

Ten Questions about being a Consultant physiotherapist

Completed by: Anju Jaggi (Consultant Physiotherapist, Royal National Orthopaedic Service)



1. Please describe briefly your job role and responsibilities.

- I am the clinical lead for a team of PTs & OTs treating patients with shoulder and elbow conditions;
- National/International expert for shoulder conditions particularly non-traumatic shoulder instability and complex pain, receiving referrals nationwide and then signposting to appropriate pathways of care as well as providing expert clinical care to patients.
- Collaborate & lead on research projects, publish work and present/teach at scientific meetings/courses/university modules.
- In the last 6 years I have also taken on the role of Deputy Director of AHP research & development – this has primarily been leading on a research strategy for the directorate broadening research collaborations and projects across the dept than just my specific area of interest/speciality.

2. Please describe briefly your career pathway so far.

I Started as a Band 6 rotational physiotherapist and the RNOHT in 1996 and was fortunate over the 24yr period to develop within the organisations in various roles up to Consultant level of which I have now been doing for 7 years.

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

- I completed 2 MSc modules: Research Methodology and Dissertation but did not complete a full MSc.
- I have done various Leadership courses none with a formal qualification. Most of my learning has been on the job so to speak and external roles I have undertaken such as president of EUSSER, board member of committees e.g. BESS and NICE.

- More recently appointed as a trustee to a charity so I gain experience of finances, governance, strategy etc. as well as attending conferences where I keep up to date with my clinical area.

4. What have been the challenges in achieving Advanced practice or consultant level practice?

I think I have been fortunate in some ways however I think I am the generation that had to 'pioneer' the role so to speak, I think I worked hard, showed my passion and so in some ways I was recognised for it and given the opportunity. However there wasn't a framework to go by and very little guidance on what to do and how to go about it – sort of just created the role on what the organisation needed and what was best for the patients.

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

Work hard, be prepared to work outside of your comfort zones and do more than your day job, if you want to get ahead you have to put in the effort

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

Have some passion & enthusiasm, be a leader, integrity and honesty. Believe you can do it, work hard to get it and listen to advice along the way.

7. How to do measure your effectiveness as a Advanced practice or consultant-level physio?

Great question and one I still struggle to answer – so 360 peer review, from a clinical level it's about patient complaints, colleague feedback, achieving specific KPIs – this may be research outputs, lectures given. A lot of my role is now leading and developing others so measuring soft skills but I think continual feedback from peers/colleagues is a great way of me knowing I am doing well, not so well and where to improve.

8. Where do you see yourself in 5 years?

I would love a Director Role especially in driving a research strategy forwards.

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

Its more about collaborations so I make a real effort to meet new people and more so people in other industries, walks of life not just healthcare e.g. take on charity, committee roles. I now think a bit more strategically on what projects I may want to do e.g. publications, projects I learn masses now working with others on projects and like to work with people who are well respected and experts in their field so I learn from them. I don't really do 'courses' so much of my recent development has been more around self- awareness.

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

1. Get a mentor someone who inspires you, gets you excited and you respect.
2. Build you CV by doing other things that develop other skill sets

3. Be nice!