

Louella Chesterman, Registered Nurse

Louella Chesterman, B Ed Hons, Diploma in Nursing, Diploma in Nurse Education, RN, gained her Registered Nurse – Adult qualification in 1972 after training at Guy's Hospital, London. Since qualifying, she has worked in a variety of specialities including general medicine, coronary care, special baby care, orthopaedic rehabilitation and stroke rehabilitation. This has enabled her to gain and develop skills in management of care involving assessing needs, identifying and prioritising areas of concern, planning and implementing appropriate nursing interventions, and evaluating care.

Louella Chesterman's earlier clinical career culminated in the post of Ward Sister on a newly commissioned Stroke Unit. She was a key member of the multi-disciplinary team and of the management team that ensured the successful launch of the unit and its subsequent day-to-day running. This was a role requiring high level management skills to maintain positive relationships within the nursing team and smooth liaison with the unit's three consultants, other medical

personnel, therapists, chaplaincy and hospital and nursing management teams.

During this time, the overriding philosophy was to work tirelessly from Day 1 of a patient's stay with them and their family to bring about a successful discharge back into a meaningful role within the community. Louella Chesterman was able to make an invaluable contribution to the foundation of a unit that gave stroke patients and their families hope and sound, practical skills, exercises and techniques to aid them back into meaningful lives. The unit has continued to build on this foundation and still thrives today.

The latter half of Louella Chesterman's career has been spent in academia, as a lecturer in nursing, specialising in politics of health and health promotion with input also into aspects of elderly care and women's health. Her teaching was always firmly grounded in nursing best practice. This work has allowed her to further develop and refine and update her nursing knowledge and skills as she has passed on her experience to newer

Registered Office

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recruits. Academic discipline has also helped strengthen her critical thinking and writing skills. Her ability to research, analyse and organise material, and to abstract relevant information has been continuously drawn upon in the synthesis of academic assignments, teaching materials, reports and feedback.

Most recently, Louella Chesterman has held a part-time post as a Registered Nurse in a Care Home, taking charge of the night shift and supervising and giving hands-on care for up to 31 residents of varying levels of dependency.

Throughout her long career in nursing and nurse education, Louella Chesterman has retained her passion and compassion. She believes strongly in the importance of meaningful and effective rehabilitation in promoting independence through empowerment of the individual and the family.