

MEGHA NARAYAN

info@tots2teenstherapy.co.uk

Full Clean UK Driving License

PERSONAL PROFILE

Specialist children's physiotherapist. I have been working with children and young adults for over eight years. I have worked in both acute and community setting within the NHS. I manage a caseload of children with a variety of neurological conditions varying from those with very complex needs to those within normal variance. I work with them across various settings within the community such as special and mainstream schools, nurseries, hospitals, developmental centers and in their home environment. I strongly believe in holistic and a family centered approach to therapy.

I always strive to keep my knowledge and skills up to date by attending courses and conferences. I am Bobath trained and have done courses on postural management, hydrotherapy, Therapeutic taping and gait analysis. All these courses have helped me further develop my clinical reasoning, assessment and handling skills. I have worked in multicultural environment of London, Worcestershire and Liverpool, which has made me aware of the sensitive needs of individuals of different ethnic minority groups and a commitment to non-discriminatory practice. I am very passionate, friendly, approachable and hardworking. My strength is my communication skills. Being a mother of 2 young children, I am able to pitch my communication to suit the needs of both children and family and I try to provide a fun and engaging approach in my physiotherapy intervention.

EDUCATION

- **Bachelors of Physiotherapy** : 2006 (Bangalore, India)
- **MSc Module Advancing Paediatric Physiotherapy Practice**: 30 Credits - 2009 (Sheffield, UK)

PROFESSIONAL EXPERIENCE

Specialist Physiotherapist

October 2017 – Current

Tots2Teens Therapy

Our goal is to facilitate a child's potential through movement and play. We work closely with families, providing individual and specialised communication assessment and therapy for children and young people. We work closely with case managers to provide therapy as part of a care package and also provide a medico-legal report writing service.

Alder Hey Children's NHS Foundation Trust : Band 7 Community Paediatric Physiotherapist October 2015-Current

Clinically, I manage children with a variety of neurological conditions across several settings such as special and mainstream schools, patient's home, nurseries, hospitals and clinics. This involves carrying out assessment of patients as an autonomous practitioner, using clinical reasoning skills, knowledge of evidence based practice and expertise to determine appropriate care plans utilising highly specialised treatment skills and wide range of treatment options.

My role also involves referring the child to other healthcare professionals and agencies as appropriate as part of the overall management of the child to ensure holistic care.

Academically, I maintain own clinical professional development (CPD) by keeping abreast of any trends and development and incorporate them as necessary into my work. I believe in practising evidence based therapy.

I have taken a lead in co-ordinating and organising in-service training and journal club for the physiotherapy team.

Worcestershire Health and Care NHS Trust : Band 7 Complex needs Paediatric Physiotherapist (June 2015 – October 2015)

I took a lead role in the assessment, planning of intervention strategies, treatment and discharge of patients within the speciality who have highly complex and acute/chronic presentation. I was the lead for managing a complex and specialist clinical caseload in the Worcestershire paediatric physiotherapy team and other healthcare professional and educational agencies. My day to day role involved supervising the physiotherapy service at five different schools with special needs. This involved developing a care plan for special schools across the county and ensuring the team members were working to agreed care pathways, providing a high quality and effective clinical service to children and young people and their families in collaboration with the clinical service lead. I lead on developing pathways for complex case management across the Worcestershire county.

Previous Employment History –

Dates	Post & Specialty	Trust/Hospital
January 2014 – June 2015	Band 6 Community Paediatric Physiotherapist	Worcestershire Health and Care NHS Trust
June 2009 - November 2013	Band 6 Community Paediatric Physiotherapist	Lewisham Health and Care NHS Trust
September 2008 – June 2009	Band 5 Paediatric Physiotherapist	United Lincolnshire Hospitals NHS Trust
January 2007 – January 2008	Paediatric Physiotherapist	Private Physiotherapy clinic, Mumbai, India
April 2006 – January 2007	Band 5 Rotation Physiotherapist	Bombay Hospital, Mumbai, India

RELEVANT COURSES

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Course Title	Training Provider	Duration	Year completed
North West Paediatric Spasticity Professional Day	Alder Hey NHS Children's Foundation Trust	1 day	Sept 2017
Elastic Therapeutic Taping in Paediatrics Workshop	Esther de Ru	2 days	2014
Rebound Therapy	ReboundTherapy organisation	2 days	2014
Introduction to Clinical Educator	University of Birmingham	1 day	2014
Postural Management	Wendy Murphy	4 days	2013
Bobath Foundation Course	Bobath Centre, London	8 weeks	2011
Paediatric Gait Analysis and Orthotic Management	Elaine Owen	3 days	2010
Paediatric Neurology Aquatic Therapy	Dr Heather Epps	2 days	2009

MEMBERSHIPS

Health Professions Council
CSP
APCP

Membership No: PH84499
Membership No: 080807
Membership No: 105941
