



# A day in the life of...

## Meet Ashraf El Mahdy

Lead Operating Department Practitioner  
Maidstone Orthopaedic Unit at Maidstone  
and Tunbridge Wells NHS Trust



I qualified as an Operating Department Practitioner (ODP) in October 2013 after training with the Trust from 2010-2013. This included studying at Canterbury Christ Church University to get a degree in Health care BSc (Hons) Operating Department Practice.

I then worked for MTW from 2013-2016 before leaving to work for Guy's and St Thomas' NHS Foundation Trust in London. I was there for four years before returning to work at Maidstone Hospital as a Lead Practitioner in June 2020.

ODPs play a major role in all three phases of a person's operation (anaesthetic, surgery and recovery) as they work with other members of the multidisciplinary team to provide high standards of skilled quality care. My current role as orthopaedic theatre manager is to oversee the service provided to patients to ensure we are providing safe and high quality services at all times. I also scrub to assist surgeons during surgery, order kits and instruments for some cases, and offer support and help to my team as and when needed.

What I love the most about my job is looking after a patient and seeing the positive end results, such as when a patient is cancer free, a COVID-19 patient is discharged from our Intensive Care Unit or a child's eye is improved after a squint procedure.

What would you say to anyone considering a career as an ODP? It's a very rewarding job and versatile, but it is also hard work too.

At the moment my plan is to master my current role and to keep providing high and excellent quality care to our patients. However, I'm always keen to learn more and in the future I plan to progress to more advanced roles.