

Barbara Sharp, Co-opted member



Job Title

First Contact Practitioner, Physiotherapist

Place of work

Isle of Wight

Background

Barbara completed her Diploma in Physiotherapy in Bristol in 1983, an MSc in Health and Rehabilitation at Southampton University in 2008 and an NVQ in teaching adults in 2014.

Having specialised in MSK, she worked in various NHS services, as a civilian physiotherapist for the MoD, as part of a multidisciplinary team in an independent rehabilitation centre and for a short period, her own private practice. The work led to her particular interest in the conservative and holistic management of spinal pain. She became what was then an extended scope practitioner in spinal triage (2002) before moving into chronic pain management. For 6 years, Barbara became more involved in leadership and management, eventually holding a large NHS budget for 140 staff across 2 cities. The work involved service redesign and redevelopment, integrated team working, commissioning and several large projects. In 2007, she successfully facilitated the British Pain Society Pain Management Programme SIG conference, 'Making Waves'. Since then she has spoken at their Annual Scientific conference and been secretary of the SIG committee.

Barbara returned to full time clinical practice when she took the roll of Pain Management lead in Cornwall in 2015. At the same time she was elected by CSP members to be a member of the newly redesigned CSP Council, overseeing and scrutinising the work of our professional body. Something she is immensely humbled by. Moving to the Island 2 years ago to lead and develop the privately contracted NHS MSK Physiotherapy team, Barbara is keen to develop the status of MSK Physiotherapy on the Island and hopes the recent move into an FCP position will facilitate this.

Why I joined the committee

The APPN has provided many of us with excellent clinical and professional leadership since the early days of ESP development. It has supported and facilitated innovation, evidence-based practice and leadership in clinical practice. Members have been willing to give their own time and resources to raise the profile and respect of our profession. If I can help with this work, I would be delighted.
