Karen Whittaker - CV
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I am a registered nurse with 9 years experience working with children and adults.
As an experienced practitioner, I am able to work effectively with children and adults and their families. I have worked with clients with acquired brain injury and complex health needs resulting from birth injury or accident, and also have experience working with clients with amputations. I am skilled in the management of clients with orthopaedic injuries.
I am experienced in managing multi-disciplinary teams and create thorough, holistic care plans based on detailed assessment. I advocate effectively for clients and their families, offering tailored support throughout all stages of their rehabilitation, taking into account their social and educational needs in order to improve their quality of life. I implement SMART goals to ensure timely, effective and cost efficient rehabilitation programmes ensuring optimal outcomes are achieved.
I recognise the importance of supporting the whole family in order to ensure their active participation in the rehabilitation process.
I am a skilled communicator and strive to ensure that each client remains at the centre of the rehabilitation process.

Employment History

Current - Total Case Management Limited, Frodsham, Cheshire January 2026 –
Initial and on-going assessments of clients to ensure their progress and rehabilitation are optimized.
Writing reports to a high standard, giving concise details about clients' complex needs.
Dealing with challenging behaviours and reacting promptly to difficult situations, whilst always ensuring the client's best interests are maintained.
Working alongside the multi-disciplinary team to ensure the highest standard and skilled professionals are involved in the clients' rehabilitation.
Recruitment and management of support workers; monitoring their work to ensure the highest standards of care are being given.
Prepping, chairing and minuting team meetings.
Creating costing reports.
Completing training courses to ensure my practice is up-to-date and of the highest standard.
Completion of support plans, risk assessments, care plans and Case Management plans, amongst many other documents with the goal of promoting independence, quality of life and safety.

N-Able Services-Birkenhead, Merseyside September 2021 to January 2026
In this role, I was in charge of my own caseload of clients with a range of needs including traumatic brain injury, acquired brain injury and birth injury. I was responsible for the recruitment and continuous regular supervision of support workers for each client. My role involved writing risk assessments and care plans for clients. Setting up rehabilitation teams around each client and facilitating regular MDT meetings. Supporting clients ensuring prompt and accurate documentation was completed and to implement, evaluate and oversee the rehabilitation process.

Family Support Worker
Togetherness for Families LTD-Liverpool, Merseyside February 2024 to Present
Outreach work within the community to support children, young people and families. Providing guidance and following all care plans that are in place. Working with children age 0-18 years across the

North West region. Working within their own homes and also in the community. Supporting young people to appointments and giving them tools to enable them to work towards independence.

Staff Nurse Band 5 Warrington and Halton Hospitals NHS Foundation Trust-Warrington February 2020 to September 2021
Daily care of medical and surgical patients with a range of conditions. Administering medications, care of IV lines, link nurse for learning disabilities, running the assessment unit independently on some shifts, also attended a course to enable me to be the assessor for student nurses. Was able to work independently or as part of a team. Compounded a wide range of clinical skills both medically and surgically, wound care and dressings. Gained experience with patients with mental health conditions. This role enabled me to broaden my knowledge and gain more skills alongside my vast surgical nursing skills. Also became more competent at documentation, and liaising with other members of the MDT on a daily basis. Building up a professional relationship with colleagues, patients and families.

Staff Nurse Band 5 Alder Hey Children's NHS Foundation Trust-Liverpool, Merseyside September 2017 to February 2020
Worked on a specialist surgical ward, caring for patients pre and post operatively with a range of conditions and surgical need. Administered IV fluids, TPN, IV and oral medications, opioids via PCA and NCA. Provided suction, tracheostomy care, stoma care, gastrostomy feeds, NG feeds, care of lines including cannula, long line and broviac line. Obtaining bloods from patients. Carrying out observations and input/output. Supervising student nurses.

Ofsted Registered Childminder Own company-Widnes, Cheshire February 2008 to September 2014
Sole care of children ages 0-11 years. Daily activities provided including visits within the local community. Followed early years curriculum, planning and assessment. Completed all relevant documentation and accounts.

Education
Nursing (Children's) (Bachelor's degree) Edge Hill University, Ormskirk, Lancashire September 2014 to July 2017

Skills
Case Management
RN
Management
Documentation

Professional Registrations
NMC (Nursing and Midwifery Council)
RCN (Royal College of Nursing)
BABICM (British Association of Brain Injury and Complex Case Management)
IRCM (Institute of Registered Case Managers)