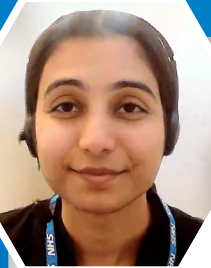


## A PRECEPTORSHIP CASE STUDY

# The value of preceptorship for international recruits



**Mahima Gupta** is an internationally educated orthotist who moved to the UK to work after about 1.5 years' clinical experience in India. In this mini case study, she reflects on her experiences of preceptorship and the value it offered, both in terms of settling into a completely new health care system, and in terms of developing her professional confidence and skills.

My name is Mahima Gupta. I'm a junior orthotist at Queen's Medical Centre in Nottingham. I'm also new HCPC registered orthotist. Although I do have some work experience in India of about a year and a half, I think settling into a different healthcare system is not easy without the right support. Luckily for me, I've been through the preceptorship programme and got the right support. I completed the programme in April 2024.

My preceptorship programme was with a mixed group of professionals, including a physiotherapist, occupational therapist and dieticians. We learned about each other's professions and the types of work we do with our patients. We explored how to be accountable for our own practice, how to learn from our shortcomings, and how to work efficiently as part of the multi-disciplinary team and as an autonomous clinician.

Our preceptorship lead guided our discussions and provided advice about how to seek help and the different places it's available from. We had discussions about opportunities to get involved in research and other service improvement projects. As a result of my preceptorship programme, I was able to understand

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Something else we were able to discuss with our preceptorship lead was career progression. Having the chance to do that as you're entering the profession can give you an idea of where it can take you in the coming years, and what steps you can take to achieve your own career goals.

Our preceptorship programme included monthly meetings in which we could explore any struggles we were having with our cases and how to overcome them. I think that has made me more confident, coming into work and providing patient care, knowing that there is support I can benefit from. And overall it improves the service that we provide to our patients.

I would say to new and other international graduates, if you have an opportunity for a preceptorship programme, please take it and use it to maximise your potential. Engage in the conversations with your peers and learn about other AHP professionals. It can only help the way you work together as a team and improve the services provided to patients, as well as growing your own skills as a professional.

I've had a really positive experience of being part of a preceptorship programme and it has helped me evolve as a professional. I'm very grateful for that.