

## Cara Watson, Registered Nurse

Cara Watson is a Registered General Nurse with extensive clinical experience.

Professional qualification was obtained in 1994 following training at Lincoln County Hospital. Since qualifying Cara has gained in-depth experience of working with acutely ill adults who have complex medical problems. Cara has worked both in the UK and Germany.

After qualifying Cara worked for the NHS as a High Dependency Nurse within the University Hospital of Wales in Cardiff. As a newly qualified nurse Cara developed skills caring for level 2 patients within an acute setting.

Following this initial period of employment Cara relocated to Germany where she worked in General Practice for several years employed by the Ministry of Defence as a practice nurse. This trusted role working with the British military allowed broadening of her nursing skills through exposure to a variety of complex clinical and social cases.

On return to the UK in 1999 Cara gained employment as a staff nurse in the critical care unit of the local hospital in Bridgend. Appointment to this position allowed Cara to pursue her preferred clinical specialism.

Further study in addition to this primary role saw her achieve the WNB 100 General Intensive Care certificate in 2000 and the Teaching and Assessing in Clinical Practice certificate in 2001. Cara subsequently provided specialist teaching sessions on behalf of the University of Wales for those undertaking a diploma in nursing.

Following a move to the Critical Care Unit of Northampton General Hospital in 2002 Cara further developed her clinical and managerial skills leading to her appointment as a band 6 junior sister in 2004. Recognition in this role afforded Cara the opportunity to be part of the unit's outreach team providing additional care to acutely ill patients outside of the normal intensive care environment. Cara's current NHS role includes the planning and delivery of specialised individual patient care in both routine and emergency situations. Cara is also heavily involved with the identification and implementation of staff development programmes.

In summary Cara is an accomplished RGN with extensive clinical skills gained during her nursing career to date. Vastly experienced in the care of individuals requiring long and short term invasive and non invasive ventilation.



Cara is committed to improving an individual's quality of life through professional and timely application of evidence based practice and clinical audit.

Cara joined the team at Bush & Company in 2008 combining her work as a critical care nurse with the undertaking of immediate needs assessments under the 2007 Rehabilitation Code.



Bush & Company Rehabilitation Limited registered in England and Wales.  
Company Registration Number 7180464. Directors Paul Bush MBE MBAE, Rachel Bush RGN, Sally Bush J.P., Karen Burgin RGN. Details of associates together with C.V.s can be found on our website.

**Registered Office**

March House, Long March, Daventry, Northants NN11 4NR  
Tel 01327 876210 | Fax 01327 872559 | DX 155100 DAVENTRY 4

[www.bushco.co.uk](http://www.bushco.co.uk)