Claudia Posso

Physiotherapist



Types of Reports Undertaken: Quantum Physiotherapy Reports
Locations Covered: Great Britain
Client Age Categories: Children, Young People and Adults

Specialisms:

- Respiratory
- Complex Needs
- Cerebral Palsy
- Neuromuscular Disease
- Bronchiectasis
- Tracheostomy & Long-Term Ventilation

Profile:

Claudia is a specialist respiratory physiotherapist with over 25 years' clinical experience across the NHS and private practice, treating both children and adults. She is the founder of Respiratory Physios Limited (established December 2019), an independent practice providing home-based respiratory physiotherapy for paediatric and adult patients with complex needs, recurrent lower respiratory tract infections, including those with tracheostomies and long-term ventilation. Her work focuses on optimising airway clearance, preventing infection, and reducing A&E attendances and unplanned hospital admissions.

From 2017 to 2022 Claudia was a Lead of the Paediatric Respiratory Physiotherapist with the Children's Community Respiratory Physiotherapy Service at the Royal London Hospital, where she managed exacerbations, supported A&E and admission avoidance, and supervised Band 6 staff. Between 2008 and 2017 she worked as a Band 7 respiratory physiotherapist for Imperial College Healthcare NHS Trust and Central London Community Healthcare. In these roles she ran pulmonary rehabilitation programmes and outpatient airway clearance clinic, performed spirometry for the diagnosis of COPD, and provided long-term and ambulatory oxygen assessment and review for people with COPD, asthma, interstitial lung disease and non-CF bronchiectasis.

Her acute experience includes the Paediatric Critical Care Unit at Alder Hey Children's Hospital (2005 to 2008), where she was responsible for physiotherapy service delivery to the PCCU, HDU and Neurosurgical HDU and for on-call competency of staff, and an inpatient rotation at the Whittington Hospital (2003 to 2005) covering adult neurology, respiratory and intensive care, and paediatric respiratory care including HDU. She began her career in private practice in Colombia in 1998, treating adults and children with musculoskeletal, neurological and respiratory conditions.

Claudia holds an MSc in Advanced Physiotherapy from University College London, which included a clinical placement at Great Ormond Street Hospital. She has an extensive teaching background, delivering training to care agencies, multidisciplinary teams and physiotherapy colleagues, and keeps her practice up to date through ongoing training in tracheostomy management, mechanical insufflation-exsufflation, nebulisation, safeguarding and paediatric respiratory care.

My Specialist Skills Include:

- Paediatric and adult respiratory assessment and management
- Airway clearance, including autogenic drainage, high frequency chest wall oscillation and mechanical insufflation-exsufflation (cough assist)
- Tracheostomy and long-term ventilation management
- Respiratory care for children and adults with cerebral palsy and complex needs, and neuromuscular disease
- High-flow nasal oxygen and weaning
- Prevention of respiratory deterioration, A&E and admission avoidance
- Primary ciliary dyskinesia and non-CF bronchiectasis
- Pulmonary rehabilitation and chronic disease management (COPD, asthma, interstitial lung disease)
- Training of care agencies, and delegation of nursing tasks to non-qualified staff

Qualifications and Memberships:

- MSc Advanced Physiotherapy, University College London (2016 to 2018, graduated 2019)
- BSc Physiotherapy, Manizales Autonoma University, Colombia (1993 to 1998)
- Institute of Leadership and Management (ILM) Level 3 (2019)
- Tracheostomy Foundation Course (2020)
- HCPC registration number PH63828
- CSP registration number 064256
- Physio First registration number 12795
- ACPRC
- APCP