

Catherine Cottle

Professional Qualification

BSc Hons Occupational Therapy; University of East Anglia, 1998

Professional Memberships

British Association of Occupational Therapists
BABICM
HCPC
CMSUK

Membership number

BT0215151
2207
OT30539
15-1462-A

Location

Midlands. Catherine is based in Birmingham and has a 2 hour capture area

Clinical Skills and Expertise

Catherine has excellent communication and interpersonal skills: written (reports, clinical notes, audit) and verbal (client interactions, breaking bad news well, managing a team, delivering training) she is organized, able to prioritise issues and manage her time well.

Catherine has vast experience of working closely with the MDT to set goals and carry out rehabilitation programs and has undertaken AMPS training (Assessment of Motor and Process Skills). As an occupational therapist she is adept at managing a highly complex caseload of neurological patients, including TBI alongside discharge coordinating and managing transition from inpatient environment to home/community setting, which is transferrable into the field of case management. She has had responsibility for initiating and carrying out service developments and projects (re-designing documentation, audits, writing reports, operating policies & procedures), and writing and delivering training for staff. And is knowledgeable in the field of anxiety management. Catherine has experience in all of the following areas:

- **Neurology**
- **Brain Injury**
- **Spinal Injury**
- **Orthopaedics**
- **Social services**
- **Elderly care**
- **Intermediate care**

Key Case management skills:

- Effective at quick rapport building with a variety of socio-economic, ethnic and clinical populations
- Analytical and perceptive
- Robust understanding of Mental Capacity Act (2005) and its implications, including for the TBI population

- Confident and skilled at facilitating informal and formal meetings/case conferences
- Using evidence based practice to underpin case management goals and as a focal lead in goal planning.
- Proactive in tackling difficult behaviours, challenging and motivating clients through excellent communication skills and vast experience.
- Providing recommendations that consider clinical reasoning off set by proportionality.

Personal Profile

Catherine is a highly skilled Occupational Therapist, with experience spanning both the NHS and private sector. Catherine's abilities are underpinned by a broad foundation of diverse clinical experience. Catherine has previous roles as a therapist and team leader characterized by a calm nature and organized approach, appreciated by service users and colleagues alike. Catherine is highly self-aware and motivated to achieve high standards in all aspects of professional duties. Catherine is perceptive and sensitive to patients' and families' needs alike, thus making her a strong advocate in a Case Management role. She has a strong ethos of holistic & client-centered practice, and seeks to facilitate clients achieving their desired goals wherever possible.

Professional Work Summary:

February 2015 – present

Unite Professionals Ltd-
Case Manager

February 2014 – Feb 2015

Krysalis Consultancy
Independent Occupational Therapist

January 2010- July 2013

Birmingham Community Healthcare trust
Clinical Specialist Occupational Therapist

April 2005 – December 2009

Heart of Birmingham PCT
Senior Occupational Therapist

Continued Professional Development:

AMPS trained (Assessment of Motor and Process Skills)

College of OT Annual Conference

Various seminars, talks & lectures at the OT Show and Naidex Exhibitions

Assessment and treatment of perceptual and cognitive dysfunction

Physical rehabilitation of neurological disorders