

Based In:	Blackburn
Background:	Paediatric Nursing
Joined RWW:	August 2021
RWW role:	Case Manager - Children & Young People

REHAB WITHOUT WALLS CASE MANAGEMENT ROLE

Providing case management input for people who have complex rehabilitation and care needs.

- Assessing need for case management, care and rehabilitation
- Risk assessment and development of risk management strategies
- Designing, developing and monitoring multi-disciplinary rehabilitation packages
- Recruiting, training and managing support workers
- Coordinating services from the statutory and independent sectors

CONDITIONS MANAGED

- | | |
|-------------------------|----------------------------|
| ✓ Acquired brain injury | ✓ Spinal cord injury |
| ✓ Cerebral palsy | ✓ Orthopaedic injuries |
| ✓ Learning disability | ✓ Mental health conditions |
| ✓ Epilepsy | ✓ Sensory impairment |
| ✓ Lung conditions | ✓ Diabetes |
| ✓ Maxillo-facial injury | |

KEY SKILLS & EXPERIENCE

- ✓ Facilitating complex discharges from hospital
- ✓ Working with ventilated and tracheostomised patients
- ✓ Working with clients in a rehabilitation setting
- ✓ Working with children and young people
- ✓ Urdu speaker

Prior to joining Rehab Without Walls, Rifat worked extensively with children and young people with a wide variety of serious injuries and conditions, most recently in a rehabilitation hospital setting. She has experience managing person-centred care provision and working closely with multidisciplinary therapy and medical teams to help clients achieve the best possible rehabilitation outcomes.

She is adept at coordinating with external care and therapy providers to ensure a smooth discharge from hospital and continuity of care and rehabilitation.

Rifat has worked with clients with complex mental health problems, including suicidal ideation, and has supported them and their families through the traumatic experience of serious illness and injury.

Rifat is extremely approachable and has a positive, encouraging attitude. She is very conscientious and a good communicator, working well as part of a team.

Rifat says: "The holistic approach of Rehab Without Walls drew me to case management. Case managers are able to impact their clients' everyday lives in such a positive way!"

PROFESSIONAL QUALIFICATIONS

- BSc (Hons) Children's Nursing - First Class (University of Central Lancashire) 2016
- Access to Healthcare Diploma - Distinction (Blackburn College) 2013

CAREER HISTORY

Amana Healthcare - Abu Dhabi

2020 - 2021

Paediatric Nurse

This role involved;

- Providing and managing nursing care for long-term patients with tracheostomies and those dependent on ventilators
- Continually assessing the needs and condition of patients and working closely with multi-disciplinary medical and therapy teams.
- Maintaining effective written, verbal and electronic communication
- Supporting and educating members of staff new to complex care
- Taking patients with complex needs to and from the local hospital to attend appointments

Royal Blackburn Hospital - Children's Unit

2016 - 2020

Paediatric Nurse

This role involved;

- Assessing and monitoring the condition of patients
- Providing nursing and clinical care to patients, whilst also providing support to their families
- Collaborating with multi-disciplinary teams to provide patient-centred care, taking charge and running the ward when necessary.
- Supervising the work of junior staff and mentoring and educating nursing students
- Caring for medical, surgical, orthopaedic and maxillofacial patients, both as surgical day cases and as in-patients
- Administering medication, including intravenously
- Taking part in career days with local colleges, interacting with students and educating them about the benefits of a career in healthcare

PROFESSIONAL MEMBERSHIPS

- NMC - Nursing and Midwifery Council
- BABICM - British Association of Brain Injury & Complex Case Management



OTHER ACTIVITIES

Rifat loves to keep fit and enjoys playing tennis, swimming, bike-riding and walking. She also enjoys travelling, cooking, reading and spending time with family and friends.

CONTACT

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