



Professional Experience

Karen is a clinical specialist occupational therapist with 17 years of broad experience, including extensive clinical leadership. Karen has worked across 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. Karen has completed extensive training in Bobath neurological approaches, specialist seating, respiratory medicine, vocational rehabilitation and psychotherapeutic approaches.

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 and orthopaedic injuries. She also has significant experience providing Loss of Services reports.

Specialisms

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

Qualifications

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

Career History

Respiratory Clinical Specialist Royal Surrey County Hospital

2012 - Present

- Established and manage the occupational therapy service within a consultant-led integrated care team.
- Manage a complex caseload of respiratory patients within community and acute settings
- Supervise qualified occupational therapist and physiotherapist, undertake teaching to junior doctors locally and occupational therapists nationally through the RCOT.
- 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, in Surrey Heath.

Senior Occupational Therapist Milford Hospital

2011 - 2012

- Provided cognitive and physical rehabilitation and managed complex discharges for clients with complex multi-pathology, including heart failure, cancer, stroke and rheumatic conditions and supervised junior qualified therapists and rehabilitation assistants.



Career History Continued

Specialist Practitioner (Vocational Rehabilitation)

Central London Community Healthcare NHS Trust (CLCH)

2008 - 2011

- Managed a caseload of adult traumatic brain injury patients and provided bespoke vocational rehabilitation on 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 nationwide through her role in the assistive communication service.
- Joint working with speech and language therapists to assess and support patients to achieve optimal independence via managing the provision of 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