



Our graduate Simon Blomfield has been talking to us about his time at The College of Osteopaths.

What job were you doing when you applied to study at The College of Osteopaths?

I was a PE teacher.

What motivated you to apply to The College?

I had always enjoyed teaching anatomy & physiology on A Level and GCSE PE courses. I discovered osteopathy when I received treatment from an osteopath following a skiing injury and became intrigued by the subject. I had also begun to realise that I wanted to change careers but wasn't sure that it was possible. I did a Google search for part-time osteopathy courses and discovered The College of Osteopaths degree course that is structured to allow students to continue working while they study.

How easy has it been for you to balance the demands of the course alongside your other commitments such as work and childcare?

It was quite challenging over the first year (I am married with two young children). Luckily my wife was supportive, and I made an extra effort to maximise my time when I was not studying or in clinic. Even though the workload gradually increased in quantity and intensity, it became easier in a way due to becoming used to the process and the impact on personal/family life.

What motivated you to keep going with the course if you were finding it difficult to manage?

I thoroughly enjoyed the vast majority of the course content so found it relatively easy to remain motivated. As time progressed, I realised that a First-class degree was a real possibility, so tried to maintain my work ethic and organisation throughout. It helped to look at each module/assessment as one small step towards the finish line and I took the same approach with clinic hours. Consistency was the key for me.

Which parts of the course have you enjoyed the most?

- Practical / OSCE and clinical assessments
- AHDD: learning about different pathologies
- Naturopathy: holistic approaches used to restore health
- College clinic – discussing cases with fellow students and clinicians

Which part of the course have you found most difficult?

Statistics within the Literature Review module – I am not a natural mathematician!

Disease and Dysfunction was difficult because of the workload. There are a lot of different diseases to remember and study.

What are your plans for the future?

I currently own and operate an osteopathy business, with some local locum work. Following completion of a PGCert in Animal Osteopath I now treat humans, horses and dogs.

I am a Lecturer of Medical Science at a large Sixth-Form in Hampshire and plan to continue with this.

I plan to continue lecturing and assisting at The College of Osteopaths.