

Stacey Pullan

Level 6 Occupational Therapist (Integrated Degree)



The Mid Yorkshire Hospitals
NHS Trust

Level 6 Occupational Therapist (Integrated Degree)

You can access the standard [here](#).

Occupational therapy is a rewarding career which requires a highly developed knowledge and professional skill-set to enable you to work across a range of settings and environments. Occupational therapists work with individuals from birth to end of life including those with physical and mental health conditions, injury, learning disabilities, long-term conditions, palliative care needs and with those who find themselves displaced from their societies. The primary goal as an occupational therapist is to enable people to participate in meaningful occupations and activities of everyday life.

Meet Stacey Pullan, a Level 6 Occupational Therapist apprentice working at the Mid Yorkshire Hospitals NHS Trust.

We spoke with Stacey about her apprenticeship journey, keep reading to find out more.



1. What apprenticeship are you studying and what does the study involve?

I am doing a Level 6 Occupational Therapist (Integrated Degree) apprenticeship.

As part of this apprenticeship, I undertake the following:

- Occupational therapy assessments and intervention that demonstrate an understanding of the relationship between occupation, health and wellbeing.
- Assess, prescribe, and facilitate use of equipment, assistive technology, and environmental adaptations when required to enhance occupational function.
- Use observation, verbal, and non-verbal communication to gather information regarding occupational abilities and barriers.
- Apply evidence-based research, clinical reasoning and problem solving to formulate management plans in collaboration with the person to support occupational performance.
- Apply leadership and entrepreneurial qualities to lead, innovate and manage change, marketing and promoting the benefits of Occupational Therapy.
- Develop therapeutic relationships with service users.
- Practice with a person-centred, strengths-based approach.
- Work collaboratively in partnership with others.
- Facilitate learning and awareness through designing and delivering activities for service users, groups, partners, and communities.

2. Why did you want to do the apprenticeship?

I am a determined and enthusiastic individual; I have been able to solely focus on the apprenticeship for 3 years. I had financial commitments therefore full-time study was not possible. I enjoy the holistic perspective of Occupational Therapy, and this is the profession that I wanted to pursue.

The apprenticeship met my learning needs as I am a visual and practical learner therefore this provided various opportunities to learn such as 'on the job' and within practice placements. It is a fantastic opportunity to develop my current skillset and learn how to apply my clinical reasoning and critical analysis to practice and to be able to demonstrate leadership and management qualities through gaining experience during practice placements as well as within the working environment.

3. What is your current role?

I currently work as a Band 4 Generic Technical Instructor, primarily based on the acute inpatient respiratory ward.

4. How did you get into your current role?

I took full time care of my grandfather from my late teens, this was when I identified Occupational Therapy as the profession I would like to pursue. I assisted and supported him within his disabilities as well as his long term complex conditions. I also provided support within meaningful occupations and activities of daily living.

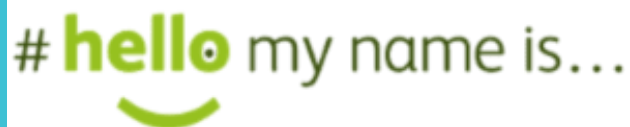
I made sure I completed the appropriate qualifications and gained essential work experience within my local community. I volunteered on a weekly basis at St John's Ambulance Service to gain a better insight into anatomy, physiology, injuries, and health management plans. This also helped improve my self-confidence, communication skills and problem solving skills.

Additionally, I volunteered at my local football and rugby club providing sports massage therapy. This assisted with the further development of my knowledge of anatomy and physiology as well as understanding the structure and function of the human body in more depth.

5. What has been your proudest achievement on your apprenticeship to date?

I have managed to pass this degree during a global pandemic while working on the front line throughout. I have demonstrated my ability to apply theory attained from university into my working practice. I have maintained my level of consistency despite the influence of COVID-19.

I have been nominated by a patient whom I treat for the Kate Grainger Compassionate Care Award.



Dr Kate Granger MBE was a doctor and terminally ill cancer patient who founded the #hellomynameis campaign. The campaign reminds health care professionals of the importance of introducing themselves to patients and how a relatively 'little thing' can positively affect a patient's experience of the treatment and care they receive. The campaign has a global following and is backed by a significant number of health trusts across England and beyond. Staff are nominated to receive awards where people feel that they shine in providing compassionate care that improves outcomes for patients and service users.

6. What do you want to do once you complete your apprenticeship?

I will apply for a Band 5 rotational Occupational Therapy role within my current trust to develop my clinical skills across the areas for which I have not yet experienced. I will transition from student to practitioner.

7. What would you say to someone considering an apprenticeship?

Ensure that this is the profession you would like to pursue as the apprenticeship requires commitment, passion and determination. Consider this apprenticeship if you are a practical learner and enjoy working 'hands on.'