

## Jackie King (pseudonym) - Initial Assessment by video

Date of birth: 01/01/1980  
Referral received: 02/11/2021  
Assessment: 03/11/2021  
Report sent: 05/11/2021

From: Employer Name  
Page: 1 of 2  
Organisation: Organisation Name

### Report recipients

This report contains confidential information. The recipients named below have a responsibility to process, secure and store this information in accordance with data protection law.

Name	Organisation	Email
<b>Employer Name</b>	<b>Organisation Name</b>	<b>employer@email.com</b>
Status: Consent given		

Dear Employer Name,

Thank you for referring Jackie King who is a part time Teaching Assistant.

I can offer an opinion on this case based on my assessment of the individual and the information provided, and I have their consent to release this report to the agreed report recipients.

### Reason for referral

Jackie has been referred as a result of her absence from work following a planned hysterectomy on the 30th September 2021.

### Health background

Jackie advised of long-term gynaecological problems which resulted in a total hysterectomy on the 30th September 2021. She is also known to have a gall bladder condition which is monitored regularly.

### Impact on work

Jackie has been unable to work whilst recuperating from the surgery. She lives within 10 minutes walk of the school. She can walk for about 30 minutes. Standing for prolonged periods results in some abdominal aching but this is settling. Jackie is able to perform physical tasks at home and must self risk assess, she should still avoid significant exertion, pushing and pulling heavy loads and should gradually pace and increase her activities over the next 3-4 weeks. Her job role requires her to be physically mobile and active. I understand she works with children who have challenging and behavioural difficulties, sometimes with physical aggressive features and this is a concern for her. After the next 4 weeks of recovery, there should not be any concern in this respect. Cognitive problems are not unusual after this type of surgery and Jackie indicated that this is improving for her.

### Recommendations and responses to questions raised

**Is the member of staff fit to return to work? If not, is there a foreseeable return to work and if so when is this likely e.g. within a month, 3 months, 6 months, 12 months?**

Jackie has a fit note until the 15th November 2021. I am of the opinion that she will not be fit to resume work after that time and is likely to need another 2-3 weeks or so off work.

**Is the member of staff receiving appropriate treatment, will it aid their recovery and if so, when?**

Jackie is receiving appropriate treatment. She takes pain control medication as needed but is needing this less now. She has had some complications since her surgery and has needed reviews, investigation and treatment via her GP. This has delayed her recovery and it is only over the past week that she feels she is recovering and regaining some normality. The surgery was probably a little more complicated than she had expected. Jackie has a review with her gynaecologist next Monday 15th November. Her GP has also referred her for physiotherapy for some back pain

## Jackie King (pseudonym) - Initial Assessment by video

Date of birth: 01/01/1980  
Referral received: 02/11/2021  
Assessment: 03/11/2021  
Report sent: 05/11/2021

From: Employer Name  
Page: 2 of 2  
Organisation: Organisation Name

symptoms. If there is any delay in accessing this via the NHS, physiotherapy can be accessed via Smart Clinic but due to her recent surgery I would suggest this is hands-on assessment and treatment.

### Please provide details of any investigations and results received, and any investigations planned

Jackie has had the surgery. She has also had an abdominal scan. There is a possibility that her symptoms may be gall bladder-related as she is known to have a gall bladder condition.

### Is the health problem likely to recur in the future?

Jackie may have some future problems affecting her gall bladder and she is scheduled to have a routine follow up scan next spring.

### Are there any short-term accommodations to work tasks or environment to assist the member of staff in work or in returning to work? e.g. temporary amended duties, alteration to hours, a phased return plan?

Jackie works for 2 days per week on Thursdays and Fridays. When she is ready to resume work it might be helpful for her to work 2x4 hours for the first week. She will need catch up time and I advise risk assessment review of handling and physical restraint. She said she often supervises in the playground and sometimes is expected to handle children back into the school building. I would advise reduction or restriction from physical demands, including standing for prolonged periods for 2-4 weeks after her return to work. Access to comfortable seating is appropriate.

### How does Jackie's unexpected eye issue impact her ability to perform her role, if this is long term and if there any adjustments to be considered.

Jackie described some eye strain type problems and awareness of slight changes to her vision recently and after the surgery and she has been reviewed by her GP and optician. I have no specific concerns about her vision at this time. She has been advised of some simple self help eye exercises and has new prescription glasses for distance. Jackie has worn glasses for many years for daily general use. She has been advised that she may need glasses for reading and DSE distance. She has discussed driving with her GP and is refraining from driving temporarily. Jackie can discuss this again with her GP and optician as needed. She does not drive for work and lives locally to the school.

## Review

A review appointment has not been arranged at this time.

I hope you find this report helpful. We are open office hours Monday to Friday and we can be contacted on 0800 862 0142 if you require any further assistance.

## Clinician Name

### Occupational Health Nurse

Smart Clinic by APL Health

9 Brunel Court, Northwich, CW9 7LP

Email: [hello@smartclinicuk.com](mailto:hello@smartclinicuk.com)

Tel: 0800 862 0142

24-Hour Employee Assistance: 0845 862 2113