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Paul Riddle – MSc Bursary – December 2023, University of Hertfordshire

Report: Advanced Musculoskeletal Clinical Practice Module

Between October and December 2023, I successfully completed the Advanced Musculoskeletal Clinical Practice module through the University of Hertfordshire (7HSK0333). I was able to do so with the **generous financial support of the MACP who contributed £500 through their MSc Bursary Award system**. For this I am immensely grateful. This module has been instrumental in enhancing my skills and knowledge within the field of advanced musculoskeletal physiotherapy, and cementing the learning obtained from the upper and lower quadrant modules previously completed.

Throughout the duration of the module, I had the privilege of being supervised by two exceptionally experienced and skilled mentors. Their guidance and mentorship provided me with a safe and supportive environment in which to grow clinically. They challenged my clinical reasoning in an encouraging and supportive manner. Through in-depth discussion of diagnostics and management strategies, I have gained a deeper understanding of various musculoskeletal conditions. This newfound knowledge has empowered me to make more informed clinical decisions, ultimately enhancing patient outcomes.

This module provides a level of observation that I have not had since my undergraduate program. While this may be a scary concept for some, being observed while you “do-what-you-do” with any patient who comes into your clinic provides a unique opportunity. Particularly as clinical mileage can create habits. This module can solidify good habits and also allows you to make adjustments to others. One area in which I have experienced significant improvement is in my handling techniques. I feel better able to perform assessments and interventions with greater precision and efficacy. As a result, I feel more confident in my ability to provide effective care to patients of all presentations.

Staying abreast of current research and evidence-based practice is essential in the field of musculoskeletal physiotherapy. This module facilitated regular engagement with and discussion on the latest research findings and clinical guidelines, ensuring that my practice remains up-to-date and aligned with best practices. Commitment to evidence-informed care is fundamental to delivering high-quality physiotherapy services.

Through rigorous training, hands-on experience, and constructive feedback from my mentors, I have developed a greater sense of self-assurance in my clinical abilities. This

newfound confidence enables me to approach complex cases with poise and competence, ultimately benefiting both myself and my patients. I also feel much better placed to transfer this knowledge on to other members of my clinical team.

Finally, the module underscored the importance of reflection as an integral part of the learning process. Regular reflection allowed me to critically evaluate my clinical practice, identify areas for improvement, and implement targeted strategies for growth.

In conclusion, completing the Advanced Musculoskeletal Clinical Practice module has been a transformative experience for me both personally and professionally. **With the invaluable support of the MACP, dedicated mentorship, and a comprehensive curriculum, I have emerged as a more skilled and confident clinician.** I am deeply grateful for the opportunity to undertake this advanced training, and I am excited to apply my enhanced skills and knowledge to benefit the patients under my care.