



Professional Experience

Karen is a clinical specialist occupational therapist with 18 years of broad experience, including extensive clinical leadership. During her career, Karen has worked across multiple settings, including neurological rehabilitation, orthopaedics, elderly care, chronic disease management and vocational rehabilitation. Since 2012, she has specialised in respiratory care, managing the treatment of complex clients with chronic lung disease in acute and community settings. This highly specialist role involves treating clients' psychological and physical symptoms, and working with the emotional impact of injury and disease on clients' ability to progress and optimise their function. Karen has completed extensive training in Bobath neurological approaches, assistive equipment, specialist seating, respiratory medicine, vocational rehabilitation and psychotherapeutic approaches. Karen also has experience of case management.

Karen is an experienced Expert Witness and is fully trained in Civil Procedure Rules, including relevant revisions as they arise. She is adept in conducting rigorous assessments and providing insightful and impartial reports on individuals with a comprehensive range of neurological, respiratory, general medical, palliative and orthopaedic injuries. She also has significant experience providing Loss of Services reports.

Specialisms

- Brain Injury
- Neurological Conditions
- Orthopaedics
- Elderly Care
- Chronic Disease
- Respiratory Care
- Vocational Rehabilitation
- Oncology and Palliative Care
- Stroke
- Heart Failure
- Loss of Services

Qualifications

- Postgraduate Diploma in Occupational Therapy
- BA (Hons) Spanish
- Postgraduate Modules in Bobath
- MBBA Buteyko Breathing teacher
- CPCAB Level 2 and 3 Counselling

Career History

Respiratory Clinical Specialist
Royal Surrey County Hospital
Virgin Care, Surrey

2019 – Present
2012 – 2019

- Established the occupational therapy service within a consultant-led integrated care team.
- Manages a complex caseload of respiratory patients within community and acute settings.
- Supervises qualified occupational therapists and physiotherapists, undertakes teaching to junior doctors locally and occupational therapists nationally through the RCOT and at Sussex Community NHS Foundation Trust.
- Undertakes joint working with statutory and non-statutory services, makes recommendations for care packages highlighting any changes in need, and provides education and training to family members and carers to enhance client outcomes.
- In 2018, Karen served as a research facilitator on the TANDEM clinical research trial at Queen Mary University of London and managed a pilot project for the health application, myCOPD.
- From 2023, Karen is a member of the advisory group for NIHR study on COPD and Assistive Technology.



Career History Continued

Senior Occupational Therapist Milford Hospital

2011 - 2012

- Provided cognitive and physical rehabilitation and managed complex discharges for clients with multi-pathology, including heart failure, cancer, stroke and rheumatic conditions. She supervised qualified therapists and rehabilitation assistants. Karen prescribed equipment and advised on care packages.

Specialist Practitioner (Vocational Rehabilitation) Central London Community Healthcare NHS Trust (CLCH)

2008 - 2011

- Managed a caseload of adults with traumatic brain injury and degenerative neurological conditions, and provided bespoke vocational rehabilitation on a one-to-one basis.
- Designed rehabilitation programme for clients with physical, cognitive and psychological difficulties, conducting worksite assessments, managing graded return-to-work, and conducting equipment needs assessments.
- Developed the service via implementing standardised assessments and outcome measures.
- Provided education to the multi-disciplinary team and to speech & language therapists nationally through her role in the assistive communication service.
- Joint working with speech and language therapists to assess and support patients to achieve optimal independence through provision of augmentative and alternative communication aids.

Senior Occupational Therapist Farm Lane Rehabilitation Unit, CLCH

2007 - 2008

Occupational Therapist (Acute Respiratory, Neurological Rehabilitation & Acute Stroke Unit) Ashford & St Peter's Hospitals

2005 - 2007

Memberships

- Health & Care Professions Council
- RCOT Specialist Section Major Health Conditions
- British Association of Occupational Therapists
- Buteyko Breathing Association

Ages Covered

- Adults

Additional Languages

- Fluent Spanish