

MEET AXEL RUIZ BERMUDEZ

PROSTHETICS AND ORTHOTICS (MASTER OF SCIENCE) - STUDENT

Day in the life as a Prosthetics and Orthotics MSc Student



WHAT DOES A TYPICAL DAY ON YOUR P&O COURSE LOOK LIKE?

- 7:30 am – I wake up and have a quick breakfast.
- 8:30 am – I arrive at class. I live on campus, so the P&O workshop is very close to my accommodation.
- 8:35 am – 12:30 pm – Usually, I have theoretical classes about biomechanics, lower limb anatomy or upper limb anatomy.
- 12:30 pm – 1:00 pm – Lunch break. I usually have some food ready that I cooked beforehand.
- 1:00 pm – 4:30 pm – Orthotics or Prosthetics workshop, where we work on designing AFOs, insoles or other devices. This can include casting, taking measurements and doing different assessments.
- 5:00 pm – I go back to my accommodation.
- 6:00 pm – 7:00 pm – Some self-study, mainly going through the notes I took during class.



HOW DO YOU BALANCE LECTURES, PRACTICAL SESSIONS AND INDEPENDENT STUDY?

I try not to let everything pile up.

I try to stay organised and spend about an hour every day going over the notes from what I learned in class.

I also try to balance my studies with my personal life, because I think having time to rest is important too. I usually try to get most of my work done during the week, so I can enjoy my weekends and have some time for myself and my friends.



WHAT I FIND MOST INTERESTING

What I find most interesting is seeing how everything starts to connect. We learn about anatomy and physiology, and then we start seeing how this knowledge relates to the different types of orthoses and their functions. I think it is really interesting that you also have to look at the bigger picture and think about the patient's everyday life, not just whether a device works technically, but whether it is something they would actually want and be able to use.



AXEL RUIZ BERMUDEZ | CONTINUED

PROSTHETICS AND ORTHOTICS (MASTER OF SCIENCE) - STUDENT



MY FAVOURITE PART OF A PLACEMENT DAY

My favourite part of placement is seeing how what my lecturers have taught me is actually applied in clinical practice. It is really interesting to see the things we learn in class being used with real patients. But what I enjoy the most is seeing how grateful patients are to their prosthetists and orthotists, and seeing them leave happy after spending so much time dealing with pain or difficulties in their everyday lives. Seeing that reaction from patients makes me think that all the effort I am putting into studying P&O is really worth it.



PROUDEST ACHIEVEMENT

I think one of my proudest achievements so far has been becoming more confident when communicating with patients during assessments.

At the beginning, this was something I was quite worried about because English is not my first language. But I feel that it has been improving a lot and it makes me really happy to see my progress.

I also feel really proud of myself for taking the step to come to the UK and study P&O. It was not easy to leave my friends and family and step outside my comfort zone, but I think it has been one of the best decisions I have made. I really enjoy what I do.



SKILLS I HAVE ACQUIRED SINCE STARTING THE COURSE

One of the things I have developed the most is my ability to make prescriptions as I progress through my placement. I have also expanded my knowledge of different types of orthoses and when they can be used. Another important skill for me has been improving my communication with patients during assessments.



WHAT I WAS MOST SURPRISED AT, STUDYING P&O

Something that has really surprised me is the lack of awareness of the profession. A lot of people don't really know what a prosthetist or orthotist does, or how much they can support people in their everyday lives. I think it is a profession that is really focused on helping others, and I would really like to help make it more known, especially in Latin America and other countries where people may not be familiar with P&O or its importance.

