Profile of Learning Opportunities for Student Physiotherapists in CARE OF THE ELDERLY

Rehabilitation Department
Updated: Sept 2012
Next review due August 2013
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INTRODUCTION

Welcome to the Newcastle upon Tyne Hospitals NHS Trust Care of the Elderly Physiotherapy Team based at the Freeman Hospital and Campus for Ageing and Vitality (CAV).

We are a busy team responsible for the physiotherapy intervention with patients on six designated Care of the Elderly wards at the Freeman hospital, including: 3 acute elderly care wards 13, 15 and 18, 1 orthopaedic rehabilitation ward 14 and 2 general rehabilitation wards 9 and 17. We are also responsible for a third general rehabilitation ward, Cherryburn, at the CAV site. Outpatients are seen at The Melville Day Unit (at the Freeman Hospital site) and at The Belsay Day Unit (at the CAV site). Student placements are available at all of the highlighted areas above.

Elderly people present with complex medical, physical and psycho-social needs that combine to make working with them both challenging and rewarding. There is need for a detailed assessment specifically tailored to encompass the above factors and there is also a large emphasis on multi-disciplinary working, both within the hospital and in the community. The caseload will always be varied. The acute wards (13, 15, 18) will offer you the opportunity for cardio-respiratory work with the elderly as well as the general conditions expected within a care of the elderly directorate. The Melville and Belsay Day Units and wards 9, 14, 17 and Cherryburn offer a more rehabilitative approach.

In all the settings there is an emphasis on identifying problems and setting long & short term goals with the patient. A holistic and wide based approach is vital, as very few of the patients present with a single pathology or fall into only one ‘diagnosis’. All
the teams have assistants working within them, which will give you the opportunity to enhance your team working and delegation skills. Band 5 physiotherapists also work throughout the team and you will have opportunities to meet and work with them.

We do hope that you enjoy your placement with us and that you will gain in both your physiotherapy skills and clinical knowledge from your time within the team.
LEARNING ZONE

Care of the Elderly
Acute Inpatients, Day Hospital, Rehabilitation wards

- Knowledge of Intermediate Care
- Patient Falls Advice Groups
- Strength and balance training
- Cardiorespiratory in older people (not MDU or I/C)
- Regular attendance at 'social rounds' with full medical team
- Specialised Senior Physiotherapists
- In depth COE Assessments
- Use of COE outcome measures
- Multidisciplinary team working
- Daily MDT Handover
- Joint Home Assessment Visits
- Appliances
- Psycho-social needs of family/carers
- Falls Prevention & Awareness work
- Postural Stability Exercise Groups
- Moving and Handling Issues
- Regular attendance at 'social rounds' with full medical team
- Specialised Senior Physiotherapists
- In depth COE Assessments
- Use of COE outcome measures
- Multidisciplinary team working
General information:

- **Co-ordinator of Clinical Placements**: Claire Crumpton (Senior Physiotherapist) claire.crumpton@nuth.nhs.uk. Please make contact prior to the start of your placement.

**Freeman Hospital In-patient placements**

- **Working times**: 8.30am-4.30pm
- **Lunch times**: 12.30pm (30 minutes)
- **Meals**: The Freeman Hospital has a large staff canteen serving both snacks and main meals. There are also a range of shops within the hospital. Pack lunches can be eaten in the physiotherapy staff room or in the canteen.
- **Changing facilities**: Locked facilities are available within the main rehabilitation department. You will be allocated a locker for the duration of your placement.
- **Day one**: Report to main reception in the Rehabilitation department at the front right of the Freeman Hospital (opposite end to the main entrance) at 8.30am. Ask for the staff to contact ext. 39030 for the senior physiotherapist who will come down to meet you. If you have any problems on your first day please contact switchboard on 0191 2136161 and ask for ext. 39030
- **Car Parking**: Parking is very limited. Only pay and display parking is available on site. Some limited parking may be possible in surrounding areas but please ensure that you do not block access for local residents living near to the hospital. You are best advised to use public transport, cycle or walk to access the Freeman Hospital site. There are both frequent bus and metro services nearby.
**Melville Day Unit:**

Please report directly to The Melville Day Unit if you have been informed this is where your placement will be. The physiotherapy team have a small office next to the physiotherapy treatment room/gym. Please ask reception staff to guide you here. The working times differ slightly here and are between 8.00am-4.00pm.

**Belsay Day Unit and Cherryburn ward**

Please report directly to where your placement will be. The working times are the same as at The Freeman. Should your placement be at either of the above locations you will be based at The Campus for Ageing and Vitality (previously Newcastle General Hospital). Again, car parking is limited with only pay and display parking on site. There may be some parking in the surrounding area. There are frequent bus services nearby. There is no main hospital reception at the site so should you require further information regarding the location, please ask prior to commencing your placement. You will be shown changing facilities once you arrive at your placement. Please be aware that there are more limited facilities to buy lunch on this site.

Should you have any problems on your first day of placement please contact the below numbers

Belsay Unit (0191 2823395)

Cherryburn Ward (0191 2823855)
**Pre Placement Preparation**

- SWOT analysis
- Review of subjective and objective assessments, including outcome measures commonly used in care of the elderly (ie, Elderly mobility scale and Tinetti balance assessment)
- Look into causes for falls and falls prevention education (for rehabilitation placements)
- Review of respiratory assessments (for acute placements)
- Review of main conditions seen in care of the elderly

**General suggested Pre Placement Reading**

**Articles:**

- The reliability and validity of the elderly mobility scale in the acute hospital setting, Nolan et al, The Internet Journal of Allied Health Sciences and Practice, 2008

**Books:**

Fall Proof, Debra J Rose

Falls in Older People-Risk factors and strategies for prevention, SR Lord

**Websites:**

National Service Framework for older people

NICE – Fractured neck of femur guidelines (Orthopaedic Rehabilitation placements)

AGILE – Guidelines for Physiotherapy management of older people at risk of falls

Parkinson’s UK
Age UK
Osteoporosis society
British heart foundation – good source of information on exercise for older people

**Suggested extra Pre reading for placement on acute wards at FRH**

**Books:**
Respiratory Physiotherapy: An Evidence Based Approach to Respiratory and Cardiac Management, A Hough

**Main conditions seen in Care of the Elderly**

Falls
Cardio-respiratory conditions – Acute/Chronic
Neurological - Parkinson’s Disease/MND/Stroke
Orthopaedic - Fractures following a fall/Slower rehab following elective surgery
Acute infections – Urinary/Post surgical
Amputees
Arthritis – Osteoarthritis/Rheumatoid
Osteoporosis
General deterioration/frailty/dementia
Social problems
Palliative care
Example Student Timetable

(This can change according to individual needs throughout the placement and/or the exact location that you are working in)

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>Welcome to Team/ Orientation to dept and placement area/ Observe Senior assessing and treating patients</td>
<td>Further induction/ Discuss learning outcomes/ Subjective Ax</td>
<td>Objective Ax of patient/ Set learning outcomes/ Ward work</td>
<td>Ward work</td>
<td>Ward work/ Placement specific assessments</td>
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| WEEK 2 | Review of week one/ Cardiorespiratory Ax | Ward work/ Learning opportunity Eg: patient Home Ax visit | Ward Work/ Learning opportunity Eg: teaching session | Ward work/ Learning opportunity Eg: shadowing of another health professional | Ward work/ Half Way Appraisal |

| WEEK 3 | Review of week two/ Plan individual learning opportunities for rest of placement | Ward work/ Leading of multi-disciplinary team meeting | Ward work | Ward work | Ward work |

| WEEK 4 | Review of week three/ Ward work/ Further learning opportunities | Ward work | Ward work | Ward work | Final Assessment |

Please note: regular informal teaching sessions take place throughout the placement depending on the particular patient caseload and individual student requests. Students are also allowed to join in on the Junior Training programme across the team, should this be taking place during the placement.
## CORE SKILLS

### LEARNING OPPORTUNITIES

- Communication verbal and non-verbal with members of the team and work as part of a multi-disciplinary team
- To draw up a problem list, objective treatment plan and goals for each patient
- To develop skills of empathy, encouragement, sensitivity, assertiveness & co-operation with patients, carers and team members
- Familiarisation and use of relevant outcome measures
- To utilise clinical knowledge/reasoning
- To understand and utilise Evidence Based Practice
- The use of manual therapy and exercise skills to treat patients
- To gain experience in the assessment and provision of a range of mobility aids
- Medical terminology relevant to the placement
- Common pathologies
- Use of the computer to access patient information
- Developing an understanding of pathways of care

### RESOURCE / PERSONNEL

- All professionals on a day to day basis and team meetings
- Clinical Educator and own clinical reasoning
- Clinical Educator and observation of other professionals working with patient
- Pre placement reading and Clinical Educator
- Pre placement knowledge, practical sessions with Clinical Educator
- Discussion with other physiotherapists
- Own reading
- Observation of other physiotherapists
- Practical session with Clinical Educator
- This will be done throughout the placement
- Own reading and questioning of Clinical staff
- Own reading, Team resource file, Questioning of clinical staff
- Clinical Educator
- Explored throughout placement with Clinical Educator/ nursing staff
### CLINICAL SKILLS

<table>
<thead>
<tr>
<th>LEARNING OPPORTUNITIES</th>
<th>RESOURCE/PERSONNEL</th>
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<tbody>
<tr>
<td>To gain knowledge of the complex multi pathology in the older person</td>
<td>Pre placement reading and Clinical Educator</td>
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<tr>
<td>To assess and analyse an array of symptoms, often non specific to a definite disease process</td>
<td>Observation of physiotherapists</td>
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<tr>
<td>To gain clinical understanding of current theoretical knowledge of conditions frequently found in the elderly eg, PD, OA, COPD, falls</td>
<td>Increasing skills gained throughout placement</td>
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<tr>
<td>Knowledge of common drugs prescribed in care of the elderly</td>
<td>Observation of patients</td>
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<tr>
<td>Gait and Balance assessments, treatments and outcome measures</td>
<td>Practical sessions with physiotherapists</td>
</tr>
<tr>
<td>To assess an older person who has fallen or is at risk of a fall, using nationally recognised guidelines and draw up an appropriate treatment plan</td>
<td>Medical notes, own reading, clinical educator, pharmacist, doctor, BNF</td>
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<tr>
<td>Experience of patients who often present with complex manual handling needs</td>
<td>Pre placement reading</td>
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<td>Awareness of community resources for the elderly and gain insight into varying discharge options available</td>
<td>Observation of physiotherapists</td>
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<tr>
<td>To undertake a Home Assessment Visit (HAV) with other members of the MDT Team</td>
<td>Use of outcome tools with patients</td>
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<td></td>
<td>Pre placement reading</td>
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<td></td>
<td>Teaching from Clinical Educator</td>
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<td>Practical Ax skills gained throughout placement</td>
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<td>Attendance at MDT meetings</td>
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<td>Time with Social worker if required</td>
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<td>Physiotherapists/ Team members</td>
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<td>This will be organised throughout the placement</td>
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### MANAGEMENT / ORGANISATIONAL SKILLS

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<th>LEARNING OPPORTUNITIES</th>
<th>RESOURCES/PERSONNEL</th>
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| To develop effective organisational skills – ability to prioritise and manage a patient caseload | Clinical educator  
Have a supervised caseload to manage if applicable to placement level |
| Effective self management, which means asking for assistance appropriately | Clinical educator and team members |
| To be self critical and have awareness of development throughout the placement | Own learning outcomes  
Clinical educator  
Half Way appraisal |
| To manage time effectively and use free time appropriately | Own learning outcomes  
Library  
Team resource file |
| To take responsibility for highlighting own training needs and identifying areas of weakness | Pre placement  
Utilise supervision sessions appropriately  
Set clear learning outcomes  
Request/ access any learning opportunities as they arise |
# OBSERVATIONAL OPPORTUNITIES

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<tr>
<th>LEARNING OPPORTUNITIES</th>
<th>RESOURCES/PERSONNEL</th>
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<tbody>
<tr>
<td>• Functional Assessment of a patient</td>
<td>Clinical educator Practical sessions throughout placement</td>
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<tr>
<td>• Multi disciplinary team working</td>
<td>Attendance at team meetings Request to observe other team members at work Individual study around roles of various team members Awareness of professional identity, sharing /overlap of skills</td>
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<tr>
<td>• Patient Home Assessment Visit</td>
<td>Occupational Therapist</td>
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<tr>
<td>• Practical /observational opportunities depending on specific placement Eg: Take part in exercise group, observe swallow assessment of patient, observe kitchen practice with Occupational Therapists etc. Visit to Falls and Syncopy service (FASS) clinic can be arranged.</td>
<td>Team members</td>
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We trust that you will enjoy your placement with the Care of the Elderly Team

We are constantly endeavouring to improve the opportunity for students working within our team, BUT NEED YOUR FEEDBACK to ensure that this can happen!

*So…….*Please be honest and constructive in your feedback to your clinical educator*

Or alternatively, if you had any concerns throughout your placement that you felt unable to discuss with your clinical educator, then you can discuss these with Claire Crumpton (email on page 6), the Team Leader, Liz Flynn (dect 29419) or the University staff.