

Karen Freeman, BHSc, BGS, Dip. IT Mngt
(902) 579-9607 (cell)
Email: karenwellsfreeman@gmail.com
LinkedIn: [linkedin.com/in/karenwellsfreeman/](https://www.linkedin.com/in/karenwellsfreeman/)

EDUCATION

IT Web Programming diploma (Honors)

Nova Scotia Community College, Halifax, NS

September 2022 - May 2024

- Creation & deployment of dev/production applications
- HTML; CSS; C#; .NET; JS; PHP; React; Next.js; Node/npm; MySQL; Git/GitHub; JSON API endpoints
- Mongo; Laravel; Express; Docker; AWS; Azure; WordPress; Postman; Jira
- Azure Functions; API documentation; Azure Boards

Bachelor of Health Sciences (Honors)

Thompson Rivers University, Kamloops, BC

August 2017 - August 2021

- Medical terminology; physiology; anatomy; science

Tri-Council Policy Statement Research Certification (TCPS 2-Core)

Completed 2021

Bachelor of General Studies

Thompson Rivers University, Kamloops, BC

August 2019

Diploma in Massage Therapy: 2200-hour program (Honors)

Canadian College of Massage and Hydrotherapy

August 2017 - April 2019

Diploma in Information Technology and Management (Dip. IT Mngt)

Thompson Rivers University, Kamloops, BC

September 2012- August 2015 (DITM)

Diploma in Computer Science

Keyin Technical College, Halifax, NS

September 1998 – August 2000

Secretarial Diploma

1990 NSCC Lunenburg

Typing 60wpm / Shorthand 80wpm

WORK EXPERIENCE

Truverus Inc.

April 19 – May 24, 2024

Testing Team, Team Lead

Agile full stack dev experience as well as team lead

Experience with: Azure Dev Ops Boards; MS Teams; React.js; Typescript

Programmer Analyst

Medavie Blue Cross, Dartmouth, NS

April 2001 – March 2003

- Clinical and business management
- Documentation; data management

Informatics Analyst 1 (Term)

Bedford Institute of Oceanography, Informatics Branch, Dartmouth, NS

September 2000 – April 2001

- Data analysis and documentation
- Process development; data gathering; report writing

Interlude Wellness Spa

Dartmouth, NS

October 2019 - December 2019

- Clinical documentation
- Treatment plan creation and breakdown

Momentum Wellness

Massage Therapist

July 2019 - September 2019

- Clinical documentation
- Treatment plan creation and client support

Owner, Massage Therapy Clinic, Upper Tantallon, NS

May 2019 – current

- Clinical documentation
- Provide and manage insurance submissions and treatment plan evaluations.

Nova Scotia Working Group on Career Counselling (NSWGCC) Website – Freelance

Halifax, NS

December 2015 – December 2016

Duties: Create WordPress website based on criteria given by NSWGCC members

Social Media Volunteer

Veith House, Halifax

October – November 2015 (Volunteer)

VOLUNTEER ACTIVITIES

Treasurer, Tantallon Drug Awareness (**Volunteer**)
September 2014 – October 2015

Ambassador Volunteer – Meal Assistance (Volunteer)

Veterans Memorial Hospital, Halifax, NS
October 2015 – May 2015 (Dementia training)

ACHIEVEMENTS:

- Project Management Institute of NS Member
- Proficient in medical terminology
- Valid Covid Vaccines; Criminal record/Vulnerable Sector check: March 2024
- First Aid & CPR/AED level C CSA Std. Z1210-17 Basic Valid Until: 07/06/2026

REFERENCES AVAILABLE UPON REQUEST