

PNZ Executive Nominee: Monique Baigent



I am a registered physiotherapist with 10 years' experience in the field of musculoskeletal physiotherapy. In 2013 I completed my clinical masters in Health Science (Musculoskeletal Physiotherapy).

I am currently working for CMDHB in their outpatient department diagnosing and treating complex chronic musculoskeletal patients. I also have a role as an extended scope physiotherapist triaging chronic shoulder patients and acute ED shoulders and knees in our orthopaedic clinic. I work closely with the surgeons and refer patients for further imaging, blood tests, injections, to other specialties or discuss surgical management with the specialist.

I am very passionate about advocating for patients who struggle to navigate our health system. Our patient catchment has 11% of New Zealand's population, we are ethnically diverse with 40% of patients being born overseas, 36% of our catchment live in socioeconomically deprived areas and 70% of our adults are overweight or obese. We face challenges that many other DHBs encounter including limited funding, poor health literacy and unmet health needs especially in our Pacific and Māori communities.

I see a bright future for physiotherapy with better relationships between medical practitioners and extended scope roles to bridge the gap where health inequalities lie and access is limited.

I work closely with other DHB physiotherapists in all sectors and in my five years working here I have come to understand the system with its merits and limitations. I have experience working on the SEP NZ Executive and Education Committee with a hardworking and passionate group of volunteers. I have worked on the NZMPA Conference Committee for several years and I am currently volunteering as an assistant on the COMT courses.

I want to influence change and inspire our new graduates to stay in the profession by creating clear pathways and a more fulfilling career framework.