



A day in the life of...

Meet Lizzie Allen

Clinical Lead Occupational Therapist at
Maidstone and Tunbridge Wells NHS Trust



I qualified as an Occupational Therapist in 2004, starting out at Kent and Sussex Hospital, and have been working for the Trust for the last 17 years, based at both Maidstone Hospital and Tunbridge Wells Hospital.

I am the Clinical Lead Occupational Therapist for Critical Care, a new role which I started in September 2021. My day involves attending the daily ward round with the multi-disciplinary team to get new referrals and make plans for the patients. I spend the majority of my day with patients on the Intensive Care Unit, assessing their physical and cognitive function and starting their rehabilitation. I also work closely with families and often complete joint sessions with other allied health professionals.

I enjoy working in the busy hospital environment as part of a multi-disciplinary team. My job is always interesting and every day is different. The best parts of my job are helping the patients regain their independence and the people I work with.

When I first qualified I completed a band 5 rotation working across the Trust to gain experience in different specialities. I have since had the opportunity to develop my skills and knowledge in different roles, progressing to band 6, and I'm now working in a band 7 role. I have always been supported and encouraged to progress and this has included the opportunity to gain experience in a clinical manager role.

What do I like best about working at MTW? I have always been very happy working at the Trust – I feel valued and have always had the opportunity to learn and develop. I work with a fantastic team who look out for and support each other.

Are you a skilled Occupational Therapist looking for your next career move? If you want to join a forward-thinking Trust with plenty of opportunities for training and development, then please get in touch and join us!