

Dr Sarah Smailes PhD, BSc (Hons), MCSP, SRP

Dr Sarah Smailes is a Physiotherapy Consultant at the St Andrew's Centre for Plastic Surgery and Burns and Specialist Lecturer at Anglia Ruskin University, Chelmsford, United Kingdom. Sarah has 25 years of experience of treating patients with burns, and teaching on all aspects of the Therapy management of burns during all stages of the patient's journey.

Sarah's area of interest is burn critical care and she manages respiratory and rehabilitation therapy input into the Intensive Care and High Dependency Units of the Regional Burn Centre. She completed her PhD in 2010 to evaluate the spontaneous breathing trial in burn patients and to develop an extubation readiness assessment tool for use with burn ICU patients. Sarah has also assisted with the development of, and she runs a prospective outcome monitoring system for burn patients using Cumulative Sum Analysis (CUSUM). Following on from this she developed the Functional Assessment for Burns (FAB) score to measure the physical functional independence of patients and she has conducted a multi-centre trial to validate the FAB score in different burn care settings. Sarah has presented and published extensively on her work with burn patients.

Sarah has an extensive clinical and teaching role outside of the burns world as she is one of the Tracheostomy leads for Broomfield Hospital, leading the tracheostomy management for Head and Neck cancer patients. She undertakes tracheostomy teaching programmes in University and clinical settings to increase patient safety and improve artificial airway management. Within the burns world she has published on tracheostomy techniques and timing in burn patients.

Sarah was lead therapist for the Burns Therapist Interest Group (2000- 2002) and has held advisory roles for many different committees allied to the British Burn Association. She is also a member of the rehabilitation committee for the International Society for Burns Injuries (ISBI).

Sarah has undertaken voluntary work in Nigeria and Zambia to share burns knowledge and skills with therapists, doctors, nurses and nutritionists in those countries. She is planning to continue this work at the University Teaching Hospital, Lusaka, Zambia each year with the Out to Africa charity.