

Ten Questions about being an advanced practice physiotherapist

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1. Please describe briefly your job role and responsibilities

My current job role is working as an FCP within a GP practice. My main role is to assess, triage and manage all MSK patients presenting at the GP practice.

2. Please describe briefly your career pathway so far

- I graduated in 1997 and worked mostly in London doing junior and senior 2 rotations.
- From there I moved into more senior roles within MSK settings and became an ESP in 2007 working in secondary care orthopaedic clinics and setting up and running an MSK triage service in primary care.
- Following this, I have continued to work as an ESP Spinal clinics and primary care MSK settings in the West and South Central England.

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

I completed an MSc in Advanced Physiotherapy Practice on a part time basis from university of Hertfordshire in 2013.

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

Creating links to provide appropriate clinical supervision and mentorship. Often a lack of understanding of the role from middle management commissioning services and agreeing appropriate pay banding. Agreeing protected time for CPD.

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

Get as much experience as possible working in different settings, including medical, neurological, vascular, mental health, paediatric settings.

Definitely undertake an MSc in Advanced Practice.

6. What personal qualities/characteristics are important to have for your role as an advanced practice Physiotherapist?

Resilience, excellent negotiation skills, excellent communication skills, dedication

7. How to do measure your effectiveness as an advance level physio?

MSK competency framework, regular supervision sessions with clinical mentor and peer reviews, service and patient satisfaction audit.

8. Where do you see yourself in 5 years?

I would like to do a PhD, and would like to move into project and clinical improvement work

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

- Attend in-house training and career specific study days and conferences.
- Regularly read clinical guidelines, updates and articles, listen to podcasts, meet with peers and clinical supervisor on a regular basis.
- Also a committee member of the APPN.

10. What would be your three top tips to an experienced Physiotherapist keen to develop as an advanced practice physiotherapist?

1. Observe clinicians in practice
2. complete an accredited course
3. Get clinical experience to develop expertise.