



“I have a passion for helping people, and having a positive impact on their lives; returning to practice means I am doing just that, and I’m also to earning an income again!”

Ngozi Oluikpe qualified as a **Dietitian** at University of Nottingham in 2008 and enjoyed working in a community based role in Leicestershire, making a positive impact on people’s health and lives. When her twins came along, however, it wasn’t a difficult decision to take time out and focus on them.

“Whilst I was a full-time mum I still valued my professional qualifications and had the opportunity to give dietary advice to groups of people in my church and to professionals working in Africa. But, when my twins turned 4, I realised I was ready to return to practice as a dietitian; I missed being involved in improving people’s health.

I quick internet search and I found details of the East Midlands project for allied health professionals (AHPs) who want to return to practice (RtP). I emailed them straight away!

I decided to do 60 days of updating my skills and knowledge; 30 days of private study and 30 days of supervised practice. It was quite drawn out and I contacted lots of Trusts. I was delighted when I finally found a place to do my supervised practice, at Mansfield Community Hospital, part of Sherwood Forest Hospitals NHS Foundation Trust.

There was a huge mix of relief and excitement when I first walked back into a hospital setting - it had taken me almost 24 months to get to this stage, and now I was finally there.

Things had changed during the time I was out of the profession; there is much more administrative work compared with when I first started out, the FODMAP diet was brand new to me and there had been an increase in the number of allergies in children. However, I got to grips with these changes, and my fellow professional, helped me learn, grow and be more effective as a dietitian.

I love meeting other AHPs, exchanging ideas and work practices, and finding ways to give the best possible evidence based care. Collaboration is key to providing seamless care to our clients and patients and working with the dietetic staff at Mansfield Community Hospital was brilliant because they made me so welcome and were very supportive of my RtP needs.

If you are thinking about RtP, get in touch with the National Lead for Return to Practice (AHPs and Healthcare scientists) I received tremendous support from them. Once you have started, give it your best effort, it will be worth it.

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Are you
ready to
return?