



# LUCY SMITH

**OCCUPATIONAL THERAPIST  
INTENSIVE  
CARE AND TRAUMA & ORTHOPAEDICS**



"The best part of the job is seeing patients leave hospital after being critically unwell and being able to contribute to their recovery"

## Academic profile

### Degree

Occupational Therapy

### Subjects you enjoyed at school

Psychology, English Language

## Career Summary

I met an Occupational Therapist (OT) while undertaking work experience in a school when I was 16. I was inspired by her passion to help people and after my A levels I worked as an OT assistant in a hospital to gain experience and further understanding of the OT role. I then went to University of Southampton to graduate as an OT. I did the course part time over 4 years and worked as a therapy assistant alongside my studies. Once qualified, I worked in a rotational post, rotating into different departments every 6 months. This was a great way of getting lots of different experience and working out which area I wanted to specialise in. After 2 years I got a more senior rotational post at Southampton General Hospital and then my current role which I have been doing for 4 years.

## Describe your job



## What inspired you?

I initially wanted a career working with children but was inspired by an OT I met while on work experience. I was attracted to the role as it is unique profession that focuses on enabling people to engage in day to day activities and helping people overcome things that are a barrier to being able to do these activities. Everybody we work with has different activities that they have to do and want to be able to do meaning the work is always varied and we always have the patient's wishes at the forefront of what we do.

## Did you know .....

Did you know that OTs don't just work in hospitals? Occupational Therapists work in a variety of settings including schools, day centres, patient's home or place of work, mental health hospitals, private clinics, prison services. They work with people of all ages with a variety of conditions including learning disabilities, physical, cognitive or mental health impairments.

## Top tip

Gain as much experience as you can. OTs can work in a variety of settings so the more experience you have in different areas the better

## Best thing about my job

I love having students and promoting the job to potential future OTs

## Find out more

- [@lucysmithOT](#)
- [Healthcare Careers \(Occupational Therapist\)](#)
- [Royal College of OT](#)

## Watch the video:

