Hi! As a Physio Society we have decided to make this survival guide with lots of helpful hints and tips to all things placement! We know starting a placement can be quite scary, especially the first one! We’ve been there! So with the help of this booklet and our placement advice meeting we hope it will put your worries aside!

Good Luck!

Physio Society x

Email to Educator:

- Introduce yourself
- What are your working hours? (confirm even if it says on the placement profile – they could change)
- What uniform would they like you to wear?
- What’s the best way to get there? Where’s the nearest parking? Will you need to pay for parking?
- What should I read about? Any specific conditions or pathologies?
- Talk about which placement number it is and what modules you have covered at uni so far (especially if its your first placement)"
- Any other concerns you can think of
Top tips for clinical placement success – CSP (Accessed 20/01/17)

✓ “Make sure you know the exact location. Look at travelling times including traffic, and it's a good idea to do a dummy run before starting.”

✓ “Call your practice educator before starting. Introduce yourself and ask if there's anything specific you can brush up on to prepare for the placement.”

✓ “Remind yourself that your clinical reasoning and evidence-based opinions are just as valid as those of your colleagues. Be confident enough to put your head above the parapet!”

✓ “Always carry a notepad and pen. Write down your reflections, and come along the next day with a good plan of what you can add to enhance patient treatment.”

✓ “When you're writing something, think about whether it can contribute to one of your portfolio CPD reflections. Mark it with an ‘R’ so you can easily find it again.”

✓ “Be considerate to all patients. On a ward, patients will be watching how you behave and can tell whether you care. Treating people with consideration is the first step to gaining respect and trust.”

✓ “If you have a learning disability, ask your placement coordinator/tutor to formulate an Individualised Learning Plan. This lets your practice educator help you learn in the best way.”

✓ “Always be polite, positive, enthusiastic, smile and say hello. Ask lots of questions, but take time to reflect on patients and treatment choices from that day.”

Top tips for clinical placement success – CSP (Accessed 20/01/17) – Continued

✓ ‘Don't be afraid to challenge if you're unsure of something - but remember to be professional, respectful and constructive.”

✓ “Build professional relationships, and network. The physio world is smaller than you think, and you never know when you'll meet people again.”

✓ “Keep an open mind. If you feel a certain placement isn't in your preferred area of physiotherapy, you may be surprised once you get there!”

✓ “Get involved with any fundraising, CPD, staff days or surgeries wherever possible. Take a proactive interest in the workplace. In the future you might have an interview in the same place!”

✓ ‘Ask for as much feedback as possible, and go to your next placement with goals based on that feedback. For example, you might want to improve your verbal reflections.”

✓ “Try to shadow other professions of the MDT. It'll help you with your understanding of patients holistically, as well as potentially your clinical reasoning, and your teamwork.”

✓ “Try and write down what you learn as you will forget at least some of it by the end of the course. The CSP CPD e-portfolio has lots of spaces and tools for written reflection.”

“Most of all, don't forget to enjoy your placement!”
General Hints and Tips from Students

• “Prepare everything you need the night before! There’s nothing worse trying to remember what you need to take at 6am”

• “Be friendly, talk to everyone and ask lots of questions”

• “If you have a question don’t be scared to ask it”

• “If you’re uncomfortable doing something, don’t be scared to say so”

• “If you want to make the most of placement in regards to development, consider moving there because commuting kills me”

• “Make the most of placement”

• “Make sure you get enough sleep!”

• “Make sure you look after yourself!”

• “Take spare uniform with you just in case you or the patient have an accident”

• “Take a small pad and pen to keep in your pocket to take quick notes as you go along”

• “Show your educator you’re actively working at night reading and doing reflections”

• “Buy the physiotherapist pocketbook and keep it with you – it’s a life saver!”

• “Take a padlock because some trusts have lockers but don’t provide you with a padlock”

• “Make sure you talk to other people in your friendship group and share your experiences, especially if you’re living away!”

• “Purchase some hand sanitizer! Especially if you’re on a community, where there may not be somewhere to wash your hands”

• “Purchase some hand cream – your hands get really dry when you wash them a million times everyday”

• “Take a good size water bottle – that won’t leak all over your stuff!”

• “Keep a diary of what you’ve done – so you don’t forget when you come to to write your reflection”
ICU - Respiratory
Hints and Tips:
• “Don’t panic – your educator won’t expect you to know everything on your first day”
• “Ask lots of questions about the machines – then you won’t get too scared when one of them starts beeping”
• “Talk to the patients! Even if they are sedated”

Women’s Health
Hints and Tips:
• “Have a good lumbar spine and pelvic ax understanding”
• “Don’t be worried about not knowing everything because we aren’t taught it”
• “Go to see a C-Section – it’s amazing!”

Respiratory – Ward Based
Hints and Tips:
• “Get your own stethoscope – they’re not expensive and it’s nice not to share ear wax”
• “Know a basic respiratory ax”
• “Visit easy auscultation online to listen to common chest sounds”

Intermediate Care
Hints and Tips:
• “Read up about falls causes and prevention”
• “Know a good balance ax and progressing exercises”
• “Understand the discharge process at the trust you are in”
• “Ask to work with the OT’s as well to see what they do”

Specific Placement Hints and Tips
Rheumatology
Hints and Tips:
• “Don’t panic – your educator will know that you won’t know everything about rheumatology!”
• “Understand the differences between an inflammatory response and a mechanical injury”
• “Read up on the treatments for inflammation”

Stroke
Hints and Tips:
• “Know the functions of each part of the brain”
• “Learn the different terms i.e. Hemiplegic”
• “Ask to work with other members of the MDT i.e. SALT”
• “Get to grips with basic treatments for neuro patients”

Amputees
Hints and Tips:
• “Look at the types of vascular surgery”
• “Know the basics why people have to have an amputation”
• “YouTube different types of prosthesis to have a general idea of how they work”
• “Ask to go to surgery its really good!”

Community
Hints and Tips:
• “Have a good idea about falls, OA, RA”
• “Know about home hazards”
• “Take a book or some work to placement – sometimes there aren’t many patients in a day – so look like you’re being proactive”
Neuro Rehab
Hints and Tips:
- “Look into tonal changes”
- “Revise methods of moving and handling specific to neuro e.g. Bobath & PNF”
- “Think about other methods of treatment – such as hydrotherapy”

Care of the Elderly
Hints and Tips:
- “Know a balance ax and treatment – you’ll see a lot of falls patients”
- “Know about general mobility and walking aids”
- “Ask to go to any in-service trainings that are being held – they’re very useful!”

Paediatrics
Hints and Tips:
- “Look up genetic conditions such as Duchene’s, Downs Syndrome etc.”
- “Think about different ways to make assessment into something fun – that a child will want to do”
- “Know the normal developmental stages”

Oncology
Hints and Tips:
- “Look up all the Cancer terms and what they mean so you know what the notes are meaning”
- “Talk to people if you are struggling emotionally with this placement”
- “Think about the goal setting of each patient carefully”

Specific Placement Hints and Tips
Placement Title: Trauma and Orthopaedics
Hints and Tips:
- “Get to know dermatomes and myotomes”
- “It’s very protocol based, so have a general look but beware that different trusts have different protocols”
- “Remember anatomy”

Placement Title: MSK Outpatients
Hints and Tips:
- “Know your anatomy”
- “Attend any and all in-service trainings that you can – you’ll learn loads!”
- “Get together a good subjective and objective ax – if its good it will be easier to work out what’s wrong and treat the patient”

Obviously this list of specific placements isn’t every placement in the world but hopefully you’ll be able to use the general hints and tips to help guide your placement!

Remember that each placement will be different so learn things specific to your placement as you go along.

Enjoy placement! You will learn so much!