

## Helen Clitherow, RGN, RSCN

Helen Clitherow is a Registered General Nurse and a Registered Sick Children's Nurse. She initially trained as a general adult nurse at St. Thomas' Hospital in London, following which she worked on a children's ward at St. Thomas' specialising in gastroenterology and plastic surgery for six months. She then gained a place at Guy's Hospital/ King's College University to study at diploma level to become a Registered Sick Children's Nurse. This course also involved a qualification of Teaching and Assessing in Clinical Practice (ENB 998).

In 1998 she worked at Northwick Park Hospital in Middlesex on a general children's ward for six months. She then gained employment with Fresenius Kabi Ltd and remained there for the next eight years. This is a world wide pharmaceutical company specialising in artificial nutrition and home intravenous services.

As Nurse Advisor, Helen Clitherow was responsible for the management of a group of NHS hospitals. The work involved training patients on enteral feeding devices and the care of their artificial feeding tubes. The care of these patients commenced in hospital and she was then responsible for the smooth transition home and the on-going monitoring in the Community.

Following a transfer to the homecare division, Helen Clitherow was responsible for the day to day management of a team of six nurses and clinical management of a small client case load. The company then established a separate division that purely concentrated on Intravenous Infusions in people's own homes.

Helen Clitherow became a Regional Nurse Manager for the company responsible for five fulltime qualified nurses, an average of 30 part time support nurses and a case load of approximately 20 clients at any one time. The hospital wards often gave short notice for discharge home into the community and so impeccable time management was vital.

Helen Clitherow later became Clinical Development Nurse Manager covering the whole of the UK helping to increase the size of the team and develop new areas of business. During this role she helped to establish the Paediatric Homecare service to ensure all age ranges were catered for.



In December 2006 Helen Clitherow joined Kynixa Ltd as a Case Manager. In this role she has managed both adults and children travelling all over the country carrying out Initial Needs Assessments on clients whose injuries ranged from minor whiplash to severe life changing injuries such as limb amputations, spinal cord injuries and other catastrophic cases. Case management responsibilities included planning and arranging care, organisation of rehabilitation services, and the establishment of clear channels of communication with all involved.

Helen Clitherow has maintained her dual registration with the NMC throughout her career and is a member of the Royal College of Nursing.

In 2008 Helen Clitherow commenced work for Bush & Company LLP as a Case Manager and Immediate Needs Assessor with adults and children based in the Midlands region.



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