



linkedin.com/in/odoeric
odoeric.com



ODO, Eric

MOVING & HANDLING PRACTITIONER | HCPC REGISTERED PHYSIOTHERAPIST

HCPC registered Physiotherapist and Moving and Handling Practitioner with ten years' experience across acute hospital, virtual ward, community and adult social care settings. Currently delivering complex moving and handling assessments and optimised handling reviews for a local authority adult social care service. Skilled in person-centred risk assessment, Care Act assessments, Mental Capacity Act practice and specialist equipment prescription, with a strong record of training carers, supporting colleagues and preventing avoidable hospital admissions. Driven by one aim: safer care that maximises each person's independence and dignity.

Contact

Phone

07901603714

Email

rico4real2022@outlook.com

Website

odoeric.com

Education

2016

Bsc/BMR (PT) Physiotherapy
University of Nigeria

2011

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

Clinical Expertise

- Complex M&H risk assessment
- Optimised / single-handed care
- Hoists, slings and stand aids
- Beds, seating and pressure care
- Care Act assessment and review
- MCA and best interest decisions
- Equipment and minor adaptations
- Patient, family and carer teaching
- Falls prevention and rehabilitation
- Triage, duty and RAG rating
- Supervision of staff
- Safeguarding adults

Credentials

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

Core Competencies

- Complex moving and handling risk assessment, review and person-centred handling plans
- Optimised handling: safely reducing double-handed care where clinically appropriate
- Care Act 2014 needs assessments and reviews; MCA 2005 capacity and best interests
- Prescription of standard and bespoke equipment: hoists, slings, beds and seating
- Training and coaching for carers, care providers and multidisciplinary staff
- Triage, RAG rating, duty and autonomous caseload management
- Safeguarding (Making Safeguarding Personal) and positive risk management

Professional Experience

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

Local authority, Adult Social Care | Agency

- Complete complex moving and handling assessments and reviews for adults with care and support needs, producing clear, person-centred handling plans.
- Lead optimised handling reviews, safely reducing double-handed care through single-handed techniques and specialist equipment where appropriate.
- Undertake Care Act needs assessments and reviews where moving and handling is a key need, contributing to Mental Capacity Assessments and Best Interest Decisions.
- Prescribe and order standard and bespoke equipment around beds and seating, and request minor adaptations as a trusted assessor.
- Advise, instruct and train care providers, formal and informal carers in safe equipment use, and challenge unsafe handling practice.
- Triage and RAG-rate new referrals on duty while managing 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.

Legislation & Practice Frameworks

Care Act 2014 · Mental Capacity Act 2005 · Human Rights Act 1998 · Health and Safety at Work etc. Act 1974 · Manual Handling Operations Regulations 1992 · LOLER 1998 · PUWER 1998 · Making Safeguarding Personal · Trauma-informed and rights-based practice

Equipment

- Ceiling track and mobile hoists
- Sling assessment, sizing and selection
- Stand aids and turning aids
- Slide sheets and in-bed repositioning
- Profiling beds and bed rails
- Pressure-relieving mattresses
- Specialist and tilt-in-space seating
- Transfer boards
- Walking and mobility aids
- Bathing and toileting equipment
- Single-handed care equipment
- LOLER checks and equipment safety

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
- 4 care settings: acute, virtual ward, community and adult social care
- 2 NHS trusts, a local authority and independent practice
- Systems: SystmOne, Liquidlogic, Microsoft Word and Excel

Contact

07901603714

rico4real2022@outlook.com

odoeric.com

ODO, Eric

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

- Clinical depth from ten years across acute, virtual ward, community and social care pathways
- Calm, confident decision-making in complex and high-risk handling situations
- Clear communication with people, families, carers and professionals, backed by accurate, defensible records
- A collaborative approach: sharing expertise, supporting colleagues and students, and raising standards of practice

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