

DR JENNIFER O'RIORDAN

REHABILITATION PHYSICIAN

MRCP, MBBS (BSC. MED.)

QUALIFICATIONS

MRCP, UK (July 2014)

MBBS (BSc. Med.) with Honours University of NSW, Sydney (1992-1997)

Rehabilitation Fellowship:

Successfully completed Part 1 Rehabilitation Exams (Top mark in written exam) (2003)

Successfully completed Fellowship Exams for Rehabilitation (2004)

Attained Fellowship of the Australasian Faculty of Rehabilitation Medicine (August 2007)

Gap Year:

Ashdown House School, Sussex, England (1991)

Secondary Pymble Ladies' College, Sydney (1985- 1990)

Higher School Certificate, English, Art, Maths, Chemistry, and Geography. TER 98.45 (1990)

ACCREDITATIONS

Accreditation

Accreditation

Accreditation

Accreditation

SUB-SPECIALTIES

Sub-Specialty

Sub-Specialty

CURRENT POSITIONS

Consultant Rehabilitation Physician (January 2018-Current)

Goulburn Base Hospital, NSW, Australia

Consultant for Dementia and Chronic Pain (September 2012-Current)

Telehealth Consultations NSW, Australia.

PROFESSIONAL EXPERIENCE

Inpatient General Rehabilitation and Outpatient Consultations for Rehabilitation Day Programme (March 2019- March 2020)

Shellharbour Private Hospital, NSW, Australia

Consultant Rehabilitation Physician (January 2018-Current)

Goulburn Base Hospital, NSW, Australia

General Rehabilitation Ward including orthopaedic cases, multitrauma, spinal

injury, brain injury, stroke and geriatric rehabilitation. I am also running a monthly brain injury clinic and see Spinal patients in the community.

Consultant for Dementia and Chronic Pain (September 2012-Current)
Telehealth Consultations NSW, Australia.

After working in Dubbo, NSW, I was able to continue to see many of my patients and work with the GPs whom I had built a relationship with- but through the medium of video consultation. I am primarily doing consultations for Dementia and Chronic Pain. The consultations take place in rural NSW.

Consultant Rehabilitation Physician (June 2014-December 2017)
Changi General Hospital, Singapore

I was working in a team of 6 Rehabilitation Physicians with a caseload of approximately 50 inpatients between us, approximately 30 referrals each week and daily outpatient clinics. The patient load was largely neurological rehabilitation including strokes, brain injuries and spinal cord injuries but also includes orthopaedic and amputee rehabilitation, deconditioning, cardiac and pulmonary rehabilitation. I also worked in the Memory Service and run two clinics per month. I established a Transitional Living Unit and a Self Administration of Medicine Programme on the Rehabilitation Ward. During my time at Changi I cared for over 500 inpatients; and over 1500 outpatient visits.

I was a faculty member for both Undergrad and Post grad Teaching, acting as The Undergraduate Posting Coordinator, The Morbidity and Mortality Committee Chairman and received a Silver Caring Reward.

Consultant Rehabilitation Physician (December 2012-June 2014)
Alexandra Hospital, Singapore.

I was working as a Rehabilitation Physician with a caseload of approximately 12 patients- primarily with Neurological conditions such as Stroke, Brain Injury and Spinal Cord Injury but also patients requiring Pulmonary Rehabilitation and Rehabilitation for Deconditioning. The service was new and I was responsible for growing the service, educating staff, and for analysing the service and advising on changes that would be required to grow the service into one with 76 beds and a great breadth of clinical diversity.

Locum Staff Specialist Acute and Rehabilitation Spinal Wards (November 2011-January 2012)
Prince of Wales Hospital, Sydney.

Locum Staff Specialist Acute and Rehabilitation Spinal Wards caring for spinal injured patients from their time of transfer from admission to the Emergency Department until the time of discharge. Also running weekly Spinal Outpatient Clinics.

Visiting Rehabilitation Physician (May 2011-July 2012)

Sydney Private Hospital, Ashfield

I worked with 2 other Rehabilitation Physicians and a multidisciplinary team caring primarily for Orthopaedic Rehabilitation patients who had had either hip or knee replacements. I was responsible for leading the team of allied health staff and facilitating the coordinated care of the patient during their stay and a timely discharge. Towards the latter part of my time I worked with the NUM to expand our capacity and cared for Cardiac and Deconditioned patients also.

Visiting Rehabilitation Physician and Director of Rehabilitation Unit (February 2011-July 2012)

Dubbo Private Hospital, Dubbo, NSW

I was caring for a 6-10 bed ward of geriatric rehabilitation patients- primarily with Orthopaedic, Neurological injuries/ illnesses and deconditioning. I headed up a multidisciplinary team coordinating the care of this group of complicated patients with multiple medical comorbidities. I was also running an outpatient clinic each week in Dubbo with an emphasis on dementia and other geriatric conditions such as falls. In addition, I did a lot of work with chronic musculoskeletal conditions such as low back pain, and other chronic pain syndromes.

Employed initially as Service Manager in Preventive Health (June 2008-February 2011)

Recovre, Sydney

I was taken on to develop preventive medicine/ health check- up services for Recovre including Executive Health Assessments. In June 2009 I took on the role as National Manager Corporate Health and assumed managerial responsibilities for a team of 6 support staff and a large number of doctors.

Concurrently, I continued with clinical work in the field of Occupational Rehabilitation. My major clinical clients included:

1. NSW Police for whom I coordinated and monitored the medical recruitment process and made all final decisions regarding fitness for recruitment. I supervised the work of all other doctors assisting with this work.
2. A large state government provider of health care services for whom I developed and implemented an Early Injury Intervention Programme. This programme identified those of their employees at high risk of developing chronic pain syndromes following a musculoskeletal injury at work. Intervention then included Specialist Medical Consultation (myself) and liaison with the treating General Practitioner, and focussed Psychological Therapy dealing with locus of control and pain management issues. The programme effectively reduced time off work and the associated costs for the employer.
3. I worked with the Allied Health stream of our business to assist in the management of injured workers and regularly consulted clients with regards to work fitness, both compensable and non-compensable. I worked most closely with

two large federal government organisations in this role and was also responsible for supervising the work of all other specialist doctors assisting with this work.

Occupational Medicine (July 2005-May 2008)

Health Services Australia/ Health for Industry, Sydney.

I completed my Rehabilitation Fellowship during this time and remained working as a Rehabilitation Physician. During this time I cared for the injured workers of a Local Area Council, reviewing their injuries, liaising with their treating General Practitioner, and expediting a safe return to work.

Interactive Musculoskeletal Website (January 2005-January 2006)

Musculoskeletal Special Interest Group for the AFRM

Rehabilitation Registrar, including terms in Amputee/ Orthopaedic Rehabilitation, Neurological/ Stroke Rehabilitation and Spinal Injury Rehabilitation (July 2003-January 2005)

Prince of Wales Hospital, Sydney.

Rehabilitation Registrar, Brain Injury Unit (January 2003-July 2003)

Royal Rehabilitation Centre, Sydney

Medical Registrar, including terms in Respiratory, Geriatrics, Infectious Diseases, Renal Medicine, Acute Spinal Injuries and Neurology (July 2001-January 2003)

Prince of Wales Hospital, Sydney.

Accident and Emergency Registrar, including terms in Paediatrics and Anaesthetics (January 2001-July 2001)

Royal Prince Alfred Hospital, Sydney.

Locum Senior House Officer work in General Medicine and Accident and Emergency (August 2000-December 2000)

London and South England

Senior House Officer, Accident and Emergency, Private Ward and Oncology (March 1999-August 2000)

St. Thomas' Hospital, London

Internship (January 1998-January 1999)

St. Vincent's Hospital, Sydney

BIOGRAPHY

Bio

LOCATION

Bowral

ADDITIONAL INFO

Research / Presentations:

Annual Scientific Meeting of the Australasian Faculty of Rehabilitation Medicine in Hobart: Oral Case Presentation and Review of the use of Topiramate in Spinal Injured Patients. (2003)

Presentation at Annual Allied Health Conference, NSW: Review of Motor Neurone Disease and Multidisciplinary Care. (2004)

Annual Scientific Meeting for of the Australasian Faculty of Rehabilitation Medicine in Adelaide: Oral Presentation: Research on the incidence of injuries amongst Domestic Waste Collectors. (2008)

Annual Scientific Meeting of the Australian Faculty of Rehabilitation Medicine in Adelaide: Oral Presentation: A Case of Lateral Epicondylitis and Review of the Literature. (2008)

In conjunction with the Office of Postgraduate Medical Education University of Sydney, development of GP Education Programme on management of work-related Soft Tissue Injuries. I presented this a number of times during 2009. (2008-2009)

Annual Scientific Meeting of the Australasian Faculty of Rehabilitation Medicine: Poster Presentation: "A Case Study investigating the effects of a metal on metal hip prosthesis system in a 74 year old woman." (2011)

Annual Scientific Meeting of the Australasian Faculty of Rehabilitation Medicine:

Oral Presentation: "Early Intervention for High Risk Soft Tissue Injuries within a

Government Organisation. (2011)

Singapore Rehabilitation Conference 2014: Poster Presentation: "A Reflective Infrared Tongue Drive System for the Disabled to Control Environment: Case Study" (2014)

International Society of Physical Medicine and Rehabilitation Conference Poster Presentation: "Vascular Dementia: Defining the Timeline". (2016)

International Society of Physical Medicine and Rehabilitation Conference: Poster Presentation : "Attitudes to Rehabilitation". (2016)

Singapore Rehabilitation Conference: Poster Presentation: Utilisation of a Transitional Living Unit in an Acute Rehabilitation Unit. (2017)

Singapore Rehabilitation Conference: Poster Presentation: Self Administration of Medications in an Acute Inpatient Rehabilitation Unit. (2017)

Singapore Rehabilitation Conference: Poster Presentation: A survey on beliefs and practice related to post stroke cognitive, depression and anxiety issues in one acute hospital in Singapore. (2017)

Singapore Rehabilitation Conference: Invited Speaker Preconference Workshop: Redefining Rehabilitation and Dementia. (2017)

Article published in Cureus Journal: Obstructive Sleep Apnea: An Unusual Cause of Hemorrhagic Stroke. (2017)

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