



Emma Dunn

Occupational
Therapist,
Team Lead,
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Introduce yourself. Where do you work? What is your job role?

My name is Emma Dunn. I am a Team Lead OT working within the Acute Stroke Unit, Royal Victoria Hospital.

What does your job entail?

Assessment and rehabilitation of patients who have experienced a stroke. Rehabilitation of movement, vision, memory, recognition, and use of everyday objects (perception) and functional ability. For example, how to use your affected arm again in everyday activities, getting washed and dressed, managing in the kitchen and returning to driving. Some rehabilitation sessions include group music therapy and relaxation/anxiety management.

How did you get into this line of work?

I was initially interested in nursing but didn't think I would like to do night shift! I researched other careers in the NHS and thought OT was the one for me!

Outline your career to date

I initially started out in a rotational post and gained experience in lots of different areas. I loved my stroke rehab rotation and decided that I would like to specialise in this area. I then applied for a stroke specific OT job and have never looked back.

Tell us about your qualifications and training

I graduated with a degree from UJJ in Occupational Therapy. I have been lucky to have significant training opportunities within my job in Stroke Rehabilitation.

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

Common sense is key for this job. The ability to think outside the box and be creative.

What is the best advice you have ever received?

Never be afraid to say you don't know the answer, somebody else won't know either. Ask questions.

What do you like to do in your spare time?

I like to run and weight train. Keeping healthy and active is very important to me.

Tell us an interesting fact about yourself

I had my hen do on a yacht and it was moored beside Paul McCartney!!

Who has inspired you most in your life?

My mum, she was the first woman in Northern Ireland to get an Open University degree with three children under the age of eight.

What advice would you give your 16-year-old self?

Balance in life is key. Think about what you enjoy and how you can fit that around your employment opportunities or further education.