

Grace - Band 5

Rotational Physiotherapist



What does your job entail?

I am a Rotational Band 5 Physiotherapist therefore every six months I move to a different department in the hospital. My job changes depending on what department I am working in and there is lots of variety which means every day is challenging and interesting.

I have completed rotations in Musculoskeletal Outpatients, Community Rehabilitation, Paediatrics, Acute Inpatient Rehabilitation (AIRS) and I currently work in Trauma and Orthopaedics (T&O). In Musculoskeletal I assess, give advice and treat patients who may have sustained an injury or report/complain of pain in their joints or muscles. In Community Rehab I travel to a patient's home and continue their rehabilitation to enable them to achieve their full functional independence. In Paediatrics I assess children who may have problems with their development and gross motor skills and these children may also have physical and/or mental disabilities. In AIRS I treat patients who are on medical, surgical, cardiac and respiratory wards as well as the Intensive Care Unit (ICU). I help these patients with their mobility and/or provide chest physiotherapy to help keep their chest clear of infection and help them breathe. In T&O I treat patients who have had a fracture or soft tissue injury and help them to regain mobility and strength through rehab and exercises.

My working week is Mon-Fri 8.30am - 4.30pm and I also work some weekends on a rotational basis on On-Call Respiratory service to provide chest physiotherapy for acutely ill patients.

How did you get into this line of work?

I played both gaelic and soccer when I was a teenager and sustained an overtraining injury which led me to see a physiotherapist. The Physio explained everything to me and helped me return to sport and this ignited my interest in this field of work. However, since I started working I've realised there is so much more to physio than sport and have enjoyed all the areas I have worked in. Every area is different and provides a new opportunity to learn.

Outline your career to date?

Once I graduated from university I applied for a Band 5 job within the WHSCT and was successful in my application. I started working in October 2018 as a Band 5 Physiotherapist in Omagh Hospital in Musculoskeletal Outpatients.

I am now a Rotational Band 5 therefore every six months I move to a different department within physiotherapy in the hospital. I have completed rotations in Musculoskeletal Physiotherapy, Community Rehabilitation, Paediatrics, Acute Inpatient Rehabilitation (AIRS) and currently in Trauma and Orthopaedics.

Tell us about your qualifications?

To gain a place at Ulster University to study physiotherapy I had to achieve three B's at A-level. One A-level had to be a science subject and I chose biology. I also needed work experience so I volunteered in an elderly care home over Easter holidays and I spent a day shadowing physios in a hospital which was organised by my school. I wrote about these in my personal statement which helped me secure a place in university to study physiotherapy. I also had to pass the H-PAT test, however I believe this is no longer a requirement for entry to physiotherapy.

I continue to learn every day and the induction and training program as a new member of staff both to the trust and each department allows you to do your job safely and competently.

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

You have to be willing to learn, not be afraid to ask questions and always ask for help when you need it. You need to be a good communicator, a team player and always be willing to help your colleagues. Be confident (that will come with experience) and trust your instincts. Time management and being organised is very important as departments can be very busy and demanding. Most importantly enjoy your work and it won't feel like work!

What is the best advice you have ever received?

Treat the symptoms.

A little bit more about me ...

- I am a twin but he's not a physio!
- I continue to play football from time to time and enjoy being outdoors.
- I also love music and enjoy listening and playing in my spare time.

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

It's ok to take your time. You don't need to rush.

