



**Aoibhne Magee**

**Acute Physiotherapist**

## Introduce yourself. Where do you work? What is your job role?

My name is Aoibhne Magee, and I am an Acute Physiotherapist with a specialist interest in surgical care. I work on the surgical ward at Craigavon Area Hospital. My role involves helping patients rehabilitate after major surgery and providing respiratory support during their recovery.

## What does your job entail?

I will assess and plan treatments for patients who have undergone major surgery. I liaise with the Ward Sister and the Surgical Team to determine the priority and scheduling of patient assessments. I work closely with the pain team to ensure optimal pain management and enhance patients' recovery. Surgical patients often require extensive rehabilitation and may have specific dietary needs or receive nutrition through intravenous lines. Collaborating with Dieticians is crucial to provide appropriate nutrition tailored to each patient's requirements. Additionally, part of my job involves planning the safe discharge of patients from the ward to their homes or suitable care facilities that cater to their needs. This process often involves engaging with the patients' families and coordinating with the Social Worker and Occupational Therapist on the ward.

## How did you get into this line of work?

When I was 12, my father underwent a hip replacement surgery, and I found the entire experience fascinating. During my lower sixth year, I had the fortunate opportunity to gain excellent work experience in Daisy Hill Hospital, which confirmed my desire to become a Physiotherapist. I pursued my studies in Physiotherapy at the University of Northumbria at Newcastle. Initially, as a Band 5 Physiotherapist, I had rotations between the Southern Trust and Belfast Trust. However, it was in Craigavon Area Hospital's acute care setting where I developed a profound passion for surgical care. Over the years, I have found my calling in surgery, and I continue to cherish my work every day, constantly learning and growing.

## Outline your career to date

I started working in February 2011 in the Southern Trust and went through Band 5 rotations in MSK (Musculoskeletal) outpatients, Intermediate Care Team, and Acute wards. Later, I moved to Germany and worked there for just under a year, gaining valuable experience in Orthopaedics, Cardiology, and the Intensive Care Unit. This was an exceptional opportunity and a wonderful experience. Upon returning to the Belfast Trust, I had the chance to work in Paediatrics, Rheumatology, and the Community Respiratory Team. Eventually, I returned to the Southern Trust and worked in MSK Occupational Health before securing a permanent position in the acute team. In this role, I have had the opportunity to work across various departments including the Emergency Department (ED), Intensive Care Unit (ICU), medicine, surgery, and paediatric care. Since December 2021, I have held the position of a Band 7 Physiotherapist in the Surgery department.

## Tell us about your qualifications and training

I studied BSc (Hons) Physiotherapy at the University of Northumbria in Newcastle.

## What qualities are required for your job – personal and professional?

Compassion and understanding are key to helping your patients achieve the best outcomes for themselves. Dedication and organisation are important in prioritising caseloads in a consistently busy environment. Self-awareness is essential. It is important to be able to identify when you need to seek support from senior staff or other colleagues to achieve the best outcome for your patient and to support yourself during challenging times.

## What is the best advice you've ever received?

You can be the person who makes the difference!

## What do you like to do in your spare time?

I love spending time with my children, playing and going on enjoyable adventures. I also engage in playing camogie and going for walks.

## Tell us an interesting fact about yourself?

I trekked to Everest Base Camp in 2015.

## Who has inspired you most in your life?

My mum. She obtained her degree, masters, and PGCHFE while raising four young daughters. She showed me that I could accomplish anything I set my mind to. She supported my education and continues to support me, encouraging me to constantly develop myself.