

HELEN FOSTON

CASE MANAGER
LEAD DISTRICT NURSE



Helen has 24 years of experience as a lead district nurse, working in community settings. With her expertise, she has dedicated herself to supporting individuals with multi-trauma, neurological, orthopaedic, and pain management conditions. Her practical approach and unwavering commitment have not only improved the quality of care she provides but have also made a significant difference in people's lives. Additionally, Helen has six years of experience as a rehabilitation case manager, which includes her invaluable contribution as an expert witness.

0333 188 7800

helen.foston@eucm.co.uk

www.empoweringu.co.uk

- ✓ Registered with the Nursing and Midwifery Council
- ✓ Royal College of Nursing Member
- ✓ CMSUK membership.
- ✓ BABICM Registered

AREAS COVERED

Hull
Yorkshire
Manchester
York
Leeds
Middleburgh
Bradford



Skills

- ✓ Experience working with adults.
- ✓ Complex Multi Trauma
- ✓ Acquired Brain Injury
- ✓ Vocational Rehabilitation
- ✓ Polytrauma
- ✓ Complex Orthopaedic
- ✓ Wound Care
- ✓ Psychological Trauma
- ✓ Complex Musculoskeletal

KEY ROLES

- ✓ Collaborating with multidisciplinary teams, social services, healthcare providers, Solicitors and Insurers..
- ✓ Setting appropriate goals and treatment planning consider motor and life skills, personal and domestic care, sensory needs and mental health etc.
- ✓ Completing assessments in patient's homes, identify areas of need, discussing and setting realistic goals with patients and the best course of intervention, implementation and evaluation.
- ✓ Issuing appropriate equipment for discharge
- ✓ Experience in vocational rehabilitation such as facilitating a smooth and gradual return to work after an injury.
- ✓ Identifying potential barriers at the earliest opportunity with the goal of enhancing the individual's journey towards recuperation.

