

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

Welcome to

Vascular – core therapies

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 1st 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)
- 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

- Acute medicine
- Acute stroke and stroke rehab
- Surgery and vascular
- Oncology
- Paediatrics
- Critical care
- Neurosciences
- Neurology
- Neuro rehab unit (NRU)
- Lancashire Integrated Frailty team(LIFT)
- Hands team (Outpatient)
- Orthotics
- Burns and plastics
- MSK outpatients
- Specialist mobility and rehabilitation centre
- Women's health
- Orthopaedics (Trauma and elective)
- Emergency medicine

Role emerging placements

- Health and well being
- SMRC
- 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 vascular therapy team

Welcome!

Welcome to your placement on the Vascular Ward at Royal Preston Hospital. We hope you enjoy your placement and find this pack useful.

Meet the Team.

We currently have 3 qualified Therapists on the Vascular ward:-

Clinical Lead OT – 0.8 WTE

Band 6 OT – full time

Band 6 Physio

We also have 2 senior Therapy Assistants who are integral to the team.

We work closely with the wider MDT, including the nurses and our Discharge Facilitator (DF), Mel Acklam. Vascular Nurse Specialists, pain team, tissue viability nurses, dieticians and the diabetic team are also regular visitors to the ward. You will have opportunity to spend time with these specialist services while you are on placement.

We also work closely with, and support our surgery and oncology therapy teams, and share an office in the main therapy department.

Hours of Work.

The therapy team generally cover the core hours of 8am – 4pm. It may be possible to alter these hours slightly (for example for childcare or public transport issues), and this can be clarified by your educator pre placement if required.

We have 30 minutes lunch break at around 12.30. There is a canteen and shop on site, but staff are also welcome to bring in their own lunch, and we have fridge facilities within the main department.

Vascular Surgery at Royal Preston Hospital (RPH)

The Vascular Unit at RPH is a regional centre, covering the localities of Central Lancashire (Preston and South Ribble), Blackpool, Wyre and Fylde, Wigan and Leigh, and Lancaster, Morecambe Bay and Kendal (including Barrow in Furness). Any patient who attends ED in these areas with an issue that requires vascular intervention will be seen at RPH. The ward also accepts patients from the various HOT (high observation therapy) clinics that are run in each of the hospitals in those areas, and via GP referral.

The population span covered by the unit is over 1.6 million.

The service runs on a “hub and spoke” model, with RPH being the “hub”, and the regional hospitals being the “spokes”. Patients cannot be transferred back to their regional area until they have finished treatment for their vascular condition, but **can** be transferred back for rehabilitation, or for a non vascular issue.

The team are based on ward 15, a 33 bedded ward consisting of single side rooms and 4 bedded bays, with 1x5 bedded bay. You will be shown around the ward on your first placement day.

There are multiple surgeries and interventions completed on the ward including:-

- Angiograms
- Angioplasty (with or without stents)
- Endarterectomies
- Thrombectomies
- Arterial bypasses
- EVAR's
- Amputations.

Please take the time to familiarise yourself with these procedures and the implications for therapy throughout your placement. Useful websites for information include

[The Circulation Foundation | The UK Vascular Disease Charity](#)

[Limbcare - Be Inspired To Achieve](#)

Other conditions to familiarise yourself with include:-

- Diabetes
- Leg ulcers
- Intermittent Claudication

Within the team “t-drive” we have numerous resources for you to access, including in service presentations on common vascular conditions/surgeries and amputations, regional guidelines including NICE guidelines on diabetes and peripheral vascular disease, BACPAR physiotherapy guidelines on the treatment of amputees, and RCOT guidelines on lower limb amputations. There are also several books and files of useful articles for you to access.

Referrals

Referrals are taken from the nurse in charge on each ward every morning during handover. There may also be occasions where other MDT members and other therapy colleagues refer. The hospital uses a system called quadramed to log all referrals and patient interactions. The team prioritise all discharges and new patients first to assist with patient flow through the hospital.

Documentation

Assessment and treatment sessions are written directly on to quadramed using a SOAP note format. Please ensure you write your name and designation at the end of the note and this will need to be countersigned by a qualified member of staff. Please familiarise yourself with the SOAP format (staff will be able to advise if you have any concerns).

Uniform.

As per the trust COVID guidelines, a clean uniform must be worn daily while you are on placement. You **MUST NOT** travel to and from work in your uniform – there are changing rooms available within the therapy department but locker space is limited and we therefore advise you to bring the minimum of valuables with you.

Infection control

Please make yourself aware of the red/amber/green (COVID) patients on your wards. Face masks must be worn at all times, and apron and gloves for each patients. Please follow trust guidelines with regards to PPE – you will be made aware of these.

Please ensure you follow the Trusts handwashing policy at all times. Also be aware of the procedure for barrier nursing with regards to other infection control issues other than COVID which still apply eg C-diff and MRSA.

Sick Leave

You must follow your university sickness policy as well as contacting your supervisor on 01772 523399 or 01772 523399 when you are off sick, stating when your sickness commenced. You should also inform learner support on learner.support@lthtr.nhs.uk or telephone 01772 528444. If you know that you are going to be off for more than one day then that can be discussed and a return date can be agreed, if not then you must call daily. Your supervisor will contact the hospital placement support unit to make them aware of your absence. If you are off with D and V you **MUST** be 48 hours clear of symptoms prior to returning to work.

As per trust guidelines, you must not come into work if you test positive for COVID. If you are classed as a “close contact” for a positive COVID case, you will need to contact your educator to follow the trust policy on close contact cases. Staff and students are expected to complete regular lateral flow testing throughout their work week.

Please make yourself aware of your departmental telephone number at the start of the placement so that you can use it if required.

Useful numbers

Surgery office 3399

Main therapy reception 2876
Vascular therapy office on ward 15 8369
Add 52 in front of an ext number to phone from outside the hospital.

Bleeps

To bleep Phone 66... the bleep no... then the ext no...

Vascular therapy bleep – 3440
Physio Ward 3 (urology) and Ward 12(Upper GI) 3399
Physio Ward 11 (head&neck) and Ward 10(colorectal) 3323
OT surgery 4632
Oncology physio bleep – 4231
Oncology OT bleep 2582

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 each 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).
- Café Preston 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
- Mellor's Catering – 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 **do not** attend in your uniform, instead bring one set of uniform with you. All other items in the dress code policy must be adhered to
- 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

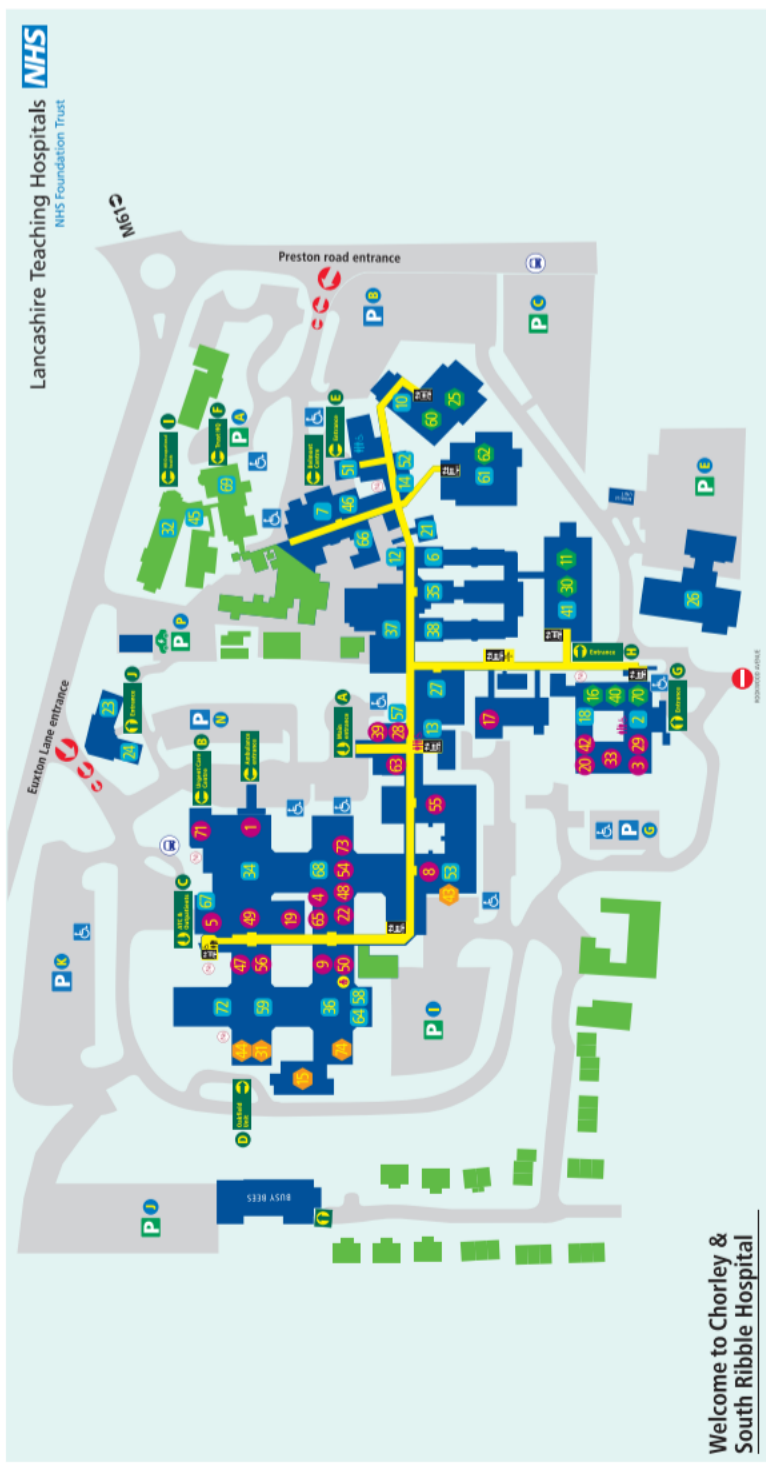
9. Induction

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





Welcome to Chorley & South Ribble Hospital


HOW TO USE THIS MAP

Yellow icons indicate the location of the bus, cycle and car parks. Blue icons indicate the location of the bus, cycle and car parks. Red icons indicate the location of the bus, cycle and car parks. Green icons indicate the location of the bus, cycle and car parks.

Key to symbols

- Bus
- Cycle
- Car
- Emergency services
- Pharmacy
- Physiotherapy
- Podiatry
- Prosthetics
- Radiology
- Speech and Language Therapy
- Summer Suite

1 Accident and Emergency	14 Chapel / Prosthetic Case Services	27 Endoscopy Unit	35 Pharmacy	42 Theatre Suite
2 Adlington Ward	15 Chubbuck	28 General Office	36 Physiotherapy	43 Trust Headquarters
3 Aute-Nose	16 Courty Birth Centre	29 Gastroscopy Clinic	37 Podiatry (Foot Clinic)	44 Ultrasound
4 Applegate Clinic	17 Courty Dining Room	30 Hazelwood Ward	38 PIC-up Assessment	45 Urgent Care Centre
5 Assessment & Treatment Centre (ATC)	18 Clinical Investigation Unit	31 Healey	39 Rawcliffe Ward	46 Winstanley Ward
6 Astley	19 Coffee Shop	32 Human Resources	40 Ritual Unit	47 X-Ray/Diagnostic Imaging
7 Belmont Assessment Centre	20 Colposcopy Suite	33 Hysteroscopy Suite	41 Roomwood Unit A	48 Yearrow
8 Bereavement Centre	21 Dental Unit	34 Intensive Care Unit	42 Roomwood Unit B	
9 Blood Clinic	22 Druggal Unit	35 Lancashire Breast Screening	43 RVS Sup	
10 Birnble Ward	23 Dermatology	36 Lenland Ward	44 Spillers Ward	
11 Cardiac Unit	24 Diabetes	37 Longton Day Case Unit	45 Speech and Language Therapy (Medical)	
12 Cardio Resuscitation Unit	25 Dialysis Unit	38 Lutocock	46 Speech and Language Therapy (Medical)	
13 Changing Places	26 Endocrinology Centre 3 Health Academy	39 Main Reception	47 Summer Suite	
		40 Maternity Unit		



Get this map on your smartphones, scan here.

Final note...We look forward to meeting you!