



Lynne Runaghan

Occupational Health

Expert Witness



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Occupational Health Specialist Nurse
Specialist community Public Health Nurse (OH)

General Background

Highly adaptable passionate professional with 19 years of extensive outstanding experience within the occupational health sector, recognised for exceptional performance and consistently delivering first-class results with a passion for quality and dedication.

Lynne Runaghan qualified as a nurse in 1989 and has developed a specialist career in Occupational Health since 2005 having held senior clinical and leadership roles across a variety of sectors, including manufacturing and public health, with expertise in clinical governance, complex case management, and workplace health risk assessments. Lynne has led national occupational health services, contributed to SEQOHS (Safe Effective Quality Occupational Health Service) and ISO accreditation processes, and led on policy development and service delivery improvements. Her practice includes advising on fitness for work, workplace adjustments, health surveillance, and mental health support.

Professional Qualifications

- **Master of Science: Workplace Health & Wellbeing**, Nottingham University Academy of Science & Technology
- **Bachelor of Science: Occupational Health SCPHN**, University of the West of Scotland Paisley, RFW
- **Diploma English Law Open** University
- **Diploma Psychology** Centre of excellence

Skills Offered

Complex case Management • Fitness for work • Spirometry • DSE workstation assessments Musculoskeletal issues • DSE workstation assessments • Health assessments • surveillance programmes • fitness for work medicals • immunisations • vaccinations • mental health (from OH perspective) • health education • nursing mentorship & assessment • problem solving • Staff motivation • Coaching • Project leadership • and staff motivation • decision making • deadline orientated

Work History

Clinical Governance Lead	Valentine Occupational Health	10/2024-02/2025
Responsibilities: Governance & Compliance: Leadership, policy control, accreditation, and complaint management. Workforce & Case Oversight: Fitness-for-work assessments, client queries, complex case handling, and adjustments. Health Surveillance: Screening and query management.		
Occupational Health Service Delivery Manager	JLR	10/2017-09/2024
Governance & Leadership: Accreditation, contracts, case management, and oversight. Workforce & Compliance: Fitness-for-work, health surveillance, and GDPR adherence. Clinical & Policy: Nursing management, recruitment, mentoring, and audits. Strategic Development: Operational improvements and engagement.		
Regional Nurse	Manager Team Prevent UK	12/2010-09/2017
Case & Workforce Oversight: Complex cases, fitness assessments & reviews. Clinical Leadership: Surveillance, safeguarding, and development. Operations Management: Contracts, SLAs, and service delivery.		
Senior Workplace Health Advisor	JLR	01/2008-11/2010
Case & Workforce Oversight: Complex cases, absence management, fitness assessments, and conferences. Leadership & Compliance: Team management, recruitment, performance monitoring, audits, and policy reviews. Health & Wellbeing: Health surveillance, flu clinics, wellbeing initiatives, and safety meetings.		
Workplace Health Advisor	JLR	06/2006-12/200
Case & Health Oversight: Case management, fitness assessments, health surveillance, medicals, absence support, and travel clinics.		
Department Health Advisor	JLR	02/2006-05/2006
Health & Workplace Support: Treatment, accident management, fitness assessments, surveillance, wellbeing events, and travel clinics.		
Recruitment Specialist Nurse	British Nursing Agency	01/2005-01/2006
Health & DBS checks, fitness clearance, and worker-client placements.		

Recruitment Consultant Nurse	Top Care UK Ltd	06/2004-08/2004
New Starter Compliance: Health & DBS checks, fitness clearance, file maintenance, and worker placements.		
Registered Nurse	BNA	10/2003-06/2004
Community care support: homecare (complex care needs), nursing homes.		
Nurse Advisor	Allied Healthcare	01/2004-04/2004
New Starter Screening & Compliance: Health & DBS checks, fitness clearance, staff quality maintenance, and client care plan monitoring with risk assessments.		
Unit Manager RGN	Longueville Court	04/2002 - 10/2003
Elderly Mental Health Management: Leadership, operations, training, and policy/clinical oversight. Client Care & Compliance: Planning, medication, dietary provisions, and equipment procurement.		
Agency Nurse	BNA Peterborough	01/1996-10/2003
Healthcare Placements: Community and hospital settings across general, orthopaedic, surgical, medical, elderly care, mental health, and A&E.		
Night Manager General & EMI	The Gables N/H	03/2000-04/2002
Elderly Mental Health Management: Leadership, team development, policy compliance, and clinical oversight. Care & Operations: Record maintenance, care planning, medication, dietary provisions, NG tube support, wellbeing activities, equipment, and scheduling.		
RGN General	Manor House N/H	08/1999-04/2000
Head of Care	Manor House N/H	02/1999-07/1999
Business & Operations: Investigated concerns, managed projects, led teams, and ensured workplace safety. Finance & Strategy: Oversaw budgets, optimized operations, and executed sales strategies. Client & Conflict Resolution: Managed customer accounts, resolved queries, and handled complaints effectively.		
Agency RGN	Frasers Nursing Agency	10/199-07/1999
Healthcare Expertise: Community, hospital, and private care spanning A&E, mental health, general treatment, surgery, orthopaedics, and addiction services.		
Registered General Nurse	The Gables (EMI)	09/1996-02/1999
Matron/Deputy Matron RGN	Hallcroft N/H	04/1993-09/1996
Agency RGN	Contract Care Agency	04/1992-09/1996
Nursing Sister RGN	Springfield N/H	06/1992-06/1993
Agency RGN	BUPA Nursing	01/1992-12/1992
Assistant Matron RGN	Arden Lea N/H	06/1991-04/1992
Deputy Matron RGN	Kirk Hallam N/H	12/1990-06/1991
Night Sister	Victoria Park N/H	09/1990-12/1990
ROYAL NAVY		
Junior/Snr Staff Nurse	RNH Stonehouse Orthopaedic & general surgery	03/1989-09/1989
Student Nurse	RNH Haslar & Portsmouth District School of Nursing	01/1986 03/1989
Probationary student	HMS Raleigh	11/1985-01/1986

Memberships

- Association of Occupational Health & Wellbeing Practitioners (iOH)
- Faculty of Occupational Health Nurses (FOHN)

Training

2024	Spirometry refresher (AMPLIVOX)
	Immunisation refresher training (FLU/COVID/MMR)
	Audiometry refresher AMPLIVOX)
	Reimagine modern leadership
	GDPR champion refresher
2023	Basic Life Support refresher
2021	Business Etiquette learning: conduct, attitude, appearance, email communication
	Covid-19: Tackling the novel coronavirus: Future Learn
	Dignity at Work: Understanding Bullying and Harassment

	Diversity & Inclusion in OH
	Safeguarding Adults: Level 3
	Introduction to JIRA
	Conducting remote consultations & triage: Future Learn
	Introduction to the assessment of people at work: Future Learn
	Agile Working
	SEQOHS stage 2 training
	Common Mental Health Conditions
	Managing Mental Health in The Workplace
	Supporting an Employee in Crisis.
	Supporting An Employee Through Sickness Absence
	The Role of a Line Manager
2017	Travel Health
	May Webinar: Preplacement screening
	Mar BBV incident management & processes
2016	HAVS refresher training (certificated via University of Birmingham)
2010	CBT change management
2009	Medical Separation training
	Ill Health Early Retirement training
	Suicide 1 day workshop
	June Trauma 1 day workshop
	Clinical Audit training
	CBT training part 2
2008	CBT training Part 1
	Transport of Dangerous Goods Procedures & Spot Checks
	Environmental Duty of Care Training
	Pre-hospital Care Course (West Midlands Ambulance Service)
2007	Skin surveillance Training
	SHARP audits & Report Writing
2006	GMAP training
	Emergency First Aid: Decontamination of hydrofluoric Acid
	Ergonomics Training: inclusive assessment tools
2004	Venepuncture & Cannulation
	Nurse Advisor & Compliance Role Training
1999	Health & Safety (1 day course)
	Syringe Drivers – Theory & Use
	Symptoms, Diagnosis & Treatment of Depression in the Elderly
1995	Pain & Symptom Control and the Dying Patient
	Palliative Care in the Nursing Home Setting
1989	Staff Nurse Management Training Course (4wks)

Expert Witness Background

Associated with AMG Consultancy Services Limited acting in the capacity of an expert witness in a specialist field of Occupational Health. Able to utilise professional skills and experience to facilitate detailed report writing, and the development of skills to prepare expert witness reports.

(Awaiting on attendance of the Bond Solon Certificated Legal Training Courses: "Excellence in Report Writing" and "Courtroom Skills – Witness Familiarisation")