



DAY IN THE LIFE

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Why choose physiotherapy?

Physiotherapy is one of the most rewarding professions you can do. It allows you to work with such a broad range of patients who all have different needs and are relying on your knowledge, expertise, and experience to help them.

With inpatient physiotherapy people are often admitted to hospital suddenly for a medical reason and don't expect to be treated by us, but we have such an influential part of their journey. For example, from doing rehab to discharge planning, this enables the patients to have a good quality of life when discharged home. Working as a physiotherapist is both challenging and rewarding. For example patients can suddenly deteriorate and you need to have the awareness of what to do in these situations. Equally, working as a physiotherapist is incredibly rewarding when you see the progress your patients have made on the ward both physically and mentally due to your help. No two days are the same, which I love as it's constantly pushing you both personally and professionally and ensures your skills are continually being widened.

What does an average day look like?

Every day is so different a but typical day might start by updating the handover from the previous day, going through notes checking both the medical and therapy aspects to guarantee nothing is missed. Adding new patients to the handover to ensure they are picked up and deciphering if patients need therapy intervention. In addition, having a conversation with the clinical support workers is very useful as they have a good idea if we need to assess patients.

A ward round happens every morning involving several different professions such as physio, occupational therapists, nurses, doctors, consultants and a discharge facilitator. During this we talk through each patient discussing how they are from a medical and therapy point of view and if they are ready to be discharge, this helps everyone get on the same page and promotes efficiency.

You then start working through your caseload, ensuring you have prioritised your patients and working through them accordingly. Prioritising your caseload is important in ensuring that patients who need therapy input are seen first and having continuous conversations with nursing staff throughout the day prevents anything getting missed.

When not having face-to-face contact with patients you are still very busy and there's always something to be doing. For example, writing notes, making referrals, liaising with other professions about patients and making phone calls to patients' family members. Everyone is so busy on the ward, so respect and help are a two-way thing, if you help other professions, it will be reciprocated which ultimately leads to better outcomes for the patient which is the main priority.

What does the average day look like?

Currently I am working on an elective orthopaedic ward which allows me to see such a broad range of patients. Today, I have seen several total knee replacements, total hip replacements, carpal tunnel release, toe fusion and many more. All these patients required a different management strategy involving pre-op advice and education, mobility practice, ROM exercises, stair assessments, completing the appropriate referrals.. In addition, working closely alongside other professions such as liaising with nursing staff regarding patients' pain relief, blood pressure and wounds.