



#### Areas of Expertise (Children and Adults)

- Brain injuries
- Progressive neurological conditions
- Spinal cord injuries
- Amputation, upper and lower limb
- Orthopaedics
- Polytrauma
- Oncology
- Pain management
- General medical conditions
- Post-traumatic stress
- Palliative care and bereavement

#### Professional Registration and Memberships

- Nursing and Midwifery Council (NMC)
- British Association of Brain Injury and Complex Case Management (BABICM)

#### Qualifications

- Registered Nurse (Adult) Diploma, University of Essex
- Bachelor of Science (Honours) Nursing Studies, University of Essex
- Post-Graduate Diploma in Voluntary Sector Management, City University
- Master of Arts in Management and Organisation Dynamics, University of Essex
- PRINCE2 Project Management, The Knowledge Academy

## Stella Kerins

**RN BSc(Hons) PGDip MA**  
**Case Manager**

#### Personal Statement

Stella qualified as a UK-registered nurse in 1993. After gaining her BSc degree in 1995, she worked in a variety of different healthcare settings gaining experience in clinical areas including acute inpatient general medicine, community hospital rehabilitation for stroke and care of the elderly, community specialist palliative care including pain management, and brain injury. Stella has also provided excellent governance and clinical leadership to several teams during her career, including working as a CQC registered manager, in senior management roles, setting up new services, supervising staff and managing large budgets.

In 2020 Stella commenced work in a community setting for Headway, a national charity for brain injury, defining needs, coordinating care, support and signposting to people living with traumatic and acquired brain injury. This encompassed providing holistic support for co-morbid conditions alongside other trauma sustained, such as orthopaedic and spinal cord injuries. As part of this role, she was required to arrange personal care packages in the community, liaise with GPs and medical consultants, organise appropriate equipment and therapy, housing needs and referrals to social services and give advice.

Coupled with her diverse clinical experience, Stella has excellent communication skills, is approachable and is sensitive to psychological, emotional and physical needs.

Stella has been a trustee for the charity Essex Carers Support for ten years and is passionate about supporting carers' wellbeing.

Stella's extensive experience is invaluable to her role as a case manager with adults, young people and their families living with life changing injuries and conditions. She undertakes immediate needs assessments and coordinates provision of high-quality care and rehabilitation services for people with catastrophic injuries. Stella uses her skills in goal setting and facilitating complex family situations to support people to find resolutions and maximise quality of life.

Stella maintains her registration and undertakes continuing professional development by attending regular webinars, conferences and training courses relevant to her role as a case manager.