

# Name

Mobile: xxxxxx / Email: xxxxxxxx

## Education

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- BSc (Hons) Physiotherapy, Cardiff University (2.1)** 2021 - 2024
- Dissertation: 'Investigating the Physiological Effect of Lycra Compression on Balance During a Single Leg Lateral Reach Task'
- A levels, Greenwood Comprehensive School** 2017 - 2019
- Biology (B), Chemistry (A), Psychology (A), English Language and Literature (A)
- GCSEs, Greenwood Comprehensive School** 2015 - 2017
- 11 x 7-9 (including English, Maths and Biology)

## Course placements (all 3 weeks)

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- Singleton Hospital, Swansea Bay University Health Board - MSK Outpatients** January 2024
- Assessed and treated patients with a range of musculoskeletal conditions through telehealth and some face-to-face appointments.
  - Adapted assessments and treatments to use through telehealth means, empowered patients to be active in their own rehab. Provided some face-to-face assessments including neuro testing, joint integrity testing and manual therapy.
  - Demonstrated exceptional ability to clinically reason and engage in detailed and practical clinical discussion. Built excellent rapport with patients leading to receiving a letter of appreciation from a patient.
- Morriston Hospital, Swansea Bay University Health Board - Respiratory/Cardiac** December 2023
- Managed patient rehabilitation from Intensive Care Unit (ITU) to discharge, following cardiac surgery or lung resection.
  - Developed specific respiratory skills including suction, incentive spirometry, and NEWS assessment, informing safe mobilisation decisions for post-surgical patients on ward or ITU.
  - Adhered to strict cardiac rehab guidelines immediately post-surgery, interpreting X-rays to inform treatment decisions such as mobilization or positioning.
  - Demonstrated exceptional treatment selection and evaluation for this patient group, responding proactively to feedback, and quickly becoming a dependable and competent team member.
- Morriston Hospital, Swansea Bay University Health board - Acute Stroke** November 2022
- Conducted comprehensive assessments and treatments for acute stroke patients within the ward setting, collaborating closely with the multidisciplinary team (MDT) to set goals and plan discharges, including selecting appropriate candidates for early supported discharge.
  - Implemented targeted balance rehabilitation strategies for a specific patient, resulting in significant progress and the elimination of the need for transfer aids and additional care upon discharge.
  - Coordinated with the MDT to prioritise patient care in a busy ward, ensuring timely attention to existing caseloads alongside new admissions.
  - Recognised for effective communication with patients, alongside comprehensive reflection and analytical skills, leading to reasoned treatment modifications that supported patient progression.
- Ysbyty Eryri, Betsi Cadwaladr University Health Board - Medical Rehabilitation** March 2022
- Provided orthopaedic rehabilitation for elderly patients recovering from stroke, falls, or respiratory illnesses, while also hosting PD Warrior classes and falls groups for outpatients.
  - Managed a small caseload, advising on patient prioritisation and collaborating with the multidisciplinary team (MDT) on access visits and discharge planning.
  - Oversaw PD Warrior Training Classes, focusing on functional rehabilitation and the provision of walking aids to maximise patient independence and quality of life.

## Key Skills

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- **Interpersonal:** Empathic and compassionate, adept at building strong rapport with a diverse range of patients using both verbal and non-verbal communication techniques. Possess high emotional intelligence, exhibiting deep understanding and sensitivity towards vulnerable individuals. Skilled in active listening, ensuring patients feel heard, valued, and supported throughout their care.
- **Conscientious:** self-disciplined, organised and self-aware, completing tasks to high standards in a timely manner. Able to self-reflect to identify areas for personal development in both clinical and non-clinical environments evident from feedback received from clinical educators.
- **Collaborative:** A dependable team player who adapts to the demands of the task at hand, whether leading or following within multi-disciplinary teams. Demonstrates dynamic roles within teams, providing patient-centred care through effective collaboration. Consistently praised for excellent written communication skills, contributing to clear and effective documentation and correspondence.
- **IT:** Proficient in using electronic medical record (EMR) systems for patient documentation and management. Competent in utilising Microsoft Office Suite (Word, Excel, PowerPoint) for data analysis, report generation, and presentation. Experienced in using digital assessment tools and software for objective measurements and outcome tracking in physiotherapy interventions.

## Relevant Experience

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### Voluntary Football Coach, *Bridgend Athletic FC*

July 2024 – Present

- Coach an under-16s girls team, focusing on developing their technical skills, teamwork, and understanding of the game while promoting sportsmanship and fair play.
- Plan and deliver engaging training sessions, covering essential football skills such as passing, dribbling, shooting, and defensive techniques, tailored to the abilities and progress of individual players.
- Provide feedback to players on their performance, encouraging self-improvement and fostering a positive, motivating atmosphere for all abilities.
- Worked collaboratively with fellow coaches and team management to create a supportive and inclusive environment, helping players achieve both personal and team goals.

### Healthcare Assistant, *Willowbrook Care Home, Bridgend*

March 2019 - September 2021

- Assisted elderly and disabled residents with daily activities, including mobility support, personal hygiene, and feeding, ensuring comfort and dignity at all times.
- Worked closely with a multidisciplinary team to implement individualised care plans, contributing to the rehabilitation process for residents recovering from injuries or surgeries.
- Supported residents with exercises and physical activities designed to improve mobility and strength, closely following guidance from physiotherapists and nursing staff.
- Provided emotional support and companionship to residents, fostering a safe and positive environment that encouraged social interaction and mental well-being.
- Monitored and reported changes in residents' physical or mental health to senior staff, helping to ensure timely adjustments to care plans and improving patient outcomes.
- Enhanced communication skills by engaging with patients, families, and healthcare professionals, ensuring effective collaboration and understanding of patient needs.

## Professional memberships and associations

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- Student Member of the **Association of Chartered Physiotherapists**.
- Student Member of the **Physiotherapy at Cardiff University Society (PACS)**.

## References

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- Name – title, place of work, email
- Academic contact – title, Cardiff University, email