

Learning Environment



Core Therapies - Stroke

Learner Booklet

Welcome

We would like to warmly welcome you to Lancashire Teaching Hospitals NHS Foundation Trust (LTHTR).

We have created this pack as a useful resource to help you to settle in with us. The purpose of this booklet is to provide you with information to help you on your learning environment.

About LTHTR

We have three equally important strategic aims:

- To provide outstanding and sustainable healthcare to our local communities
- To offer a range of high-quality specialist services to patients in Lancashire and South Cumbria
- To drive health innovation through world class education, training and research

We provide a range of Hospital based health services for adults and children and cover a range of specialities. These include cancer services such as radiotherapy, drug therapies and surgery, disablement services such as artificial limbs and wheelchair provision. Other specialities include vascular, major trauma, renal, neurosurgery and neurology including brain surgery and nervous system diseases.

Our five core values:

- Being caring and compassionate
- Recognising individuality
- Seeking to involve
- Building team spirit
- Taking personal responsibility



We deliver care and treatment from three main facilities:

- Royal Preston Hospital
- Chorley and South Ribble Hospital
- Specialist Mobility and Rehabilitation Centre, Preston

In relation to car parking, please refer to your Induction to the Trust, for information regarding car parking. Additional information can be found on our Intranet page.

<https://legacy-intranet.lthtr.nhs.uk/car-parking-documents>



Learning Environment

We would like to welcome you to your learning environment.

Stroke care at Lancashire Teaching Hospitals is delivered across Royal Preston Hospital and Chorley Hospital. The Acute Stroke Unit is situated on Ward 21 at Royal Preston Hospital and the Stroke Rehabilitation Unit is based on Rookwood B at Chorley Hospital.

An integrated Team of Occupational Therapists and Physiotherapists deliver assessment and rehabilitation to Stroke patients across the pathway. There are Clinical Lead, Specialist and Rotational Occupational Therapists and Physiotherapists working across both sites. We also have Trainee Assistant Practitioners and Integrated therapy assistants.

Ward Teams:

- 5 Consultant teams (comprising of Consultants and Junior Doctors) across both sites
- 2 consultant nurses
- Stroke Specialist Nurses
- Nursing teams (comprising of Ward manager, Sister/Charge Nurses, staff nurses, HCA's)
- Assistant Practitioners
- SALT (B5, B6 & B7 and assistant)
- Dietician
- Psychologist
- Discharge Facilitator
- Catering and Hospitality
- Domestic Staff

Hours of Work:

- 8-4 or 8.30-4.30 although we can offer some flexibility

Structure of day:

- 8am – Obtain handovers, review patient notes
- 8.30am – Therapist handover
- 9am – Board round with nursing/medical teams
- 10am-12pm – Review patients, documentation, any training, MDT family meetings and patient groups (Rookwood B only)
- 12pm – Board round (Ward 21 only)
- 12.30pm – 1pm – Lunch

- 1pm – Therapist handover
- 1.30pm to 4pm – See patients and documentation

Telephone numbers:

(These are most commonly numbers used by students on placement but there is a list available in the office)

- Ward 21 Therapy Office: 01772 (52)4401
- RWB (rehab unit): 01257 (24)5118
- SALT: 3286 (bleep)
- Ward 21: 01772 523423

Local Lunch time arrangements:

- Fridge in office
- Belongings can be kept in office (please avoid large bags in possible)
- Team generally bring own lunch in
- CAFÉ and shop on both sites if need to purchase lunch
- Microwave, toaster and kettle facilities available

Lockers and changing rooms:

- OT lockers and changing room are in main department at Preston
- PT – keep bags in office and staff toilet on ward to get changed (Preston)
- Changing facilities available on Rookwood B, you will be shown as part of your induction.

Learning Opportunities:

- Review a patient in A&E with specialist nurse (Preston only)
- Observe SLT – swallow assessments/speech
- Integrated PT/OT working
- Training available via health academy such as sepsis, introduction to bereavement etc
- Spending a day with Early Intervention team or Community Neuro Team
- Learning about stroke pathway (opportunities to work on both sites)
- Completing referrals
- Observe doctors in ward round
- Attend and participate in board round and MDT family meetings.
- Participate in patient groups (Rookwood B)

Notes and abbreviation List:

All patient notes (SOAP notes) are documented on Quadramed, you will be given a username and password on your first day. You will also be given the opportunity to complete patient referrals.

- https://www.physio-pedia.com/Abbreviations_in_physiotherapy
- [https://www.strokeaudit.org/SupportFiles/Documents/Guidelines/2016-National-Clinical-Guideline-for-Stroke-5t-\(1\).aspx](https://www.strokeaudit.org/SupportFiles/Documents/Guidelines/2016-National-Clinical-Guideline-for-Stroke-5t-(1).aspx)

Learning Resources:

- Stroke training – <https://elearning.lthtr.nhs.uk/Stroke/#/>
- FACTS training via blended learning - <https://portal.lthtr.nhs.uk/>
- SNAPP data – <https://www.strokeaudit.org/>
- NEWS via Blended Learning
- AHP student induction via Blended Learning
- <https://www.nice.org.uk/guidance/ng128/chapter/Recommendations#rapid-recognition-of-symptoms-and-diagnosis>
- <https://www.strokeaudit.org/>
- <https://www.stroke.org.uk/>
- <https://www.rcplondon.ac.uk/guidelines-policy/stroke-guidelines>
- <https://www.england.nhs.uk/rightcare/products/pathways/stroke-pathway/>

Suggested Reading:

- Bobath Concept – Sue Raine (PT)
- Physical Management for Neurological Conditions – Shelia Lennon (PT)
- The Intentional Relationship: Occupational Therapy and Use of Self – Renee R Taylor (OT)
- Skills for Practice – Edward Duncan (OT)

Reflective Practice Template:

- PT use CSP website (Gibbs Cycle)
- OT use Gibbs cycle
<https://my.cumbria.ac.uk/media/MyCumbria/Documents/ReflectiveCycleGibbs.pdf>

Enjoy your placement, observe and get involved as much as possible to enhance your learning. Ask as many questions as you wish, clinicians are more than happy to answer! There is no such thing as a silly question!

Induction

The Local Induction process will take place throughout the first week of your placement.

This will comprise of:

- Trust and department orientation, including housekeeping information
- Location of emergency equipment
- IT access
- Reading & acknowledgement of Mandatory Trust policies such as Health & Safety, Fire Safety, Infection Control, Information Governance, Staff Code of Conduct, Social Networking and Dress Code policies.
- Adult Basic Life Support training if applicable
- Trust Moving & Handling Training if applicable
- COVID-related policies & procedure
- Orientation
- Professional voice: - freedom to speak up, datix, chain of command, open door policy
- An awareness of our Educational Governance Team- evaluation and importance of feedback
- Inter-professional Learning Sessions
- Practice Assessment Record and Evaluation (PARE) training, if applicable
- Collaborative Learning in Practice (CLiP™), if applicable
- How the role of Practice Development Facilitator can support you, where applicable



What to bring on your first day

- Uniform: All other items in the dress code policy must be adhered to <https://legacy-intranet.lthtr.nhs.uk/search?term=uniform+policy>
- A smallish bag which would fit into a small locker.
- You may wish to bring a packed lunch and a drink on your first day.

Inter-professional Learning Sessions and eLearning Resources

At our Trust, our Education Team facilitates a yearly programme of Inter-professional Learning (IPL) sessions. This programme consists of various teaching sessions, delivered by our Specialist Teams, to support and enhance our learners and trainees' learning experience with us.

Inter-professional learning is an important part of your development and allows you to build professional relationships and communication skills with the wider multi-disciplinary teams. Our IPL sessions are valuable in supporting you to stretch your knowledge and experiences to enhance your clinical practice. They also help bridge the gap between theory and practice, allowing you to hold a deeper understanding of the topics discussed. Our sessions are open for all learners and trainees on placement at our Trust to attend and these learning opportunities are an extension to your learning environment; therefore, these hours need to be recorded on your timesheets. We encourage our staff to facilitate enabling a learner/trainee to attend these sessions.

Please note: You must inform your learning environment prior to attending a session. These IPL sessions need to be discussed in a timely manner with your learning environment.

You are required to complete a reflection on each of your IPL sessions, as well as documenting on your HEI documentation what you have learnt and how this relates to your current placement.

You can book onto our IPL Sessions by accessing this link <https://elearning.lthtr.nhs.uk/login/index.php> and searching for 'IPL'.

You can access our policies and procedures via our Intranet page, which will help expand and stretch your knowledge.

Support with evidencing your learning outcomes or proficiencies

We encourage you to use the Trust learning logs to collate and evidence your skills, knowledge and abilities achieved. You can then present your completed learning logs to your Practice Assessor/Educator during your assessment meetings. Any staff member who is involved in coaching you can complete your learning log feedback.

You can request time during your placement hours to complete these and request feedback prior to the shift ending. To obtain a copy of our learning logs, please visit our Health Academy Webpage on the link below, where you will see a copy of our CLiP™ Learning Log available for you to download, on the right hand side - <https://healthacademy.lancsteachinghospitals.nhs.uk/support/clinical-placement-support/collaborative-learning-in-practice-clip/>

Creating a positive Organisation Culture

LTHTTr strive to create a great place to work for every colleague and deliver excellent care with compassion to our patients. We all play a pivotal role, not only in providing services but also in shaping the culture of our organisation.

The attitudes, actions and behaviours we experience from others makes a huge difference, both personally and professionally. We want you to feel safe and supported in work to be able to deliver high quality care to others. We also want you to feel confident, supported and empowered in taking positive action to address and challenge others in situations that may make you or those around you feel uncomfortable.

We take a zero-tolerance approach towards any form of abuse. You can find out more about this by reading our [Zero-Tolerance Statement](#), or by taking a look at [Creating a Positive Culture Intranet pages](#).

Here you will find the links to lots of information, resources and training opportunities to help develop your knowledge, skills, and awareness in how to uphold the principles of [zero-tolerance](#), as a colleague at LTHTTr.



There is also further information available on [Civility](#), our [Best Version of Us Culture Framework](#) and Supporting Sexual Safety in the Workplace.

Chain of Command

Keeping patients safe, providing the best care that we can and learning in an environment where you feel safe and valued is important to us. Speaking up about any concern you have on your learning environment is also important. In fact, it's vital, because it will help us to keep improving our services for all patients.

There may be occasions where we witness, experience or are asked to do something that causes us concern. Often these concerns can be easily resolved, but sometimes it can be difficult to know what to do.

Our Clinical Placement Support Team are available Monday to Friday, 8.00am – 5.00pm should you need to contact them in relation to any concerns regarding your learning environment.

If your concern relates to patient safety and/or your concerns are outside of these hours, please follow the chain of command in your learning environment and speak with the person in charge.

Please visit our Freedom to Speak Up page on the Intranet for more details.



We value your feedback

Our Trust values your feedback. To continuously improve, we offer opportunities for our learners and trainees to provide feedback regarding both your learner experience and your learning environment. We would encourage you to kindly complete your end of placement evaluation, within your clinical hours.

We will keep you updated with the improvements that we make based on the feedback you provide us with.

Learning Environment Improvement Forum

Our Learning Environment Improvement Forum began in November 2021, with key stakeholders attending; Learners, Trainees, Clinical Staff, Education Leads and our Nursing Directorate. Monthly meetings are held to share new and innovative ideas as to how we can collaboratively enhance our learning environments, to support both learners, trainees and staff.

All attendees at the Learning Environment Improvement Forums contribute their suggestions and guidance on our projects. Collaboratively, exciting improvements are implemented to enhance our learning environments.

Innovative changes made by our Learning Environment Improvement Forum, within Academic Year 2021-2022;

- NEW Learner Boards designed and placed on our learning environments
- Learner booklets made available on our Health Academy webpage to prepare our learners and trainees for their clinical placements, as suggested by our learners and trainees
- PARE and CLiP™ training embedded into our Learner and Trainee Inductions
- Quick Reference Guide designed and created to welcome our learners and trainees to the Trust and prepare them for their clinical placements

We welcome any of our staff, learners and trainees at the Trust to attend our Learner Environment Improvement Forums, to contribute your ideas and suggestions for our new and innovative projects. You can join via the E-Learning Portal - <https://elearning.lthtr.nhs.uk> and going to Courses, then selecting the tab 'Inter Professional Learning', where you will see our forum listed.