



## Professional Profile

### PERSONAL INFORMATION

Name	John Ridgway	
Position	Occupational Therapist	
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### PROFILE

John Graduated from St Martins College with a BSc (Hons) Occupational Therapy in 2008. Following this John studied at Masters Level in the field of leadership and innovation. He has over seven years' experience working in healthcare in different organisations. John is currently an Advanced Practitioner Occupational Therapist working within critical care rehabilitation and surgery, covering a wide range of areas including cardiac surgery, cardiology, upper gastrointestinal surgery and general surgery.

John understands the importance of significant and purposeful activity, and the requirements to achieve goals that have been set and in doing so optimising and maximising one's potential. This he transfers into his everyday practice as an Advanced Practitioner Occupational Therapist. John is passionate that everybody should aim to maximise and fulfil their potential and he enables people to reach their maximum level of performance and in doing so motivating and supporting them to reach levels and goals that were once not deemed possible.

John has worked with clients from all walks of life in many different parts of the UK, has a wealth of experience not only in his current post but also in the following specialities:

- Acute Medicine
- Trauma and Orthopaedics
- Vascular Surgery
- General surgery
- Respiratory
- Healthcare of the Elderly
- Oncology
- Private Occupational Therapy

John's working experience, education and personal attributes provide an in-depth and client-focused Occupational Therapy experience. In doing so this supports them to achieve personal goals that were once a hope into a reality and maximising their level of function and quality of life.

## KEY SKILLS

- Assessment and treatment of head trauma, neurology and multi trauma clients
- Building therapeutic relationship
- Equipment assessment and prescription
- Cognitive assessment and rehabilitation
- Integrating sports as a valued therapeutic medium
- Hands on rehabilitation
- In-depth holistic assessment and treatment plan for enhancing everyday skills and roles
- Diverse rehabilitation skills from short to long-term, including critically ill clients with physical and neurological conditions and impairments
- Environmental Assessments
- Assessment of longer term care needs
- Equipment advice and recommendation including wheelchair assessment (specialist)
- In-depth report writing

## AREAS OF EXPERTISE / OTHER USEFUL INFORMATION

- Neurology
- Head Injury and multi-trauma
- Critical care rehabilitation- rehab in the short and long-term for patients with physical and neurological injuries
- Service user engagement
- Using everyday / meaningful activities for physical and cognitive rehabilitation
- Immediate needs assessing
- Cognitive rehabilitation including the assessment for cognitive deficits and tailored treatment plan formulation
- Publication of a NICE Shared Learning Guidance on “A Structured Approach to Cognitive Rehabilitation for Critical Care Patients”. This has been published on the NICE shared learning database
- Undertaking Lecturing for undergraduates at Nottingham University

## EDUCATION

- Birmingham City University- Leadership and Innovation- MSc Module
- St Martins College (University of Cumbria)- BSc (Honours) Occupational Therapy (2:2)
- Rehabilitation in Critical Care- Intensive Care Society
- Cognitive Behavioural Therapy Approaches in Physical Health
- Expert Witness Assessment and Report writing trained
- APPLE Accreditation
- ECB Coaching Level 1

## EMPLOYMENT HISTORY

- Advanced Practitioner Occupational Therapist in Critical Care and Surgery- Nottingham University Hospitals NHS Trust  
December 2014-present
- Senior Occupational Therapist- The Royal Brompton & Harefield NHS Foundation Trust- April 2013-November 2014
- Senior Occupational Therapist- SWBH- September 2011-April 2013
- Occupational Therapist- The Robert Jones & Agnes Hunt Orthopaedic Hospital NHS Foundation Trust- October 2008-September 2011
- NPP Occupational Therapy Ltd – Private Occupational Therapy Practice – October 2015 - ongoing