

## 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 SMART goals and carry out rehabilitation programs, across both statutory and private sectors. As an experienced case manager, she is adept at managing a highly complex caseload of clients with varying needs.

Catherine has experience in all of the following areas:

- **Neurology**
- **Brain Injury**
- **Spinal Injury**
- **Orthopaedics**
- **Elderly care**
- **Amputee rehab**

### 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 Case Manager, 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. Catherine has successfully provided mentorship for other case managers within the company, who have valued her excellent communication and analytical skills.

### 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:

June 2019 – BABICM annual conference

June 2019 – Dorset Orthopaedic Annual conference – advances in prosthetics and amputee rehabilitation

November 2018 – BABICM study day regarding the management of co-existing mental health and TBI diagnoses

February 2018 – Leigh Day Conference – ‘Out of Focus’: sensory issues following TBI

2017 Headwise Annual conference

October 2017 – Mild TBI course, London