

# Lucy Green

## Senior Hand Therapist

### Profile

I have worked in the specialist area of Hand Therapy since 2004 and have assisted in leading the Hand Therapy Team at University College London Hospitals before moving to London Hand Therapy in September 2009. My predominant focus has been plastic surgery, orthopaedics and rheumatological conditions. My areas of specialist interest include: thumb injuries and conditions, reconstructive surgery and sports medicine.

As an ardent sports player myself, competitively playing hockey and enjoying golf, tennis and snowboarding, I have a keen interest in sports injuries whether it is the patient's career or leisure pursuit, and I am committed to developing treatment plans to ensure a swift return to action wherever possible.

My fascination with the complexity and intricate anatomy of the upper limb is what led me to specialise in Hand Therapy, and my drive to achieve in this area has been fueled by the impact that this specialist therapy can have upon people's daily lives.

### Professional Experience in Hand Therapy

- Peripheral nerve injuries
- Tendon and ligament repairs and reconstructions
- Joint dislocations
- Digit, wrist and elbow soft tissue injuries
- Stable fractures and Open reduction internal fixations to digits, hand, wrist, elbow
- Joint Arthroplasties and Fusions
- Dupuytren's fasciectomy
- Infections/cellulites
- Amputations
- Chronic hand conditions
- Tendonopathies
- Skin Grafts
- Joint instabilities
- CRPS
- Contractures and tenolysis
- Wound Care
- Congenital hand conditions
- Work Related Upper Limb Disorder/Repetitive Strain injury
- Performing arts medicine

### Professional Memberships

Health Professionals Council – OT 35881  
British Association of Hand Therapy

### Employment History

#### **Sept 2009 – Current**

London Hand Therapy – Private patient care  
Senior Hand Therapist

Orthopaedics, Plastics, Rheumatology and performing arts medicine

Currently working with Katherine Butler, Clinical Specialist in Hand Therapy at London Hand Therapy. London Hand Therapy is a private based clinic working from two different locations. The practice accepts referrals from Consultants, General Practitioners and Self Referrals.

Responsibilities include:

- Managing stock levels and negotiating with suppliers
- Treating all hand, arm and elbow injuries
- Writing reports to consultants, insurance companies and funding organisations
- Keeping accurate billing sheets for secretary
- Informing local consultants of current progress of practice
- Assisting in the development of the new 2010 website
- Assisting in reviewing all protocols and paperwork in line with Evidence Based Practice
- Liaise with practice manager in relation to clinic rooms bookings

### **June 2008 – September 2009**

University College London Hospital - NHS  
Band 7 Senior Hand Therapist  
Orthopaedics and Rheumatology

Assisted in leading a hand therapy team with two Orthopaedic Hand Consultants providing a high standard of service in specialist hand trauma and elective outpatient clinics ensuring tailored, timely and effective treatment.

Responsibilities included:

- Assuming a leadership role in the running of the department, liaising directly with the senior management team and specialist hand consultants.
- Managing a budget to ensure adequate resources and equipment are available for the service at all times. Reporting on a monthly basis to departmental management, using an e-procurement system to generate new orders and receipt them.
- Effectively communicating face to face with patients to articulate treatment plans.
- Supervising and guiding the professional development of less experienced staff and students while undertaking trauma clinics.
- Management of the recruitment process for new staff including writing job descriptions, reviewing CVs, interviewing and awarding positions.
- Attend a weekly fracture clinic – representing the hand therapy department, providing brief patient consultations, review of progress and collection of referrals. By attending these clinics all new referrals are triaged in a timely fashion, and the patients receive face to face multidisciplinary approach to their care
- Actively contribute to a development program to improve departmental protocols and procedures to ensure a more efficient service
- Written a business plan for the continuation of funding for the temporary band 7 post.

### **Oct 2004 – June 2008**

University College London Hospital – NHS  
Band 6 Hand Therapist  
Plastic Surgery, Orthopaedics and Rheumatology

Over these 3 ½ years the service changed from predominantly a plastic surgery based caseload to an orthopaedic caseload, therefore developing and boarding my knowledge and hand therapy skills.

Achievements and responsibilities:

- Developed and maintained excellent relationships with the hand surgery team and wider multidisciplinary teams.
- Took an active role in the teaching of splinting techniques for other members of staff, both in set sessions and through demonstrations during treatment.
- I assisted in leading discussion groups around current Evidence Based Practice within in-service training sessions
- Detailed assessment of patients, including evaluation of range-of-motion, oedema, sensation, manual muscle testing, strength, scar management, pain, physical appearance and function.
- Involvement with audits to monitor service change in direct liaison with the team lead, for example regarding referral rates and diagnosis variations.
- Worked towards and maintained compliance with the "18 week wait" government initiative.
- Evaluated and developed Initial Interview documentation for use by the team
- Assisted in the development and review of clinics for the Electronics Patient Records system based around types of new referral, regularity of referrals, and clinical versus administrative staff utilisation percentage

**April 2004 – Oct 2004**

Camden and Islington Mental Health & Social Care Trust  
University College London  
Junior Hand Therapy Therapist

Rotational position of 6 months in hand therapy where I developed my skills in this setting as a junior therapist. During this time I gain confidence in my ability to work autonomously within a team responsible for managing a caseload and providing timely, effective treatment in accordance with Evidence Based Practise, I also developed my ability to judge when appropriate to re-refer back to the consultant or make a review appointment.

**Sept 2003 – April 2004**

Camden and Islington Mental Health & Social Care Trust  
Junior Occupational Therapist  
Intermediate Stroke and Neurological Rehabilitation

Challenging rotational position in a stroke rehabilitation unit responsible for assessing, planning and implementing patient care plans, including collaborating with the multidisciplinary team to complete an effective program from initial assessment through to patient discharge.

Formed important professional relationships with colleagues and the multidisciplinary team which I have been able to take forward into my role as a senior therapist, by maintaining effective communication and support links as well as contributing to cross-departmental clinical meetings.

**Sept 2002 – Sept 2003**

Leicester Royal Infirmary  
Junior Occupational Therapist

Elective orthopaedics and Acute Stroke Rehabilitation  
Rotational role to experience a range of disciplines, supporting large therapy teams while developing clinical and patient communication skills as a newly qualified therapist.

Quickly demonstrated the necessary levels of competence to be given responsibility for patient treatment plans, as well as for the management of caseloads through delegation to assistants and support staff.

I also continued my personal development by participating in our team's training program, which involved proactively researching industry journals on topics such as new diagnostic methods or rehabilitation programs, before presenting our findings back to the team through PowerPoint presentations and informal discussions.

**Education**

**1999 - 2002**  
**Degree**

**University of Coventry**  
BSc (Hons) Occupational Therapy

**1995 - 1999**  
**A Levels**  
**GCSE**

**St Anne's School, Windermere**  
English, Geography, Biology and General Studies  
9 GCSEs and Young Enterprise Europe Examination

## Continuing Professional Development

| DATE   | COURSE   | BY   |
|--|--|--|
| 23 <sup>rd</sup> & 24 <sup>th</sup> July 2011      | Introductory Massage Workshop  | London School of Sport and Remedial Massage – Regent's Park College  |
| 7 <sup>th</sup> June 2011                          | London Orthopaedic Education Programme – Sports  | The Dancers Foot – Mr Lloyd Williams<br>Looking After the Elite Judoka – Dr Craig White and Ben Ashworth (physio)  |
| 5 <sup>th</sup> April 2011                         | Orthopaedic Masterclass Series 2011<br>Masterclass 4 Questions Time: Hand and Wrist Surgery  | Wellington Hospital<br>Mr G Bantick, Miss A Bremner-Smith, Mr R Eckersley, Mr C Healy, Mr M James, Mr N Toft   |
| 9 <sup>th</sup> -11 <sup>th</sup> March 2011       | British Association of Hand Therapy Level II<br>'Radiographic Imaging of the Hand'   | Derby Hospital Pulvertaft Hand Centre. Lead: Melanie Arundell  |
| 16 <sup>th</sup> December 2010                     | Inservice training<br>x-ray review case study (comminuted fracture of proximal phalanx and ORIF)<br>Sports injury – work related upper limb injury | Katherine Butler - Clinical Specialist in Hand Therapy   |
| 7 <sup>th</sup> December 2010                      | Orthopaedic Masterclass Series 2010 by the Wellington Hospital<br>Masterclass 11 – Hand Injuries   | Duputrens Disease – Mr Neil Toft<br>Bomb Blast Hand Injuries – Mr Ciaran Healy<br>Small Hands – Big Problems – Ms Barbara Jemec<br>Tendon Injuries: repair, rehabilitation and return to work – Raj Ragoowansi<br>Common Hand and Wrist Injuries in the Athlete – Mr Brian Cohen |
| 2 <sup>nd</sup> December 2010                      | Intercostal Diaphragmatic Breathing  | Katherine Butler Clinical Specialist in Hand Therapy   |
| 24 <sup>th</sup> -26 <sup>th</sup> November - 2010 | British Association of Hand Therapy Level II<br>'Therapeutic and Surgical Management of Hand Trauma'   | Edinburgh Royal Infirmary. Lead: R Bhopal  |
| 2 <sup>nd</sup> November 2010                      | London Orthopaedic Education Programme – Upper Limb Symposium  | Current Concepts & Treatment of Elbow Fracture – Mr Brian Cohen<br>Percutaneous Scaphoid Fracture Fixation – Mr Nick Goddard<br>Distal Radius Fracture fixation – Mr Francis Lam<br>Clavicle Fracture – Mr Boyd Goldie   |
| 7 <sup>th</sup> September 2010                     | London Orthopaedic Education Programme – The Upper Limb  | Nerve Injuries from Upper Limb fractures/dislocations – Mr Tom Carlstedt<br>Causes & treatment of elbow tendonopathies – Mr Brian Cohen<br>Flexor Tendon Injury – Mr Matt James  |
| 22 <sup>nd</sup> July 2010                         | British Association of Hand Therapy Level III workshop   | Ella Donnison  |
| 29 <sup>th</sup> June 2010                         | Orthopaedic Masterclass Series 2010 by the Wellington Hospital<br>Masterclass 6 - High Performance Sports Medicine                                 | Advanced Management in Soft Tissue Injuries - Dr Cathy Speed<br>Bone Injury in Sport - Dr Roger Wolman   |
| 22 <sup>nd</sup> April 2010                        | Performing Art medicine – case study   | Katherine Butler Clinical Specialist in Hand Therapy   |
| 8 <sup>th</sup> April 2010                         | Maitland Mobilisations for the Elbow – case study  | Katherine Butler Clinical Specialist in Hand Therapy   |
| 22 <sup>nd</sup> November 2009                     | Electrotherapy Update Course   | Tim Watson   |
| 1 <sup>st</sup> December 2009                      | Dupuytren's and Performing Arts Hand Therapy   | London Orthopaedic Education Programme   |
| 29 <sup>th</sup> October 2009                      | Maitland Mobilisations for the wrist review  | Katherine Butler Clinical Specialist in Hand Therapy   |
| 6 <sup>th</sup> October 2009                       | London Orthopaedic Education Programme – Tendon Lectures   | London Orthopaedic Education Programme   |
| 1 <sup>st</sup> October 2009                       | Myofascial soft tissue massage – case study  | Katherine Butler Clinical Specialist in Hand Therapy   |
| August 2009  | Jobskin pressure garment measurement review at   | Jobskin technician at University College London Hospitals  |
| Tuesday 30 <sup>th</sup> June 2009                 | Orthopaedic Masterclass Series 2009<br>Masterclass 6 Management of Hand and Wrist Conditions   | Wellington Hospital  |

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| <b>May 2009</b>   | British Association of Hand Therapy Level II 'Promimal Interphalangeal Joint'   | NES – Hosted by Hand Therapy Team Nuffield Orthopaedic Hospital Oxford  |
| <b>March 2009</b>   | Review of volar plate injuries and treatment. Discussion group  | Lucy Green  |
| <b>15<sup>th</sup> April 2009</b>   | Addressing the Cross Professional Issues in a Hand Therapy Department   | Nicola Goldsmith  |
| <b>25<sup>th</sup> February 2009</b>  | Lecture - Stiffness of the PIPJ   | Nicola Goldsmith – Upper Limb Services Manager  |
| <b>Tuesday 27<sup>th</sup> January 2009</b>   | Orthopaedic Masterclass Series 2009<br>Masterclass 1 Management of Hand Conditions  | Wellington Hospital   |
| <b>February 2009</b>  | X-ray reading   | Mr Elliot Sorene, Consultant Orthopaedic, Hand & Upper Limb Surgeon   |
| <b>January 2009</b>   | Flexor tendon, review of current literature and review of department protocol   | Lucy Green to hand team   |
| <b>January 2009</b>   | Flexor tendon – complications in Surgery  | Miss Emma Taylor, Consultant Orthopaedic Surgeon  |
| <b>15<sup>th</sup> October 2008, 12<sup>th</sup> November 2008, 9<sup>th</sup> December 2008, 13 January 2009 and 17<sup>th</sup> February 2009</b> | Clinical Leadership training for senior Therapy Services  | University College London Hospitals   |
| <b>11<sup>th</sup> November 2008, 24<sup>th</sup> February 2009 17<sup>th</sup> March 2009</b>  | Examination of the wrist workshop   | Melanie Oxlade - Superintendent physiotherapist<br>Joseph Godwin, Band 7 Hand Therapist                       |
| <b>19<sup>th</sup> June 2008</b>  | Recruitment and Selection Workshop  | University College London Hospitals   |
| <b>29<sup>th</sup> January 2008</b>   | Reading X-rays by   | Anthony Hartland, band 7 hand therapist   |
| <b>December 2007</b>  | Complex Regional Pain Syndrome and Hand therapy treatments  | Emma Staples band 7 hand therapist  |
| <b>November 2007</b>  | Colello Splint training with  | Anthony Hartland, band 7 hand therapist   |
| <b>17<sup>th</sup> October 2007</b>   | Paediatric and Adolescent Level II Training   | University College London Hospitals   |
| <b>6<sup>th</sup> August 2007</b>   | Initial post operative management of the hand, a review   | Anthony Hartland, band 7 hand therapist   |
| <b>20<sup>th</sup> February 2007</b>  | MCPJ arthroplasty by  | Katherine Phillips, band 7 hand therapist   |
| <b>September 2006</b>   | Thermoplastic splinting for thumb injuries,   | Jocasta Lillyman, band 7 hand therapist.  |
| <b>August 2006</b>  | POP for PIPJ injuries   | Jocasta Lillyman, band 7 hand therapist   |
| <b>26<sup>th</sup> July 2006</b>  | Rheumatology Splinting Study Day – sponsored by Promedics   | Cathy Ball, Clinical Specialist in Hand Therapy   |
| <b>2005 &amp; 2006</b>  | Every 6 months IST to Junior Physio's on 'Life in Hand Therapy'   | Lucy Green (nee Oliver)   |
| <b>10<sup>th</sup> and 11<sup>th</sup> May 2005</b>   | Derby Hand Therapy Course   | Derby Hand Unit   |
| <b>7<sup>th</sup> February 2005</b>   | Consultant case study Programme (Scaphiod injuries Rheumatoid hand surgery)   | Mr Elliot Sorene, Consultant Orthopaedic, Hand & Upper Limb Surgeon   |
| <b>January 2005</b>   | Maitland PIPJ mobilisations   | Leith Nicholson, Clinical Specialist in Hand Therapy  |
| <b>11<sup>th</sup> November 2004</b>  | Child Protection Training Level 1   | University College London Hospitals   |
| <b>September 2004</b>   | Scotch casting as a type of Splinting in Hand Therapy   | University College London Hospitals plaster technicians   |
| <b>29<sup>th</sup> September 2004</b>   | Therapeutic Management of the Rheumatoid Hand   | Penny Stuart, Band 7 Hand Therapist   |
| <b>October 2004</b>   | Wound Management  | Victoria Pointon, Specialist plastics nurse University College London Hospitals                               |
| <b>September 2004</b>   | Elbow splinting for nerve injuries  | Margo Coffee, Band 6 Hand Therapist   |
| <b>August 2004</b>  | PIPJ injuries and hand therapy treatment  | Penny Stuart, Band 7 Hand Therapist   |
| <b>29<sup>th</sup> July 2004</b>  | Splinting with Neoprene seminar   | Penny Stuart, Band 7 Hand Therapist   |
| <b>16-18<sup>th</sup> June 2004</b>   | Practice Educator Course at University College London Hospitals   | Canterbury Christ Church University   |
| <b>April – Oct 2004</b>   | Weekly training with Hand Therapy team at University University College London Hospitals on Tendon, ligament, bone injuries to the hand | Penny Stuart Band 7 Hand Therapist<br>Margo Coffee Band 6 Hand Therapist<br>Pip Penn Band 6 OT Hand Therapist |