

Stories Behind the Cases

Using Excel to step towards work after head injury

James' story



In his 30s, operational accounts analyst James sustained a head injury after a car turned into his pathway as he cycled home from work.

James' injuries had an immediate impact on his and his family's life. He wasn't able to be the hands-on dad and supportive husband he had previously been, and he was unsure how he could return to work. ***So, what help did he need?***

The need

James cycled to and from work most days and enjoyed cycling in his leisure time. He had an active family with a broad social life, and volunteered as Scout leader outside of work.

However, his injury meant that active and social man James spent months in bed, missing out on family celebrations and his children's sporting milestones - something that was equally as important to James as his career.

Some twelve weeks after the collision, James' wife contacted Krysalis to arrange an appointment.



The question

An initial assessment was undertaken, identifying the presenting features affecting James' quality of life and, most importantly, gaining James' perspective on his symptoms.

There was evidence of broken sleep patterns and neurological fatigue, reduced levels of concentration, intolerance to noise, people and busy environments, and anxiety around leaving the house.

James was also having issues with tracking time, as well as visual and auditory memory. He wanted to return to his old life, leaving his occupational therapist, Jo, asking one thing:

"COULD JAMES GO BACK TO WORK AND IF SO, HOW?"

“It was only through the intervention provided by my occupational therapist, Jo, that I was able to begin my journey back to health and my old life.”

James



“My occupational therapist was able to work with my employer to help them understand the complexities of my situation; how they could help and how to create a plan and structure that would allow me to complete a phased return to work.”

James



Seeing the whole picture

Jo's primary focus was to introduce a fatigue management programme, and a graded increase of activities in the home. James started an activity diary to understand the relationship between fatigue and the sensory symptoms he was experiencing.

James also used Excel timetables to track his activities, reintroducing him to a tool he used routinely in his work. A traffic light coding system was also used to measure activity difficulty levels.

James' graded return-to-work also included weekly one-hour trips to his workplace, to re-familiarise himself. He also began a home-based work trial and structured rest periods.



Specialist support

James' intervention spanned five months, helping to support James in both his home-life and his return to work, while simultaneously aiding his understanding of his symptoms.

As Jo worked closely with James' employer to best help his return to work, strategies were put in place, allowing James to cope with his fluctuating workload and complex demands.

“James experienced various interconnected symptoms affecting his abilities and confidence about his work potential. Understanding and managing his sensory needs was a key aspect of our work together.”

Jo
Occupational Therapist

“DID JAMES RETURN FULL TIME?”

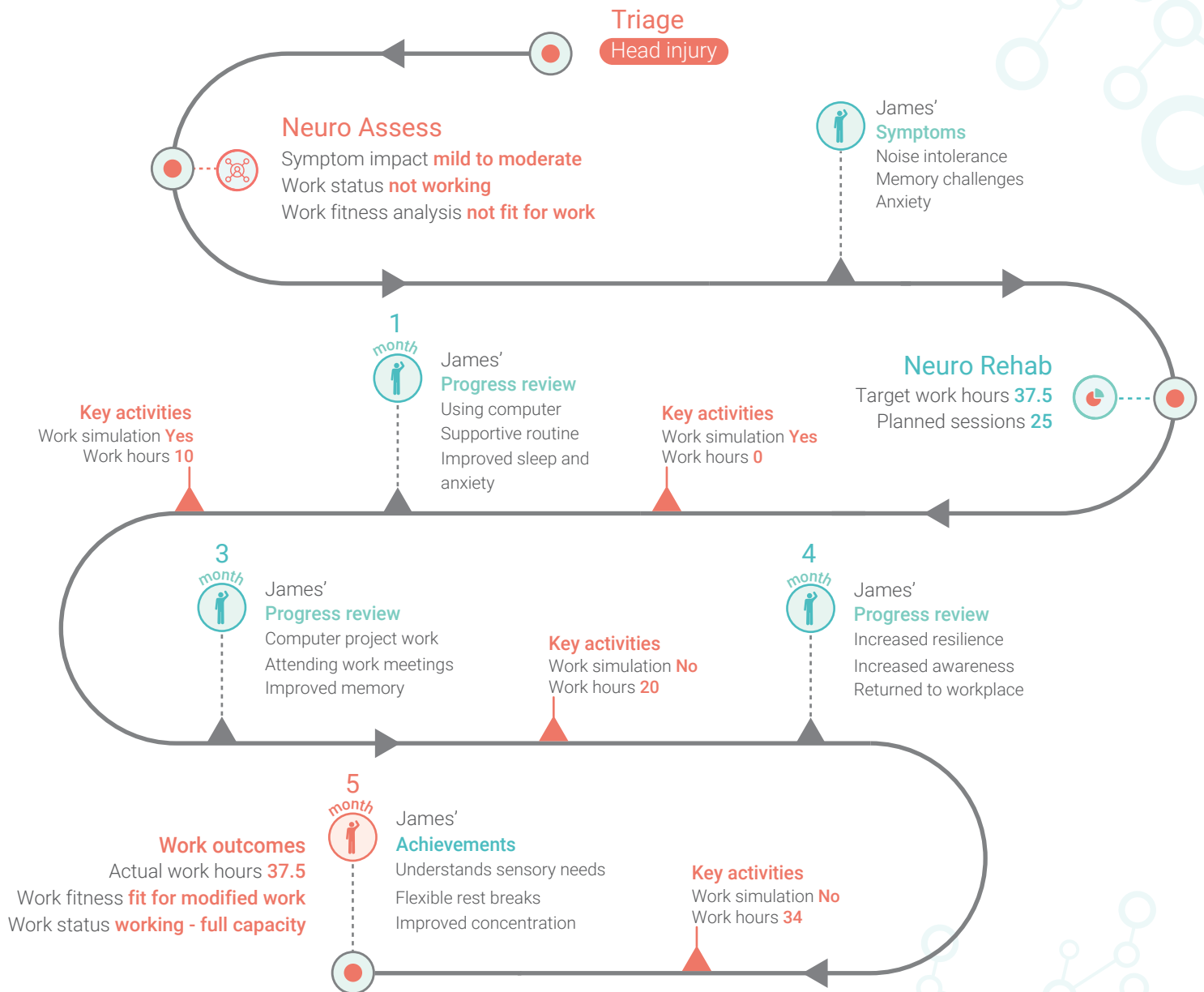
Within five months of the initial phase of his return-to-work planning, with specialised intervention, James completed a full return to work. He now understands he needs rest periods during the working day and his employers support him with this. And he enjoys, once again, being a hands-on dad and attending social engagements with his wife and friends.



Neuro Rewire

For individuals with clear work potential at assessment

- What **Goal orientated vocational rehab pathways**
- Programme **Treatment**
- Expected duration of programme **0 - 6 months**



Neuro Logical from Krysalis is a dedicated service for the workplace helping individuals, as well as insurance providers and employers, to understand work capabilities and overcome challenges.

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that makes sense.



“ I am so grateful for Jo’s help, assistance and understanding in helping us find the light at the end of the tunnel, leading and, at other times, guiding us towards it. I am convinced that without the intervention of an occupational therapist, I would not be where I am today. ”

James



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