

David Wozny MDT
25 January 2017

Present: A Person (FB), B Person (SG), C Person (GDL), D Person (CL), David Wozny (DW)

Apologies: E Person

Case Management Update:

FB: E Person, SALT couldn't make it today, but has been working on David's swallowing and speech

DW: Mainly on speech side and to get memory working. Unsure about how speech is, I realise that I don't speak as eloquently as I used to. I struggle with words, my mouth doesn't move as quick as my brain wants it to. It is early days yet, but work with Kathryn is going alright. Went to video fluoroscopy on Friday last week, which was quite positive. I had to eat some food with barium on it. Not had results yet. Kathryn's manager was there, who looked at the scan when swallowing. She gave advice to put chin on chest when swallowing. It was nice to see some evidence of the problem with my throat as was not sure if tingling is mental or physical issue, but when swallowing, they have seen something. Nice that it was reassuring and now have something to work on. Appointment was in Leeds, so made a day of it in Leeds on Friday, stayed over on Thursday night and went to Roundhey Park. Didn't want to do the drive to Leeds for the appointment

FB: Psychologist has done the assessment, sent report and recommendations, but it is over a big period. He has recommended he will see DW so many times over the year and the defendants wanted to narrow it down. Usually recommendations are for a 6 month period with more specific aims.

DW: Further sessions of acupuncture have been recommended.

FB: A further 30 sessions have been agreed and Pete has advised the Acupuncturist.

Report from Occupational Therapist

CL: Continuing with meal preparation, will look at cognitive issues and looking at more complex recipes. At the moment, it is all going very well. DW enjoys it. Currently on weekly sessions, and DW has only missed the occasional week. F Person to look at having a monthly catch-up with DW. Mark has contacted driving centre, regarding advice for lessons for things like judgement.

DW: It is the mental aspect of driving. I've been driving a fair bit and not felt unsafe, I'm just looking for reassurance that I'm doing okay. If I felt that my judgement would make me a dangerous driver, I wouldn't drive.

CL: Not sure if DW had received correspondence regarding the driving assessment. Need a copy of DW's driving licence

CL: Goals - To improve cognitive deficits, carry on food preparation weekly, and look at weak areas of driving

DW: Awareness is there with driving, not had any dangerous or uncomfortable situations, not had a bad experience yet. Aware my brain not working as it should and at some point, it may impact driving. Just find it strange how they suspend licence because of serious injuries, then give it back without any assurance. I presume DVLA had contacted my GP. I'm not going to make an issue of this. I know what bad drivers can do.

Report form Vocational Psychologist

SG: DW had a good session yesterday, DW was brilliant helping an 80 year old couple with Ipad. DW was brilliant at rapport building, very patient with technical details, went through sending email. One area of issue was that DW had been given the names of the couple, but forgot their names by the time he sat down. Have advised DW to write their names down. Problem solving, DW managed to connect his phone up to the Wi-Fi, and was able to demonstrate how to do things and predict things, cognitive processes were good and he did really well. Client was an older person, but DW was fabulous with it. Stamina wise, there was a lot of concentration involved.

DW: I didn't think it was an issue, I really enjoyed it, they were a lovely couple, both were intelligent, just not computer literate. They may not be able to apply what I showed them straight away. I found I was patient, but sympathised with them as I can see things I can struggle with and use it as a means not to get frustrated. I had empathy, and at no point was I getting irritated. Not all sessions will be as good as that. They watched him trying to troubleshoot problems with network. Followed up with email, and they are keen to come again. I didn't want to come across as intimidating IT person.

SG: DW spoke to them and got to know them first. IT people don't have the skills to interact with people, so I was really impressed with DW. Gut reaction is to look and see where we are in three months, after DW had a chance to go regularly. We'll see how he feels in terms of stamina. I agree that some sessions will be good, some will not be very nice, but then see where we are looking at from there in relation to jobs etc. Have experts spoke about paid employment?

FB: Not heard anything about that

SG: I'm concerned the defendants may come back and say he has been working in the library and say he can work.

FB: I've not explained much about library work as it is early days.

DW: The work in the library, I feel like an IT geek rather than a professional. I know I would struggle with hard-core IT, I'm not a professional as I'm miles off that. I've still got presentations on computer of when I used to do that sort of stuff. Confidence is missing at the moment, knowledge has gone. I know things have happened to my brain but don't have the ability to recall it. I was at the cutting edge of IT security but have lost eighteen months of that. Anything that has changed I'm not aware of, but having said that, the realisation is that he will never go back into IT. I'm happy to do a job, maybe work at Tesco as a shelf stacker, etc. IT part of me will not come back, but I'm happy to do an unskilled job.

SG: I can look at doing some vocational guidance, not as high level as previous but will still keep interest. Soft skills are really good, DW is always considerate and consideration for people is there and can tap into it. High achievers often struggle with this process as they don't want to lower themselves, but DW's attitude is absolutely brilliant, can definitely find something that is using interest and skills

DW: Not as good one on one, but writing emails, documentation, still good at that, can articulate things well. I knew I could explain technical things to non-technical audience. I've always been able to grasp what people needed and be able to structure help. Would like to somehow utilise that skill

in a job going forward. Was best session had for a while. Much nicer to have a session with someone who is smart, was a bit of a bonus session

FB: What happened with the session with a man with a laptop who wanted to fix it.

DW: A man had a laptop and wanted to learn about IT, but had no framework about what he wanted to learn. Was asking what the buttons on the keyboard did. He wanted DW to show how to use the internet, but couldn't connect to the internet. If that had happened eighteen months ago, I wouldn't have been able to fix it anyway. I tried to fix it, but it felt like it was a wasted hour, however every person I have seen all want to come back and see me again. Maybe it is because I am patient and build a rapport with people. They may have understood that there were some things he couldn't do. Some people have turned up wanting help with driving licence or benefits applications which I can't help them with because it is not an area I am familiar with.

SG: Lady yesterday wanted to indent a paragraph and write letters

DW: I learnt to touch type at fifteen, remembers learning about indents, etc.

FB: What about the befriending?

DW: Going well, seeing two people at the moment. One person has either Alzheimer's or dementia, not sure which. His memory is very poor, and cannot remember many things, he used to work in the pits but couldn't remember other jobs or where he lived as a child. He's an intelligent person, mathematically very strong, but in other ways he is limited because of his illness and he appears less intelligent than he is. I was having a conversation about political leaders and he made sexist comments about female leaders. I was aware this may not be the real him and could be down to his illness. I asked about mother and daughter but couldn't persuade him to say his mother was a nice person. I find it fascinating, but nervous of getting to a point where it gets too unpleasant and would have to quit working with him. I don't want to get to that stage, I would rather work and develop relationship with him. I know it would not change his views and it has got to the stage where there's no point in focussing on the bad things. He even stated last good woman was Boudicca. He advised DW that all Europeans are not as good or clever as British. Currently seeing this man and a woman. Also through the Royal Voluntary Society, I have been asked if I want to expand my role to visit candidates who may require a befriending service. Would have to learn more about their services and things have changed through RVS. Age is now 75 for befriending service and has become target based, so have to get objectives. Woman I see through RVS (organiser) says all they want is for someone to talk to for an hour, not have goals set. If a person is over 70, would you want to be set goals and be challenged? It doesn't appeal so hoping it doesn't sour the whole RVS engagement. I'm not being lazy, but it just wouldn't work for older people. For me in my engagement, I wouldn't like to set objectives and goals for people.

SG: The goals may be around funding, to show there is an outcome. Maybe not change what has been done, just record an hour socialising,

FB: They will probably need to prove what people are getting out of it

Report from Physiotherapist

Assessment has been done, but not sent yet. Really good, lots of things. DW not doing weights but cardiovascular program is not giving him the fuzzy head feeling. Did 20 minutes on the bike, 20 minutes on the cross trainer. Gone back into pool with daughter, was worried about diving in but dived in and did it 12 times. Endurance is not what he wanted to be, but managed ten lengths without stopping. Applaud the fact that he has changed his program, and doesn't keep a record of the gym, as this was comparing abilities before and after accident. DW knew he would stop competing with

himself by not recording things and I support it. Don't need to be competitive, just do cardiovascular and enjoy the swimming. Want to be better than he was. Fuzzy head feeling hasn't happened since before Christmas, and appears to be resolved at the moment.

Thought he was more fatigued when doing swimming, so going to progress that. Tingling in mouth is just the lips, not roof of mouth or tongue anymore. Hand 2/10, really good acupuncture has helped, and is not using tens machine. DW hadn't been on the rower, but went on Monday

DW: I couldn't help looking at speedo when on the rower. I did 20 minute session on Monday morning

DGL: He did it on Monday as, if the rower exacerbated the tingling, he was going to acupuncture in afternoon

DW: I was fine, I didn't get any feelings from it. Always enjoyed rowing, and had been dying to get back on it, but it was aggravating tingling in fingers. It was good to get back on it. Opened new opportunities for fitness

GDL: Just remember to pace it. Goes to dog training, but when dog pulled on lead, made hand worse, seemed to exacerbate it, need to be wary but pace it.

DW: Happened again at dog training on Monday. Was holding dog back, but happened again. Bought new lead as other lead was too long and had to wrap around hand.

GDL: As it can be aggravated, we need to be careful what he is doing. Need someone externally to say what level he is at. Concerned about DW going back on rower at the moment. Asked DW to go on rower at beginning, but half way through couldn't remember what had been asked, but remembered by end of session, and didn't need to email reminder of it. Still have problems keeping information. Dog training, have three commands, but cannot remember what the specific words are.

DW: I can remember now, it is leave it, I have treats in my hand and tell dog to leave it

SG: It is a big environment at dog training

GDL: Not noticed any slurring or slowing down of speech, didn't notice difference between speech, had problems with words but difficulty in speech wasn't apparent. Stopped Propanomol at Christmas, but then noticed DW was very fatigued. Ruth was not happy with that. Started taking it now. No longer taking Pregabilin.

FB: DW was prescribed an alternative medication by the maxillofacial surgeons. Both DW and Ruth wanted to know if it was the medication or acupuncture improving the tingling sensation so he didn't take it. I contacted Dr Ball to ensure doing right thing, and she has not responded to say he should take it.

GDL: seems that acupuncture is working well. Didn't go on computer or laptop throughout session which was amazing. Wasn't used as a go-to thing, worked it out instead. Was nice to see him sit and go through stuff. DW is conscious about body language and eye contact.

DW: When thinking, I can't look at someone, and I shut eyes. It is not deliberate and not socially appropriate but can't help it, I'm just trying to extract something from the brain

GDL: DW's movement is fine, neck range and movement increased, posture before accident was not as good, physically there is no problem to address. He felt confident to drive to the pool. Now feels cold significantly, especially in toes, make sure to wear thick socks and gloves

DW: I always felt freakishly warm blooded, now I'm just like everyone else.

GDL: The left hand is not as dextrous, doesn't use as much as right hand

CL: We can look at that in session

GDL: It is not a physical problem, it is more OT, and therefore I cannot address that

FB: I have asked MR to address it.

GDL: DW not carrying cups in left hand, just carry in right hand, Strength has improved, even in hand. Haven't seen podiatrist, foot alignment better, no problem with toes and feet.

DW: I forgot had problem with the toe. Toe would buckle under and I would have to physically correct it

GDL: I would still consider orthotic consultation. Not a problem now, but don't know what it will be like in 20 years' time. Happy with alignment

Recommendations - To continue using gym, increase pull time, use rower cautiously. Will reassess in about six months. DW doesn't need physio but will need to keep an eye on things. Doesn't need tens machine, and continue with acupuncture

FB: We have asked for acupuncture for re-assessment, it was recommended another 30 sessions. Asked SG to plan for 6 months

SG: Leave things for three months at the library, to see how coping stamina wise, Unsure whether to look around at jobs, just look what's out there, what he fancies doing and skills required. Doing afternoon session on office 365, DW may be great working with people in an IT role. Must be something that will use the soft skills DW has. Maybe Help the Aged.

FB: Any other business?

DW - Gone through everything I wanted to bring up

FB - leave a bigger gap between now and next meeting as therapy input is minimal at this stage.

Date of next meeting: Wednesday 29th March 2017 at 1030