

Adaeze Okpue

BSc (Hons) Adult Nursing

e-mail: ao@benholden.net



Position – Case Manager

Based near Southend, Essex

Professional Registration & Memberships

- Nursing and Midwifery Council – **Pin No. 08F1945E**
- CMSUK membership number – **25-10806-P**

[Click here](#) to watch a short video about me.



Skills & Experience Summary

Adaeze is an experienced Case Manager with a clinical background in critical care nursing, specialising in the management of catastrophic brain injury, spinal trauma and complex orthopaedic injuries. She supports clients who have sustained life-changing injuries following road traffic and workplace accidents, coordinating structured rehabilitation programmes that facilitate recovery while supporting the progression of personal injury claims.

Prior to transitioning into case management, Adaeze spent over a decade working as a critical care nurse within a Neuro Critical Care Unit, where she gained extensive experience managing patients with severe and catastrophic brain injuries, complex polytrauma and significant orthopaedic injuries following major trauma. This environment provided her with in-depth exposure to the acute management of life-threatening neurological conditions, complex surgical pathways and long-term rehabilitation needs. This experience enables her to apply strong clinical insight when assessing injury severity, anticipating rehabilitation requirements and coordinating appropriate specialist interventions.

Adaeze has experience managing both pre- and post-settlement cases under single and joint instruction, working closely with claimant and defendant solicitors, insurers and rehabilitation providers to ensure timely and proportionate intervention. Her caseload includes clients with traumatic brain injury, complex orthopaedic trauma, spinal injury, peripheral nerve injury, chronic pain presentations and polytrauma.

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She is highly experienced in coordinating large multidisciplinary teams, including neuropsychology, neuro-occupational therapy, neuro-physiotherapy, speech and language therapy, vocational rehabilitation and pain management specialists. Adaeze oversees complex rehabilitation pathways from early intervention through to community reintegration and, where required, has coordinated comprehensive 24-hour care packages in collaboration with local authorities, care agencies and specialist therapy providers.

With her strong clinical foundation, Adaeze brings a robust medical understanding to the assessment and management of complex injuries. She builds effective therapeutic relationships with clients and families while maintaining clear and structured communication with legal representatives and treatment providers.

Her approach is person-centred while remaining strategically aligned with litigation objectives, ensuring rehabilitation recommendations are evidence-based, proportionate and clearly documented to support both client recovery and the legal process. Adaeze carefully monitors rehabilitation expenditure and provides transparent, costed recommendations to assist funders in making informed decisions.

She is experienced in preparing Initial Needs Assessments, detailed progress reports and costed rehabilitation programmes. Adaeze adopts a proactive approach to case management, ensuring timely implementation of recommendations and preventing unnecessary delays within the rehabilitation pathway.

Committed to continuous professional development, Adaeze continues to develop her expertise in catastrophic injury and complex neurological rehabilitation, maintaining high professional standards in line with CMSUK and BABICM guidance and NMC regulatory requirements.

Continuous Professional Development (CPD)

To maintain high standards of service by our team members, Ben Holden Ltd provides regular in-house training and attendance of annual statutory and mandatory refreshers. As part of CPD, members regularly attend external events/courses and maintain a personal CPD Folder. All staff are subject to regular supervision and mentoring sessions.

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Employment History

February 2026 – Present

Ben Holden Ltd

Associate Case Manager

June 2024 – Present

HCML

Rehabilitation Case Manager

December 2023 – Present

Tessa Gough Associates

Care Expert Witness

August 2015 - Present

Homerton University Hospital

Locum Specialist Critical Care Nurse

March 2012– July 2015

NHS Blood and Transplant

Specialist Nurse – Organ Donation

March 2010 – July 2015

St Mary's Hospital, London

Clinical Research Critical Care Nurse

April 2008 – February 2010

University College Hospital, London

Critical Care Nurse

Personal Summary

Adaeze enjoys spending time with her family and friends and loves watching crime documentaries.

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