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Child & Adult Neurological Physiotherapist, Harrogate N Yorks

**WHAT DOESN'T KILL
YOU MAKES YOU
STRONGER.
A DECADE ON**

HELLO MY NAME IS PAM BAGOT I AM

- ◉ A daughter
- ◉ As sister
- ◉ A wife
- ◉ A mother
- ◉ A neurological physiotherapist

- ◉ I am a stroke survivor

WHAT DOES NOT KILL YOU MAKE YOU STRONGER - A DECADE ON!

- ◉ Exactly 10 years ago
- ◉ Lying in a CT scanner
- ◉ Told I had a Saggital Sinus Thrombosis
- ◉ Tears rolling down my face
- ◉ I am a neuro PT and not even heard of it so knew it was rare

IT'S A DVT IN THE BRAIN, A RARE TYPE OF STROKE

That explained my

- Excruciating headache----→ pulling my hair
- Compromised vision
- Neck stiffness
- At times semi - conscious at times
- Photophobia
- Papilloedema

QUESTIONS???????

- Why me
- Will I die
- Will I have another stroke
- Will I be able to be the mother I want to be for my children?
- Will I manage to work again?

SYMPTOMS

- ◉ 3 days before saw GP with Headache UTI??
- ◉ Same night went to A & E via GP out of hrs, projectile vomiting at this point
- ◉ Told here I was an anxious and it was a tension headache → Sent home
- ◉ Then 2 days later went back to A&E as so unwell

- ◉ I was admitted and my consultant /colleague sent me for a scan

LIVING NIGHTMARE

- ⦿ After scan came back and told family , husband said “I thought the scan was on your tummy”
- ⦿ This seemed reasonable after all it had only been 2 weeks since I gave birth to our baby girl.
- ⦿ I knew scan was on head but as a PT did not want to ask what my colleague was looking for
- ⦿ For me, for my family. My hubby now had our 2 week old baby to care

“LIFE AS AN INMATE”

- ◉ Interruptions
- ◉ Not asking too many questions re diagnosis
- ◉ “too dangerous to go home”.
- ◉ MRI - hannibal
- ◉ Visual disturbances
- ◉ Eye clinics
- ◉ “Pulling my hair out”
- ◉ Too many visitors!

LIFE AS AN IN-PATIENT

- ◉ Toilets and showers - aaagghh!
- ◉ Woken to be given sleeping tablet
- ◉ Lights on at night
- ◉ Patient line switching on
- ◉ Food good!
- ◉ On 4 different wards in the hospital where I worked
- ◉ Staff thinking you are not really sick
- ◉ Exposed, lack of privacy
- ◉ Institutionalised

5 WEEKS IN/OUT HOSPITAL

- ⦿ Torture of being separated from my baby each night
- ⦿ “let out for an hour” to take and pick up & drop off son on his 1st ever day of school”
- ⦿ Remember being told “when you have a life threatening blood clot” feeling like I had being run over by a bus

WORST DAYS

- ⦿ 2 days in Leeds → lonely
- ⦿ Did not see baby
- ⦿ Had lumbar puncture which then caused a low pressure headache, MY BP was in my boots 70/50
- ⦿ Low pressure headache as painful as a high pressure headache

HOME AGAIN

- ◉ HUGE support from family and friends
- ◉ Coping with a new baby and a 4 yr old
- ◉ Feeling unwell and having to do school run!
- ◉ Having to tell everyone
- ◉ Constant phone calls/appointments

GETTING BETTER?

Blood thinning injections 50 dots in my flabby post pregnancy belly

Warfarin 4 months and so lots of trips to the clinic for my baby and I

Total of 88 appointments →exhausting

Began to have a real maternity leave?

I'D CHANGED FOREVER

- ◉ Developed migraines vestibular
- ◉ Poor memory
- ◉ High level balance loss
- ◉ Visual disturbances eg ground moves and difficulty turning head to cross road when running
- ◉ Long term medications
- ◉ Post traumatic stress / anxiety / depression
- ◉ Loss of confidence self-esteem

RICHARD HAMMOND

Front of T shirt

“Yes I am ok now thanks for asking”

Back

“I am still not right yet, i.e. I am still poorly”

Richard Hammond talking to Sir Stirling Moss

SELF TREATMENT

- ◉ Accessed talking therapies as tend to not say to family as they worry
- ◉ Went on training course for physiotherapists and found that there was lots of soft neurological signs that I then treated with help of a colleague.
- ◉ Did realise that had sensitivity to aspartame
- ◉ Cranial osteopathy
- ◉ Strategies for my memory issues

TEACHING

- Colleagues what Saggital Sinus thrombosis is
- Appreciate the horror of being an in-patient
- Colleague to explore the impact on patients with young children ie that we were as a team sensitive to these issues
- The pain of high and low pressure headaches

DEVELOPED SKILLS

- ⦿ Through own self discovery
- ⦿ Progress those high level patients who were “not quite right”
- ⦿ New assessment and treatment skills
- ⦿ Connect with patients
- ⦿ Listen to patients
- ⦿ Not to be ashamed of being a stroke survivor

GOT MY MOJO BACK

- ◉ Took 7 years
- ◉ My boss asked ?? Full time
- ◉ No !!! Passion is treating patients and teaching

- ◉ Decided to start private work
- ◉ Taught PNF over 250 physio's
- ◉ New workshop over 30 OT /PT
- ◉ Writing 2 more workshops

NOW

- ⊙ Treasure my family and friends!!!!!!!!!!!!
- ⊙ Try to
 - listen not judge,
 - Not intrude
 - Include rather be isolated
 - understand and acknowledge rather than “the patient is odd”
 - Take note of the “walking wounded”
 - Hopefully a better physiotherapist

P**T****P**
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**“If you have not experienced it,
you don’t really understand it”**

“I love my Life”