

# Soraya Deazley

## Physiotherapy Technical Instructor



### **What does your job entail?**

I currently work as a Physiotherapy Technical Instructor in WHSCT and am based in South West Acute Hospital. In my current role within the Community Core Rehab Physio team I assess patient's mobility and undertake mobility aid (e.g. Zimmer frame, rollator) assessments.

I also issue and monitor Home Exercise Programmes (HEP) to patients to help increase strength, range of movement and improve balance. I assist the physiotherapists by helping to deliver individualised HEP's to a wide range of patients with a diverse range of needs and conditions. I also play an active role in the falls prevention classes which is such a valuable service to our elderly patients.

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

I have always enjoyed working with people and spent a few years in childcare however following my degree I decided to make the move into healthcare. I started working as a Physiotherapy Assistant in the Erne Hospital in 2001.

### **Outline your career to date?**

I started working in Erne Hospital in 2001 as a Physiotherapy Assistant and with the help and support of the physiotherapy team and following agenda for change was regraded as a Band 3 Technical Instructor.

Over the years I have worked in numerous areas including outpatients, neurology and community which has provided lots of learning opportunities and experience. In 2004 I worked as Band 4 Technical Instructor on a new and innovative Community Rehab Team in Omagh. This team went on to win a prestigious UK Allied Health Professional service award and it was a privilege to be part of this service for over six years.

Currently I am working in the South West Acute Hospital in the Physiotherapy Community Rehabilitation team.

## **Tell us about your qualifications and training?**

After school I completed a BSc science degree with the Open University in Health and Social Care in 2001. Within my employment with the Western Trust I have completed various courses and attend regular in-service training to further increase my skills and knowledge base.

I have also successfully completed the Otago Exercise Programme which is designed to help people reduce risk of falls. I assist the physiotherapist with pre and post assessments and help them deliver the six week programme which is very enjoyable and beneficial for the patients.

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

You need to be well-motivated and have a desire to help patients achieve their maximum potential. Also you need to be understanding and empathetic to their situation as each patient is an individual and has individual needs. I also feel that you need to be able to communicate clearly with the patient and with your team regarding patient progress so that the best outcome is achieved. Effective communication is key in this role.

## **What is the best advice you have ever received?**

Seek the good of others and you will always have a happy and content heart.

## **A little bit about me**

I love being with family and friends and enjoying days out (and eating lol).

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

Enjoy each day as it comes, do your best, and take time to smell the flowers.

