**Work experience Training Feedback**

**Name: Jyothy Jinadevan**

**Duration: 15 April 2024- 26 April 2024**

1. Where did you do your work experience placement, and how long was it for?

I completed my work experience with Citycare’s Front Door IDT, where I had the opportunity to work closely with a dedicated healthcare team in Nottingham University Hospitals NHS Foundation Trust. As a physiotherapist looking to transition into the UK healthcare system, this placement was instrumental in helping me understand local practices and protocols. The work experience lasted two weeks, full-time.

1. What did you do on your placement? Who did you work with or come into contact with?

My work experience was organized by Ann James, the team manager, who provided me with a comprehensive introduction to the team and their work. Throughout my placement, I shadowed several team members, including Mariam, Jeneffa, and Amy, and was able to observe their roles and responsibilities firsthand. Most of my time was spent shadowing Mariam, which allowed me to gain in-depth insight into her workflow.

During this period, I had the chance to observe patient assessments, triaging, and the documentation process. I learned about different pathways for patient care and observed the procedures involved in assigning relevant care packages. I also participated in discussions where the team collaborated on patient cases, providing me with a valuable look into the interdisciplinary approach that the team takes.

Additionally, Ann arranged for me to shadow Toby, a physiotherapist, in B49 ward for two days. This experience was invaluable in helping me understand the distinct role of a physiotherapist within both the ward and the IDT. Observing Toby’s work firsthand provided clarity on the specific responsibilities of a physiotherapist and highlighted the significant impact their role has on patient care within a multidisciplinary framework.

1. What did you enjoy most about your placement?

I thoroughly enjoyed every aspect of this placement, particularly the supportive and collaborative environment created by the team. The opportunity to meet and interact with patients was the highlight for me, as it allowed me to observe how team members approach patient-centered care in real-time. The team’s encouragement and willingness to share their knowledge made the experience both rewarding and enjoyable.

1. What did you learn from your placement?

This placement allowed me to gain foundational knowledge in triaging, patient pathways, documentation, and care planning. I learned about the specific processes involved in the UK healthcare system, which was invaluable given my previous experience abroad. Understanding how care packages are provided and tailored to meet individual patient needs has deepened my appreciation for the system here, and it has enhanced my confidence in navigating these processes independently in the future.

1. Do you have any advice for others considering work experience?

For anyone considering a work experience placement, I would highly encourage them to take the opportunity, as the team here is exceptionally supportive. They are open to questions and very approachable, which is essential for those who are new to the system. My advice is to take full advantage of their willingness to help, ask questions freely, and make the most of the time by observing and absorbing as much as possible.

1. Has work experience supported you on your career journey? If yes, how?

Absolutely, this work experience has been a significant milestone in my career journey. While I have worked in healthcare abroad, understanding the UK’s specific protocols and care delivery systems was new to me. This experience has helped bridge that knowledge gap, making it easier for me to transition into a role here. It also gave me the confidence and practical insights that proved invaluable during my subsequent job interviews. In fact, shortly after completing this training, I secured a position with the NHS, which I believe was strongly supported by the skills and knowledge I gained during this placement.

1. Is there anything else you would like to tell us about?

I would like to extend my sincere gratitude to Ann James for facilitating this opportunity and to the entire team, especially Mariam, for their guidance and support throughout my training. Their kindness, patience, and professionalism made this experience incredibly valuable, and I am grateful for the skills and insights I have gained.