




|  |  |
|--|--|
| <p><i>Name</i></p>                                       | <p>Jayne Davies</p>    |
| <p><i>How long have you been a physiotherapist?</i></p>  | <p>38 years</p>  |
| <p><i>What inspired you to be a physiotherapist?</i></p> | <p>It's rather a corny story, but at the age of 10, I broke my leg and had extensive physiotherapy. Prior to this, I was a keen reader of "Twinkle" and had planned to be an air hostess or vet (total cliches!). The first physiotherapist who came to see me on the ward was not the best example and told me to contract my thigh muscle and I wasn't only scared, but also confused as to what she meant - I couldn't do that, so she told me off. The second physiotherapist was so lovely and showed me little ways that would make the exercise easier, she placed her hand under the back of my knee and said: "Can you squash my hand?" Well of course I could, and I also wanted to be like her. I spent the next few years making choices on subjects so I could be a physio.</p> |
| <p><i>What does your role involve?</i></p>               | <p>I work as an advanced practitioner and clinical lead. I have a team of advance practitioner physiotherapists, a podiatrist and a GP with special interests. We assess and manage patients who have failed conservative management, we request investigations such as blood tests, x-ray, MRI scans and nerve conduction studies to enable a clear diagnosis. We work closely with the secondary care orthopaedics and pain team to ensure patients get to the right place. We also perform soft tissue injections. These are all extra skills that we do in the advanced practice role. I have also been heavily involved in transformation work for the NHS to help</p>  |

|   |   |
|---|---|
|   | create an NHS that can cope with the current demands. In the last 2 years, I've trained as a Health Education England (HEE) accredited clinical supervisor which has allowed me to supervise and help achieve accreditation of many First Contact Physiotherapists who work in primary care. I'm now qualified as a clinical educator so I can support APPs to go through an accreditation process. |
| <i>How did you get into this career? What steps did it take since leaving school?</i> | I went from A levels to a physiotherapy college.  |
| <i>Can you tell us a bit about the training you undertook for your role?</i>          | I did a 3-year diploma and later took a post graduate MSc and gained membership to the Musculoskeletal Association of Chartered Physiotherapists (MACP).  |
| <i>What's been the highlight of your career so far?</i>                               | I was awarded an Honorary Fellowship of the MACP in 2020.   |
| <i>What do you like most about your role/career?</i>                                  | The problem-solving aspects of my role in patient management and in staff supervision.  |
| <i>What's the most challenging part of your role?</i>                                 | There aren't enough hours in the day for what I want to do.   |
| <i>What's a typical day like for you in your role?</i>                                | No day is typical anymore!  |
| <i>What are the main skills needed to do your role?</i>                               | <ul style="list-style-type: none"> <li>• Problem solving</li> <li>• Listening skills</li> <li>• Empowering skills</li> </ul>  |
| <i>Do you have any advice for someone considering your career?</i>                    | Go for it, we need you and there are so many job opportunities!   |