

Katherine Upton-Hicks BSc (Hons) SCPHN

Katherine is a dual registered adult nurse and specialist community public health nurse who has worked both within hospital and community health care settings. Working under the umbrella of Children & Family health, Katherine has worked as a specialist community public health nurse (Health Visitor) working closely with families in the diverse community of Brighton & Hove. Katherine has been responsible for delivering the Healthy Child Programme to all families with children under the age of five years. She has managed a complex and challenging caseload offering comprehensive support to families with a broad spectrum of issues including complex disabilities, medical, and social care problems.

Katherine has excellent clinical expertise, able to analytically assess and evaluate a broad spectrum of needs, forming and delivering care plans accordingly under the format of the Universal Plus and Universal Partnership Plus services. She has been responsible for coordinating family care within the realms of the Early Help Plan and Assessment pathway, able to deliver targeted positive outcomes within satisfactory timeframes. Her work has involved delivering a multi-agency networking approach that offers integrated support to children and their families providing a full holistic assessment of both their health and social care needs.

Katherine has coordinated and facilitated weekly postnatal depression groups providing vital support to mothers throughout the perinatal period. She has provided junior colleagues with teaching sessions on the therapeutic relationship of mothers experiencing perinatal mental health problems.

As well as her paediatric experience Katherine has also worked in hospital settings in a ward specialised in adult stroke and emergency medicine. Delivering evidence-based nursing care Katherine was dedicated to patients who had suffered life threatening ischaemic or haemorrhagic stroke which often resulted in long term brain injuries. She has a good clinical understanding of the pathophysiological presentation of the stroke patient in the acute phase, to working with a multidisciplinary team aimed to address the client's complex long-term rehabilitation needs. Katherine has established good working relationships with multi-agencies over the years drawing on experience from a variety of professionals involved in her client's care.

Katherine is extremely proactive and efficient, and whilst having excellent clinical and analytical skills she conducts her work with a very caring and compassionate approach. Her passion lies in building successful relationships with colleagues and clients, creating positive client outcomes which in turn lead to her ultimate job satisfaction.

Since 1998 Katherine has undertaken many pre and postgraduate training courses in both holistic and medical health and is dedicated to lifelong learning. In 2016 she gained a number of credits towards her Master's degree.

Prior to her work in NHS healthcare, Katherine ran her own successful business specialising in holistic health, wellbeing, and aesthetic therapy practice. She has also had previous experience as a PA and office manager and has worked for a large national company where she was responsible for coordinating significant elements of daily business.

For Ainscough Associates Katherine carries out immediate needs assessments and manage complex/catastrophic adult and paediatric cases.