

# Whose Life Is It Anyway?

Supporting effective brain injury rehabilitation in the community



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## WHOSE LIFE IS IT ANYWAY?

Supporting effective brain injury rehabilitation in the community

It is widely recognised that rehabilitation can make a significant difference to all, from the individual concerned, to society as a whole. One cannot create one programme or pathway that fits all because everyone has different circumstances in the community, every brain and therefore every brain injury is different – and trauma affects everyone uniquely. We all have different values and lifestyles and brain injury rehabilitation has to be bespoke, meaningful and add value. Finding a way to gauge success using standard rehabilitation outcome measures can be tricky.

These presentations will review the current state of brain injury rehabilitation, with particular focus on the unique factors impacting community-based rehabilitation. You will hear innovative perspectives from specialists across a variety of sectors and identify the unique components that make up effective rehabilitation for individuals with traumatic brain injury.

This online resource package includes professionally filmed sessions & PDF copies of all the slides. The training is available as soon as you book!

The benefits of this course being online are:

- Complete the course in your own time
- Personalised CPD/APIL certificate for 5.5 points
- Unlimited time to access the resource
- Resources remain in your account forever to refer back to

## PRESENTATIONS

### Presentation 1

#### **KEYNOTE SPEAKER: The neuroscience of subjective experience**

Consciousness is the ultimate miracle, - and enigma. However most people take this subjective inner state for granted without ever reflecting on what could possibly be happening in their brain each day of their waking lives. We will explore this deeply fascinating question from the perspective of neuroscience, using a wide range of examples from daily life such as waking up, walking the dog, dreaming and experiencing pain to see how the following considerations are key to every waking moment of the customer experience: intensity and synergy of the senses, extent of pre-existing associations, and arousal levels. Although we will not solve the problem of how the water of objective brain mechanisms transforms into the wine of subjective consciousness, we shall end up with a much clearer idea of the combination of factors that drive, shape, and control it.

**Baroness Susan Greenfield, CBE, FRCP (Hon) Neuroscientist, Writer, Broadcaster and Founder & CEO of Neuro-Bio Ltd**

### Presentation 2

#### **Improving community rehabilitation services**

This presentation covers state of the nation overview of rehabilitation services, and what is already currently planned to improve.

**Dr Andrew Bateman, Chairperson, UKABIF**

### **Presentation 3**

#### **Neuro Navigation across a County area**

The presentation will be about the challenges of managing referrals to and discharges from in-patient neuro rehabilitation services in the context of a County Council area. It will look at the developments over the last two years in the context of the Covid 19 pandemic and the significant local and national changes in NHS structures. Development of local multi-agency working across statutory and private sector services with informal networks developed and hopes for the future.

**Wendy Irons, Neuro Rehab Lead (North Kent), Kent & Medway CCG**

### **Presentation 4**

#### **Coming together to transform community Neurorehabilitation**

Stakeholders in South East London are working together to commission equitable and improved neuro rehab services in the community. Following a report benchmarking services against NICE guidelines, patient representatives, service providers and commissioners came together to agree priorities for change. These included increased access to neuropsychology, intensive community neurorehabilitation modelled on GSTT's NETT team and community based Vocational rehabilitation. In this presentation we will touch on the impact and cost effectiveness of NETT, our vision for well-resourced community neurorehabilitation and advocate for lobbying for change at a regional and national level.

**Heather Campbell, Clinical Lead and Head of Neurorehabilitation Service, Guy's & St Thomas' NHS Foundation Trust**

### **Presentation 5**

#### **Addressing the trauma in TBI**

Highlighting how engagement in the rehabilitation process can be enhanced by recognising and addressing the stress response in both people with ABI and their families.

**Priyanka Pradhan, Consultant Clinical Neuropsychologist, Neurolistics Ltd**

### **Presentation 6**

#### **De stress exercise**

**Priyanka Pradhan, Consultant Clinical Neuropsychologist, Neurolistics Ltd**

### **Presentation 7**

#### **But won't he be socially isolated?**

Presentation based on case study - highlighting obstacles overcome, including opposing views (concerns re social isolation, no further progress possible, too big/intensive/costly to manage, etc)

**Jo Pendlebury, Brain Injury Case Manager, Head First**

### **Presentation 8**

#### **Why can't you just stop her doing x?**

What do we mean by community rehabilitation? What are the expectations of what can be accomplished versus the reality? What are the unique challenges of community rehab which do not exist in inpatient settings?

**Fergus Gracey, Consultant Clinical Neuropsychologist, CCPNR**

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# Biographies



**Baroness Susan Greenfield**

***CBE, FRCP (Hon) Neuroscientist, Writer, Broadcaster and Founder & CEO of Neuro-Bio Ltd***

Baroness Greenfield, Founder and CEO of Neuro-Bio Ltd ([www.neuro-bio.com](http://www.neuro-bio.com)) is a neuroscientist, writer and broadcaster. She has published over 200 papers in peer-reviewed journals, based mainly at Oxford University but has held research fellowships at the College de France Paris, NYU Medical Center New York and Melbourne University. She holds 32 honorary degrees from UK and foreign universities, has received numerous honours including the Legion d'Honneur from the French Government, an Honorary Fellowship from the Royal College of Physicians, The American Academy of Achievement Golden Plate Award, and The Australian Medical Research Society Medal. She is also a Fellow of the Royal Society of Edinburgh.



**Dr Andrew Bateman**

***Chairperson, UKABIF***

Dr Andrew Bateman has worked in research and clinical rehabilitation since 1990, the year he qualified as a Chartered Physiotherapist in East London. He completed a PhD in Neuropsychology in 1997 (Birmingham). He led the Oliver Zangwill Centre for Neuropsychological Rehabilitation (Ely, UK) 2002-19. He is now a Reader at the School of Health and Social Care, Director of NIHR Research Design Service East of England, an Affiliated Lecturer in Dept of Psychiatry (University of Cambridge), Past President & Honorary Treasurer of The Society for Research in Rehabilitation; and Chair of the United Kingdom Acquired Brain Injury Forum. See twitter @DrAndrewBateman for news.



**Wendy Irons**

***Neuro Rehab Lead (North Kent), Kent & Medway CCG***

Wendy started her working life in residential services for adults with physical disabilities. She qualified as a Social Worker in 1996. From 2000 -2014 she worked as a Care Manager and then a Team manager in Adult Social Care developing her specialism in ABI and developing joint work across local health and social care services for adults living with ABI and complex neurological disabilities.

She joined North Kent CCGs in January 2015 in the new role of Neuro Rehab Lead to develop the processes and pathways for adults with a new ABI diagnosis needing neurorehabilitation. Her role combines commissioning and strategy with direct work to support patients and their families through the complexities of health and social care services.





**Heather Campbell**

***Clinical Lead Adviser, South East London Integrated Care System***

Heather Campbell has recently retired from her substantive role, as Clinical Lead and Head of a large community neurorehabilitation service for Guys and St Thomas NHS Trust. In her 35 year NHS career she established several innovative and award winning services while also developing quality standards within this field. She has achieved transformation through evaluating need against published quality standards and making the case for change. She was invited to contribute the community perspective to a National Audit Office published economic modelling of the Stroke pathway in 2010. As the community services lead on the quality and standards board of the London Strategic Clinical Network for Neuroscience, she was involved in developing an audit of current service provision across the capital. This audit exposed significant inequities in provision and standards in community neurorehabilitation services and since then she has been driven to highlight these gaps to commissioners and work across systems to achieve improvement. This work has been enhanced by her development of the new roles of "Neuronavigators" across South East London in order to ensure patients with complex neurological conditions receive appropriate care at the time and place they need. Having sponsored a NICE scholar to evaluate regional services against the guidelines, she presented the case for change and advocated for the Integrated Care System to support a wide-scale transformation ensuring equitable access to evidenced based community neurorehabilitation. This work took place during and despite the pandemic and includes a vision for the next 5 years. Heather hopes to continue to lead these changes, working as an advisor for SE London ICS.



**Dr Priyanka Pradhan**

***Consultant Clinical Neuropsychologist, Neurolistics Ltd***

Dr Priyanka Pradhan is a Consultant Clinical Neuropsychologist who has played a key role in developing neuropsychology services in the NHS and private sector and is now the founder of Neurolistics Ltd. She is on the British Psychological Society's (BPS) Specialist Register for Neuropsychologists and is Health Care Professionals Council Registered.

Dr Pradhan has over 20 years of experience in neurology and physical health with her main areas of specialism being movement disorders, such as Parkinson's Disease, along with Traumatic Brain Injury, Neurodegenerative conditions and stroke. During her career, she has worked in various settings including maximum security hospitals, tertiary specialist hospitals and community services.

As well as specialist neuropsychological diagnostic assessments, Dr Pradhan provides neuropsychological treatment packages for individuals, couples and groups living with neurological conditions. Dr Pradhan uses a variety of therapeutic approaches including Cognitive Behavioural Therapy (CBT), Acceptance and Commitment Therapy (ACT), Empowerment Behavioural Management Approach (EBMA), Motivational Interviewing and Compassionate Focused Therapy (CFT). Furthermore, Dr Pradhan is a qualified yoga teacher and has undertaken further CPD training in the use of yoga practices and techniques alongside western trauma focused practices to assist people in their recovery and growth. She also co-runs successful holistic retreats and CPD events for colleagues working in Neurorehabilitation.

For the past 4 years Dr Pradhan has been a trustee on a board for a theatre company based in the North West of England who are passionate about making theatre with working class and culturally diverse young artists. She is also the chair on a board of a charity that provides yoga classes that are accessible to a wide range of people with mental and physical health conditions. Dr Pradhan is currently training in biodynamic craniosacral therapy via Body College as her passion is to assist people to be more connected with their bodies as a means to optimal health and well being.

In sum, Dr Pradhan's approach is to draw upon all aspects of the client, including their physical, emotional, cognitive, systemic, social, and cultural status along with cutting edge neuroscience research to provide and truly bespoke interventions that encapsulate the mind, brain, body and spirit of the people she works and the journey they may be on.

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**Joanne Pendlebury**

*Senior Brain Injury Case Manager, Head First*

Jo Pendlebury is a Senior Brain Injury Case Manager and Rehabilitation Lead for Head First, Specialising in complex brain injury and community rehabilitation.

Jo qualified as a physiotherapist in 1999 and worked in the NHS specialising in neurology and worked for 13 years at the regional neurological unit, Sussex Rehabilitation Centre. She joined Head First in 2016 and has a case load including young people and adult with complex brain injuries and has used her expertise and knowledge of rehabilitation to enable them to maximise their potential. Working concurrently with private and statutory services Jo believes

passionately about timely, appropriate provision of specialist interventions and works tirelessly to get the very best for her clients and their families. As the Rehabilitation Lead Jo advises and trains fellow Case managers and Support Workers, promoting and advocating interdisciplinary team working and educating on the principles of Rehabilitation.



**Fergus Gracey**

*Consultant Clinical Neuropsychologist, CCPNR*

Fergus is a Clinical Associate Professor in the Department of Clinical Psychology and Psychological Therapies, University of East Anglia. After completing his doctoral training in clinical psychology, Fergus worked at the Oliver Zangwill Centre for Neuropsychological Rehabilitation, going on to become the lead psychologist there. He then led the development of a community service for children with acquired brain injury, the Cambridge Centre for Paediatric Neuropsychological Rehabilitation where he maintains an honorary role as Director of Research.

Fergus' clinical and research interests are in neuropsychological rehabilitation for children and adults with acquired brain injury, specifically self-regulation and executive functioning, identity, well-being and psychological therapy. Current and recent research includes a meta-synthesis of research into family adaptation to life post-traumatic brain injury, qualitative studies on understanding how to achieve positive psychological outcomes for people through community participation, and a feasibility trial of an Arts for Health group to support well-being post-stroke, Fergus is an Associate Editor of the journal Neuropsychological Rehabilitation and has a number of research publications and book chapters on the topics of community neuropsychological rehabilitation, psychological therapies and identity.

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“She comes, and I make my bed with her...I've got back to doing it by myself and that corresponds to independence. Without fail every morning it has become routine.

The whole point of rehab is getting back to normal, I want to be able to do everything. Anything is possible.”



## Clinical excellence and expert knowledge

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