

ALICE WALKER
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EDUCATION

2015 – 2018 Brunel University London, BSc (Hons) Physiotherapy

2011 - 2014 Goldsmith College, BA (Hons) English 2:1

2004 - 2011 Alleyns School: **A-levels:** English (A), Mathematics (B) Biology (B)

GCSE's10 including English (A), Biology (A), Maths (A)

CLINICAL PLACEMENTS – Student Physiotherapy key learning points

Care of the Elderly, Mental Health St Thomas's Hospital

Mar - Apr 2018

- Care in the community meant having to provide holistic assessment of patients.
- Managed elderly mobility classes including hoist and tilt-table use.
- Produced problem lists and treatment plans to meet individual patient's needs identified during assessment.

Outpatients:

Feb- Mar 2018

St Bartholomew's Hospital

- Assessed managed and progressed patients with musculoskeletal disorders.
- Effective daily management of caseload involved meeting set time parameters.
- Autonomously managed caseloads, making appropriate discharges and referrals to exercise classes.
- Managed OA and TKR classes.

ITU Surgery:

Sept - Nov 2017

Charing Cross Hospital

- Acute abdominal surgery management.
- Acute brain injury patient management post neurosurgery including hoist and tilt table use.
- Delivered Pulmonary rehabilitation.
- Autonomous ward management.

Outpatients:

Jun - Jul 2017

Bollingbroke Hospital

- Designed and progressed individual treatment plans and home exercise programmes.
- Performed patient assessment techniques on peripheral joints.
- Electrotherapy, joint mobilisation and palpation skills.

Respiratory: ITU / HDU and medical ward: St. Thomas' Hospital

May– Jun 2017

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- Performed respiratory assessments on inpatients and outpatients.
- Autonomous surgical and medical ward management including risk assessment.
- Cardiac rehabilitation delivery involvement.
- Used Flutter, PEP mask, incentive spirometry and intermittent positive pressure breathing equipment to help with chest clearances.

St Mary's Hospital

- Observed TKRs, THRs and spinal surgery and presented a case presentation on TKR.
- Paid attention to presentations on fractured neck of femur.
- Attended evidence-based in service training.
- Applied and monitored splints which contributed to final year project.
- MDT home visits to assess patient function and exercise in home environment.

SKILLS PROFILE

Communication:

- Explanation, eye contact, verbal reinforcement, facial expression, variation of tone and response with interest were used when communicating with a chronic stroke patient with limited vocabulary. Liaising with family members reinforced further comprehension for rehabilitation goals to be agreed.
- Clear and concise medical and physiotherapy notes provided effective and efficient communication with the MDT.
- Presentations delivered on individual case studies to MDT Team.
- Training undertaken with Physiotherapy and Occupational therapy assistants. Presentation via PowerPoint slides supported by handouts.

Teamwork/Leadership:

- Regular meeting with the MDT team meant that joint goals were set for individual patients including discharge planning with joint home assessment visits.
- Took the lead in therapy sessions and managed other physiotherapists and assistants effectively.

Problem Solving and Clinical Reasoning:

- On Respiratory placement I encountered a patient on a surgical ward who was pyrexial, had SaO₂ below normal parameters and had retained secretions indicating respiratory compromise post-op. Using clinical reasoning I re-positioned the patient from slump lying to high sitting, taught the active cycle of breathing, sent a sputum sample for analysis and requested that the registrar consider antibiotics for a chest infection.

Computer:

- Knowledge of Microsoft Office and use of Word, PowerPoint, Physiotoools and Excel.

PREVIOUS EMPLOYMENT

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| 2014-2015 | Wandsworth Council: Environmental Health Assistant. |
| 2011-2012 | Richmond Tertiary College: Administrative Assistant. |
| 2010-2011 | Volunteer Physiotherapy Assistant, Outpatients, Bollingbroke hospital.
One day per week including hydrotherapy and clinical notes audit. |

INTERESTS

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| Music: | Achieved Grade 8 at piano and play regularly with local classical band. |
| Travel: | Have lived in France for two years teaching at the Paris Sorbonne University.
I have travelled through the rest of Europe and further afield where I enjoyed experiencing the different cultures of each country visited. |
| Socialising: | Spending time with friends, going to the cinema. |
| Reading: | Avid reader of crime fiction. |