



**Monika Stachowska**  
Physiotherapist

Qualified: 1992

Moved to the UK: 2001

Returned to practice: 2015

Current role: Band 6 Specialist  
Orthopaedic Physiotherapist

## AHP/HCPC Return to Practice

### Where are they now?

When you have qualified outside the UK, it can be difficult to know where to start. I stayed in my OT assistant role for many years and really enjoyed it, but in 2015 I submitted my application to the Health and Care Professions Council and got back on the register as a Physiotherapist.

I really enjoy making a difference to the patients I treat; making them feel better, regaining their mobility and quality of life. I also like sharing my knowledge and skills with students and therapy assistants. My return to practice journey may have been challenging but the reward at the end was 100% worth it."

**#iamreadytoreturn**

**Monika qualified as a Physiotherapist in Poland but her journey to working in the NHS started with another profession.**

"I came to the UK 21 years ago and after raising my son I really wanted to enter the job market again. I thought that it would be great to have my Physiotherapy qualifications recognised in England and be able to return to practice (RtP).

I planned to get a job as a Physiotherapy assistant to familiarise myself with the NHS, while applying for registration. My first NHS role was actually in 2006, as an Occupational Therapy assistant, and it was my first foot on the ladder to returning to Physiotherapy.



Trusts can do a lot to help people return to practice. It should be a really positive experience for both returners and employers. We would recommend initial meetings to discuss the RtP opportunities, the different career routes within your Trust and the potential structure of a RtP programme.

Regular mentoring and supervision during the clinical practice hours can also support the returnee to feel confident in their practice.

Having a variety of RtP routes enables you to offer the options most suitable for your team and the returner. We have had many successes and have supported all route options. As an organisation we also now advertise our Band 5 and Band 6 posts to include RtP opportunities."

**Hannah Scott**  
AHP Workforce and Practice Education Project Lead  
Kettering General Hospital

