

# David Dunn

## Band 6 Peripatetic Occupational Therapist



### **What does your job entail?**

I am a permanent Peripatetic Band 6 Occupational Therapist therefore move to a different departments in the acute and rehabilitation teams within the Northern Sector of WHSCT when the need arises. My job role changes depending on the setting I work in as I could be based in any ward within the Altnagelvin Hospital (acute), Waterside Hospital (Rehabilitation) and Reablement (Community Rehabilitation). There is lots of variety which makes every day challenging and interesting although, my transferable skills make the transition easier.

Each role I complete focuses on the use of my core occupational therapy skills enabling me to treat patients holistically by looking at their occupational performance (ability to perform) the everyday activities we take for granted. I assess ability to complete tasks such as transfers (getting up & down or in & out of bed, chair, toilet), functional mobility (ability to move around the environment) and Activities of Daily Living e.g. washing, dressing, showering, and cooking. As an Occupational Therapist we analyse these tasks and break them down into small parts to identify a person's ability to complete them independently and safely. I also ascertain the need for rehabilitation and/or provision of care, complete manual handling risk assessments, prescribe specialist seating and wheelchairs, identifying the provision equipment and adaptations to housing to increase independence such as level access showers and ramps.

### **How did you get into this line of work?**

I worked as a vocational support worker in Brain Injury Rehabilitation for a charity and from this developed an interest in working with people to enable them to become independent again following illness and injury. Having been a member of a Multi-disciplinary Team I was able to see first hand the key role Occupational Therapists plays in helping people to regain their independence as OT's the only discipline that may be involved every patient. I spoke directly to the Occupational Therapist who gave reassurance that I could do the role and also gave me a good insight into the how variable the role can be.

### **Outline your career to date?**

I graduated with a Masters (pre-registration) in 2012 and started my first OT job in April that year as an OT in Brain Injury Rehabilitation in a private hospital in Glasgow. I worked there for 3 years before moving to NHS Lanarkshire to work as an Alcohol & Drug Addiction OT for 9 months. Following this I moved to NHS Glasgow & Clyde where I completed a rotational post in Care of the Elderly, Parkinson's, inpatient rehab and Reablement.

In 2016 I moved back to Ireland and took a temporary post in the WHSCT in Reablement prior to becoming a permanent member of staff in under 65 Physical Disability Team. After 3 years I moved to my current post which I have seen me return to Reablement, then Trauma & Orthopaedics and now Acute Medical Unit.

## **Tell us about your qualifications and training?**

I graduated from Glasgow Caledonian University in 2006 with a BA (Hons) 2:1 degree in Business Information Management and went into Banking & Investments in Santander. After 5 years I returned to complete a 2 year masters pre-registration course and gained an MSc Occupational Therapy qualification.

Throughout my career to date I have completed lots of training in areas such as seating, wheelchairs, housing, fatigue management and dementia to name a few. In order to meet our HCPC and RCOT standards of practice I regularly complete CPD activities to ensure I am offering evidence based practice

## **What qualities do you feel are required for your job – personal and professional?**

Personal qualities that are important to becoming an Occupational Therapist including are good listening skills, flexibility, honesty and being able hold a conversation with people of all ages and backgrounds.

Professionally I feel that you must be able to work well as part of a team and not be afraid to ask questions. Your team-mates are as important as your patients.

## **What is the best advice you have ever received?**

There's no such thing as a stupid question!

## **A little bit about me**

I'm 38 years old and have been an OT for 9 years. I'm married with 2 children a boy age 2 and a girl aged 3. Since finishing playing football and GAA I go to the gym to keep active. I enjoy travelling all over Ireland and Europe watching football.

## **What advice would you give your 16-year-old self?**

Don't get hung up on GCSE and A-level results as you are never too old to go back to school and there are other routes into jobs.