

TAHIRA SHARMA

SENIOR OCCUPATIONAL THERAPIST

Registered in All India Occupational Therapy Association

Registered member of Health and Care Professions Council, United Kingdom

Completed Stage 1 of Occupational Therapy Council of Australia.

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📍 United Kingdom, IP3 9UR



PROFILE

Emphatic and gentle BAND 6 Occupational Therapist with more than 2 years of work experience in various specialities such as General Surgery, Medical and Oncology, Neuro, Mental Health, Geriatrics, Trauma and Orthopaedics. Has placement experience in Hand Splinting, Community, Paediatrics, and Stroke. Excellent planning, and organizing skills. Proficient in working under pressure and meeting deadlines. Fosters supportive relationships and provides great service by leveraging strong communication and interpersonal skills.

WORK EXPERIENCE

Senior Occupational Therapist

East Suffolk and North Essex NHS Trust

📅 Nov 2021 - Present

📍 Ipswich, United Kingdom

- Proficiently plan and manage diverse complex patient cases across specialties (**Neurology, General Surgery, Medical and Oncology, Mental Health, Geriatrics, Trauma and Orthopaedics**).
- Collaborate with patients and caregivers to establish OT goals, utilizing standardized assessment tools to identify skills, needs, and attain functional fitness for **timely discharge**.
- Skilled in **manual handling** and adept with **transfer aids** like hoists, Sara steady, Oxford Journey, and patient turners. Recommend home adaptations for patient independence and safe discharge.
- Proficient with **discharge planning** from the in-patient unit, ensuring the provision of suitable equipment to enhance functional independence.
- Collaborated with a diverse **multidisciplinary team** (including consultants, nurses, therapists, pharmacists, Orthoptist, Social worker, Safe guarding team, Social prescriber, Discharge coordinators, Community therapy team) to organize comprehensive support plans for patients in both health and social care settings.
- Maintain accurate and confidential client records, documenting progress and interventions.
- Skilled in **mentoring** junior staff and students to a graduate level, collaborating with universities to uphold practice and teaching standards aligned with degree qualifications.
- Competent in providing **teaching sessions** in specialized area as part of planned in-service training.
- Perform comprehensive evaluations to gain insight into a client's mental health background, areas of strength, and specific areas of concern.
- Maintain **ethical standards** and observe professional boundaries in every interaction with both clients and colleagues, while also adhering to applicable codes of ethics and regulations.

EDUCATION

MSc Advanced Professional Practice in OT

University of Plymouth

📅 2021

📍 Plymouth, UK

Bachelor Of Occupational Therapy

Manipal Academy of Higher Education

📅 2020

📍 India

SOFT SKILLS

- Problem solving
- Planning & Coordination
- Patient Care & Evaluation
- Conflict Resolution
- Critical Thinking
- Time Management
- Leadership
- Team player
- Goal Setting
- Adaptability
- Communication
- Empathy

WORKSHOPS & CERTIFICATIONS

Workshop on "Occupational Health and mental health in the 21st Century" by Dr Jennifer Creek

Continuing Occupational therapy education (COTE)

55th Annual National Conference

All India Occupational Therapists' Association, 2018

INTERESTS

- Adult mental health
- Trauma informed care
- General surgery
- Acute inpatient
- Youth adult and paediatrics.

INTERNSHIPS

Occupational Therapy Intern

Massachusetts General Hospital, Boston, United States

October 2019 – November 2019

Spaulding Rehabilitation Hospital, Charles Town, Boston, United States

October 2019 – November 2019

Perkins School for the Blinds, Watertown, Boston, United States

October 2019 – November 2019

National Institute of Mental Health and Neurosciences

December 2019  Bangalore, India

Jewel Autism Centre

January 2019  Kerala, India

Kasturba Medical College

August 2019 – January 2020

Deliverables Across Tenure

- Assisted in assessing and suggesting home modification and community environment adaptation to improve accessibility and safety for patients.
- Signposting about various local community resources, services, and programs that can benefit patients and assist them in accessing the relevant resources.
- Assisted in conducting comprehensive assessments to understand a patient's mental health history, current symptoms, concerns, and observed delivering evidence-based therapeutic approaches to help manage symptoms and improve wellbeing.
- Conducted comprehensive assessments to evaluate a child's physical, sensory, cognitive, emotional, and social development and assisted in providing appropriate therapy intervention.
- Facilitated occupational therapist in providing cognitive and upper limb rehabilitation to address memory, attention, problemsolving, executive functioning deficits and upper limb skill deficits commonly associated with neurological conditions.
- Led treatment sessions for individuals who have musculoskeletal conditions, injuries, or post-surgical rehabilitation need and assisted in hand splinting when required.

CONTINUOUS PROFESSIONAL DEVELOPMENT

Oxygen competency: 2021	
Sepsis Awareness : 2022	
VTE Awareness : 2022	
Safeguarding Adults : 2022	
Fall Prevention :2022	
National Early Warning Score (NEWS):2022	
Practice Educator :2022	
Palliative and EOL care : 2022	
Conflict resolution : 2022	
Health and Safety :2022	
Dementia: MCA, DOLs, Domestic Violence and Abuse : 2023	
Performance Management Training : 2023	
Management and Leadership :2023	
Learning Disability and Autism level :2023	
The Fit Note : 2023	

DISSERTATION

`How can occupational therapist prepare adolescence back to school post traumatic brain injury: A scoping. Review.

`Communication styles in occupational therapy practise: scoping review'