



Delima Balaji

Registered General Nurse - NMC Registered Case Manager

Specialisms:

- Brain Injury
- Spinal Cord Injury
- Functional neurological disorders
- Disorders of consciousness
- Neurological and complex rehabilitation
- Orthopaedic injuries
- Amputations (upper and lower limb)
- Major and polytrauma
- Post traumatic stress and psychological adjustments
- Complex discharge planning and case management

Contact

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Case Studies:

"Delima managed a complex case involving a patient with a spinal cord injury after a road traffic accident. She coordinated their transition from hospital to rehab and then safely back home. She was responsible for assessments, setting goals with the MDT, and arranging therapy, equipment, and community support to aid their independence and recovery."

"A client sustained a traumatic brain injury following a fall down the stairs and Delima coordinated a smooth transition from hospital to home, educating the family on ongoing care and arranging a personalised plan of care. She secured funding through the local council and social worker, conducted comprehensive assessments, and led multidisciplinary goal setting. Delima also arranged therapy, community services, micro living support, equipment provision, and facilitated social care and vocational rehabilitation to promote independence."

Biography:

Delima is a registered nurse with more than 17 years of experience in intensive care, focusing on acute, neurological, and neurosurgical patients. During her career, she has gained in depth knowledge in managing both acute and chronic conditions, including traumatic brain injuries, spinal cord injuries, amputations, and polytrauma and other complex diseases. For the past three years, she has worked as a Clinical Case Manager within Stoke Mandeville NHS Trust, working with people who present with spinal cord injury, amputation and other poly trauma. Her role focused on the coordination of safe and timely discharges, and planning community rehabilitation.

Delima is experienced in the management of complex discharges which sometimes include addressing safeguarding concerns. She understands the interplay of cognitive impairments with other complex needs and collaborates with multi-disciplinary team to ensure everyone received the right rehabilitation and care, along with guidance on equipment and psychological support. Maintaining a clients dignity and independence is of paramount importance to Delima.

Delima is proficient in conducting thorough patient assessments to identify needs and develop appropriate personalised care plans. She is skilled in coordinating and integrating healthcare services to ensure a seamless and holistic approach to care. She is experienced in the development of treatment plans, ensuring alignment with evidence based practices and patient preferences, utilising knowledge of specialised interventions and therapies where relevant to those she is working with. She is a strong advocate for clients needs and rights within the healthcare system. Delima has excellent communication skills and ensures effective collaboration between the MDT and the client to optimise outcomes.

Hobbies and Interests

Delima enjoys spending their free time painting, singing, reading, and travelling, as these activities allow her to express their creativity, relax, and explore new perspectives. In addition to these interests, they are multilingual and can communicate fluently in both English and Malayalam, which helps them to connect with a wider range of people and cultures.

Testimonials