

AHPs Online: Profiles for Website - Dietetics

Dietetics: Hannah

10 years ago, I thought I wanted to be a doctor, and I applied to Nutrition and Dietetics as my 'back-up' course. It was in fact the only course where I was invited to interview, and I can't thank my lucky stars. I love my role as a Dietitian, helping people with a clinical problem to improve their diet to promote their recovery.

In ELFT, I have grown through the trust, so many development opportunities have been thrown at me. I started as the Learning Disabilities Lead dietitian, supporting people and their carers with tube-feeds, textured diets and healthy eating. Now, I have become the Professional Development Lead Dietitian, and supervising our specialist dietitians and students across the trust.

I am a true advocate for people's nutrition, and I am in the process of creating more opportunities for dietitians to help more people with their diet. In ELFT, I feel supported to flourish, and the work is so rewarding, I really recommend it.

Dietetics (Student): Shaminder

Having worked in the NHS in various corporate services since completing my HR degrees some years ago, I realised it wasn't for me and decided to make a change to retrain in a clinical capacity. After considering my options, ultimately, since I enjoyed sciences at school, and I love food, I decided to train to become a Dietitian to support people with their nutrition requirements through evidence-based practice – it's never too late!

ELFT has been such a great place to work whilst making this transition. I left my permanent corporate job to return to university during the pandemic but have been able to work flexible shifts alongside Community Paediatric Nurses and Dietitians and have learned so much.

I have worked with children with complex needs, tube-fed children, and their parents or carers, and have since sat in on clinics in paediatric allergy, adult diabetes, oncology, stroke, cardiology, and older adults during my first clinical placement in a Hampshire hospital which is part of the only integrated acute, community, mental health and ambulance health care provider in England. The one thing I didn't expect to see was how Dietetics is so misunderstood in the general population – We are not the food police!

This has shown me the vast range of career options open to us as Dietitians and helped me to confirm that I made the right choice – the impact we have as healthcare professionals on someone's quality of life whilst they manage a health condition can be hugely significant. At ELFT, I couldn't have asked for a more flexible and supportive team, nor a more collaborative working culture alongside my degree commitments (which have always been emphasized as a priority by my managers) and I am definitely #TeamELFT!



AHPs Online: Profiles for Website – Podiatry

Podiatry: Emma

As someone who is creative, enjoys working with people and has a fascination for human biology I came across Podiatry as a career after a career conversation whilst doing my A levels. I found that Podiatry suited my learning style which is very practical and vocational, and with career aspirations to work in health care I then completed a degree in Podiatric Medicine at Durham and have since worked in the NHS in Luton and Bedfordshire for 24 years.



Podiatry has provided me with a diverse career and I have been able to specialise in many areas of the profession such as musculoskeletal services working with adults and children with developmental delays, sports injuries, lifestyle injuries, and poor mechanics of the lower limb. I have also worked across a variety of settings and with patients of all ages, for example in busy acute hospitals, or working as a non-medical prescriber.

Podiatry is a rewarding and highly valued career, although often misunderstood. As a podiatrist you have an opportunity to make a difference, to save limbs and lives, enhance quality of life, give people independence through a wide range of diagnostic assessments and interventions, improve health outcomes through prevention with public health messaging and education, progress in to advanced clinical roles including surgical roles.

Working for ELFT has really enabled me to extend my scope of practice, work to the top of my licence, and promote the profession within the organisation as the Professional Lead for Podiatry, and as Deputy Therapy Lead in Bedfordshire.

In addition to my ELFT positions, I am Chair of the East of England Podiatry Prescribing Group, Chair of the Royal College of Podiatry Apprenticeship Group (for whom I am currently leading on embedding Apprenticeships), and I am an accredited coach as I enjoy facilitating others with personal growth. My proudest moment was being invited to Stormont in Belfast to deliver a presentation on apprenticeships to the Health Minister Robin Swann where I was able to share my experiences developing podiatry apprenticeships in England.

Podiatry (Apprentice): Phoebe



After working in the Integrated Community Diabetes Service team at CCS alongside clinicians as an education administrator, I developed an interest in becoming clinical myself. As my fascination for diabetic care grew, I became involved in administration of the Diabetic foot training. I also supported a variety of other community services including, district nursing, SPoA, the practice development team and co-production lead. I completed my care certificate which involved shadowing a podiatrist. Upon hearing about the apprenticeship, I was hooked.

In my role as a year 3 Apprentice Podiatrist, I am responsible for running supervised and unsupervised podiatry clinics such as Diabetic ulcer/assessments, nail surgery/assessments, assisting home visits, hospital clinic work and muscular-skeletal podiatry clinics. As part of my position, I organise and promote the Diabetic foot training to other HCPs in a variety of community settings. I love to get involved in both internal and external events to promote our profession and the apprenticeship route. It would be great if we could inspire more young people to become podiatrists.

ELFT as a trust have been extremely supportive throughout this journey so far. Focus on mental wellbeing is paramount as well as the promotion of apprenticeships. We attend regular apprentice check ins which allow us to get to know our colleagues. National Apprentice week is always celebrated which makes us feel appreciated and heard.

AHPs Online: Profiles for Website - Dramatherapy

Drama Therapy: Eshmit



I found myself training as a Drama Therapist due to a core belief of my Sikh Faith being to Serve others. Amongst this idea of 'Selfless Service' was also my duty as an Initiated Sikh to stand up against oppression and become the voice of those who were unable to use theirs. Through my training, I experienced a meshing of the personal and professional to embrace my personal identity with that of the 'therapist.'

I've worked in Children's and Adolescents' Mental Health Services within ELFT. Beginning my career in a GP team, I then moved into a specialist Looked After Child's Team and gained experience in an Emotional and Behavioural Team working with neurodiversity, trauma, disordered eating, significant mental health risk and much more. I work through trauma-informed and attachment frameworks in individual and dyadic Drama Therapy, considering a child or young person's life story and experiences in relation to their current needs and mental health presentation. I've offered professional development opportunities to other Arts Psychotherapists in the Trust and deliver lots of Arts in Health projects!

ELFT has allowed me to thrive as a Drama Therapist through such a range of opportunities and become a more well-rounded and experienced clinician. It has cultivated my skills and celebrated my Drama Therapy identity from the very beginning.

VIDEO PROVIDED

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AHPs Online: Profiles for Website – Occupational Therapy

Occupational Therapy: Davinder

Since childhood I was inclined towards the idea of serving the community, which directed and helped me to build my career as an Occupational therapist. I finished my bachelor's degree in India in Occupational Therapy in 2005 and came to UK to pursue my Master's degree in Occupational Therapist in 2006.



I feel being an Occupational therapist is an incredibly rewarding role and I enjoy working with clients and families to empower them to achieve an independent life.

I started my expedition with NHS in 2008 and worked in various acute and community NHS Trusts which aided me to gather all the necessary experience for the future challenges. I have worked in various settings in acute and community including Surgical, orthopedics, general medicine, Accident and Emergency and community rehabilitation. This has helped me greatly to build the foundation for my career.

I have been working in ELFT since 2013. ELFT has provided me various opportunities to grow as a Clinician as well as develop my leadership skills. I am currently working as a Clinical Lead managing and supporting a multi-disciplinary team of Nurses and Therapists. I find immense pride in learning new things and continuously improving whatever I do. I am actively involved in diverse quality improvement projects and aspires to be a QI coach soon. I am surrounded by a team of supportive, compassionate and dedicated colleagues that share the same passion as I do. I feel delighted be a part of the East London Foundation Trust.