

Catherine Blythman

CAB- Independent Health Consultancy Ltd

E-Mail: Catherine.blythman59013@hotmail.com Tel No: 0778 8411166

I have been a practising Nurse for over 35 years and have had a diverse and varied career.

I am Dual Registered (Children and Adults) and have an MSc in Specialist Community Public health Nursing (School Nurse).

I am currently employed by the West Yorkshire ICB in the Learning Disability Continuing Healthcare Team (but sit within the Adult Social Care Team).

I run a small business CAB- Independent Health Consultancy Ltd and have contracts working with the NE Primary Area Inclusion Partnership, and as a Clinical Reviewer for the Death in Custody Service, Commissioned by NHS England.

I also work as an Associate Practitioner for the Oakdale Centre as part of the under 5's Neurodevelopmental pathway, offering Autism assessments as part of an MDT.

I am an excellent networker and I develop strong working relationships.

I am an influential and persuasive leader who leads by example and guidance.

I am innovative, creative, articulate and IT literate.

I have considerable experience in autonomous working and professional development and thrive well under pressure, viewing deadlines and change as a challenge and opportunity.

I am a dedicated practitioner with an inquisitive and challenging mind.

I do not accept many things on face value and delve for facts and evidence to support any argument or decision posed.

My skill set lies with robust and comprehensive assessment and observation skills, which in turn have developed and enhanced my report writing, time management and communication skills.

As a mature and highly motivated individual, I have the capacity to work independently or as part of a wider team.

I have the determination and dedication to succeed in whatever I do as I am a natural organiser and have excellent interpersonal and analytical skills.

Professional skills

I practice with a high level of autonomy.

My work is person centred and family focused.

I complete robust and holistic assessments. These include:

- DST assessments, FNC assessments, Checklists for Continuing Healthcare.
- Clinical Reviews for the Death in Custody Service- Commissioned by NHS England.
- Health Needs Assessments for individuals and populations using a structured and formatted approach.
- School observations, family interviews and assessments using the ADI-R framework.
- Play based assessments for Autism indicators using the ADOS2 framework (Trained in ADOS2 Administration and Coding).

I am a highly skilled practitioner with assessment care planning, implementation, and evaluation- and undertake day to day care management also for the people I work with.

I have excellent time keeping and organisational skills.

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I have accomplished report writing skills.

I have excellent interpersonal skills.

I am analytical in my thinking and have excellent research ability.

I maintain high standards of professionalism at all times.

I have a robust understanding of computer systems.

I can reflect on practice with understanding of the benefits and need for robust and frequent supervision.

I seek out support, guidance and direction as required.

I follow my instincts and am critical as well as analytical in my approaches.

Professional Qualifications

RGN- August 1988

Registered Nurse (Child) Diploma HE/ Pt 15 Professional Register- October 1995

SCPHN (School Nursing)- MSc / Diploma (level 7)-Distinction- September 2013

Community Prescriber- September 2013

Career History Most recent first and those in practice high-lighted.

July 2023- current day.

Associate Practitioner with the Oakdale Centre/ Neurodevelopmental assessment pathway (under 5's)

- Working within a team assessing for autism in the under 5's.
- Undertaking parental interviews, play based assessments and report writing.
- Attending MDT panels to determine outcomes and offering feedback meetings to families.
- Report writing as required.

September 2021- current day

CHC Coordinator/ Clinical Assessor (Adult/ LD) Leeds WYICB

- Undertaking DST assessments for adults with Learning Disabilities and young people in transition between children and adult services across Leeds.
- Working within a small team of assessors- sat within social care/ employed by the ICB, completing DST assessments, and making recommendations regarding eligibility for funding.
- Working closely with Case Managers undertaking joint reviews of CHC eligibility and ensuring support packages are meeting need and are appropriate.
- Presenting DST and funding requests to finance panels and eligibility panels.
- Fact finding and information gathering for the DST process.
- Liaison with families and care providers.
- Developed creative ways of thinking which have ensured all completed documents as evidence based as possible.

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- Completing DST's-some virtual initially and now mainly face to face.
- Adapting to different ways of working in regard to the Covid-19 pandemic.
- Undertaking specific work to improve the PHB process and delivery across Leeds.
- Developing knowledge of different IT and administration systems.

January 2020- September 2021.

CHC Clinical Nurse Assessor/ Case Manager/ Clinical Team Leader (7) (Adult)

NYCCG

Practising as a Clinical assessor within CHC.

September 2019- September 2024 (Contracting through CAB-Independent Health Consultancy Ltd)

Clinical Supervision for Independent Nurses and facilitation of Peer supervision

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September 2019- current day NE Primary Area Inclusion Partnership (Contracting through CAB-Independent Health Consultancy Ltd)

Completing Health Assessments, Care Planning, signposting and review for Children, Young People and Vulnerable adults (in Transition).

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- Undertaking school observations of the child (Primary years), parent interviews and collecting family histories, and Health Needs Assessments (ADI-R Framework) on a contractual basis for children and young people experiencing physical health, social and emotional difficulties in different environments.
- Undertaking play based assessments with children and young people within the ADOS2 framework.
- Coordinating meetings with other professionals to identify concerns and underlying reason for assessment requests.
- Coordinating family meetings to discuss the presenting needs- these can be physical and developmental need, social and emotional need or trauma informed need.
- Completing a robust and specialist assessment identifying the key areas of support required to improve outcomes for the person.
- Working in a multi-agency manner ensuring all necessary elements of the person's life are explored and captured.
- Signposting and referring families for specialist services and support where necessary and supporting the family to access these services.
- Supporting other disciplines to offer suitable strategies to support where appropriate.
- For all assessments undertaken the 12 domains of the CHC framework are used as a guide and tool ensuring a complete and robust assessment.
- Working with families post diagnosis with a neuro-diverse condition such as Autism- gathering information for them and signposting them for appropriate support.

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- Also working with some children post diagnosis and finding out what the diagnosis itself means for them.

August 2018- current day (Contracted per review through CAB- Independent Health Consultancy Ltd)

Clinical Reviewer for the death In Custody Service/ Spectrum Healthcare

- This work is with an adult population.
- Completing Clinical Reviews (Level 1 and Level 2) on a contractual basis, for the Death in Custody service.
- Working in collaboration with the PPO (Prison and Probation Ombudsman) investigating the death of any individual who dies whilst in custody/detention at any prison across the North and East of England.
- Commissioned by NHS England, the Clinical Reviewer conducts a systematic and structured review of health records and produces a comprehensive and robust report. This process determines 'Equivalence of care' and identifies both areas of good practice and also suggests areas of improvement required.
- The process requires extensive knowledge of the Criminal Justice System and also the frameworks by which Health Care in prison is delivered.
- Extensive knowledge of NICE guidance and Clinical guidance is required for this position.
- Extensive knowledge of chronic and acute conditions and monitoring of such is necessary to undertake this post successfully.
- The ability to analyse and interpret health information is also very important, so it is vital that information is factual, succinct, relevant, and detailed. This involves me conducting a review of the information to ensure it reaches the 4 standards.
- These reports are included in the Fatal Incident Reports produced by the PPO and are referenced during the Coroners Enquiry.
- The Clinical Reviewer can be summoned to court to give evidence at any time.

March 2015-2019

Traded Health Practitioner (School Nurse) North East Primary Area Inclusion Partnership/Leeds Community Healthcare Trust (0-19 pathway and 25 years for complex needs).

An autonomous role assessing the complex social, emotional, and behavioural needs of children and young adults who are having great difficulty in accessing main stream services.

March 2014-2015 (Full time) **March 2015-2019** (Part time)

Traded Health Practitioner (School Nurse) Primary School/ Leeds Community Healthcare Trust

An autonomous Public Health role working as the only Traded School Nurse in the area.

Responsible for the health needs of a defined school population.

Winter months- October 2017- December 2017 (Part time and agency work/ weekends)

Band 6 Community Nurse supporting the Neighbourhood Teams in North Leeds

September 2012-2013- Full time student- seconded from SILC role.

MSc in SCPHN (Specialist Community Public Health Nursing) at Leeds Metropolitan University

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January 2009-2014

Lead Nurse in SILC sites across Leeds (Complex Needs Service)(2-19 years)

Responsible for the oversight of the health needs of a defined school population.

March 2006-2009(Part time)

Specialist Inclusive Learning Centre (SILC) Nurse (Complex Needs Service)

January 2001-2009 (Part time)

Inter-agency Transitions Worker- Health/ Nursing representative in a Multi-Agency Team (Leeds City Council) (age range 16-25 years)- Learning Disability services/ Joint Care Management.

1998-2001

Staff Nurse with a District Nursing Team (full time adults)

1996-1998

Children's Staff Nurse/ Junior Sister Posts- Orthopaedics and Plastics at St James University Hospital (SJUH)/ General Surgery and Neurosurgery at Leeds General Infirmary (LGI)

1995-1996

Completed Diploma in Higher Education (Child) at Leeds Metropolitan University

October 1991-1995

Adult Medical wards, Staff Nurse Post at SJUH

August 1988-October1991

Completed RGN training at Leeds (East) College of Health

Qualifications, Education and Personal Development: 2023-2024

Mental Capacity Assessment and the Mental Health Act- April 2023

End of Life care in Prison- June 2023

Speak Up- November 2023.

ADOS2 reliability workshops- November 2023

Patient Safety Incident Response Framework (PSIRF)- December 2023.

Early Release on Compassionate Grounds- ERCG/ Ministry of Justice- January 2024.

Clinical Reviewer Training Programme- Spectrum CiC- March 2024.

Safeguarding in prison and food refusal- March 2024.

Emotionally based school avoidance- April 2024.

ADHD prescribing.

Advances in sensory integration

Advancing skills in formulation with diagnostic

} May 2024

Admiral Nurse Academy- Learning Disability and Dementia- July 2024.

Module 3 Clinical Reviewer Training- Preparation for Coroner's Court/ defensible documentation/ report writing standards- September 2024.

ADOS2 reliability workshops- November 2024

Statutory Mandatory Training 2023-24 to include:

Anaphylaxis/CPR

Infection control

IG

Mental Capacity

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Safeguarding vulnerable adults

Data security

Fire safety

Equality, Diversity and Human Rights.

Conflict of interest.

Data Security awareness (e-LH)- 2024

Qualifications, Education and Personal Development: 2021-2023

Benchmarking in practice- the 11 domains of the DST.

Emergency responses in custody- July 2021

REACT- Using the REACT approach- June 2021

Humanist Naming Celebrant course- March – April 2021.

Supporting Families and Autism awareness- 1 day conference January 2020.

ASD- The facts for parents- June 4th, 2021

Diagnosis Autism- What now?- June 4th, 2021

NCFE Cache Level 2 certificate in Understanding Autism- July 2021.

Autism- Step by step, the ultimate guide for families- June 2021.

6 steps to reducing problem behaviours for children with Autism- July 2021

Safeguarding, capacity, and risk- September 2021.

The PPO perspective on the impact of Covid-19 in prisons in the UK- 26th January 2022

ACCT- Healthcare roles and responsibilities- 20th April 2022.

Systems engineering Initiative for patient safety- 20th April 2022

Compliance based training and competency frameworks- 27th July 2022

Human factors/ ergonomics (safety science) for patient safety: Level 1- Understanding- 3rd October 2022

CHC training- Including delivery and support for trainers- 26/09/2022, 27/09/2022, 03/10/2022, 09/10/2022.

Health and safety and welfare- Level 1- 02/11/2022

ADOS2- 4 day training in administration and coding- November / December 2022

Understanding Autism Level 3/ Higher Distinction- 1st February 2023 (refresher course).

Liberty Protection Safeguards Training- 1st February 2023.

NHSE CHC Masterclass- the nuances of the framework discussed. 8th February 2023.

Train the Healthcare Trainer- Health Education England- Completed February 2023 (96% overall score)

Statutory Mandatory Training 2022-23 to include:

Anaphylaxis/CPR

Moving and handling

Infection control

IG

Mental Capacity

Safeguarding children

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Safeguarding vulnerable adults

Data security

Fire safety

Prevent Training (e-Learning)

Equality, Diversity and Human Rights.

Conflict of interest.

Prevent training (e-LH) 2018/19/22

Data Security awareness (e-LH)-2017/18/19/20/21/22/23

e-LH refresher training (2019) to include:

Introduction to Continuing Healthcare

Core Values and Principles of Continuing Health care

Referral for Continuing Healthcare: Fast track pathway tool.

Referral for continuing Healthcare: Checklist

Referral for NHS-funded Nursing Care and Assessment

Historical training and additional qualifications of relevance and importance.

Developing Professional Supervision in Practice for professionals working with children and young people-Professional / Clinical supervision updates-2018

Making sense of behaviours (Julia Dyer/ Advanced Sensory Integration Practitioner)-2018

Introduction to Sensory Integration and Sensory Processing Disorder (Julia Dyer/ Advanced Sensory Integration Practitioner)-2017

Behind Closed Doors: Bespoke training delivered around DV and abuse-2017.

Think Family, Work Family (LSCB training)-2017

Webster Stratton Classroom Management (4 day training)-2016/2017

HENRY Group Facilitators training-2017

HENRY Core Training-2016

Emotional Health and Wellbeing pathways for Children and Young People (LCH)-2015

Self-Harm and depression-Assessing the risk (CAMHS)-2015

Advanced Health Needs Assessment Training-2013/2014

MSc (at Distinction) Specialist Community Public Health Nurse (SCPHN/ School Nursing) (Leeds Metropolitan University)-July 2013

Nursing and Midwifery Mentorship Update (Leeds Metropolitan University)-2009

Supervisors and Assessors Training- 2009/2010

ENB 998- Mentorship in Practice- 1997

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Diploma in HE/Part 15 of the Professional Register/ Children's Nursing - (Leeds Metropolitan University)-October 1995

Care of the Terminally Ill – AQA certificated Course-1993

Basic, Intermediate and Advanced Counselling Skills- AQA certificate 1992-1993

Registered General Nurse (RGN) August 1988 (Leeds (East) College Of Health) – October 1991

Professional Affiliations

Nursing and Midwifery Council (NMC):

Registered Nurse-Adult

Registered Nurse-Children

Registered Specialist Community Public Health Nurse

Community Practitioner Nurse Prescriber

Royal College of Nursing (RCN):

Full membership

Personal Interests:

Family, walking, my dogs, live music.

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