



Curriculum Vitae

Esther Capes – Associate Speech & Language Therapist

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Personal Profile

I am a hard-working and dynamic Speech and Language Therapist with a huge amount of enthusiasm and commitment to evidence-based practice and achieving the best possible outcome for my patients. I am friendly and person-centred, and I have gained a wealth of experience across a wide range of clinical settings including both acute and rehabilitation wards, outpatient clinics and community care/rehabilitation. I specialise in voice disorders and Parkinson's and I am experienced in a range of voice therapy techniques. I am also a skilled dysphagia clinician with a keen interest in dysphagia therapy and improving patient access to dysphagia therapy interventions. I am confident running client education sessions and groups as well as delivering training to other health professionals. I am enthusiastic about sharing ideas and developing innovative ways of working and I work very well in a team environment.

Employment History

- **April 2016- Present** **York Teaching Hospitals NHS Foundation Trust**
Specialist Speech and Language Therapist (Band 6)
 - I work predominantly in an outpatient clinic setting providing assessment and therapy to people with complex speech/language/communication/swallowing and voice difficulties. I specialise in voice disorders and I provide cover in our specialist joint ENT/SLT voice clinic. I am responsible for developing and running the Parkinson's service including the Lee Silverman Voice Treatment (LSVT LOUD) service. In addition to this I also run the Videofluoroscopy clinic jointly with my SLT colleagues and Radiographers, completing the analysis, the report and providing therapeutic management for dysphagic patients. My role requires me to triage a range of outpatient referrals and contribute to the development of the SLT service across the trust. I am required to function as part of the wider multidisciplinary team and often provide dysphagia cover to the

general medical and neurological wards. I am a clinical practise educator for SLT students from Leeds Beckett University and I also provide observation sessions for prospective SLT students.

- **June 2015-
April 2016** **York Teaching Hospitals NHS Foundation Trust**
Speech and Language Therapist (Band 5)
 - I worked across the stroke care pathway including the hyper-acute and rehabilitation wards and the community stroke rehab team providing communication and swallowing assessment, diagnosis and rehabilitation therapy. I worked closely with the multidisciplinary team and developed clear and structured therapy plans for assistants to carry out with patients. In addition to this role, I had a mixed outpatient caseload including people with progressive neurological conditions and voice disorders. I also provided dysphagia assessments on the acute medical and neurological wards and in the community, this included nursing home facilities. The role required me to deliver communication and dysphagia training to healthcare assistants, volunteers and nursing home care staff.

- **Nov 2014-
May 2015** **North Tees and Hartlepool NHS Foundation Trust**
Speech and Language Therapist (Band 5)
 - Predominantly working on the hyper-acute stroke ward and in the community stroke team, but also with people with progressive neurological conditions in the community and people with voice disorders and dysfluency in an outpatient clinic setting. Use of the Malcolmess Care Aims Model helped to facilitate client centered and client lead goals ensuring therapy was functional and targeted to meet the needs of the individual.

- **Aug 2012-
June 2014** **Routes Healthcare**
Support worker
 - Supporting adults with Autism & Asperger Syndrome with activities of daily living in a day center and out within the community. This required me to be very flexible, adaptable and person centered whilst working on augmentative language and communication skills, computer aided learning, horticulture, dance and drama, music, art and craft, textiles, life skills, work and college placement support, cookery, and outdoor/community-based activities. Activities were based around the needs of the individual considering sensory issues, abilities, areas of interest and the impact of their autism.

- **Feb 2011- Aug 2011** **County Durham and Darlington NHS Foundation Trust**
 Assistant Speech and Language Therapist (Band 3)
 - Working with children and young people aged 0-16 years with speech, language and communication needs and liaising with their parents/carers, therapist and education staff. Administering screening assessments and delivering therapy sessions in one to one and group situations under direct and indirect supervision of the Speech and Language Therapist.

- **June 2010- Feb 2011** **City Hospitals Sunderland**
 Technical Instructor - Community Stroke Rehabilitation Team (Band 3)
 - Working in a community setting, supporting the qualified staff members in the rehabilitation treatment of complex stroke patients; as well as being responsible for my own case load and monitoring care programmes. I carried out evidence-based therapy regimes following assessment by the SLT, OT and Physiotherapist. I liaised with the therapy team/MDT including the Nurse and Dietician regarding the care of patient, therapy intervention and patient outcomes with a problem solving and holistic approach. Close working with the voluntary sector was essential to this role.

Qualifications

- **2014** Bachelor of Science (Honours) - Clinical Language Sciences (1st class)
 Leeds Metropolitan

- **2007** Bachelor of Arts (Joint Honours) – English and Photography (2:1)
 University of Sunderland

Further Training Courses

Due to complete 2021:

- **March 2021** Respiratory Muscle Strength Training Workshop (Aspire)
- **May 2021** Learning How to use The Therapy Outcome Measure - (TOMs)
- **TBC Autumn 2021** The Therapy Outcome Measure – Train the Trainers

- **2019/20** MBSimp Online Training (Northern Speech Services)
- **2018** Advanced Dysphagia Course – Videofluoroscopy study day
 (Sheffield Teaching Hospital)
- **2018** Laryngeal Endoscopy in the Assessment & Management of Clinical Voice
 Disorders (University Hospital of South Manchester)
- **2018** LSVT LOUD for LIFE Training Course (LSVT Global)
- **2017** Improving Voice: Management and Therapy for Voice Disorders – Christina

- **2016** Shewell (Imperial College London)
Manual & Postural Therapy for Muscle Misuse Voice Problems – Dr Jacob Leiberman (University Hospital of South Manchester)
- **2016** Exploring Muscle Tension: An experiential Workshop (Trent Voice CEN)
- **2015** Maggie-Lee Huckabee’s Dysphagia Management Course (Freeman Hospital)
- **2014** Post-Basic Dysphagia Course (Manchester Dysphagia Course Ltd)
- **2013** LSVT LOUD Training and Certification Workshop (LSVT Global)
(Certified 2014)

Memberships

- Registered with the Health and Care Professionals Council 2014-present
- Royal College of Speech and Language Therapists member 2010-present
- Parkinson’s UK Membership 2012-present
- Trent Voice CEN Membership 2015-present
- Newcastle Voice CEN Membership 2020-present
- The British Laryngological Association (BLA) Associate Member 2015-19 / 2021-present
- The Medical SLP Collective 2018-present
- MedBridge 2018-present