

Meet Anna

Occupational Therapist

Hi, my name is Anna. I am an Occupational Therapist (OT) and I work in the Older Person's Unit at the Royal United Hospitals Bath. Find out more about me and what I do below.

What do you do?

I am a Specialist Rotational OT. Every nine months, I change rotation and work in a different area of the Older People's Unit. For example, I could work on wards or alongside paramedics.

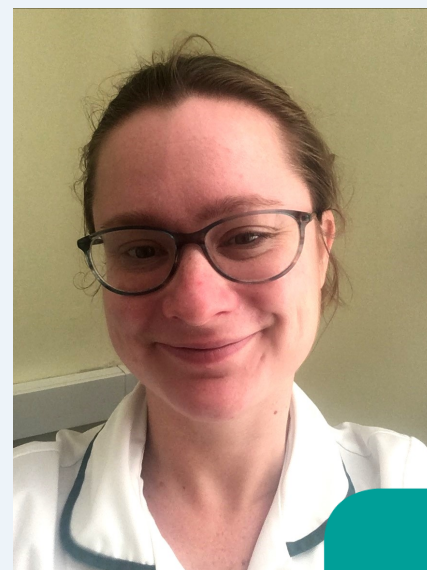
In my current rotation, I see and assess patients when they arrive at the hospital. I support patients to get home without having to be **admitted** to hospital. For patients who are **admitted**, I put plans in place so that they can return home as soon as they are well enough. For example, I make sure that they have support and equipment in place before being **discharged**.

Describe a typical day

I check patients after they have been seen by a **consultant**. I assess them to find out how they are managing, what they might be struggling with and what **care support** they might have at home. I also check their **cognition** and liaise with carers and **next of kin** to build up a clear picture of what the patient is capable of doing in their day-to-day life.

What hours do you work?

During this current rotation, I work a **shift pattern** because the service runs seven days a week from 8am – 6pm. I work a whole weekend roughly once a month.



See a word in **bold** and not sure what it means? Check out the glossary on the **last page**



How did you get into this role?



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After college, I studied a degree in music and once I had graduated, I did a variety of jobs including working in a bookshop, nursery, care homes and as a youth worker.

I have always had an interest in a caring profession but at school, I had only ever heard of nursing and I knew that that I did not want to be a nurse. It was not until later on in my life that a family member, who is a physiotherapist, mentioned to me about being an OT. This job sounded the right fit for me and, as a result, I spent some time shadowing OTs.

Following this, I went on to be an **Occupational Therapist Technician** in a **community hospital** and I really enjoyed this role, particularly supporting patients' **rehabilitation**. As a result, I left that job and studied an Occupational Therapy degree on a full-time basis.

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What training did you have to do to become an OT? And what have you done since qualifying?

I completed a three year Occupational Therapy degree but there are other routes to becoming an OT (see the [Healthcareers website](#) for more information.) After graduating, I registered with the **Health and Care Professions Council**. I then began working at the RUH, initially in a rotational OT role before applying to be a specialist rotational OT earlier this year.

How do OTs contribute to patient care in a hospital?

OTs take a **holistic approach** by looking at the whole person and finding out what is meaningful to them. OTs are very valuable in a hospital setting because not only do we think about how we can support the patient to get better in the here and now, we also think about their future and consider how the patient will manage when they are **discharged** from hospital.

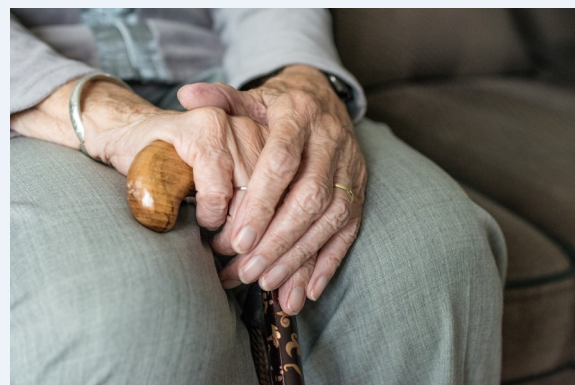


What is the best part of your job?

I think being an OT is amazing and I get a lot of satisfaction from my job. It is a privilege to be able to help patients achieve the best possible quality of life. It is really rewarding supporting them during their **rehabilitation**, for example assisting them to walk so that they can eventually return home.



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What are your next steps in your career?

I have been in this role for about six months now and I am enjoying the challenges that this job brings. I am happy moving between different areas because each rotation is helping me to build up my knowledge, skills and experience.

What's
Next?

What advice or tips would you give somebody interested in becoming an OT?

It is currently difficult getting work experience due to the pandemic but shadowing can help you to get a realistic understanding of working in healthcare. Even talking to OTs can be a useful in order to learn more about the job.

Want further information?

- ⇒ Visit the **Health Careers** website (bit.ly/3v1q5D6)
- ⇒ Visit the **Step into the NHS** website (www.stepintothenhs.nhs.uk)
- ⇒ Visit the **Royal College of Occupational Therapists** website (bit.ly/3lpqFaE)
- ⇒ Visit **NHS jobs** to search and apply for vacancies at the RUH (www.jobs.nhs.uk)
- ⇒ If you have any other questions or you need this document in an alternative format, please contact us at ruh-tr.careersengage@nhs.net or call **01225 824281** or **01225 821542**



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Glossary	
Admitted	To allow somebody entry to the hospital in order to receive medical care
Care support	Assistance provided by someone else e.g. by a family member, support worker in a care home
Cognition	Mental processes e.g. thinking, remembering, problem-solving
Community hospital	A small local hospital where health and social care can be provided
Consultant	A senior doctor who has completed full training in a specialised area of medicine
Discharged	When a patient has recovered, they can officially leave the hospital
Health and Care Professions Council	A regulatory body who maintain the professional register of 15 health and care professions
Holistic approach	A way of considering someone as a whole and not just as a part
Next of kin	A person who is a close contact of a patient e.g. parent or partner. They are kept updated about the patient's condition
Occupational Therapist Technician	Also known as Occupational Therapist Support Worker. They work alongside OTs to support people so that they can continue day-to-day activities
Rehabilitation	The recovery process following a period of ill health or an injury
Shift pattern	A shift is a period of time worked by employees. If an employee has a shift pattern, their hours change on different days rather than the hours being fixed e.g. I am working the early shift from 8am—2pm this week but next week I am working the late shift from 8am-6pm.

