

ALICE WALKER
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EDUCATION

2016 – 2019 Brunel University London, BSc (Hons) Physiotherapy
2012 – 2015 Goldsmith College, BA (Hons) English 2:1
2005 – 2012 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

Mar - Apr 2019

St Thomas's Hospital

- 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 2019

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 2018

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 2018

Bollington 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:

May– Jun 2018

St. Thomas' Hospital

- 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

2015 – 2014 Wandsworth Council: Environmental Health Assistant.

2012 – 2013 Richmond Tertiary College: Administrative Assistant.

2011 – 2012 Volunteer Physiotherapy Assistant, Outpatients, Bollingbroke hospital.
One day per week including hydrotherapy and clinical notes audit.

INTERESTS

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.