



**Radhika Fernandes**  
Physiotherapist

Qualified: 2001

Left the profession: 2006

Returned to practice: 2017

Current role: Elective, trauma and orthopaedics Physiotherapist

## AHP/HCPC Return to Practice

### Where are they now?

**Radhika qualified and started her Physiotherapy career in India before moving to the UK in 2006.**

“I worked as a Physiotherapist in India for five years but once I moved to the UK, it was very difficult to get a job and I had the additional challenge of having no NHS experience. So, after the birth of my daughter, I decided to take a career break to look after her.

I decided to return to practice in 2017. It took me over a year to start my journey as I found a lot of places weren't familiar with return to practice. However, I persevered and started by volunteering for a dementia unit and shortly after I got a locum assistant practitioner role -this was my first step into the NHS. I then got a permanent assistant role with Kettering General Hospital.

My manager was very supportive in starting me on my return to practice journey. It took me almost 6 months to complete with support from HEE in the early stages of the return to practice programme. I did a lot of e-learning online and used various resources. I had access to other returnees, my manager and the senior physiotherapist on the team so I didn't feel alone and I could seek advice as and when needed.

I returned to practice in May 2017 as a rotational Band 5 Physiotherapist at Kettering General Hospital and I recently successfully obtained a Band 6 role in elective, trauma and orthopaedics with the Trust.”

[#iamreadytoreturn](#)



At Kettering General Hospital NHS Foundation Trust, we see great value in encouraging AHPs back into the workplace.

They can bring extensive, transferrable, clinical and non-clinical skills from previous roles. For example, they may have supported students as practice educators, supervised new graduates or worked in a non-clinical role as a manager.

We want to support the returners development in refreshing their skills, rebuilding their confidence, and drawing on all elements of their previous roles and life experiences.

We encourage our whole team to be involved in the returners journey; we can all learn from each other.”

**Melanie Paragreen**  
Head of Therapies  
Kettering General Hospital

