



**Eileen  
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Community  
Physiotherapist in  
Integrated Care Team

### Can you give us a brief outline of your work history?

I have worked in Community Physiotherapy services for over 25 years. Prior to this, I worked in ward and clinic-based settings and gained experience in Elderly Rehabilitation, Acute Respiratory, Neurology, Orthopaedics, Paediatrics, Musculoskeletal Outpatients and Lymphoedema.

### What made you decide this career path?

I was always interested in working in a hospital environment and had an interest in science and sport at school. I completed work experience while in Sixth Form, which gave me an insight into the occupation. I was keen to work in a caring profession to help other people and improve their well-being.

### How did you train for this role/educational route?

I completed a four-year BSc Honours Degree in Physiotherapy at Ulster University.

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

Personal Qualities - empathy, compassion, caring nature, good listener.

Professional Qualities - well-organised, confident in decision-making, ability to work well within a team, good communication skills and ability to motivate/encourage others including your patients.

### What does a typical day involve?

A typical day involves home visits either on my own or with another physiotherapy colleague or health professional. I visit patients' homes, local nursing homes, as well as day centres. This often involves meeting up with patients' families and carers and may involve training. Physiotherapy in the community can be after a recent hospital discharge to continue with their rehabilitation or after someone has had a fall in their home. Time is also spent in the office completing patient records, attending staff training and meetings, following up on visits, e.g. ordering equipment such as walking aids, and contacting other professional staff.

### What do you like best about your job?

I enjoy working as part of a team with other physiotherapists and other professional colleagues. The work is demanding, challenging, and varies from day to day. I enjoy having a positive impact on someone's quality of life, e.g. by improving their mobility after a period of illness/surgery. You are always learning and updating your skills. As a healthcare professional, getting good feedback from patients and their families is very satisfying and rewarding.

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

I would highly recommend physiotherapy as a career as it provides great opportunities to work in a multitude of settings across many healthcare services. It is a dynamic, respected, and valued profession. You will have the ability to make a difference while working in a supportive environment where you will develop as an individual.