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## **QUALIFICATIONS**

### **Professional Education & Qualifications**

Subject / Qualification	Place of study	Grade/Result	Year obtained
Bsc(Hons) Physiotherapy	University of Teesside	2:1	2003
Accredited Member of AACP	Tynemouth		2006
Accreditation of Clinical Educators Scheme	University of Northumbria		2008

## **PROFESSIONAL REGISTRATIONS**

Health and Care Professionals Council – Physiotherapist      Registration number PH64687

Chartered Society of Physiotherapy      Membership number 069612

Acupuncture Association of Chartered Physiotherapists

## **EMPLOYMENT HISTORY**

December 2023 – **Full time Specialist Physiotherapist in independent, privately owned practice**  
Present

August 2017 – **Specialist Neurological Physiotherapist**  
December 2023    Neural Pathways  
                         Gateshead

### **Brief description of duties and responsibilities**

- Provides specialist differential diagnosis, clinical advice and therapy / management plans to clients with neurological impairment
- Uses specialist knowledge to inform sound clinical judgement for complex neurological rehabilitation planning including undertaking initial client assessment that represent the inter-disciplinary team contribution
- Works as an integral member of the team, leading team meetings and service developments
- Provides specialist clinical advice, teaching and training to other members of Np group teams regarding the best practice rehabilitation of clients
- Undertakes continuous professional development and invests in the team by promoting excellent skills and embedding innovation

Sept 2006- **Band 6 Physiotherapist (Bank)**  
Present      Lothian NHS Trust  
                         Edinburgh Royal Infirmary

### **Brief description of duties and responsibilities**

- Provide rapid assessment and treatment of patients to enable early discharge or the introduction of appropriate treatment programmes
- Provide direct clinical care, which encompasses physiotherapy assessment, treatment and management of patients within the division
- Autonomously assess, analyse and arrived a clinical diagnosis for individual patients to determine their need for physiotherapy intervention within specialist area
- Autonomously plan, implement, evaluate, treat and progress patient care to maximise health status and rehabilitation potential within specialist area

- Work independently to provide physiotherapy emergency on call care to support delivery of the 24 hour respiratory service of acutely ill patients
- To provide specialist intervention and risk assessment to determine patient's suitability for rapid safe discharge. This will frequently include final / admission responsibility beyond medical staff discharge decision
- Act as a specialist clinical resource for the physiotherapy team and multidisciplinary team regarding physiotherapeutic requirements to optimise available clinical care
- Ensure the completion patient documentation, records and accurate statistical information to reflect care provided and meet professional standards
- Communicate and make recommendations to all disciplines of staff to maximise patient care and promote multidisciplinary working

August 2008 - present      **Musculoskeletal Physiotherapist**  
Independent private practice treating self-referring clients and referrals from Physiotherapy provider network and the Sport Scotland Institute of Sport

Feb 2005 – August 2017      **Band 6 Physiotherapist (Neurology / Care of the elderly)**  
Northumbria Healthcare Trust  
Berwick Infirmary

**Brief description of duties and responsibilities**

- Maintain a full clinical caseload to provide physiotherapy assessment, diagnosis and treatment for patients in the in-patient and out-patient setting
- Establish and maintain good working relationships with the medical, nursing and other disciplines ensuring a multi-disciplinary approach to the treatment of patients
- To provide a structured learning package for Junior Physiotherapists, Technical Instructors and assistants in the unit
- To take responsibility for own CPD and education including in-service training i.e planning / teaching, and supporting junior staff and assistants with their CPD
- To undertake a continuous review of physiotherapy techniques and evaluate their effectiveness through personal development, appraisal, and peer support
- To maintain a high standard of record keeping in accordance with Trust protocols
- To be committed to Trust policies, including risk management, moving and handling and fire safety
- To attend relevant post graduate lectures / courses etc, in order to increase knowledge of specialised techniques and improve professional standards, thus raising the profile of physiotherapy

August 2003- Feb 2005      **Junior Physiotherapist**  
Northumbria Healthcare Trust  
Wansbeck General Hospital

Rotational post completing rotations in Acute neurological rehabilitation, Elderly Care, Respiratory care, musculoskeletal out patients and neuro-elderly rehabilitation.

## Relevant training courses attended

Course title	Training Provider	Duration	Year completed
Therapeutic handling	Sue Raine – Hunters Moore	2 days	2003
Sports and orthopaedic rehabilitation in Physiotherapy	Martin Rennison	2 days	2004
Biomechanics of the lower limb	Alison Middleditch	2 days	2004
Foundation Acupuncture course AACP approved training	Kam Wah Mak	80 hours	2006
CPD intermediate Acupuncture course	Chris Norris	10 hours	2007
Level 1 – The principles, theory and prescription of dynamic movement orthotics	Martin Matthews	1 day	2009
Treatment of MSK conditions with Acupuncture	Kam Wah Mak	1 day	2009
The clinical application of acupuncture in the management of Craniovertebral Syndrome	George Chia	10 hours	2012
Spinal Manipulation	OMT	2 days	2017
Instrument Assisted Soft Tissue Mobilisation	OMT	1 day	2018
The Edinburgh Sport and Exercise conference	The University of Edinburgh	1 day	August 2018
IRMER referral course	Nuffield Hospital	3 hours	Sept 2018
First aid at work	Neural Pathways	1 day	May 2019
The Edinburgh Sport and Exercise Conference	The University of Edinburgh	1 day	Sept 2019
North British Pain association Winter meet	NBPA	1 day	Nov 2019
Be Activated – Level 1	Douglas Heel – Sheffield	2 days	2020
How to assess, diagnose and Treat running injuries	Steve Bailey		Sept 2020
Electroacupuncture	Steve Bailey		December 2020
Acupuncture in the Management of peripheral Neuropathy	Steve Bailey		March 2021
Spinal Masqueraders Study	MACP	1 day	8 <sup>th</sup> June 2022

Spinal Masqueraders Expanded	MACP	1 day	22 <sup>nd</sup> October 2022
Understanding Medication In pain management	MACP	1 day	16 <sup>th</sup> June 2023
Demystifying Blood tests In MSK Health	MACP	1 day	21 <sup>st</sup> June 2023
Advanced acupuncture Training	Breeze academy	2 days	November 2023
Shockwave therapy	CT Medical	1 day	November 2023
Tecar Therapy	Wintecare	1 day	October 2024
First aid at work	Emergency First response	1 day	February 2025
Musculoskeletal injection Therapy	University of Teesside		Commenced Oct 25

### **Experience and knowledge**

I have worked as a physiotherapist for over 23 years starting my career with a rotational post in both the acute and community hospital settings. My junior rotations included acute stroke unit, care of the elderly, respiratory, musculoskeletal out-patients and neuro-elderly rehabilitation inpatients and outpatients. The rotational aspect of the post provided me with variety and stimulation to develop my core clinical skills and gain confidence as a junior physiotherapist. As part of this post, I participated on the on call rota which provided me with valuable skills in the assessment of acute respiratory problems.

In 2005 I secured static Senior II position in a community hospital in neuro-elderly rehabilitation in the inpatient and outpatient setting. As part of this post, I was also able to enhance my musculoskeletal skills by maintaining an outpatient caseload. Although being in a static post for a number of years, I ensured that I continue to develop and expand my role as a physiotherapist. The diversity of my workload expanded. With an excellent grounding in both musculoskeletal and neurology I treat complex outpatients effectively.

In 2008 as well as working in the NHS, I also began a self-employed business providing private physiotherapy to self-referring patients with musculoskeletal and neurological problems. With my experience gained from my part time employment and ongoing learning and CPD I believe I provide an excellent service. I have peer support from local private therapists and a podiatrist and maintain good communication with the local GP practice.

In 2017 I secured a part time post with Neural Pathways, an award-winning community neurorehabilitation team, providing life changing rehabilitation

In 2017 I was approached by a Physiotherapy provider network who provide Occupational physiotherapy services to corporate clients, promoting the benefits of early intervention to help reduce the incidence of musculoskeletal injuries. I have continued to provide input for these clients until 2020. More recently I have become a treating Physiotherapist for Sport Scotland Institute of Sport. Here I provide therapy on a needs basis for elite athletes feeding back progress to their Sport Lead Practitioner.

With an ongoing interest in respiratory physiotherapy, I continue to participate in respiratory on call weekend cover, providing care for acutely ill patients where the case condition and workload is unpredictable. This involves working at least once a month in the acute setting and more frequently during the COVID-19 pandemic..

I continue to demonstrate my commitment to lifelong learning and take an active interest in maintaining up to date knowledge and skills to ensure delivery of evidence-based practice in line with HPC standards. I maintain an extensive CPD portfolio, recording activities at least twice a month. This allows me to have a systematic and structured approach to CPD, enabling planning, evaluating and reviewing clinical practice across the broad range of specialities I work in. In 2014, I was selected to participate in the HPC CPD audit. This was successfully completed and following this process I was able to positively influence my colleague's attitudes towards CPD by providing in-service training.

As a clinical educator I am also able influence learners' attitudes towards CPD, encouraging students and colleagues to reflect on their practice, document their learning and apply their knowledge into new practice experiences.

### **Skills and abilities**

I have acquired highly specialised assessment and treatment skills over a broad range of conditions. I have sound clinical judgement skills and regularly select and utilise an extensive range of complex assessments, to contribute to the discussion and decision-making process of a patients diagnosis, prognosis and future treatment plans. I am able to confidently select, assess, plan, implement and evaluate interventions working within the constraints of resources and time available.

I have a special interest in acupuncture. I am an accredited member of the AACP and attend regular CPD events and the yearly conference. I am very aware of the limited evidence of acupuncture in the treatment of neurological conditions therefore I complete case studies, sharing experiences and outcomes with colleagues.

### **Personal attributes**

I work in accordance with the HPC and CSP professional code of conduct and maintain a professional and non-discriminatory manner at all times. I am well organised and aware of the importance of effective management and timekeeping skills. This has allowed me to always maintain up-to-date documentation.

I successfully manage my own case load, prioritising and delegating work accordingly. I strongly value the importance of working as part of a multidisciplinary team as this plays a critical part in the rehabilitation of the patients I work with. By all working together this ensures the successful delivery of care.

Given the complex nature of the conditions I work with I feel able to cope under pressure and I have the ability to be adaptive and flexible to the ever-changing needs of the service, using my initiative where necessary.

Having gained a wide range of experience in musculoskeletal, neurology and respiratory physiotherapy I have an excellent knowledge base to expand my skills. I am extremely enthusiastic and motivated.

**Personal interests**

Outside my professional role, I enjoy being very active. I have a keen interest in running and cycling. I have used my hobbies to help fundraise for local charities, participating in endurance spinning and have completed 4 marathons.

I enjoy spending time with my family. I have 3 children who also enjoy being active.

I am a Community First responder volunteer with the Scottish Ambulance service, providing immediate care and support whilst awaiting the arrival of an ambulance. I have received specialist training in a wide range of emergency skills to allow me to do this.