

## Ten Questions about being an Advanced Practice Physiotherapist

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1. Please describe briefly your job role and responsibilities.

- FCP implementation and clinical lead: Meeting PCN directors, implementing local pathways such as sinister pathology, CES, secondary care.
- Education of GP surgery staff regarding role of FCP and stream lining the referrals.
- Education of GP's in MSK.
- Clinical support to other colleagues, clinical supervisions, peer support.
- Taking part in education and CPD.
- Conducting audits and evaluating services, discussing and promoting public health, discussion with patient participation groups.

2. Please describe briefly your career pathway so far.

- I started working as physiotherapist in India following graduation in 2003 and worked for 3 years in a multispecialty hospital.
- I moved to England to pursue higher education and finished a MSc in physiotherapy.
- After graduation, I started working in the NHS as band 6 MSK Physiotherapist and worked for 18 months. Following that I joined another organisation in London as a band 7 MSK physio, then later joined private firm who are commissioned to provide NHS services and worked as an extended scope practitioner for 3 years.

- I then got job opportunity to work as clinical lead for a Community integrated MSK service and a MSK and Rheumatology service.

3. Have you completed any postgraduate education courses relevant to your role?

- I have completed a Masters in physiotherapy from Sheffield
- Masters Module in lower quadrant.
- Diploma in injection therapy.
- I am also pursuing PG certificate in sonography

4. What have been the challenges in achieving advanced practice?

- It has been a difficult journey. My main issue as a foreigner was the lack of a network, poor understanding of system and building everything from scratch. Always there were issues such as financial and visa issues which played a big time in the mind.
- Secondly, to understand British culture and their expectation of how we should answer questions and depth of answers were needed. In the Indian education system, expectations from clinicians are completely different from British system.
- In my opinion and as per my experience people are not very open and are judgmental in the interviews and opinionated. There is lack of honest feedbacks and transparency in selection process.
- Limited opportunities in service development and research even after requesting opportunities.
- Another major issue after establishing ourselves is the lack of family support. I needed to manage child care and a job simultaneously which limits flexibility and other work colleagues are not very considerate due to ignorance.

5. What advice would you give to a new graduate keen to develop as an advanced practice Physiotherapist?

- Focus on the 4 pillars.
- Utilise the opportunity to network.
- Improve communication, clinical and people management skills.

6. What personal qualities/characteristics are important to have for your role as a Advanced practice or consultant Physiotherapist?

Communications skills, Emotional intelligence, Team building and inclusive leadership skills.

7. How to measure your effectiveness as an Advanced practice physio?

Self-reflection, 360 degree feedback from colleagues

8. Where do you see yourself in 5 years?

Entrepreneur and leave physiotherapy profession.

9. What type of CPD activities do you do at this level?

Teaching, reflective diary, peer discussion, M level university courses, clinical supervision.

10. What would be your 3 top tips to an experienced Physiotherapist keen to develop as an Advanced practice or consultant physiotherapist.

1. Resilience
2. Develop people
3. Clinical skills and networking.