

## Ten Questions about being a consultant physiotherapist

**Completed by:** Karen Scott (Consultant AHP NHS Greater Glasgow & Clyde)



### 1. Please describe briefly your job role and responsibilities.

- To be an expert resource around rehabilitation.
- Early identification of patients with complex rehabilitation needs.
- Completion of relevant outcome measures to clarify most appropriate rehab destination.
- Provide expert opinion and advice around rehabilitation for those with complex rehab needs.
- Ensure best practice is adhered to and new developments implemented.
- Participate in and drive research in the Major trauma (MT) service.
- Involved in monitoring standards and ensuring high quality of education of staff is carried out.
- Be a voice for Rehabilitation nationally.
- Present nationally and represent rehabilitation in MT service in Glasgow nationally.

### 2. Please describe briefly your career pathway so far.

- I graduated in 2001. Started working at the Southern General Hospital in Glasgow (now the Queen Elizabeth University hospital). Completed all rotations, obtained a Senior 11 position in 2004 and rotated for 2 years then obtained a Senior 11 position in neurosciences, rotating between Neurosurgery, Neurology and Neuro-rehabilitation every 8 months. Obtained a static Band 6 post in Neurosurgery, during which time I covered as a secondment two

maternity leaves as a Team Lead, one in neuro-sciences and one in the neuro-rehab unit. In 2015 I obtained an AHP Team Lead position in the Neuro-rehab unit where I worked until I obtained the AHP Consultant post in Major Trauma in December 2019.

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

- I am currently undertaking my Professional Doctorate, I am in my 2<sup>nd</sup> year.

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

- Gaining understanding and buy in from senior management within Health Board of benefit of these consultant level posts in order to secure funding.

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

- Hone your leadership skills- anyone can use leadership, it doesn't just start when you start a Band 6 or 7 role.
- Constantly reflect on what you are doing and why- be inquisitive, ask questions.
- Don't underestimate the experience that you gain from completing rotations- even if the specialty is not where you see yourself ending up. Use every learning opportunity and it will make you a better physiotherapist in the long run.
- Be open to every opportunity even if it feels like a sideways move at times.

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

- Be objective.
- Be very resilient.
- Have excellent influencing skills.
- Be strategic and be able to communicate this effectively.
- Be driven, committed and persistent.

### 7. How to do measure your effectiveness as a consultant-level physio?

- Demonstrate development of nationally agreed Knowledge and education framework.
- Development and implementation of education and training programme within MT service in GGC.
- Development of agreed patient pathways to rehabilitation.
- Once the Major Trauma service opens in Glasgow later this year- I am hoping to have an impact on reducing length of stay and streamlining patient's journey through the Major trauma pathway by ensuring fast and appropriate decision making and early referral to the appropriate service.
- Additionally hoping to improve communication amongst services and disciplines for the benefit of the patient.

8. Where do you see yourself in 5 years?

- Leading a highly effective and efficient Major Trauma service that is driving improvements, change, new ways of working and participating in research.
- Personally, having completed my Doctorate.

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

- Benchmarking in other units.
- Participating in National Meetings and clinical interest groups.
- Attend relevant Conferences.
- Carrying out Post- graduate education.
- Being involved in development of National Guidelines/standards

10. What would be your three top tips to an experienced Physiotherapist keen to develop as a consultant physio?

- Be prepared to do the work before being assured of a post so you can be ready to take an opportunity when it arises without delay, so do your eg. injecting course and prescribing course so that if the moment arises opportunistically you can be ready to fill the gap.
- Be patient- Use your influencing skills, be prepared to plant the seed of an idea and wait for a positive response.
- Be passionate about what you do it will come across in all interactions.