



# 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.



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### Areas Located

- Hull
- Yorkshire
- Manchester
- York
- Leeds
- Middlesbrough
- Bradford

### Affiliations

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

### 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.
- Identifying potential barriers at the earliest opportunity with the goal of enhancing the individual's journey towards recuperation.
- Experience in vocational rehabilitation, including aiding in a gradual return to work post-injury.