

## Professional Background

Metian Parsanka brings a rich tapestry of over a decade of clinical experience in Occupational Therapy to her role, with a specialised focus on emergency department care and frailty. Her career spans a diverse range of medical areas including surgery, vascular, critical care, general medicine, elderly care, cardiology, and orthopaedics. She has managed a wide array of injuries, primarily dealing with fractures, falls, pain management, infections, and pressure sore management, equipping her with a broad clinical perspective.

Throughout her career, Metian has adeptly managed complex cases involving frail patients with multiple comorbidities including cognitive impairments and a variety of physical conditions. Her patients often span the elderly demographic, typically aged 65 and older, where she addresses challenges such as arthritis, hypertension, strokes, and anaemia, in addition to their primary conditions. She also has considerable experience with younger patients suffering from long-term conditions like Multiple Sclerosis, integrating care for their physical injuries with their mental health conditions, including dementia, depression, and anxiety.

Metian's expertise extends into the coordination of comprehensive care plans, often collaborating closely with social workers to tailor care packages that meet individual patient needs. Her work in the emergency department involves making critical recommendations for care packages to support early hospital discharge, often adjusting existing care plans or initiating new ones to enhance patient care continuity. Her role in multi-disciplinary teams is crucial, especially in creating bespoke rehabilitation packages for patients with vascular issues, including those who have undergone amputations. Metian's holistic approach and leadership in coordinating care amongst consultants, physiotherapists, occupational therapists, nurses, and social workers showcase her ability to deliver tailored, person-centred rehabilitation.

Metian's commitment to professional development is evident in her continuous engagement in training. As an Advanced Clinical Practitioner, Metian maintains her professional identity by actively participating in the Royal College of Occupational Therapists and supporting advisory groups that shape future healthcare practices.

Metian is fully trained in the Civil Procedure Rules, including relevant revisions as they arise.

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### Specialism

- Cognitive disability
- Neurological conditions
- Dementia
- Pain conditions
- Amputations
- Orthopaedic & MSK injuries, conditions
- Mental health & learning disability
- Sensory impairment
- Respiratory conditions
- Cancer and palliative care
- Cardiology, GI/Gynae

### Age group

- Adults
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## Career history

- Advanced Clinical Practitioner/ Band 8A Occupational Therapist June 2022 – Present  
Guys and St Thomas's NHS Foundation Trust
- Band 7 Occupational Therapist 2018 - 2022  
Specialist Therapy Assessment Team (STAT) Emergency Department  
Guys and St Thomas's NHS Foundation Trust
- Band 6 Rotational Occupational Therapist 2015 - 2018  
Community Rapid Response, Surgery and Vascular, Emergency Department,  
General medicine and Older persons unit  
Guys and St Thomas's NHS Foundation Trust
- Band 6 Occupational Therapist 2014 - 2015  
Kent Community Hospital, Bed-based Rehabilitation
- Band 5 Occupational Therapist 2013 - 2014  
Kent Community Hospital, Bed-based rehabilitation
- Band 5 Occupational Therapy 2013  
North Devon District Hospital, Elderly Care, Cardiology and Trauma Orthopaedics
- Various placements, Occupational Therapist 2009 - 2012

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## Qualifications

- Masters in Advanced Clinical Practice (apprenticeship)  
St Georges University London (Merit), 2019  
- 2023
- BSC Occupational Therapy: Plymouth  
University (2:1), 2009 – 2012

## Professional Memberships

- HCPC
- BAOT
- RCOT