

*I returned
to practice.*



Rachel Bridges studied at the University of Derby to be a Diagnostic Radiographer and qualified in 2010; but at the time the NHS Trust she wanted to work in, wasn't hiring.

"The neighbouring Trusts were only hiring a handful of radiographers and I couldn't move to another area because of my husband's work. Fate seemed to be suggesting it was a good time to start a family and so I got the chance to enjoy being a stay at home mum.

However, when the time was right to start working outside the home again, I did a web search on 'return to practice radiography' and came across the course at the University of Derby. I had to complete 60 days updating my knowledge and skills and did this part time over about 6 months.

It was a tough few months initially, getting back into working with two small children, but the University and hospitals were great and very supportive. I was very nervous when I first returned to the clinical environment at University Hospital Leicester; I was worried I'd miss something basic or that I'd completely forgotten everything I had learnt whilst doing my degree. I was also worried about any changes in the department but I found

there were very few; alterations to the computer software and more digital equipment, but nothing that couldn't be picked up quickly.

It took me about a month to feel really confident in my abilities again and I was amazed that things I was worried I'd forgotten, were second nature to me! Staff at the hospitals were great in helping me and everyone was really supportive. By the end of my clinical placement I felt confident again in my abilities and eager to continue developing my practice.

I think that being a Radiographer is the best job out there. Every time you x-ray someone you never really know what you're going to see and it amazes me every time. If you are considering returning to practice, go for it! It's not as difficult as you imagine it to be and don't be afraid to contact people to ask for help to get started. It will be nerve racking when you first start back but it will pass and it's well worth it in the end. "