



Melanie
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Paediatric
Physiotherapist

What does your job entail?

Every day is different in my job, which is great. My caseload includes children of varying ages from birth to 18 years old, who have a wide variety of conditions and physiotherapy needs. I assess and treat children both in clinics and also in their schools and homes to provide further support. I use the local swimming pool to provide aquatic therapy, and the response of the children in the water is so rewarding. My job involves teamwork with medical professionals, the child, their family, and their entire support network, so I get to meet lots of people. I also keep accurate notes on each child and have medical and educational reports to complete.

How did you get into this line of work?

After qualification, I worked in several different trusts as a Basic Grade and then a Senior II. The rotations available helped to broaden my knowledge and skills. I soon realised that paediatrics was where I belonged.

Outline your career to date?

I have worked across different areas including Acute Respiratory, Stroke Rehab, Outpatients, Surgical Wards, Community Rehab, Adults with Learning Disabilities, and Paediatrics. After specialising in paediatrics, I have worked in special schools and community child health.

Qualifications and training?

I completed a Bachelor of Science with Honours in Physiotherapy at Ulster University. This was a four-year course which entailed lectures, practical and clinical placements. After qualification, I continued to train and learn with further courses to ensure I am working alongside up-to-date research.

What is the best advice you've ever received?

Be honest.

What do you like to do in your spare time?

I have a busy family life supporting my children with their hobbies. I also coach mini hockey, enjoy mountain biking, hiking, reading, movies, and walking my dog.

What advice would you give your 16 year old self?

It's not all about your academic ability. Get some life experience and explore different opportunities.