



**Laura Bygrave**

**Hertfordshire/UK**

**Current Position**

Laura is currently working part time as a Pulmonary Rehab physiotherapist for the Hertfordshire Community NHS Trust. She has worked at the Hertfordshire Community Trust for 3 years, previously working at Bedford Hospital for 2 years as part of the Pulmonary Rehab team and on the Respiratory wards. She is currently a mentor in training and would like to spend one-year co-mentoring.

It was while working for the Pulmonary Rehab team that Laura noticed an increase in ILD patients and decided to take on the role as ILD lead for her team. Over the past 3 years Laura has, set up an ILD support group, implemented an ILD pathway into the community service and has close links with the ILD lead Doctor at the local hospital. Laura has recently taken on a new part time job working for Action Pulmonary Fibrosis as the London and South East Support Group Co-ordinator. This job involves supporting the set up of ILD support groups and helping to promote the importance of local support groups for patients.

#### **Clinical Work**

Laura completed her BSc at the University of Hertfordshire in 2013. She started working at Bedford Hospital after completing a month's voluntary work in Tanzania. After working in the falls clinic and on the elderly care ward, Laura was asked to cover maternity leave on the Pulmonary Rehab team. While working on the Pulmonary Rehab team Laura found her love for respiratory and in particular became interested in working with ILD patients.

Laura currently works with a team of 12 physiotherapists and assistants running classes across 6 locations within North and East Hertfordshire. The role involves assessing patients for suitability for the class, running 1-1 clinics for all respiratory conditions and running the pulmonary rehab class delivery talks to a variety of patients. Laura believes physiotherapists are well placed to treat ILD patients and have many skills to help improve their quality of life. Laura regularly teaches breathlessness management, stop cough, chest clearance and breathing re-training.

#### **Public Service**

Laura has been on the committee of the ILD INN for a few months and is looking forward to working with the committee over the next 2 years.