

# Silver Trauma

Exploring clinical and legal issues for clients following a major trauma, particularly relevant to those working with people over 50

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**#silver  
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## Online Training

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### Presentation 1

#### **The older major trauma patient: Characteristics, acute care pathways and outcomes**

The NHS England Regional Major Trauma Networks - established in 2012 - were designed to improve care for major injury resulting from high energy transfer such as Road Traffic collisions affecting younger adults. A decade later national trauma registry data shows the predominant cause of life threatening injury is a fall at low or ground level in an older person. During the presentation we will explore the drivers of this injury paradigm shift, the characteristics and injuries that older people present with, current care pathways - outcomes and areas of inequity.

**Professor Fiona Lecky, Clinical Professor in Emergency Medicine, CURE**

### Presentation 2

#### **Barriers to progress: The importance of a holistic approach and thinking outside the box**

There are often many reasons why patients struggle to tolerate rehabilitation and reach their potential after a traumatic injury; and they are not always obvious. This lecture will discuss the importance of taking a comprehensive history, and using case histories will demonstrate how small changes in multiple areas can really make a difference to the outcome and quality of life of those persons and their families following 'Silver Trauma'.

**Dr Elizabeth Iveson, Consultant Stroke and Neurorehabilitation Physician, STEPS Rehabilitation & Nuffield Hospital York**

### Presentation 3

#### **Traumatic brain and spinal cord injury in older people: Implications for intensive care**

This presentation aims to cover the acute management of both conditions, but with a particular focus on prognostication.

**Dr Matt Wiles, Consultant Anaesthetist, Sheffield Teaching Hospitals NHS Foundation Trust**

### Presentation 4

#### **Health & social care considerations**

This session will aim to provide a whistlestop tour of the law regarding (1) adult social care; (2) NHS continuing care; and (3) health and welfare disputes. Alex will also discuss how to seek to challenge the lawfulness of public authority decisions in each of these areas.

**Alex Rook, Partner, Rook Irwin Sweeney**

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## Presentation 5

### Unique nutritional considerations for rehab and recovery in aged 60 + trauma patients

What are the top 10 nutrition-related factors which influence rehab outcomes in the aged 60+ target population? This session will also address how to screen clients for malnutrition (and other nutrition related concerns) and when to refer to a dietitian.

[Sheri Taylor, Director & Specialist Rehab Dietitian, Specialist Nutrition Rehab](#)

## Presentation 6

### Legal and Financial Issues: Why does age matter?

Kate and Jenny will be exploring why age matters when it comes to advising Claimants on a variety of Legal and Financial issues, which arise during serious injury personal injury litigation.

[Kate Nicklin, Principal Lawyer, Slater and Gordon & Jenny Whitehouse, Director, Financial Planner, Court of Protection & Serious Injury, Evelyn Partners](#)

## Presentation 7

### When sleep ceases to be golden- sleep in the silver-haired

Sleep changes as we age and with it the protection against, and recovery from, physical and mental challenges. Sleep invariably becomes lighter, broken and less refreshing as we leave middle age, in what is a biologically driven change in sleep processes. This has a range of effects including an increase in the disparity between male and female sleep. However this change is exacerbated by lack of knowledge about, or motivation to engage with, the lifestyle changes which would enable us to maximise what physiological ageing leaves in its wake. Against this background the sleep problems that almost inevitably follow traumatic injury become even more acute, with the potential of still more chronic consequences when that trauma occurs or persists in those beyond middle age. This talk will provide a background to age-related sleep changes and identify paths that might lead to better sleep.

[John A Groeger, Professor of Psychology, Nottingham Trent University](#)

## Presentation 8

### Rehabilitation of the older spinal cord injured individual with special reference to Central Cord Syndrome

[Pradeep Thumbikat, Honorary Senior Lecturer, Sheffield University](#)

## Presentation 9

### Silver Trauma – The STEPS spinal injury pathway

Exploring best practice in rehabilitation methodology to maximise recovery for the elderly following a traumatic injury. From early goal setting to accessing the latest in robotic and exoskeleton technology, this session draws on real-life case studies to demonstrate how intensive interdisciplinary rehabilitation can dramatically improve client outcomes.

[Jamie Storey, Lead Physiotherapist & Lucy Greensmith, Specialist Rehabilitation Occupational Therapist, STEPS Rehabilitation](#)



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## Biographies

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### **Nick Godwin**

**Principal Lawyer, Slater and Gordon**

Nick is a Principal Lawyer in the London office of national firm Slater & Gordon. He has over 20 years of post-qualification experience as a solicitor and he acts exclusively with clients who have suffered life changing injuries. Most of his clients have suffered serious head/brain injuries as well as spinal cord injury, amputation and complicated orthopaedic conditions.

Nick is a firm believer in early rehabilitation and endeavours to secure interim payments from insurers at the first opportunity to assist his clients with rehabilitation, treatment and accommodation needs and to help replace lost income. He is skilled at putting together a client-centred team of dedicated professionals at the earliest opportunity who can assist with advising on benefits, provide case management and therapy, secure vital aids and equipment and generally support his clients after life changing injury to help put their, and their families' lives, back on track.

He acts for children and adults, alike, with or without mental capacity and his cases usually attract 7 and sometimes, 8 figure damages. In the last year alone, Nick has recovered nearly £50m damages for 6 seriously injured clients who have suffered either serious brain injury or amputation, in so doing safeguarding their futures.

Nick is recognised within the industry for the work he does, having been listed for many years as a ranked lawyer in Chambers & Partners and a key lawyer in Legal 500. He is also listed as a Best Lawyer in the Best Lawyers in the United Kingdom guide and is a member of the Association of Personal Injury Lawyers (APIL). He also supports industry charities and is the firm's representative in London for Headway and BRAKE.

As well as representing seriously injured clients, Nick has prepared and delivered many presentations to Family Liaison Officers as well as care and trauma professionals. He has presented at Scotland Yard, written published articles and, for many years, was a contributing editor to the Workplace Law Handbook. His cases attract press coverage from time to time and Nick has given media interviews to the BBC discussing his role in securing damages in one of his significant case wins.



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### **Fiona Lecky**

**Clinical Professor, University of Sheffield & Honorary Consultant in Emergency Medicine, Salford Royal Hospital**

Fiona Lecky is Clinical Professor in Emergency Medicine at CURE (the Centre for Urgent and Emergency Care Research) in the School of Health and Related Research at the University of Sheffield, Honorary Consultant in Emergency Medicine at Salford Royal Hospital and holds an Honorary Chair as Research Director of the Trauma Audit and Research Network (TARN) at the University of Manchester and Research Professor of the Humanitarian Conflict Response Institute (HCRI). She chaired the 2014 update of the NICE Head Injury Guideline and has been a member of the International Federation for Emergency Medicine Research Committee since 2010. Fiona has a 60/40 commitment to her University and clinical roles. She supervises under and postgraduate research students and is a lead investigator in international multicentre trauma research initiatives which are her major research interest. Research Professor Humanitarian Conflict Response Institute, University of Manchester from November 2018 Topic Adviser National Institute of Health and Care Excellence Head Injury Guideline Update from July 2020.

Fiona's research interests include: Traumatic Brain Injury, Major Trauma, Biomarkers in Emergency Care and Injury Epidemiology. Latterly she has been Chair of the College of Emergency Medicine Research Committee – successfully setting up PhD studentships for Trainee Emergency Physicians, and the NW EM Walport Programme lead with a competitive ACF programme.

Recent publications include those looking at TBI epidemiology, trends in major trauma outcome and clinical effectiveness in trauma care and venous thromboembolism with a particular focus on head injury.



### **Dr Elizabeth Iveson, MBCHB FRCP**

**Consultant Stroke & Neurorehabilitation Physician, STEPS Rehabilitation & Nuffield Hospital York**

Dr Liz Iveson is an experienced Consultant Stroke and Neurorehabilitation Physician with a background of Elderly and General Medicine. Her interests and expertise are in stroke, elderly care and neurological rehabilitation. Dr Iveson has a particular interest in the longer term management of complex patients with multiple needs displaying symptoms such as pain, spasticity, fatigue, cognitive and mood disorders as well as seeing polypharmacy delivered in a holistic, pragmatic and multi disciplinary team led way.

Dr Iveson has worked within the NHS for over 25 years, and has more recently started her own business, Lives on Medical Consultancy and Education Ltd. The company which works in the private sector provides comprehensive assessments and clinical oversight of patients with complex presentations, particularly following Traumatic Brain Injury and Stroke. She enjoys working with clients, their families and MDT's in the Community and at Steps Rehabilitation Unit as well as providing a spasticity service from the Nuffield York.

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### **Dr Matt Wiles**

**Consultant Anaesthetist, Sheffield Teaching Hospitals NHS Foundation Trust**

Matt Wiles completed anaesthetic training in Nottingham in conjunction with a research post as a Clinical Lecturer at the University of Nottingham, before taking a consultant post at Sheffield Teaching Hospitals NHS Trust. His clinical commitments primarily involve sessions in neuroanaesthesia (with a particular interest in pituitary and major spinal surgery), neurocritical care and major trauma. He is Trust Clinical Lead for the Major Trauma service. He is also a member of the Editorial Board of the journal Anaesthesia and is an active researcher, regularly publishing in peer-reviewed journals. He has also authored two major anaesthetic textbooks.



### **Alex Rook**

**Partner, Rook Irwin Sweeney**

Alex acts for individuals, charities and companies in the full range of public law/judicial review cases, focused on achieving social justice, with particular specialisms in health and social care, mental capacity and human rights law. Alex has successfully won judicial review cases at the High Court, Court of Appeal and Supreme Court, including winning the first Supreme Court case in relation to the law on consultation (*Moseley v London Borough of Haringey* [2014] UKSC 56).

Alex is also well known for the welfare work he undertakes in the Court of Protection, acting for the Official Solicitor as well as for families and advocates. Alex was one of only two private practice solicitors invited to give evidence to the House of Lords Select Committee when it reviewed the Mental Capacity Act in 2014.



### **Sheri Taylor**

**Director & Specialist Rehab Dietitian, Specialist Nutrition Rehab**

Sheri is the director of Specialist Nutrition Rehab and a registered dietitian with over 25 years of experience in the United Kingdom and Canada. Sheri and the team at Specialist Nutrition Rehab, provide bespoke nutrition and dietetic services designed specifically for adults after a catastrophic injury - including traumatic brain injuries/cerebral palsy, spinal cord injuries and orthopaedic injuries. They aim to provide the most comprehensive and cutting-edge dietetic service in the United Kingdom and are one of the only teams who specialise in taste and smell loss.

Sheri and her team also produce a free monthly newsletter for case managers, solicitors and allied health professionals highlighting current research, practical tips and frequently asked questions relating to nutrition after a catastrophic injury. You can sign up for their newsletter at: [www.specialistnutritionrehab.co.uk](http://www.specialistnutritionrehab.co.uk).

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### **Kate Nicklin**

**Principal Lawyer, Slater and Gordon**

Kate is a Principal Lawyer and Team Leader within the Specialist Personal Injury Team at Slater and Gordon. Kate has been acting on behalf of clients who have sustained life-changing serious injuries since 2008. Kate has dedicated her career to representing seriously injured clients, both adults and children, who have suffered brain and spinal cord injuries. Kate works hard at an early stage to secure interim payments to fund specialist rehabilitation, support and care to maximise the chance of recovery and future independence. In the last year, Kate and her team has secured over £3,000,000 in interim payments for her clients. Kate works alongside specialist Neurorehabilitation professionals (such as case managers, physiotherapists, occupational therapists, neurorehabilitation consultants, rehabilitation units and speech and language therapists) to maximise her clients' rehabilitation potential. In everything that she does, she strives to provide individuals with straightforward legal advice and she seeks to obtain compensation to meet their significant needs and provide them with financial security for their future.



### **Jenny Whitehouse**

**Director, Financial Planner, Court of Protection & Serious Injury, Evelyn Partners**

Jenny is a member of the Chartered Insurance Institute and has spent the last 14 years working for Evelyn Partners, four within the Serious Injury & CoP Team. Jenny Graduated from the University of Wolverhampton and The Hogeschool Holland in 1997 with a joint honours degree in European Business Administration and Economics. Jenny specialises in the investment and protection of catastrophic damages awards and has been involved in many high value cases from a financial planning perspective. Jenny prides herself on the warmth and compassion she can bring to guiding clients and their families through these difficult circumstances.



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**John A Groeger, PhD, C.Psychol., FBPSS**  
Professor of Psychology, Nottingham Trent University

John Groeger is currently Professor of Psychology at Nottingham Trent University. He has held full professorships at the Universities of Surrey, his native Cork, and Hull, before coming to establishing his own Sleep Laboratory in Nottingham, as well as Visiting Professorships at Surrey, Monash and now University College Cork. John has published widely on his two academic and professional interests - sleep processes and the consequences of sleep loss, and cognitive aspects of driving, and has had his research funded over the last few decades by UK research councils, government industry and charities, and their equivalents overseas.



**Pradeep Thumbikat, MBBS, MS, MSc (Orth Eng)**  
Honorary Senior Lecturer, Sheffield University

Pradeep is a Consultant Surgeon in Spinal Cord Injury Rehabilitation at STEPS Rehabilitation and the Princess Royal Spinal Injuries Centre, which is based at the Northern General Hospital, a part of the Sheffield Teaching Hospitals Trust. His work encompasses all aspects of spinal cord injury management. Areas of special interest include surgical management of pressure ulcers and management of the tetraplegic upper limb.

He started his career in orthopaedic surgery but moved sideways into the management of spinal cord injury and spinal cord injury rehabilitation in the early noughties. During his period of training as a registrar, he did a fellowship at the Vancouver General Hospital and a further short period at the Christian Medical college in India, to gain a wider perspective on the management of spinal cord injury around the world. He started working as a consultant at Sheffield Teaching Hospitals in 2006.

Pradeep has been active nationally and internationally in furthering the cause of spinal cord injury rehabilitation and training in the specialty. As the Education Committee lead for the British Association of Spinal Cord Injury Specialists, he has worked with spinal cord charities and the Royal College of Physicians in addressing some of the concerns around training in SCI rehabilitation. He is the vice chairman of the Specialist Advisory Committee of the Royal College of Physicians (RCP) in Rehabilitation Medicine.

He is involved in a variety of national and international research projects in the field of spinal cord injury as a principal investigator, including projects on the role of early surgery in SCI, use of noninvasive ventilation in tetraplegics and use of tissue scaffolding following SCI. He was previously a member of the Spinal Cord Injury Research network. He has worked closely with academic departments in Leeds University, Sheffield Hallam University and Sheffield University on some of these projects. He has published and presented widely. He has lectured nationally and internationally on different aspects of SCI management.

Pradeep has recently accepted the appointment of Clinical Director at the Spinal Injuries Centre Sheffield.

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**Jamie Storey**  
Lead Physiotherapist, STEPS Rehabilitation

Jamie graduated as a physiotherapist from Coventry University in 2013. He joined STEPS in 2019 having previously run his own small physiotherapy department within a care home setting, bringing with him considerable expertise in supporting those with cardiorespiratory and neurological conditions.


Throughout his career, Jamie has supported clients with wide ranging conditions, from complex physical disabilities, tracheostomy care, changes and management, neurodegenerative conditions, and clients with mental health disorders. Since joining STEPS he has further developed his neurological rehabilitation skills by training to become an Exoskeleton Companion to support spinal injured clients to access exoskeleton rehabilitation.



**Lucy Greensmith**  
Specialist Rehabilitation Occupational Therapist, STEPS Rehabilitation

Lucy qualified as an Occupational Therapist from Sheffield Hallam University in 2003, and until joining STEPS in 2021 had an 18-year career within the NHS. She began her career at Sheffield Teaching Hospitals Trust where she developed her passion for neuro rehab and in particular spinal cord injury rehab.

For 4 years she in acute and post stroke rehabilitation and, more recently, spent 11 years working at the Sheffield Princess Royal Spinal Injuries Centre in spinal cord injury rehab where she gained skills and expertise in neuro splinting, SCI rehab techniques and how people live well with a SCI. Lucy is passionate about assisting people to achieve their goals.



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