking.
- Experienced at engaging with NHS/statutory provision with an excellent knowledge of available local services. Rowan is well versed in co-ordinating multiple agencies across both the private and public sectors to work collaboratively with her clients, towards achieving agreed rehabilitation goals.

SPECIALISMS

- Acquired Brain Injury
- Spinal Cord Injuries (SCI)
- Neurological Trauma
- Complex Orthopaedic/Polytrauma
- Psychological Trauma
- Persistent Pain
- Return to Work

QUALIFICATIONS & MEMBERSHIPS

- BHSc. (Hons) Occupational Therapy
- HCPC, RCOT & BABICM Registered
- CMSUK Member



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CASE PORTFOLIO

20-year-old female involved in a workplace accident sustained a catastrophic spinal injury, a complete lesion at T10 resulting in paraplegia. At the time of the accident the client was a part-time employee and full-time student. Case management involved working closely with the client and her family to repatriate her home to the family property initially and working with her university to initiate the relationship between student and university to enable her to return to education, which she then managed independently.

The priorities of the client were to achieve an optimum level of independence as she had enjoyed previously including driving, socialising and studying. Through case management, various interventions were implemented including specialist neurological physiotherapy and hydrotherapy, home adaptations to support independent living; wheelchair skills and transfer ability, psychological therapy to the client and her family to address adjustment issues etc, podiatry and orthotics to improve transfers with provision of bespoke ankle orthotics. Finally the client had a wish to return to standing for short periods; as such a trial and then practice with the most appropriate exoskeleton was arranged and continued long-term to enable her to be sufficiently independent that she could purchase one post-settlement.

Outcome: The client returned to university and completed her degree course; returned home whilst a more appropriate property was purchased and adapted for her long-term needs. She was independent when driving and was able to transfer her wheelchair to the car without support.

38-year-old male who sustained a crush injury to his left foot resulting in digit amputation. Referred for private physiotherapy and orthotic input to improve gait and strengthening; which was complemented with gym membership. Referred for Work Capacity Evaluation to provide guidance on return to work options and additional treatment planning. Through liaison with key stakeholders including the employer, client returned to work in pre-injury role within the railways industry in a manual role.

EXPERIENCE

2018-Present: Independent Rehabilitation Case Manager

2016-2018: Rehabilitation Case Manager (Proclaim Care)

2011-2016: Rehabilitation Case Manager (HCML)

2010-2011: Medical Case Manager (Chartis Medical Team)

2008-2010: Occupational Therapist (NHS)



Royal College of Occupational Therapists



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