



# Core Therapies (Integrated Occupational therapy and physiotherapy teams) Student Handbook 2022





# Welcome to

The Neuro-Rehab-Unit, RPH.





# 1. Introduction

We hope that you enjoy your time on placement with us at 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 document is to provide you with information to help you on your first visit, as well as serving as a useful reference point until you are familiar with the hospital sites. The document will also help to clarify some questions you may have relating to your clinical work in the department you will be attending.

LTHTR was formed on 1<sup>st</sup> April 2005. We are one of the largest and highest performing trusts in the country, providing district general hospital services to 370,000 people in Preston and Chorley, and specialist care to 1.5m people across Lancashire and South Cumbria.

### We provide care from three facilities:

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

### We are a regional specialist centre for:

- Adult Allergy & Clinical Immunology
- Cancer (including radiotherapy, drug therapies and cancer surgery)
- Disablement services such as artificial limbs and wheelchairs
- Major Trauma
- Neurosurgery and Neurology (brain surgery and nervous system diseases)
- Neuro Rehabilitation
- Renal (kidney diseases)
- Vascular









# 2. Our placements

We would like your placement to be a two-way learning process between your Clinical Educator and yourself. We are here to support you in becoming a clinician and offer you the opportunities to develop your clinical skills. We expect that you will have a positive attitude to learning, take responsibility for your own learning outcomes and share this with your Clinical Educator.

### The placements we offer are

- o Acute medicine
- Acute stroke and stroke rehab
- Surgery and vascular
- Oncology
- Paediatrics
- Critical care
- Neurosciences
- Neurology
- Neuro rehab unit (NRU) Specialist unit working with patients with physical and cognitive/behavioural issues after a neurological event.
- Lancashire Integrated Frailty team( LIFT)
- Hands team ( Outpatient)
- Orthotics
- Burns and plastics
- MSK outpatients
- o Specialist mobility and rehabilitation centre
- Women's health
- o Orthopaedics (Trauma and elective)
- Emergency medicine

### Role emerging placements

- Health and well being
- o SMRC
- o Trauma orthopaedic and acute medicine working with patient's living with cognitive deficits







# 3. Trust Vision and Values

The Trusts mission is to provide excellent care with compassion.

We have three equally important strategic aims:

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

We are constantly striving to improve, and working towards becoming an outstanding, high performing organisation.

Our values define who we are and how we behave.

- Caring and Compassionate We treat everyone with dignity and respect, doing everything we can to show we care.
- Recognising individuality We respect, value and respond to every person's individual needs.
- Seeking to involve We will always involve you in making decisions about your care and treatment, and are always open and honest.
- **Team working** We work together as one team, and involve patients, families, and other services, to provide the best care possible.
- Taking personal responsibility We each take personal responsibility to give the highest standards of care and deliver a service we can always be proud of.















# 4. Your placement is with:

# The Neuro-Rehab Unit (NRU)



### Welcome:

Welcome to the Integrated Therapy Team at the NRU. We are a friendly and dynamic team that consist of Physiotherapists, Occupational Therapists and Integrated Therapy Assistants.

We really hope you enjoy your placement with us! Starting a placement can be a daunting experience so we hope that you find this information a useful resource.

# **Our Service:**

The NRU is a 16-bedded, regional unit for Central and West Lancashire and South Cumbria. It provides specialist inpatient rehabilitation for individuals with complex neurological impairment.

Common conditions treated at the NRU include:

- Traumatic Brain injury (TBI)
- Hypoxic Brain Injury
- Encephalitis
- Sub-Arachnoid Haemorrhage (SAH)
- Sub Dural Haematoma (SDH)
- Spinal Cord Injury (SCI)
- Guillian-Barre Syndrome (GBS)





- Brain Tumour/Spinal Cord Tumour
- Functional Neurological Disease (FND) occasionally

The Physiotherapy and Occupational Therapy Team are part of a larger integrated MDT which also includes Speech + Language Therapists, Neuro-Psychologists, Consultant in Rehab Medicine, Nursing Staff, Dieticians, Orthoptists and Orthotists.

The NRU work with patients of varying ages and backgrounds (generally 18+, although occasionally 16+) that have experienced life-changing neurological injury or disease. In addition to physical problems patients often have cognitive deficits, behavioural problems and communication difficulties, alongside mood/anxiety issues.



# **Potential Learning Opportunities:**

- Neurological assessment, treatment and discharge planning.
- Joint working with other MDT members.
- Communication skills using alternative methods of communication with patients.
- Patient centred goal setting and treatment planning.





- Cognitive/behavioural assessment and treatment skills (OT students)
- Movement analysis and clinical reasoning how/why patients move as they do (PT students)
- Therapeutic handling skills.
- Functional assessment skills (OT students)
- Knowledge of the Bobath concept and its application in a hospital setting.
- Tone management/positioning/Botox.
- Neuro Splinting (OT students)
- Wheelchair/Seating assessment and provision (OT students)
- Environmental/Home visits to facilitate discharge.
- Community assessment/integration (OT students)
- Attendance at Multi-Disciplinary Team meetings (MDT), Goal Setting Meetings (GSM), Goal Review Meetings (GRM) and Discharge Planning Meetings (DPM).



# Your Placement with us:

When you arrive it would be useful to give us a brief outline of your previous experience. This will help your clinical educator to support your individual development.





It is also expected that students have thought about their main objectives for the client group prior to placement. We can support you to develop these objectives once you've familiarised yourself with the NRU.

We would like your placement to be a two-way learning process between your clinical educator and yourself. We expect that you will have a positive attitude to learning, take responsibility for your own learning outcomes and share this with your clinical educator.

It is important that you advise your educator of anything which may impact on your placement eg. Illness, injury and/or additional needs.

### **Note Writing:**

All notes are written electronically on Quadramed, and partially saved. Your clinical educator must check the entry before it is saved fully.

We always use the SOAP note writing format.

# **Reflection:**

We expect students to use reflective practice as a method of development during their time at NRU. We also recommend completing a SWOT analysis at the start and end of the placement.

# **Suggested Reading:**

- A basic understanding of neurophysiology and the role of neuroplasticity in rehabilitation.
- The Bobath Concept By Sue Raine and Linzi Meadows.





- Neurological Physiotherapy Sue Edwards.
- Anatomy and Human Physiology Tortora.
- Please also familiarise yourself with the Bobath and Motor Relearning concepts (the BBTA website is a good resource).
- Head Injury: A Practical Guide by Trevor Powell
- Neuropsychology for Occupational Therapists: Cognition in Occupational Performance - by June I. Grieve and Linda Gnanasekaran.
- Muscles, Nerves and Movement in Human Occupation by Barbara Tyldesley and June Grieve (Paperback - 5 Aug 2002)
- Headway (Brain Injury Charity) www.headway.org.uk





# **Location:**

The NRU is located separately from the main Core Therapies department. We are in a stand-alone building at the back of the hospital





site – opposite the Maternity Unit. The sign outside our building says, 'Medical Rehab Unit'.

On your first day a member of our team will come to greet you from the Core Therapies main department and show you how to get to the NRU – unless arranged otherwise when you contact us.

### **Hours of Work:**

We currently work Mon-Fri, 8.30am – 4.30pm.

### **Contact Phone Numbers:**

You can contact a member of the OT or PT team in the NRU Integrated Therapy Office – 01772 524938.

If we are treating patients please leave a message with your contact details and we will return your call as soon as we can.

### **Illness or Late Arrival:**

If you are ill or will arrive late, please contact your clinical educator (on the office number above) as soon as possible on that morning (and keep us advised regarding your likely return date). Please speak to a member of the team directly, but if this is not possible then leave a message and try again later and or leave your name and contact number.

# **Lunchtime Arrangements:**

Lunch break is taken between 12.30-1pm. We have a small fridge and tea/coffee making facilities at the NRU (NB. Any food must be dated and labelled with your name). Our team tend to do a mixture of bringing packed lunches and purchasing from the canteen.





## **Changing Facilities:**

As per Trust policy we ask for you to arrive and leave work in your own clothes and bring your uniform with you to change into. We have male and female changing rooms at the NRU building. You will be able to leave a small bag in a locker or in the office. There may be times when your are expected to wear your own clothes for community integration with patients (please keep this in mind when choosing what to wear).

# We look forward to meeting you soon on your placement at the NRU!







# 5. Directions

### Royal Preston Hospital

### How to find us - by car: From the M6 motorway

Come off at junction 32 off the M6. Turn left off the slip-road onto the A6 Garstang Road, heading towards Preston. At the second major set of traffic lights, turn left into Sharoe Green Lane. The main entrance to Royal Preston Hospital is 200yds on the right.

Alternatively, input PR2 9HT into your SatNav.

### Car parking:

Unfortunately, there is no on-site parking available for students or the majority of the staff.

However, you can apply to park at either the **Preston Business Centre** (PR2 8DY) or **Preston Grasshoppers Rugby Football Club** Car Park (PR4 0AP).

Preston Business Centre is approximately 1km away and Grasshoppers is 1.5km away. There is a regular free shuttle bus service available from Preston Grasshoppers.

If you wish to park in either carpark, you are required to submit an application at the before <u>each</u> placement.

Alternatively, you may wish to seek parking in the surrounding residential area. Please note that this would be at your own risk as staff have been known to have their car scratched.

To park on site at the Royal Preston Hospital you will either need to park on the public car park – there will be a daily charge which is £3.00 for up to 6 hours and £10.00 for over that. Visitors' car parks are A, B, G, N, & L.

# How to find us - by local transport:

#### **Bus Service:**

Preston Bus Ltd operates services from the main Preston Bus Station to the Royal Preston and Sharoe Green Hospitals, via routes through local areas. Services required are numbers 7,19,22,23,123. Preston Bus has recently introduced onto the hospital routes buses adapted for use by disabled people to ensure easy access and exit from public transport. For further information please contact Preston Bus Ltd on 01772 821199 or 01772 253671 or access the following:

The Trainline; Preston Bus; Lancashire journey planner; John Fishwick & Sons **Taxi Service**:

Local taxi firms also offer a service to and from the hospital. Free-phones are available at Royal Preston Hospital site to make taxi bookings.

### **Disabled access:**

All entrances to Royal Preston Hospital are accessible by wheelchair, either by being on ground level and/or having low gradient ramps. The hospital also has lifts to all floor levels. Any enquiries should be directed to the Volunteer Information Desk, telephone 01772 716565 ext 3113.





### Chorley and South Ribble District General Hospital

How to find us - by car: From the M61 motorway:

Directions to the hospital are well sign-posted on public highways from all directions. The hospital site is situated within three-quarters of a mile from junction 8 of the M61 motorway. When leaving the motorway at Junction 8, follow signs towards Chorley (A6) along short dual carriageway. At the first roundabout, turn left, continuing to head towards Chorley (A6). At the second roundabout, take second turning onto the B5252 (Euxton Lane). The main hospital entrance is 200 yards on the left at the traffic lights.

Alternatively, input **PR7 1PP** into your SatNav

### Car parking:

Chorley and South Ribble Hospital has three main public car parks. Please park in one of these on your first day.

Please complete and return the car parking permit form. We will endeavour to secure you a car park permit that you will be able to collect from the car parking office at CDH 2-3 days later.

### How to find us - by local transport:

### **Bus service**

Bus services to and from Chorley and South Ribble Hospital are as follows: Numbers: 114 119 125 126 210 301 302 C8 C9. For more information contact Chorley Bus Station on: 01257 241693.

### Disabled access:

All entrances to Chorley and South Ribble Hospital are accessible by wheelchair, either by being on ground level and/or having low gradient ramps. The hospital also has lifts to all floor levels.

Patients and public are advised that should they require assistance once they reach the hospital, they should contact the Main Entrance Reception (General Office) on 01257 245661 who will arrange staffing assistance.

There is a shuttle bus service between both sites which students can use. Please request the timetable if you would need to use this to travel between the two hospital sites at the start and end of your day.





# 6. Food, Dining Facilities and other essentials

# Royal Preston Hospital

- RVS in the Radiotherapy department serves hot and cold drinks, soup, sandwiches and snacks (9am 6pm).
- Charter's restaurant on Ground Floor serves a variety of hot meal options (8am-2pm).
- <u>Café Preston</u> at the main entrance serves similar food to Charter's restaurant as well as Costa beverages, sandwiches and cakes (7.30am-7pm)
- WHS and Marks & Spencer mini food hall at main entrance fresh salads, sandwiches, a range of snacks, toiletries, cards and newspapers
- <u>Mellor's Catering</u> Education Centre 1 serves a variety of breakfast and dinner options between 8.30am 2.00pm.
- There is also a choice of shops across the road from the Main Entrance of the Hospital. However, you are required to be out of uniform to leave the hospital grounds as per the Trust dress code.
  - Booths food hall and café / Greggs / Subway
  - Costa (a 5 min walk away, opposite the Black Bull Pub on Garstang Rd).



# Chorley Hospital

Costa Coffee 9am-4pm, by fracture clinic and near to out patients. Serves hot drinks, sandwiches and snacks

Café Education centre 3 Mon-Fri- Serves breakfast, hot food lunchtimes, sandwiches and snacks

RVS shop by main entrance serves sandwiches, snacks, drinks, newspapers and toiletries

Both sites have a cash point near the main entrances





# 7. Learner Support and Wellbeing

The mental wellbeing of our students is of paramount importance. We understand that there are a lot of plates to spin while you are undergoing your training, be it holding down a part-time job, having dependants at home, having assessment deadlines running along clinical practice, financial issues, dealing with matters of conflict or struggling with some aspects of the clinical learning to name a few.

Our experienced Learner Support Team can offer advice, guidance and support to all students, trainee doctors, apprenticeship HCA's and other learners.

### Support with;

- Academic / Health / Personal / Conduct / Placement Issues to name a few!
- Are you finding work / training difficult due to health, family or personal issues? Please tell us, we can help.
- Have you concerns with regards to your current placement, lack of teaching, supervision or rota issues?
- Concerns with regards to patient wellbeing? It won't change unless you tell someone.
- Have you been subject to or witnessed bullying, discrimination or harassment during your placement? It needs to stop.
- Are you worried about a trainee or student for whatever reason and not sure who to contact?
- Has a trainee, student or clinical supervisor / teacher / member of staff really impressed you? — Please let us know!

You can contact us

Learner.Support@lthtr.nhs.uk

01772 528444





# 8. What to bring on your first day

- Uniform: Please <u>do not</u> attend in your uniform, instead bring one set of uniform with you. All other items in the dress code policy must be adhered to
- o 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

# 9. Induction

The Local Induction process will take place throughout the first two weeks 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, ID, 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

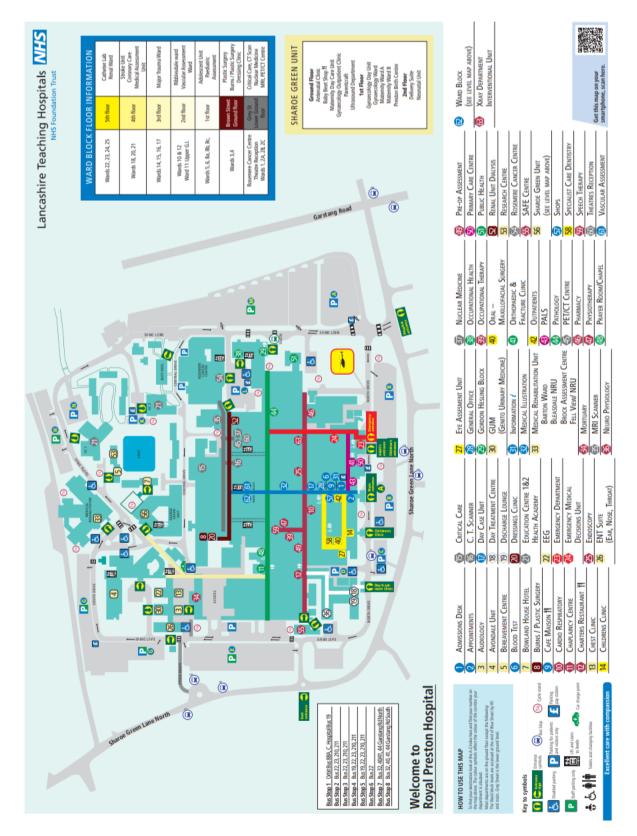
.















Lancashire Teaching Hospitals MHS 0 <u>...</u> 0 • Welcome to Chorley & South Ribble Hospital

Final note...We look forward to meeting you. Please do not hesitate to contact us in advance, if you have any queries on 01772 524938.