

Sally Plumb, Registered Nurse

Sally Plumb, RN, MSc, BSc, DipHe, is a Registered Nurse with 19 years experience. Sally has sound general nursing skills which span critical, acute, rehabilitation, palliative and community care.

She completed a Masters in Professional and Policy Studies whilst training as a Registered Nurse in Portsmouth, with a dissertation focusing on the unmet rehabilitation needs of stroke patients.

Following a staff nurse post on a surgical rehabilitation unit, Sally secured a post at the Nottingham Stroke Research Unit undertaking patient assessments to better understand the experience of disability and interface with statutory health provision.

In 1995, Sally became an intensive care nurse within the Neuro and Trauma Intensive Care Unit at Nottingham Queens Medical Centre and completed the ENB 100 Intensive Care course with specialist modules in orthopaedic trauma and Traumatic Brain Injury. She was appointed as a Case Manager with the Nottingham Traumatic Brain Injury Team in 1997. This multi-disciplinary joint agency team facilitated a co-ordinated pathway of care for adults with traumatic brain injury, from acute care through rehabilitation to community re-integration. It necessitated innovative joint working with statutory, voluntary and non-statutory services to ensure the needs of the client group were met.

Collaborative work was undertaken with colleagues as diverse as educationalists, services to support vocational training needs, mental health services and drugs and alcohol services. During this time, Sally commenced medico-legal report writing and private case management of those with complex care needs. She attended a Bond Solon 'Expert Witness' Course and was a member of BABICM

Following a geographical relocation, Sally became the South West Regional Care Adviser for the Motor Neurone Disease Association. This utilised a similar case management model of care, requiring sound assessment skills, report writing and sustaining collegial relationships with mainstream statutory services. An important part of the role was the provision and purchase of equipment for a Regional Loan Equipment store. Working in collaboration with Occupational and Speech and Language Therapists, this store ensured timely and accessible provision of vital disability and communication aids.

Since moving to South East London, Sally has worked as a Multiple Sclerosis Clinical Nurse Specialist and case managed around 400 people at all stages of this diverse disease. As people with MS suffer a variety of mobility difficulties from impaired function to wheelchair dependency; experience within both neurology and orthopaedic care proved invaluable.

Her nursing experience enabled her to deal with diverse symptom management including bowel problems, spasm and pain. Her work as an MS Specialist also included establishing an assessment service for those being considered for disease modifying injectable drugs, teaching injection techniques and monitoring side effects

Her most recent post has been as a Clinical Nurse Specialist in MS and Palliative care. This MS Society funded project acknowledged that those with severe and aggressive MS often have complex unmet health and social care needs. Her work within the Palliative Care Service required scrupulous and sensitive assessment of physical, psychological and cognitive difficulties, with the ability to make comprehensive and appropriate referral to a range of providers. During this time, Sally presented at both local and national conferences whilst establishing a regional neurodegenerative networking group. Although a time limited project, successful outputs were a directory of voluntary, statutory and non statutory services for people with neurological conditions in South East London and authorship of an MS Society Palliative Care publication. This publication dealt with the impact and management of severe symptoms experienced at end of life, for example pain control, bowel management and nutritional support; as well as issues of advanced planning, capacity and consent.

Sally commenced working with Bush and Company in 2006. She has undertaken a large number of immediate needs assessments, has an ongoing caseload of clients who have suffered traumatic brain injury and orthopaedic injury; and is involved in an advisory case management role. Sally undertakes medico-legal care expert reports of clinical negligence and personal injuries cases. She has attended Bond Solon courses in 'Excellence in Report Writing' and 'Court Room Skills' in 2009, as well as nursing study days to maintain up to date clinical 'best practice'.

Sally maintains up to date clinical practice through her local primary care trust.