



Nivedita Kadambi – MSc pathway at UCL

Receiving three MACP bursaries to support my MSc modules at University College London (during 2025 & 2026) has been one of the most meaningful forms of professional support I have received in my career. As a physiotherapist returning to clinical practice after an extended career break, the financial and motivational significance of this support cannot be overstated.

My journey back to physiotherapy has not been straightforward. After several years away from clinical practice, during which I completed an MBA in the United States and subsequently had a child, returning to the profession I trained in felt both exciting and daunting. With the increased financial responsibilities that come with raising a young family, investing in postgraduate education presented a very real practical challenge. The MACP bursaries directly alleviated that burden by contributing toward the tuition costs of my MSc modules, allowing me to pursue rigorous academic development at a time when I might otherwise have had to delay or forgo it entirely.

The two modules I undertook, **Physiotherapy Research and Dissemination**, and **Upper Quadrant**, have been transformative in different but complementary ways.

The Physiotherapy Research and Dissemination module gave me skills I had long wanted to formalise. Learning to critically appraise literature with confidence and understanding how to meaningfully translate emerging evidence into clinical decision-making, has fundamentally changed how I engage with the research I encounter. As someone returning to a profession that has evolved considerably during my break, this module gave me the tools to navigate that evolution with rigour rather than relying on outdated clinical assumptions. It rebuilt my confidence as an evidence-based practitioner.

The Upper Quadrant module brought that evidence to life in a clinical context. Beyond deepening my understanding of the latest evidence-based approaches to managing upper quadrant conditions, the module challenged me in ways I did not anticipate. Working on a quality improvement project (a core deliverable for the course), and then presenting it, pushed me to think not just as a clinician but as someone invested in the systems and processes that shape patient care. The communication frameworks we explored have already influenced how I approach patient interactions, particularly when managing complex or chronic presentations where shared decision-making is central to good outcomes.

Together, these modules have done more than refresh my knowledge, they have reframed how I think about practice. I approach clinical reasoning with greater structure, engage with patients with greater intentionality, and contribute to discussions about care quality with greater confidence.

I am deeply grateful to MACP for recognising that continuing professional development is not a luxury, but a necessity, and for understanding that financial barriers should not determine who gets to grow as a clinician. The bursaries have helped me return to practice not simply as the physiotherapist I was before my break, but as a stronger, more reflective and better equipped one.