Gateshead Health NHS Foundation Trust

Placement Information Pack and Profile of Learning Opportunities

Care of the Elderly / Medicine
Contents

Page 3  Introduction to care of the elderly team

Page 4  Team profile

Page 5  Pre placement information

Page 6  Learning Zone

Page 7  Learning opportunities

Page 8/9  Example of student progression plan

Page 10  Suggested pre placement preparation/reading
Introduction

Welcome to the Medical Elderly Physiotherapy Team at the Queen Elizabeth Hospital.

We are a busy team responsible for the physiotherapy intervention on 6 care of the elderly/medical wards. Outpatients are seen daily in the Jubilee Day Hospital, where they undertake specific treatment and exercise programmes.

Elderly people can present with complex medical and social needs that can make working with them both challenging and rewarding. Detailed assessments and multi-disciplinary working are essential to our role. The wards will provide you with the opportunity to treat acute medical conditions and manage patients with longer term rehabilitation needs.

Many, if not all, of the patients will present with a mixture of co-morbidities and social issues rather than one single diagnosis. Due to this, it is important to use a holistic and sometimes creative approach to treatment, in order to achieve both short and long term goals.

Working on the medical/elderly wards will also provide you with the opportunity to work within the core areas of physiotherapy.

Some of the most common conditions that you will gain experience of are:

**Neurological:** CVA, Parkinson’s disease, Alzheimer's, Dementia

**Respiratory:** Pneumonia, Chest Infection, COPD, Aiding comfort for End of Life

**Musculoskeletal and Orthopaedics:** Falls, deconditioning, # pubic rami, # NOF, osteoarthritis, rheumatoid arthritis, spinal pathologies, osteoporosis

**Others:** UTI with associated confusion, general deterioration/frailty, social problems.

We are a friendly team and we hope that you will enjoy your placement with us.
**Team profile**

Team leader

Dawn Duncan (B8a) contact via QE switch board on 01914820000 (Bleep 2516)

Email: dawn.duncan@ghnt.nhs.uk

The team also includes:

Dawn Easton (static B6) (Bleep 2154) Clinical educator

Email: dawn.easton@ghnt.nhs.uk

Declan Mullane (static B5)

1 rotational B6 (clinical educator)
2 rotational B5
1 full time physiotherapy technical instructor
1 part time physiotherapy technical instructor
1 physiotherapy assistant

You will be allocated a clinical educator but, will also gain experience working with the assistants and junior physiotherapists within the team. There will also be opportunities to work with other professionals in the multi disciplinary team.
Pre placement information

First day, report to: named clinical educator

Where: Main Reception Jubilee Wing, Queen Elizabeth Hospital.

When: 8.30 am.

Access: Rail - Gateshead or Felling metro stations are closest. Bus - contact Nexus Travel for up-to-date information. Road - from Newcastle follow signs for QEH after Tyne Bridge.

On site parking: yes, but limited you will need to contact operational services for permit. Time will be allocated to do this

Normal working hours: 8.30am - 4.30pm.

Uniform requirements: white tunic / polo t-shirt, navy trousers, black shoes or white trainers, plain wedding band/stud ear-rings only, smart and tidy is expected.

Canteen facilities: yes, next door to the physiotherapy department, also small café areas within Jubilee Wing. Lunch usually taken 12:30 –1pm.
Learning Opportunities with Elderly Medical Placement at Queen Elizabeth Hospital

- Gain experience of assessment and treatment of a range of conditions frequently found in the elderly such as OA, CVA, PD, COPD
- Develop effective organisational skills-ability to manage a patient caseload within a busy, acute ward setting
- Spend time shadowing and working with other members of the multi-disciplinary team such as O.T, nurses and doctors
- Experience of patients who present with complex medical and social issues
- Develop communication skills by working with patients with a range of communicative difficulties and finding methods to overcome these barriers
- Opportunity to attend ward MDT meetings and case conferences
- Team working which may involve family and carers
- Play an active role in facilitating patient discharge and gain insight into the different community resources and options available to the elderly patient
- Experience of other services such as orthotics, speech and language, PD clinic, Jubilee Day Hospital exercise group
- Use of excellent on-site library resources and facilities
- Access to Impax system for X-ray interpretation
- Provision of Student Placement Booklet to guide reading/study
- Dedicated reflection and library time
- Opportunity to analyse gait and balance with appropriate tools
Year one clinical placements
Example of progression plan

The overall objective of this placement is to develop communication skills, manual handling skills, assessment skills and treatment skills as directed by your clinical educator.

Week one

Aims of the week
To provide general introduction to the department you will be working in throughout your clinical placement. Students will mainly work with their clinical educator, shadowing and joint working.

Day 1
Introduction checklist, Overview of Physiotherapy documentation and SOAP notes shadow and observe physiotherapy team.

Day 2
Completions of induction checklist, shadow, assist physiotherapy team with doubles and set additional learning outcomes. Start collecting information from medical notes and completing database for new patients.

Day 3
Joint working with physiotherapy team, complete SWOT analysis and begin attempting subjective assessments.

Day 4
Continue joint working with physio team; continue subjective assessments, carryout treatments as directed by clinical educator.

Day 5
Continue joint working within physio team; continue subjective assessment and carryout treatments as directed by clinical educator.

Week 2

Aim of the week
To build upon the skills developed in week 1 and progress towards the agreed learning outcomes. Start participating in objective assessments and analyzing problems

Day 1-5
Continue with subjective assessments for identified patients
Continue with joint working and directed treatments of identified patients as of week 1
Participate in objective assessments along side-qualified staff; discuss problem lists with qualified staff

Week 3
Aim of week

Mid way review
Continue with subjective assessments and develop objective assessments
Continue with learning outcomes

Day 1 mid way review and self appraisal of progress to date

Day1-5 continue subjective assessments
Continue progression through learning outcomes
Continue with joint working and directed treatments of identified patients as of previous weeks
Undertake objective assessments for identified patients and discuss possible problem lists with clinical educator.

Week 4

Aim of week

Consolidate assessment skills developed on previous weeks and complete learning outcomes

Day 1-5
Continue progression through learning outcomes
Continue with joint working and directed treatments of identified patients as of previous weeks
Complete assessments (subjective and objective) of identified patients and identify problem lists
Discuss possible treatment techniques with clinical educator

Day 5 End of placement review and feedback

Time will be allowed throughout the placement for reading time, one to one discussion and teaching sessions, in service training and shadowing other members of staff.

Please note that this is an example and will be adapted to individual need (i.e. year of placement/ BSc/ MSc)
Pre placement preparation

If possible please complete a learning style questionnaire (www.peterhoney.com) and Swot analyse prior to the placement.

General suggested pre placement reading

Articles related to:-
Ageing changes of the musculoskeletal system
Falls in the elderly
Assessment of mobility and balance in the elderly (i.e. Tinetti outcome measure)
Assessment of the cardiorespiratory system

A hard copy of journal articles is available on request