



Zeba Jabeen

Occupational Therapist Case Manager

Specialisms:

- Neurological Rehabilitation
- Brain Injury
- Functional Neurological Disorder (FND)
- Prolonged Disorders of Consciousness
- Neurocritical Care / ITU Rehabilitation
- Poly Trauma
- Cognitive impairment & Fatigue
- Rehabilitation
Multidisciplinary Case Coordination
- Culturally Responsive Rehabilitation
- Spasticity and Tone Management
- Complex Discharge & Community
- Reintegration

Contact

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Case Studies:

"One of Zeba's recent clients is a young woman who, following a road traffic accident, sustained a brain injury with Functional Neurological Disorder (FND), dissociation and executive dysfunction. She is socially isolated, has lost routine after moving closer to her family, and has low confidence with money, planning, and accessing therapy. Zeba has helped her create a personalised budget plan, provided money management coaching, supported graded exposure to social situations, and built her identity around grooming, values, and routines. She also coordinated person-centred referrals to OT and psychology."

"Zeba worked with a client with limb trauma causing pain, weakness and sensory loss, reducing daily function and leading to distress, low confidence and limited service engagement. She identified needs for pain management, physiotherapy and psychology, coordinated referrals and MDT communication, worked with family and workplace to manage expectations, and introduced routines, pacing and safe movement strategies."

Biography:

Zeba is an experienced Neuro Occupational Therapist with a wealth of knowledge and a passion for delivering rehabilitation. She has a strong commitment to delivering the highest standards of client care, utilising evidence-based practices. She is a strong communicator both independently and within multidisciplinary teams, adapting to each situation accordingly, and is fluent in three languages – English, Punjabi and Urdu. She thrives in diverse environments.

With over 10 years of experience across various statutory and private settings in the community and hospitals, including UCLH - The National Hospital of Neurology and Neurosurgery, Queens Square, London. Zeba is able to commission specialised neurological rehabilitation services within the community, develop personalised care plans and collaborate with healthcare professionals to ensure comprehensive client care. She has a flexible approach and uses creativity to help solve the clients' presenting problems. She has encountered and successfully managed a diverse range of neurological conditions, particularly focusing on severe brain injuries, strokes and other neurological conditions. However, she also has experience of working with clients who have orthopaedic injuries and polytrauma. She primarily works with adults and young people (15+years).

Zeba has published a paper in the International Journal of Migration, Health and Social Care titled "The value and meaning of a community drop-in service for asylum seekers and refugees" and is a contributor to OT News.

In her case management work Zeba draws on her deep clinical insight, strong MDT coordination skills, and unwavering commitment to patient advocacy. She brings a calm, organised, and collaborative approach to complex rehabilitation planning and is passionate about achieving meaningful outcomes for every client.

Hobbies and Interests

Outside of work, Zeba loves exploring new places and immersing herself in different cultures. Whether traveling abroad or spending time by the sea, she finds inspiration and a sense of calm in nature and new experiences. Plus, she is fluent in 3 languages: English, Punjabi and Urdu.

