

Physiotherapy

University entry requirements

3 x A levels	-	Essential	-	Biology
		Other useful subjects		Psychology
				Chemistry
				Physics
				Maths
				Physical education
				English

A rough idea of grade requirements for university entry is as follows:

- At least 6 GCSE's at level 5 or above. This must include Biology and often one other science and/or maths.
- 3 x A levels at AAB or ABB
- A lot of universities will require a very strong personal statement with evidence of work experience in this or a relevant field.
- Some universities will also ask you to attend an interview.

UK Universities that offer Physiotherapy training

 University of Birmingham	 University of Worcester	 University of Brighton
 University of Bradford	 Keele University	 Queen Margaret University, Edinburgh
 University of Southampton	 Leeds Beckett University	 King's College London
 University of Nottingham	 Brunel University London	 University of Salford
 University of Liverpool	 University of Huddersfield	 Teesside University
 Cardiff University	 Northumbria University	 Sheffield Hallam University
 Plymouth University	 University of the West of England	 Oxford Brookes University

 Coventry University	 Glasgow Caledonian University	 University of Central Lancashire
 University of East Anglia UEA	 University of Ulster	 University of Hertfordshire
 Bournemouth University	 University of Cumbria	 University of East London
 Manchester Metropolitan University	 York St John University	

What you will study at university

A example of some modules you may study

- Providing Client-Focused Care
- Clinical Reasoning, Effectiveness, Teamwork and Safety
- Movement & Exercise
- Understanding Musculo-skeletal Problems
- Understanding Cardio-respiratory Problems
- Understanding Neurological Problems
- Client-Centred Goals and Reflective Practice
- Spinal Pain
- Cardio-respiratory Care & Pulmonary Rehabilitation
- Neuroscience & Rehabilitation
- Integrated Care Pathways
- Public Health and Practice Innovation
- Research for Physiotherapy Practice
- Working Optimally in the NHS of Today
- IPLU (Integrated professional learning unit)

In order to gain a licence to practice, you will have to complete at least 1,000 clinical hours. At the end of each of your first two years, and during your third year, you will apply what you have learned on a series of clinical placements in a variety of environments, ranging from large teaching hospitals to small special schools within the community. You will complete your placements in different physiotherapy clinical specialisms normally as follows:

- 2 x Musculoskeletal placements (outpatients or trauma/elective orthopaedics)
- 1 x Cardio respiratory placement (ICU or Acute medicine)

- 1 x Neurology placement (Stroke rehabilitation/MS specialist care)
- 1 x elective placement (Paediatrics/elderly care/amputees)

Once qualified what to expect

When you successfully complete a BSc course, you will be able to apply for state registration to practise as a physiotherapist with the Health and Care Professions Council (HCPC). This enables you to practise in a wide variety of environments and is mandatory for employment within the NHS. You will also be eligible for full membership of the Chartered Society of Physiotherapy.

As a band 5 Physiotherapist you will be guided and supported by senior and clinically specialised staff.

The Clinical areas you will complete your rotations in include: General medical wards, Surgery, Intensive care and HDU, Orthopaedic In-patients, MSK Out-patients, Cardiothoracics, Cardiac Rehabilitation, Neurology and Paediatrics.

The role of a band 5 physiotherapist is:

- To perform physiotherapeutic assessment and treatment of patients with diverse presentations, which may include complex physical and psychological conditions.
- To undertake a comprehensive assessment of patients including those with diverse or complex presentations/multi pathologies; using advanced clinical reasoning skills and manual assessment techniques to provide a clinically reasoned working diagnosis of their condition.
- Formulate and deliver an individual physiotherapy treatment programme based on a sound knowledge of evidence based practice and treatment options using clinical assessment, reasoning skills and knowledge of treatment skills e.g. manual physiotherapy techniques, patient education, exercise classes, electrotherapy techniques and other alternative options.
- Assess patient understanding of treatment proposals, gain valid informed consent and have the capacity to work within a legal framework with patients who lack capacity to consent to treatment.
- Use a range of verbal and non-verbal communication tools and channels to communicate effectively with patients to progress rehabilitation and patient management. This will include patients who may have difficulties in communication, For example, patients may be dysphasic, depressed, deaf, blind, linguistic barriers or may be unable to accept diagnosis.
- Evaluate patient progress, reassess and alter treatment programmes if required.
- To develop and deliver patient centred care appropriate to patient requirements.

- To be responsible for patients directly under your care within the specific rotational area.
- To work as part of an MDT and to practice safely within CSP and HCPC standards of care.
- To partake within clinical development of the team and to maintain individual development (CPD).
- Working hours will vary dependent upon the specific rotation due to 7 day working and long day working. This may involve working weekends and evenings.
- Participate on the emergency on call rota, undertake the assessment and treatment of acutely ill patients with respiratory problems. Where necessary give advice to medical and nursing staff and other members of the multi-disciplinary team regarding patients respiratory and chest functions/condition.
- To be responsible for maintaining accurate and comprehensive patient treatment records in line with HCPC & Chartered Society of Physiotherapy (CSP) standards of practice.

Career path/progression

Salary expectation

Start salary: around £22,000

Experienced: £28,000 to £35,000 (specialist physiotherapist)

Highly Experienced: up to £41,000 (advanced physiotherapist or team manager)

It is usual for most graduates to start work within the NHS. Most Band 5 rotations are expected to last between 2 and 3 years. At this point physios tend to choose a specialist area and apply for a band 6 post within that specialism. Please be aware that you will not be given a promotion if there is not an available post, you will also be expected to interview for that position.

It is possible to get a band 5 post in private practice and/or the sporting industry but these are few and far between and very competitive. Most private practice work is offered to physiotherapists with 5 years or more experience.

It is possible to set up your own practice and work as a self - employed physiotherapist but this also has its pitfalls.

Another area some physios chose to work in is education and/or research.

Advice on what to do next

Work Experience is essential!!!

If I can help e-mail me on petra@berkshirekidsphysio.co.uk