



Kirsty Docwra
**Clinical Governance Coordinator/
Physiotherapist**
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Base: Penrith, Cumbria

A Chance
for life

Qualifications

BSc (Hons) Physiotherapy (2006)

Memberships

Member of the Chartered Society of Physiotherapy (CSP) 077342
Health and Care Professions Council (HCPC) Registration Number PH80390
Associate Member Pelvic Obstetric Gynaecological Physiotherapy (POGP)

Professional Experience

I have over 15 years of experience as a musculoskeletal and women's health physiotherapist working in a variety of healthcare settings from the NHS, military, private healthcare and corporate, including remote services and recruitment of international healthcare professionals. Within each of these settings I have worked as part of a Multidisciplinary Team (MDT) managing an array of musculoskeletal injuries and conditions from acute to chronic with varying complexity, as well as planning and initiating various projections.

In 2019 I made the move to specialise in Women's Health Physiotherapy, a hugely under represented section within the Physiotherapy discipline and I am passionate about improving the quality of life for women with incontinence conditions, persistent pelvic pain and severe menopause symptoms plus much more.

My aim as a physiotherapist and team member is to provide treatment and support in an engaging, supportive and exciting manner and to make my patients and team feel like an integral part of the planning and initiation process.

I am an excellent planner and organiser who is diligent in her work and is able to efficiently solve problems and make difficult decisions quickly. My key strength is my communication skills, I have a natural rapport with most people honed over the years through my work with varying demographics of team members, patients, clients and customers.

Current Position

I joined A Chance for Life Ltd in May 2021 as a Clinical Governance Coordinator and Physiotherapist, where I will treat mostly adults with musculoskeletal or women's health conditions.

My role currently includes:

- Ensuring that A Chance for Life Ltd complies with current legal, regulatory and professional requirements.
- Development of evidence based clinical protocols and care pathways.
- Contribute to the provision of an efficient and high-quality specialised clinical service using a client centred and goal orientated approach.

- Developing and implementing project plans for the management, coordination and facilitation of clinical governance.
- Being the primary point of contact for all clinical enquires and referrals.
- Undertaking in-depth clinical assessments and treatment for clients requiring musculoskeletal or women's health physiotherapy.

Key Skills

- Carrying out detailed assessments, collating this information and using my vast clinical knowledge to create evidence based treatment plans with the patient at its heart.
- Communicating in an open manor to encourage clients and team members to feel comfortable to come to me with any issues they may be encountering.
- Thinking outside the box to enable the overcoming of challenges, whether clinically or operationally.

Key Achievements

- Working through challenging situations, thinking outside the box to find appropriate ways to resolve these challenges and conflicts. Always putting my patients first.
- Development and implementation of operational protocols across international office sites.
- Being accepted on to an MSc course to further my knowledge and skills so that I can improve my clients' lives even further.

Professional Pathway

I qualified as a Physiotherapist in 2006, graduating from Sheffield Hallam University with a BSc (Hons) Physiotherapy. In January 2021 I began working towards gaining an MSc in Physiotherapy Rehabilitation; Women's Health from Bradford University.

From 2006 – 2010 I worked as a freelance locum physiotherapist working in various settings including the NHS, MoD, private hospitals and private clinics. This varied workload and having to fit in with different teams and client bases gave me a baptism of fire and lead to the physiotherapist I am today.

From 2010 – 2018 I worked as senior clinical interviewer and recruitment coordinator within an international healthcare recruitment company. This role involved assessing the clinical skills of international nurses and allied health professionals. As the candidates were based all over the world I had to adapt my communication skills to enable understanding from a vast array of countries and cultures progressing this skill to be second to none.

From 2015 – 2021 I worked in a large corporate private healthcare company providing remote service case management as well as remote and in-clinic physiotherapy working within a large service team.

Recent CPD/Training:

2021 Therapy Live – Pelvic Health Conference
Cauda Equina – Spinal Red Flags
Stretching – a top down approach

2020 POGP Positive Pause – Menopause and Physiotherapy
POGP Pelvic Health Physiotherapy – Female Urinary Dysfunction
CAD – Carotid Artery Dissection – Signs, Symptoms and Care Pathways
Rheumatological Differential Diagnosis

2019 APPI Matwork 1, September 2019
BLS
Acupuncture in Pregnancy
Shoulder Workshop

2018 Clinical Conversation and Communication Course
Lower Back Pain – a cognitive approach
ACL rehabilitation stages 1-5