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### What does your job entail?

An orthoptist assesses the movements and ability of the eyes to work together. This involves assessing young children whose vision may not be as good in one eye compared with the other; or it may involve assessing an adult who has developed a misalignment in one eye. This can often cause double vision and so we aim to assess, diagnose, and manage eye movement disorders.

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

I supported Liverpool Football Club and always knew I wanted to train in something eye related. When I found out what orthoptics entailed and knew it was offered at the University of Liverpool, I jumped at the chance to move to Liverpool.

### Outline your career to date

I trained for three years at the University of Liverpool which involved travelling to different hospitals and trusts across the UK and Ireland. On these placements, I learned to hone my clinical skills and got to visit some interesting places. Once qualified in 2016, I started my first post as an orthoptist in Northampton General Hospital in England. I met some amazing people and learned how to work as part of a wider ophthalmology department.

I moved on to a senior orthoptic role in the Royal United Hospital England in 2018. Here I was able to specialise my orthoptic skills and develop a special interest in post-stroke visual impairments. I was able to undertake extended roles and learned what it took to run a specialist service.

I moved back to Northern Ireland in 2021 to grab an opportunity to develop an orthoptic stroke service in the Southern Trust and have been enjoying my role on assessing stroke patients in Craigavon and Daisy Hill hospitals ever since.

### Tell us about your qualifications and training

I achieved a 2:1 qualification from the University of Liverpool in BSc Honours Orthoptics in 2016. Further to this, I completed the BIOS accredited Clinical tutors' course in 2018. I completed the medical exemptions course at the University of Liverpool in 2022 and a master's level module in Stroke from the University of Sheffield in 2023.

### Whats the best advice you've ever recieved?

Be a goldfish (if you know, you know!)

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

I like to play lots of sports. I like to run and have completed the Belfast marathon. I enjoy golf, reading, and chess.

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

What is meant for you won't pass you by