



ODO, Eric



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odoeric.com



HCPC REGISTERED PHYSIOTHERAPIST | ACUTE AND COMMUNITY

HCPC registered physiotherapist with ten years' experience across acute hospital wards, a virtual ward and community teams. Skilled in assessing and treating acutely unwell and frail adults, early mobilisation, and rehabilitation after stroke, neurological illness, fractures and joint replacement, with a strong focus on safe, timely discharge and admission avoidance. In the community: home-based rehabilitation, falls prevention, equipment and complex moving and handling. Experienced in supervision of staff, clinical audit and outcome measure reviews.

Contact

Phone

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Website

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Education

2016

Bsc/BMR (PT) Physiotherapy
University of Nigeria

2011

West African High School Certificate
Saint Theresa's College, Enugu, Nigeria.

Key Skills

- Acute ward assessment
- Early mobilisation
- Discharge planning
- Patient flow and MDT working
- Falls risk assessment
- Gait, balance and transfers
- Home visits and assessments
- Equipment prescription
- Outcome measure reviews
- Supervision of staff
- Clinical audit
- Patient, family and carer teaching

Credentials

- HCPC registered Physiotherapist
- CSP registered
- Medequip trained prescriber
- Enhanced DBS (Update Service)
- Full UK driving licence
- Valid right to work in the UK

Clinical Areas

- Acute medicine and frailty: early mobilisation, deconditioning and recovery after a fall
- Stroke and neurology: stroke rehabilitation, Parkinson's, MS and brain injury
- Orthopaedics and trauma: joint replacements, fractures and post-operative care
- Musculoskeletal: assessment, exercise prescription and self-management
- Virtual ward: hospital-level care at home and admission avoidance
- Community rehabilitation: falls prevention, home assessment and equipment
- Discharge planning and patient flow with OTs, nursing and the wider MDT

Professional Experience

○ Moving & Handling Practitioner (Optimised Handling) 04/2026 - Present

Local authority, Adult Social Care | Agency

- Assess adults with complex mobility and care needs at home, producing clear, person-centred handling plans.
- Lead optimised handling reviews, safely reducing double-handed care through single-handed techniques and equipment.
- Prescribe standard and bespoke equipment around beds, seating and transfers as a Medequip trained prescriber.
- Contribute to Care Act assessments, Mental Capacity Assessments and Best Interest Decisions.
- Teach care providers, families and informal carers safe techniques, and challenge unsafe practice.
- Manage an autonomous caseload alongside OTs, social workers and care providers.

○ Physiotherapist (Community & Optimised Handling) 10/2025 - 04/2026

Independent Practice | Contract Basis

- Delivered community physiotherapy assessment and rehabilitation in people's homes, focused on mobility, falls risk and functional independence.
- Completed optimised moving and handling assessments on a contract basis, recommending equipment and techniques that made care safer and more efficient.
- Wrote detailed handling plans and reports for care providers, families and referrers.
- Trained carers and family members in safe transfers and equipment use, building confidence and reducing the risk of injury.

Governance and Quality

Clinical audit · Outcome measures (Berg, TUG, goal attainment) · Supervision of staff · HCPC Standards of Proficiency · NICE stroke and falls guidance · Discharge to Assess · Safeguarding adults · Mental Capacity Act 2005 · Infection prevention and control

Tools and Systems

- Berg Balance Scale
- Timed Up and Go (TUG)
- Goal setting and review
- Falls risk screening
- Walking aids and stairs
- Hoists, slings and stand aids
- Profiling beds and seating
- Transfer and turning aids
- Pressure-relieving equipment
- SystmOne
- Liquidlogic
- Microsoft Word and Excel

Practice Values

- Person-centred and strengths-based
- Dignity, choice and independence
- Positive, proportionate risk-taking
- Co-production with people and families
- Evidence-based musculoskeletal health
- Equality, diversity and inclusion

At a Glance

- 10 years of physiotherapy practice
- Acute wards, virtual ward, community and adult social care
- 2 NHS trusts, a local authority and independent practice
- Medequip trained equipment prescriber

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Professional Experience (continued)

○ Virtual Ward Physiotherapist (Band 6)

08/2023 - 10/2025

Rotherham Doncaster and South Humber NHS Foundation Trust

- Assessed and treated acutely unwell adults at home as a safe alternative to hospital admission, and supported early, safe discharge.
- Managed a high-acuity caseload, prioritising by clinical risk and responding rapidly to changing needs.
- Completed moving and handling, mobility and falls risk assessments, arranging equipment to keep patients safe at home.
- Worked within a multidisciplinary team of nurses, doctors and therapists, escalating deterioration promptly.
- Provided support and supervision to less experienced physiotherapists, assistants and students.
- Kept accurate, timely clinical records and reports in line with professional and legal standards.

○ Physiotherapist (Band 5)

10/2020 - 08/2023

Scunthorpe General Hospital | Northern Lincolnshire and Goole NHS FT

- Assessed and treated adult inpatients across acute rotations, delivering rehabilitation to restore mobility and function.
- Completed moving and handling and mobility assessments to support safe, timely discharge, working closely with OTs and discharge teams.
- Prescribed walking aids and equipment, and educated patients, families and staff in safe handling.
- Managed a busy caseload in a time-critical environment, adapting treatment plans under pressure.
- Worked through the COVID-19 pandemic, adapting quickly to changing clinical priorities.
- Maintained accurate, contemporaneous clinical notes in line with HCPC and trust standards.

What I Bring

- Ten years across acute wards, a virtual ward and community teams
- Confident early assessment and mobilisation of acutely unwell and frail adults
- Discharge planning that keeps patients moving safely from hospital to home
- High standards: supervision of staff, clinical audit and outcome measure reviews

References

Recruitment and HR Advice

Northern Lincolnshire and Goole NHS Foundation Trust

10/2020 - 08/2023

Phone: 01482 468400

Email : hyp-tr.esc.helpdesk@nhs.net

Agency HR Advice

Thrive Better Living Ltd

Employment agency

Web: thrivebetterliving.com

Email : support@thrivebetterliving.com