

Lisa Saward

Case Manager | OT



Adapting to Life After an Amputation

Case background

Bush & Co Case Manager Lisa Saward is supporting a 25-year-old male client who experienced a traumatic below-the-knee amputation following a motorcycle accident. The impacts of this life-changing catastrophic injury required a comprehensive approach to rehabilitation, which centred around the client's immediate and long-term goals of regaining mobility, independence, and a fulfilling lifestyle.

Client needs

The client spent approximately 3 weeks in hospital following the accident, and upon discharge, his immediate need was to source a well-fitting prosthetic limb to replace his crutches, which would enable him to regain greater mobility. Beyond this, the client was ambitious to return to the active lifestyle he enjoyed pre-limb loss and participate in activities ranging from swimming and cycling to ice skating and skiing.

Riding a motorbike again was another important goal, as was the ability to walk long distances over different terrains so he could enjoy the local countryside. Prior to his accident, the client had a physically demanding job at a local cement works and a return to full-time employment was another target.

Despite showing some symptoms of PTSD following the incident, the client had been unresponsive to talking therapies and rejected further attempts to re-engage with this form of treatment. His care plan, therefore, focused exclusively on physical rehabilitation.

Case Management Support

Lisa adopted a multi-faceted strategy for the client's rehabilitation to ensure all aspects of his recovery were systematically addressed and gave him the best chance of achieving his objectives. Lisa arranged an Initial Needs Assessment (INA) with Dorset Orthopaedics and she was

successful in securing funding for both an everyday prosthetic limb and a specialised limb for use in water and whilst engaged in activities.

Unfortunately, the client experienced initial discomfort with his test socket and later presented with a neuroma at the injury site, which required the socket to be changed. Sessions were held at the Dorset Orthopaedics clinic to trial different types of prostheses and allow the client to select limbs aligned with his lifestyle and particular sports interests.

Additionally, funding was agreed upon for ongoing physiotherapy, as little had been available via the NHS upon the client's discharge from the hospital. Lisa facilitated ongoing physiotherapy sessions and arranged residential rehabilitation to improve physical activity levels. To further support the client's physical recovery, Lisa accessed funding for a gym membership and personal training sessions, where the client formed a positive relationship with his trainer. The gym sessions enhanced the client's strength and endurance, in addition to supporting improved mental health and contributing to his broader rehabilitation process.

With an eye on the future and the additional benefits available, Lisa made arrangements for the client to trial a microprocessor foot and coordinated a Driving Ability Assessment to assess the client's potential to return to driving, which would significantly contribute to increased independence.

Driving Adaptations: To promote independence, Lisa coordinated a Driving Ability Assessment and



secured funding for the adaptation of an automatic vehicle, enabling left foot control. This adaptation was successfully fitted in August of the previous year.

Outcomes

Through Lisa's comprehensive support and advocacy, the client has made significant progress in his rehabilitation journey. Ongoing physiotherapy and personal training sessions have ensured the client enjoys sustained physical development and opportunities to further establish positive relationships. The client possesses well-fitting prosthetics for everyday use and water-based activities, which have allowed him to return to many of the activities he enjoyed before his accident. The trial with the microprocessor foot is complete and has given the client some exposure to the transformative capabilities of cutting-edge technology in his continued rehabilitation.

Finally, the client has successfully returned to full-time employment in an alternative role more suited to his physical capacity, but that still allows him to work outdoors. Further funding was secured to support the adaptation of an automated vehicle to left foot control, which has significantly enhanced the client's confidence and secured further independence.

Lisa's approach as his Case Manager has been pivotal in assisting the client's rehabilitation following his amputation, and her proactivity in coordinating resources, securing funding, and ensuring access to essential services has empowered him to regain mobility and pursue his personal and professional goals with assurance and determination.



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