



Name: Nicola Benson
Job Title: Snr Physiotherapist Adults & Paediatrics, Manual Handling Instructor & Risk Assessment Advisor
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Base: North West of England



Professional Qualifications

BSc Hons Physiotherapy – UCLAN Preston

Foundation degree in health & social care

Manual Handling Instructor & Risk assessment advisor

Memberships

Health & Care and Professions Council Reg No - PH91547

Chartered Physiotherapist Reg No – 08047

Association of Paediatric Chartered Physiotherapists (APCP) – 00109135

National Back Exchange (NBE)

Professional experience

Nicola is a Senior Physiotherapist with extensive experience in both adult and paediatric care, also specialising in Manual Handling training & Risk Assessment advice.

prior to establishing a career as a Physiotherapist, Nicola began her career working within the Health and Social Care sector with people of all ages, various needs, disabilities, and health issues. She attained her qualifications at the University of Central Lancashire, which afforded her valuable work experience in the North West's key centres and hospitals. She has also worked within private health care providing physiotherapy services for adults and the elderly, allowing her to explore numerous treatment modalities and joint working opportunities with various health professionals as part of a wider multidisciplinary team. Nicola's varied experience has allowed her to develop a rounded, patient-centred approach to her practice which promotes an enjoyable and comfortable experience for her patients and their families.

Nicola's background, further studies and experience have given her a solid foundation of policies and relevant issues related to public health and wellbeing within varied settings. She actively participates



in departmental and multidisciplinary team meetings and accepts responsibility for her contribution to the day-to-day running of the service.

Areas of expertise

Nicola is a qualified Manual Handling Instructor and Risk Assessment Advisor. She enjoys training colleagues, fellow service providers and their staff in theory and techniques, in line with current legislation and best practice. She endeavours to tailor training to the individuals and to the patient; providing bespoke sessions within patients' own homes and with their equipment. This ensures continuity and allows for relevant demonstrations and explanations, linking in with diagnosis and on-going treatment via our team. Nicola is able to undertake detailed Manual Handling Risk Assessments, handling protocols and programmes to aid support workers and carers that can be kept within the home with patient notes and care plans.

- Over two decades of experience working in the field of Health and Social Care.
- Management of children with acute-onset and chronic neurological conditions, both common and rare.
- Management of Adults with neurological conditions.
- Undertakes full assessments of Manual Handling needs in relation to patients and carers.
- Completes Risk Assessments of equipment in line with all current legislation and regulations.
- Delivers effective and comprehensive training and management strategies in the field of Manual Handling and Risk Assessment.
- Develops and implements bespoke management programmes for patients and their support networks, be it family and/or carers.
- Delivers reports and reviews across disciplines to ensure continuity of care and management of our patients.
- Provides clear guidance and information in respect of medico legal cases.

Professional Development Courses and Conferences (in last 3 years)

Level 3 award in Measurement of Body Symmetry

Manual Handling Instructors update training

Moving and Handling Children

Mandatory Training (up to date)

Safeguarding Children & Adults



General Data Protection Regulation (GDPR)

Manual Handling Training

Adult and Paediatric Basic Life Support

Clinical Record Keeping

Clinical Governance

Conflict Resolution

Lone Working

Fire Safety

Health & Safety /Risk Awareness

Information Governance

Infection Control

Mental Capacity Training
