

# Past Student Spotlight

## Tess Worboys (2009)



St George is my hometown and I have come and gone a few times since finishing high school, however there is something about St George that always draws me 'home'. I'm part of a big family, with 4 sisters and now 9 nieces and nephews. We all still live and work in St George, with two of my sisters, Laura and Ella, working with me in Allied Health at the St George Hospital.

I feel proud to say I completed all my primary and secondary schooling in St George. I graduated from St George SHS in 2009 as one of the school captains. I went on to study a Bachelor of Occupational Therapy (OT) at The University of QLD in Brisbane, graduating in 2013.

Many people don't understand what OTs do, but in a nutshell, they help to maximise people's independence in all activities they need to do everyday ie self cares, helping overcome challenges with living safely at home, engaging in play (children), plus much more.

Over the past 10 years, I have worked as an OT in rural and remote hospitals in South West QLD, including Charleville, Cunnamulla and currently St George. I also provide an outreach service to Bollon, Dirranbandi and Mungindi Hospitals.

My OT career has also taken me to the NT, where I worked in Royal Darwin Hospital. Working as an OT in rural areas requires a broad set of skills to meet the many demands of my clients. There are days where I will see an inpatient to help with discharging them home safely, then run a paediatric therapy session, see a client for hand therapy and then complete a home visit to organise home modifications and assistive equipment for elderly or disabled clients.

My interest areas are hand therapy and vascular treatments (compression bandaging/garments). I have completed a research study on conducting hand therapy via telehealth and disseminated the study results at several conferences in Australia. The research

article is titled 'Delivering occupational therapy hand assessment and treatment sessions via telehealth' and was published by Sage Journals.

I frequently host student placements in St George Hospital for 3rd and 4th year OT uni students and provide clinical supervision for early career OTs working in Roma and Charleville.

I look back on my high school years with fond memories of special friendships and dedicated teachers. I was given many opportunities to pursue sport and extracurricular activities (touch football, netball athletics, student council, public speaking, community engagement activities) during my time there.

I made the most of the opportunities that were available to me at St George State High School. I am grateful to this school for playing a part in helping me pursue studies in Occupational Therapy, as I now have a very rewarding career.

Tess Worboys