

## Bursary report

Early in 2018 I applied for a MACP Level 1 Education and CPD award. I was fortunate enough to be awarded £620 pounds towards training courses centred on my more recent sub specialism related to the management of patients with Orthopaedic Foot and Ankle (F&A) conditions.

Over the past 10 years I have worked as an Orthopaedic Physiotherapy Practitioner in an NHS hospital, in secondary care. Historically the clinics I have run have been generalist. Over the past 18 months, I have been working more closely with the Orthopaedic F&A consultant, and we are working in a more multi-disciplinary way. This has required me to improve my knowledge regarding the surgical management options available to this group of patients.

Within the Orthopaedic community, there appears to be a lot of emphasis and value placed on the benefits of multidisciplinary team working. There are very good links between the Association of Foot and Ankle Physiotherapists (AFAP), a charity which supports all allied health professionals (AHP's) working in this field, and the British Orthopaedic Foot and Ankle Society (BOFAS).

The first course I attended, in September 2018, funded by my MACP award, was a F&A dissection day. There was a small cohort of students, supported by 5 F&A Orthopaedic Surgeons. There were 4 course participants to each specimen, supported by one Surgeon. A central demonstration was done, outlining the incision sites, structures to be identified, and informal discussions about pathologies related to the identified structures and both surgical and non-surgical treatment options. I found this opportunity very enlightening and a valuable experience. I first did anatomy and dissection in my second year of Physiotherapy school. At that time it felt like more of an academic, preparatory exercise. Having had no clinical training or clinical experience at that time, the relevance of the various structures was probably under-appreciated. Having the opportunity to revisit the complex anatomy of the foot and ankle, and relating it to clinical scenarios felt like a privilege and I would recommend it to any experienced clinician.

I used the balance of my award to contribute towards my attendance at the BOFAS Annual Scientific Meeting, a 3 day conference, held in Edinburgh in November 2018. I attended all 3 days. On the second day of this conference, there is always an AHP specific programme. This is the second year I have attended this scientific meeting and on both occasions I have benefited from the opportunity to network with, and meet specialist F&A AHP's, and be immersed in the discussions regarding current research and practice in the Orthopaedic community. The sessions I found most beneficial during the AHP day were the discussions regarding service development (specifically the topics of Virtual Fracture Clinics and the lessons learnt from the development of these and the "Opt In" foot and ankle service in Glasgow). There were also 2 good sessions related to research in this specialist area and it was very valuable to be up dated by 2 academic clinicians with regards to multi centre trials going on, and guidance given regarding getting involved in research projects. I have recently developed a Physiotherapy led pathway for the management of acute Achilles' tendon ruptures and it was helpful to share experiences with other clinicians working similarly in different areas of the country.

The exposure I have had at these 2 courses, funded by the MACP, has improved my knowledge base, highlighted my knowledge gaps, still to be addressed, and helped to. Improve my confidence when working alongside the foot and ankle team in Orthopaedic outpatient clinics.

Many thanks for supporting my studies and for all the good work you do for members and the public.