Dear,

I am writing to confirm your Placement with the Occupational Therapy Department at Walkergate Park.

Your placement will be arranged for a period of … weeks between the … and the …..2009.

You will be supervised by …..who will meet you at the main reception of the Centre at 9am on your start date.

Please refer to the information pack which has been enclosed and which should contain all the relevant information that you require for the first week of your placement.

We do encourage students to visit for a couple of hours prior to their placement so if you have any time, please call to arrange a convenient date.

If you require any further information please contact ….. at the number above

We are all looking forward to working with you.

Yours sincerely
Welcome to the Occupational Therapy Department

Central Therapies

Walkergate Park

We all hope you enjoy your placement with us and hope that this information pack will answer some of your questions.

If you have any other questions please do not hesitate to ask.
Walkergate Park

Occupational Therapy for the rehabilitation of complex neurological disorders is provided at Walkergate Park in Newcastle upon Tyne. The Centre is a purpose built facility completed in April 2007. Referrals are excepted from all over the North of England and less frequently from other parts of the United Kingdom and abroad.

Walkergate Park is readily accessible by car and bus and Metro and has its own grounds. It is within walking distance of the local pubs, post office and general stores so that patients and their visitors can be in touch with the local community. Travel in and out of the City Centre, with its wider facilities, is easy as there are bus stops and the Metro within walking distance.

The new Centre’s neurorehabilitation facilities is provided over two main ward areas (Wards 3 & 4). In-patient facilities provide for those individuals who require: neurological rehabilitation, short stay assessment, cognitive assessment and assessment of low awareness patients. These wards also cater for the continuing care needs of more highly dependent patients. There is also an extensive out-patient rehabilitation service.

The neuro-rehabilitation Occupational Therapy team are closely linked with the services provided by Wards 1a/b (neurobehavioural clients) and Hartside Ward 2, (neuropsychiatry). Other Occupational Therapists within the Specialist Services Division who are based within the Centre, MS Team, Regional Disability Team and North East Drive Mobility (Disabled Driving and Passenger Assessment Centre). The OT team also have close links with the Northumberland Head Injury Team (community), Hawthorns (a private rehab facility) and with the Neuroscience Team at Newcastle General (acute neurology).

The range of therapists employed within Walkergate Park include: physiotherapy, speech and language therapy, clinical neuropsychology, dietetics, chiropody/podiatry, social work, counsellor, STARRT (social therapeutic and recreational rehabilitation team), senior and junior medical rehabilitation and psychiatry staff and rehabilitation and mental health nurses. There is a strong philosophy of multi-disciplinary working within the Centre and all intervention with patients is goal orientated and functionally based.

Evidenced based practice and Continuing Professional Development are actively encouraged and supported within the Centre and the Department. The Brain Injury Standards (NANOT 2002) are important within OT service delivery.
The Occupational Therapy department is a well established and valued section of the Multi-Disciplinary team. The Department includes qualified members of staff, Rehabilitation and single discipline assistants.

The department regularly accepts students on placements from Northumbria University as well as others.

Walkergate Park provides an integrated service for people aged 16-65 with complex neurological disabilities. These may include Traumatic brain injury, Multiple Sclerosis, stroke and other neurological conditions. There will be opportunities to undertake assessments and interventions in conjunction with the Multi-Disciplinary team both within the Centre and the patients local Community setting. During your induction week and throughout your placement you will be given opportunities to meet the various members of the team and gain an insight into their roles as well as interaction with the other services.

Occupational Therapy input ranges through switching systems, sensory assessment and stimulation, activities of daily living, cognitive assessment, independence training, work analysis, home assessment and splinting for spasticity. All therapy is geared towards return to the community, either home or appropriate placement with adequate support services. Areas of physical, cognitive, psychological, social and environmental performance components are explored in conjunction with the rest of the team.

Your named supervisor will provide at least one hour formal supervision a week. Informal supervision will be provided throughout the placement by the named supervisor and other members of the team. Peer supervision is also advocated when there are appropriate numbers of students.

There is a neurological library on site within the Knowledge Centre, which can be used for reference purposes and there are also relevant books available within the Department. A reading list is available within this pack to enable you to prepare for your placement.
# Occupational Therapy Staff

## Central Therapies

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>Judith Underwood</td>
<td>Clinical Lead</td>
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<tr>
<td>Lynsay Duke</td>
<td>Deputy Clinical Lead</td>
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<tr>
<td>Sheila Kendall</td>
<td>Band 6</td>
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<tr>
<td>Louise Eccles</td>
<td>Band 6</td>
</tr>
<tr>
<td>Doris Fischer</td>
<td>Band 6</td>
</tr>
<tr>
<td>Hayley Murray</td>
<td>Band 5</td>
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</tbody>
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Samantha Legg – OT Assistant  
Brian Wedderburn - Rehabilitation Assistant (OT/PT/SALT)  
James Gibson – Rehabilitation Assistant (OT/PT)

## Other Occupational Therapy Staff

**Professional Lead** – Judith Underwood  
**Regional Disability Team** – Simon Easton  
**MS Team** - Tom Kirkham  
**Mobility Centre** – Anne Tweedie  
**Northumberland Head Injury Team** – Jane Cockburn  
**Ward 1**–Louise Jones  
**Ward 2** – Vacant Post  
**Hawthorns** –Louise Eccles/vacant post
Occupational Therapy Service
Organisational Issues

WORKING HOURS – 8.30 am – 4.30 pm

LUNCH – 1/2 hour between 12 noon until 1pm

UNIFORM – Staff and students wear blue or black trousers or jogging bottoms and aquamarine polo shirts. (student shirts are available when you arrive) Supportive shoes or trainers are worn to enable safe moving and handling of patients (full leather shoes are preferable). Short nails (no polish).

No hooped earrings, necklaces, stoned rings or bracelets.

IDENTIFICATION – name badges are essential as part of The Patients Charter requirements. Bring your student badge with you or we will provide you with one on arrival.

FOOD – Snacks, sandwiches, baked potatoes and hot meals are available from the cafe. Local shops sell sandwiches, fish and chips etc. There is a staff room where meals can be eaten.

Tea and coffee are available within the department. A vending machine for cold drinks is also available.

PARKING – Staff and students should park at the rear of the Centre. Spaces are limited therefore staff should park sensibly. Staff should not park at the front of the Centre. A parking permit will be provided to you on your arrival.

DESK – You will be allocated a desk within the student/assistant office and will have a overhead locker to keep your things in. You will also be logged onto the Trust computers to enable you to have access to email and the internet.
Profile of Learning Opportunities

Education and Learning

There is a philosophy of learning and development within the department which aims to support the CPD needs of all Occupational Therapy Staff within Walkergate Park and reflects the needs of the clinical service.

Seminars, tutorials, shadowing, self directed learning, and joint working are all offered to students in a variety of areas in order to meet their individual learning needs and learning styles. An example of topics which can be covered are noted below, other seminars can be offered according to need.

- Revision of neuroanatomy and physiology, head injury and CVA
- Clinical Governance
- Clinical Reasoning
- Splinting/casting
- Models of Practice
- Moving and Handling
- Cognition and Perception
- Normal Movement
- Health and Safety and Control of Substances Hazardous to Health
- PCPI (Patient, Carer, Public Involvement)
- Note keeping/programme planning
- Time spent with other disciplines and other services

There is a weekly Journal Club to discuss issues related to evidence based practice within Occupational Therapy and Neurological Rehabilitation. Specific areas of interest can be explored by members of the department and the multidisciplinary team as required.

Professional Issues

Staff adhere to the Code of Ethics and Professional Conduct (2005) and the Brain Injury Standards (NANOT 2002).

Students will be supported in adhering to these standards of practice and will be guided to the relevant policies and procedures covering minimal handling, record keeping, consent and shoulder protocol etc..

Library Facilities

There is a comprehensive library related to neurological disability which is situated on the ground floor of the Centre. There is access to a wide range of journals and reference books and photocopying facilities.

Information Technology

All staff members have access to computer (intranet and internet) facilities. Students can be logged on during their placement.
Reading List

Prior to your placement you may wish to review any neurological information that you have covered as part of your course.

The following books may also be useful reference tools:


More specific books and journal articles are available within the Occupational Therapy Department and in the on site neurological library.

Students are encouraged to revise **neuroanatomy** and think about the functional impacts a brain injury or neurological disease could have.
Dear

The therapists at Walkergate Park want to provide the best learning opportunity for students that they can. We feel it is important to understand how individual students learn so that we can respond appropriately to their needs.

In order to do this, we would appreciate it if you could complete the enclosed questionnaire and return it before your placement using the stamped addressed envelope enclosed.

Could you also make any comments about the questionnaire which will be used to improve our service to you.

Thank you for your help
PREPLACEMENT LEARNING DOCUMENT

In order for the staff at Walkergate Park to be able to assist you with your learning while on clinical placement with us we would like you to complete the following questions. The answers will help your supervisor to understand your learning needs and style and thus assist in designing your placement opportunities.

Please tick the box which relates to you most frequently.

Do you find it easier to learn if someone:

- Shows and tells you exactly what to do, you then do it and report back.
- Shows and tells you what to do but remains to prompt you through the task and provide feedback.
- Demonstrates the process and the theory behind it before asking you to carry out the same task either
  - On your own.
  - Observed
- Has an active discussion with you about the topic and gives you some rules of thumb. eg “Some of the things you may come across will be……”
- Asks you to draw on your existing experience and knowledge to assist you in a new situation. This can be done in partnership with your supervisor who may question or prompt you in your thinking.
- Asks you to reflect on what you have done and to either
  - Verbalise this
  - Write this down
- Guides you to use your own awareness of how you learn to adapt the interventions you are involved in.

Which of the attached learning styles best describes you?

..........................................................................................................................................................................................
What are your personal learning objectives for this placement?

What made you choose this Centre for your placement?

What do you want to get out of your time with us?

Thanks – Please return this in the attached envelope
Occupational Therapy

Walkergate Park
2009
What is Occupational Therapy?

Occupational therapy is a health and social care profession that uses goal directed activity to restore, develop or enhance the daily life skills of clients.

Occupational Therapists evaluate, treat and consult in partnership with clients and their families. This process empowers clients to participate to their highest level, thus enhancing their roles/skills and quality of life.

Clients can expect to be treated in the context/environment most appropriate to their needs. Activities ranging from basic tasks such as dressing, getting washed - to the more complex such as shopping, using transport, budgeting etc will be used to assess how individuals cope with the physical and cognitive demands of the task.

The Occupational therapist will work with the individual both on the ward, in the home setting and in the community, whenever appropriate. If there are difficulties within the home in terms of access etc the Occupational therapist will be able to help the client to liaise with external agencies to acquire any equipment or alterations needed.

Occupational Therapists are committed to collaborating closely with other members of the multi-disciplinary team to ensure an optimum for the individual.
Who are the Occupational Therapist working at Walkergate Park?

Central Therapies

Judith Underwood        Team Lead
Lynsay Duke            Deputy Team Lead
Sheila Kendall         Band 6
Helen Crammon          Band 6
Doris Fischer          Band 6
Louise Eccles          Band 6
Hayley McGurk          Band 5

Samantha Legg – OT Assistant
Brian Wedderburn - Rehabilitation Assistant (OT/PT/SALT)
James Gibson – Rehabilitation Assistant (OT/PT)

Other Occupational Therapy Staff

Professional Lead and Clinical Specialist – Judith Underwood
Regional Disability Team – Simon Easton
MS Team - Tom Kirkham
Mobility Centre – Anne Tweedie
Northumberland Head Injury Team – Jane Cockburn
Ward 1– Louise Jones
Ward 2– vacant post
Hawthorns – Louise Eccles/vacant post
How can the Occupational Therapist help?

The Occupational Therapists work with individuals to set realistic goals for their rehabilitation to enhance their ability to participate in their life roles and activities to the best of their ability. Contact may be made with the Occupational Therapist in different settings.

In-Patient Services

Minimally Conscious Patients
The Occupational Therapists, along with Speech and language Therapy have been trained to assess individual’s who are minimally conscious using, SMART, an assessment and intervention package, which helps to identify level of arousal, ability to react to stimuli and interact with the environment. This will assist in the provision of support to enhance quality of life for the individual.

The Occupational Therapist will also be involved with the Physiotherapist and nursing staff in ensuring that the individual is appropriately seated and that a posture and positioning programme is carried out. In addition, if required, thermoplastic splints will be provided in conjunction with a spasticity management programme.

Neurological Rehabilitation Patients
On admission to the Unit the Occupational Therapist, in conjunction with the other team members, will carry out a comprehensive assessment of the individual’s ability to participate in activities of daily living. Many factors may influence the level of independence, including physical difficulties, environmental limitations, cognitive (thinking) deficits, visual and other sensory problems as well as the impact that anxiety or low mood may have on the individual.

Working in partnership with the individual and their relatives, goals will be set around the areas, which are identified as the highest priority. Intervention by the OT may be on a daily basis but may also be in more intensive but less frequent sessions either on the ward, in the OT department or in the community or home setting.
Out-patient Services

Individuals may receive Occupational Therapy as an out-patient. Intervention at this point usually focuses on community living where higher level difficulties such as planning and problem solving are addressed and intervention on basic daily tasks is continued and may be assessed in the individual’s home.

Occupational therapists are involved in the provision of thermoplastic splints. There is a commitment from the service to monitor those clients who have been provided with a splint by the Occupational Therapy Team.

Alongside Psychology, Occupational Therapy provides intervention as part of a cognitive clinic.

Outreach Services

As participation in life occurs outside the Centre it is important for Occupational Therapy to carry out intervention in the individual's own environment.

Following discharge from the main rehabilitation phase some people may have ongoing problems, which they wish to address at a later stage. For example return to employment or education or attempting to live independently.

The Occupational Therapy Department provides assessment and ongoing support for active goals within these areas, and may become involved in workplace assessments, or advice re housing and support packages.

Most importantly, a focus will be maintained on participation in tasks, activities, life roles and responsibilities.
**Referral**

All in-patients are referred to Occupational Therapy at the time of their admission to the Unit. Following discussion and assessment the appropriateness of this referral will be decided in conjunction with the individual.

Occupational Therapists may also be referred patients who attend on an Out-patient basis. This is usually determined at the Multi-disciplinary clinic, although it may arise following referral from another team member.

Some individuals may also be referred solely for the purpose of having Occupational Therapy. This may occur as a result of a direct referral to the Team Leader.

**Ongoing Review**

Patients receiving Occupational Therapy may be reviewed in several ways.

Attendance at a Multi-disciplinary Clinic which is arranged by the individual’s keyworker following discharge. A day assessment arranged between the therapist and individual at a time appropriate to them both. Or by the review being carried out by an Occupational Therapy service more local to the individual's home.

**How to contact us:**

If you would like further information please contact us at:

Occupational Therapy Department
Central Therapies
Walkergate Park
Benfield Road
Newcastle upon Tyne, NE6 4QD

Tel: 0191 2875000  Fax: 0191 2875111  or email
Judith.underwood@ntw.nhs.uk  Lynsay.duke@ntw.nhs.uk