

Portia Bigger

Expert Witness

Nurse

London



Professional Background

Portia Bigger is a Registered Nurse with over thirteen years of clinical experience across intensive care, acute hospital services, community nursing and NHS Continuing Healthcare. Her practice has centred on the assessment and management of adults with complex health needs, requiring comprehensive clinical assessment, multidisciplinary coordination and long-term care planning. She has extensive experience supporting individuals with acquired brain injury, stroke, spinal injuries, neurological disorders, progressive long-term conditions, frailty, end-of-life care and complex physical disabilities, ensuring care is evidence-based, person-centred and aligned with the National Framework for NHS Continuing Healthcare.

Portia has managed a broad range of complex clinical presentations involving adults aged eighteen years and over, with particular expertise in Continuing Healthcare assessments and care planning. Her caseload has included individuals with Alzheimer's disease and other dementias, Parkinson's disease, multiple sclerosis, motor neurone disease, stroke, acquired brain injury, epilepsy and respiratory conditions, alongside patients with significant physical disability, complex nursing needs and palliative care requirements. She also has extensive experience supporting individuals with co-existing mental health conditions, including depression, anxiety, schizophrenia, bipolar disorder, personality disorders and cognitive impairment, where complex physical and psychological needs require integrated assessment and multidisciplinary decision-making.

Throughout her career, Portia has coordinated multidisciplinary teams involving consultants, general practitioners, community nurses, therapists, social workers, mental health professionals, discharge coordinators and care providers. Her work includes comprehensive clinical assessment, eligibility assessment for NHS Continuing Healthcare, complex discharge planning, commissioning and review of packages of care, and ongoing evaluation of rehabilitation and care needs. She has significant experience balancing clinical evidence, functional ability, risk management and patient-centred outcomes when making recommendations regarding long-term care provision and funding.

Portia has worked across a wide range of healthcare settings, including acute hospitals, intensive care units, intravenous therapy services, community nursing, secure healthcare environments and NHS Continuing Healthcare services. Her clinical background provides a detailed understanding of complex health needs across acute, rehabilitation and long-term care pathways, with extensive experience supporting individuals with multiple long-term conditions and coordinating services across health and social care.

She maintains her clinical expertise through continuing professional development, regular reflective practice and ongoing training aligned with national guidance and developments within NHS Continuing Healthcare. Her professional development includes safeguarding, information governance, infection prevention and control, resuscitation training and specialist education relating to Continuing Healthcare eligibility, discharge planning and complex case management. She is registered with the Nursing and Midwifery Council.

Portia is fully trained in the Civil Procedure Rules, including relevant revisions as they arise.



Specialisms

- NHS Continuing Healthcare (CHC) assessments
- Complex care needs assessment
- Acquired brain injury
- Stroke
- Spinal injury
- Dementia and Alzheimer's disease
- Parkinson's disease
- Multiple sclerosis (MS)
- Motor neurone disease (MND)
- Epilepsy
- Frailty and older adults
- End-of-life and palliative care
- Respiratory conditions
- Complex discharge planning
- Care package commissioning and review
- Multidisciplinary care coordination
- Complex physical disability
- Mental health and cognitive impairment

Age group

- Adults

Career history

- Senior Practitioner Interim CHC Specialist Practitioner June 2021 – Present
D2A and Fast Track, NHS
 - In this role, Portia supports patients, their carers and representatives by providing clear guidance on Continuing Healthcare (CHC) policy and procedures. She leads complex discharge planning, working closely with ward staff and multidisciplinary teams across hospital sites to support timely discharge. She organises placements for individuals requiring complex or end-of-life care, facilitating safe transitions between hospital and community settings. Her duties include investigating eligibility for NHS Continuing Healthcare, particularly in disputed or complex cases. As Duty Clinician, she maintains accurate data records and commissions safe, sustainable care packages tailored to assessed needs.
- Band 6 Interim CHC Specialist Practitioner December 2020 – June 2021
NHS
 - During this period, Portia was responsible for conducting assessments for Continuing Healthcare funding, using Microsoft Teams and telephone consultations to support accessibility. She worked collaboratively with Social Services to facilitate assessments for vulnerable adults. Her responsibilities included completing Personalised Care documents, prescriptions, Checklists, FNC Reviews and Fast Track Reviews. Her caseload often involved complex cases requiring safety checks and completion of Decision Support Tools within mandated 7-day and 28-day timelines.
- Bank Nurse, Transcare - B Braun (Home IV Therapy) January 2020 – December 2022
 - As a Bank Nurse, Portia provided home-based intravenous antibiotics, IVIGs and nutritional therapy for chronically and critically ill patients. She trained patients and carers in the administration of parenteral nutrition and the use of infusion devices, supporting independence with ongoing treatment and care.
- Nurse Adviser, IQVIA March 2020 – December 2020
 - In this role, Portia adhered to the NMC Code, ABPI Guidelines, GDPR and relevant confidentiality requirements. She implemented programme Standard Operating Procedures, maintained accurate patient records and reported adverse events as required.





Career history

- Independent CHC Specialist Practitioner
Various CCGs February 2019 – March 2020
- CHC Specialist Practitioner
Wiltshire CCG February 2018 – February 2019
- Clinical Advisor
Derbyshire Health United January 2017 – December 2017
- Practice Nurse
Whatton Prison January 2016 – January 2017
- Registered Nurse
Locum ITU Nurse April 2014 – January 2016
- Registered Nurse
Chesterfield Royal Hospital & Oxford University Hospital Trust July 2012 – April 2014

Qualification

BSc Nursing (Adult), Oxford Brookes University — September 2009 – July 2012

Professional Memberships

- NMC registered

