



## Michelle Farrell

### Specialist Pelvic Health Physiotherapist

#### What does your job entail?

I assess and treat various pelvic health conditions, catering to both women and men experiencing bladder and bowel issues, as well as pelvic floor weakness. Additionally, I provide support to women throughout their pregnancy journey. This involves conducting ante-natal and post-natal groups, assisting these women in regaining their pre-pregnancy fitness levels.

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

I always had a clear understanding of my desire to pursue a career as a Physiotherapist. Working with people and assisting them on their personal journeys was something that greatly appealed to me. Following my qualification, I began working as a rotational physiotherapist in Liverpool. As part of my responsibilities, I provided weekend on-call cover for two hospital sites, including the renowned Liverpool Women's Health Hospital. It was during these on-call duties that I frequently attended to new postnatal mothers, and thoroughly enjoyed that aspect of the job.

#### Outline your career to date

After my two-year stint as a rotational physiotherapist at the Royal Liverpool Hospital, I made the decision to move back home. I then worked at South Tyrone Hospital for an additional two years, where my interest in Women's Health flourished. This interest was further nurtured when I had the opportunity to shadow a physiotherapist conducting ante-natal classes. Since 2000, I have been serving as an advanced practitioner in Pelvic Health at Daisy Hill Hospital.

#### Tell us about your qualifications and training

I hold a 4-year BSc Hons degree in Physiotherapy from the University of Ulster, which I completed in 1996. Following my qualification, I have actively pursued additional pelvic health courses to enhance my knowledge and skills in this specialized area of practice. I am proud to be a member of the regional Special Interest group POGP (Pelvic, Obstetric, and Gynaecological Physiotherapy) and actively contribute to its organizing committee.

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

Personal: Demonstrating a genuine passion and love for your career.

Professional: Being a team player who actively listens and possesses an empathetic manner when interacting with patients.

#### What is the best advice you've ever received?

Always listen to the patient. They will inform you about their condition and what is important to them.

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

I take pleasure in staying active and especially enjoy climbing the Mourne and Slieve Gullion. Living with my husband and two daughters keeps me busy and adds joy to my life.

#### Tell us an interesting fact about yourself?

As a student, I participated in the Maracycle, a cycling race that took place from Belfast to Dublin and then back to Belfast.

#### Who has inspired you most in your life?

My sister Carmel who is two years older than me.

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

To follow your goals in life and always ask questions along the way if you are not sure about something.