



Andy Graham

Specialist Occupational Therapist -
Amputee, Spinal Cord Injury and Pain Management

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PROFESSIONAL QUALIFICATIONS

- + BSc (Hons) Sports Science and Psychology
- + MSc (pre-reg) Occupational Therapy
- + Ph.D. (expected Jan 2022)

PROFESSIONAL MEMBERSHIPS

- + Health and Care Professions Council
- + British Association of Occupational Therapists
- + College of Occupational Therapists Specialist Sections: Trauma & Musculoskeletal Health & Independent Practice

I qualified as an Occupational Therapist in 2013, and I am registered with the Health and Care Professions Council and the British Association of Occupational Therapists.

I am an experienced and skilled Occupational Therapist who specialises in working with clients who have orthopedic injuries, amputations, or spinal cord injuries (SCI).

My clinical practice at The Golden Jubilee Spinal Cord Injury Centre, Middlesbrough, enabled me to develop specialist clinical skills in upper limb rehabilitation and splinting. I use activity-based goal planning when working with clients who have all levels of SCI. I understand and apply the specialist care procedures and precautions which clients following an SCI require, into client centered, tailored and inter-disciplinary rehabilitation plans.



I am highly specialised in the rehabilitation and management of clients who have sustained a traumatic or elective amputation, developed in my role as Senior Occupational Therapist for a Vascular and Amputee Rehabilitation Team. I have extensive knowledge of planning and delivering rehabilitation packages for clients with complex needs following polytrauma, including amputation and facilitating their discharge home from hospital. I have developed and implemented a goal-driven outcome measurement tool to assess rehabilitation needs for clients following amputation. I can provide detailed moving and handling care plans for clients who have sustained an amputation. I always consider the physical, psychological, and social impact of amputation to provide a holistic assessment of a client's complex rehabilitation needs.

I have a particular interest in the use of sport and exercise to aid a client's recovery. I have developed professional contacts within local organisations that facilitate return to leisure activities post-injury, including Newcastle United Foundation Amputee Football Team, Tees Valley Titans Wheelchair Basketball, and the disability sports section of Gateshead Harriers Athletic Club.

My work with clients who have sustained an amputation made me aware that phantom limb pain (PLP) impacted severely on rehabilitation outcomes but the options for treatment were absent from Occupational Therapy professional guidelines due to a lack of rigorous evidence.

I was successful in securing a full-time funded PhD to investigate Sensory Discrimination Training for PLP. The research journey has enabled me to gain evidence-based practice skills and understand the lived experience of people who have sustained a vascular or trauma amputation. I have developed a wearable device (Senstrain) to enable people who have sustained an amputation to self-manage their phantom limb pain. I have developed sensory discrimination assessment and treatment approaches for people experiencing sensory and/or perceptual disturbances following their amputation. I have specialist skills in completing Two-Point Discrimination testing and combine this with motor imagery exercises and mirror therapy to provide Graded Motor Imagery rehabilitation for people living with PLP, Complex Regional Pain Syndrome and Fibromyalgia. I apply my knowledge of pain neuroscience to facilitate and enable occupational engagement, such as return to work or leisure activities for clients who are experiencing chronic pain.

I can provide clinical assessments for clients who require specialist seating, wheelchairs and stairlifts. I am experienced in working with architects and surveyors to provide major home modification projects. I enjoy co-working with prosthetic services and providers and keep up to date with advancements in technology that impact on prosthetic rehabilitation and functional outcomes.

I promote self-management to enable children and adults who have sustained life-changing injury or illness to regain independence in daily activities and participate in meaningful occupations. I endeavor to understand a person's story and how they can use their strengths to overcome the adversity they are experiencing in their life. I maintain open and honest communication when working with individuals and their families to ensure a trusting therapeutic relationship.

I enjoy analysing complex problems and generating creative solutions that will promote rehabilitation and maximise the person's health and wellbeing. I thrive when working as part of a team, and I ensure my focus is on supporting the person in their rehabilitation goals through multi-disciplinary and multi-agency working.



CAREER PATHWAY

Sep 2021 – Present	Specialist Occupational Therapist - Amputee, Spinal Cord Injury and Pain Management, Lets Accomplish Change Ltd
Dec 2018 - Present	PhD Candidate, Teesside University
2017 - 2018	Senior Occupational Therapist: Vascular & Amputee Rehabilitation, James Cook University Hospital, Middlesbrough
2016 - 2017	Occupational Therapist: Spinal Cord Injury, Golden Jubilee Unit, James Cook University Hospital, Middlesbrough
2015 - 2016	Occupational Therapist: Stroke Rehabilitation, Redcar Community Hospital
2014 - 2015	Occupational Therapist: Vascular & Amputee Rehabilitation, James Cook Hospital, Middlesbrough
2013 - 2014	Occupational Therapist: Orthopedics & Trauma Rehabilitation, James Cook Hospital, Middlesbrough
2012 – 2013	Peer Advisor: Northumberland, Tyne & Wear Chlamydia Screening Program (Part-time during MSc OT)
2009 - 2011	Special Educational Needs Teaching Assistant

CLINICAL QUALIFICATIONS

COURSE TITLE	TRAINING PROVIDER	DATE
Explain Pain	Neuro-Orthopaedic Institute, London	2019
Acceptance & Commitment Therapy	Improving Access to Psychological Therapies	2018
Return to Driving Following a Disability	Royal College of Occupational Therapists	2017
Care Act 2014 Training for Social Care Professionals	Middlesbrough Council	2016
Manual Handling in Healthcare	Ergoway Ltd	2016
Assessment and Provision of Specialist Seating	Seating Matters	2016
Wheelchair Assessment and Prescription	Disablement Services, South Tees Hospitals Trust	2015