



Catherine Murchan

Occupational
Therapist

Acute Care at Home Team

Can you give us a brief work history?

I've worked as an Occupational Therapist for over 20 years and started in the Acute Care at Home Team in 2019. Before that I worked in community rehab and my first job was in a rotational post in the Royal Victoria Hospital.

What made you decide to be an OT?

I always knew I wanted to work in healthcare. I read all the descriptions of the professions in the university prospectus and Occupational Therapy stood out as a good option for me. I got to spend a morning in Daisy Hill OT department in sixth form and I loved it. It's such a varied role and opens up so many areas of work.

How did you train for this role/educational route?

I trained at University of Ulster, Jordanstown but was able to do some of my fieldwork education in England working in the Lake District.

What does a typical day involve?

A typical day for us starts with a lot of phone calls to our multidisciplinary team and nursing colleagues to try to plan our day, seeing the most urgent patients first. Quite often our patients are in crises, they are very unwell and need our intervention quickly to help keep them at home.

What do you like best about your job?

I love seeing people in their own home. Every single person is so different, and their stories and history are always interesting. It is always rewarding to help someone stay at home and help them maintain their independence or keep them comfortable. The challenges of our day-to-day work keep us busy and every day is different.

What advice would you give anyone thinking of doing your job?

Get some experience in the field of healthcare, for example, work in care homes or in community care.