



P&O Day 2021

Matt Frederick

At my centre we have a range of clinics so I will either be in a paediatric, neuro rehabilitation, or complex/long term conditions clinic. My team has a range of clinics including ward time, diabetic foot, Learning Disability and general clinics.

It's great being able to offer a practical help to someone to help reduce pain, aid their mobility or prevent potential harm. Patients are so grateful for your help and we make a **real** difference to so many lives.

The role is so varied. Every patient has their own story that led them to be referred to Orthotics. The treatment, care, and advice can be very different depending on the medical history, assessment and the patient's goals.

Working in P&O provides us with a unique perspective on patient care and our training in Biomechanics. Colleagues in nursing, medical and AHPs value our input and are often surprised by the range/breadth of support we can offer.

To be a good prosthetist/orthotist you need to be interested in people, show compassion and care about what your patients are wanting to achieve. You also need to be open minded. New theories, models of care, products and guidelines evolve all the time. The world doesn't sit still and we should be consistently adapting with it.

It also helps to have a pragmatic approach. In clinic we are constantly assessing risks and, what is the acceptable level of risk. Working with patients to provide cost effective, appropriate levels of support can be challenging but hugely rewarding.