# Video transcript: The journey back - how Colette successfully returned to her orthotist career

>>COLETTE: My name's Colette. I'm an orthotist, and it took me 6 months to complete Return to Practice.

>>COLETTE: At the start of the Return to Practice process, I was very nervous. It was a lot of forms; lots of things had changed with it being COVID as well, so a lot of my Return to Practice was done virtually. Again, it was COVID, so there wasn't an awful lot of formal study ongoing at the time. Also, I'm an orthotist, it's a very specific field to get formal study in that was relevant to go back to, so we used a lot of Turas and a lot of supervised practice.

>>COLETTE: The good bits about it were actually being told that you were doing well. It was quite collaborative rather than feeling like someone was watching you with a clipboard.

>>COLETTE: Whilst we were doing the supervised placements, I had specific virtual clinics booked in and my supervisor would sit in on them with us. I also did what we call our ACRT process, which is Advanced Clinical Referral Triage, so going through, making clinical decisions on referrals before they even make it into clinic and I would just discuss them with my supervisor to make sure that we were agreeing on the clinical decisions that were happening.

>>COLETTE: I also then had time set aside to be able to do private study and some formal study when it was appropriate.

>>COLETTE: After my reregistration, I was lucky enough to be able to go back to my job that I'd been in previously and I was supported in that role.

>>COLETTE: The advice I would give to anybody thinking about returning to practice is that it's not as scary as it looks. It's actually very easy to do and a lot of people are wanting you back into being an AHP, so it's worthwhile.