

Core Therapies

(Integrated Occupational therapy and
physiotherapy teams)

Student Handbook 2022



Welcome to

Specialist Mobility Rehab Centre

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

Placement introduction:

The physiotherapy team consists of three Specialist Physiotherapists, one Physiotherapy Assistant and a Personal Training Instructor who form part of the wider MDT which is made up of Prosthetists, Nurses, Assistant Practitioners, Consultant, Podiatrists, Orthotists and Wheelchair Services.

During your placement you will predominantly spend time working with service-users who have undergone limb-loss. The majority of the caseload will consist of service-users with Diabetes, Vascular complications, Peripheral Vascular Disease and War Veterans. There will be opportunities to spend time alongside the wider MDT including those professions mentioned above with the primary type of experience you will gain is rehabilitation and working within an MDT setting.

Lunchtime arrangements: there are two small staffrooms, each with a fridge, as well as a conference room which is also used to eat lunch. There is a small restaurant where you can purchase snacks and small meals either by cash or card. There are some lockers in one of the changing rooms, however the physiotherapy team tend to keep bags and valuables in the secure staff office at the back of the gym. Changing facilities include male and female toilets as well as a large wet room which can be used for changing, toileting and showering.

In order to be competent on placement you must have adequate moving and handling experience as well as Basic Life Support skills; skills which can be delivered at the beginning of the placement via our on-site M&H and BLS instructors.

Prior to the commencement of placement it is advised that the student undertakes some reading on Diabetes, Peripheral Vascular Disease and CRPS (Complex Regional Pain Syndrome). We would expect the students to have the ability to research these topics themselves, in addition to expecting them to have their own reflective practice templates and Learning Development Plan templates via their university.

Address: Preston Business Centre (ground floor), Watling Street Road, Fulwood, Preston, PR2 8DY

Parking: there is on-site parking for which you can pay and display or obtain a parking permit. There is a bus stop directly outside the centre which accommodates the shuttle bus service from Royal Preston Hospital which is only a short drive down the road.

Hours of work: Generally 08:30am – 4:30pm with room to be flexible.

Phone numbers:

- Physio Gym – 0177252**3850**
- Fitness Gym – 0177252**3858**
- Reception – 0177252**3835 / 3856 / 3845**
- Secretaries – 0177252**3852 / 3857**

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.

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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

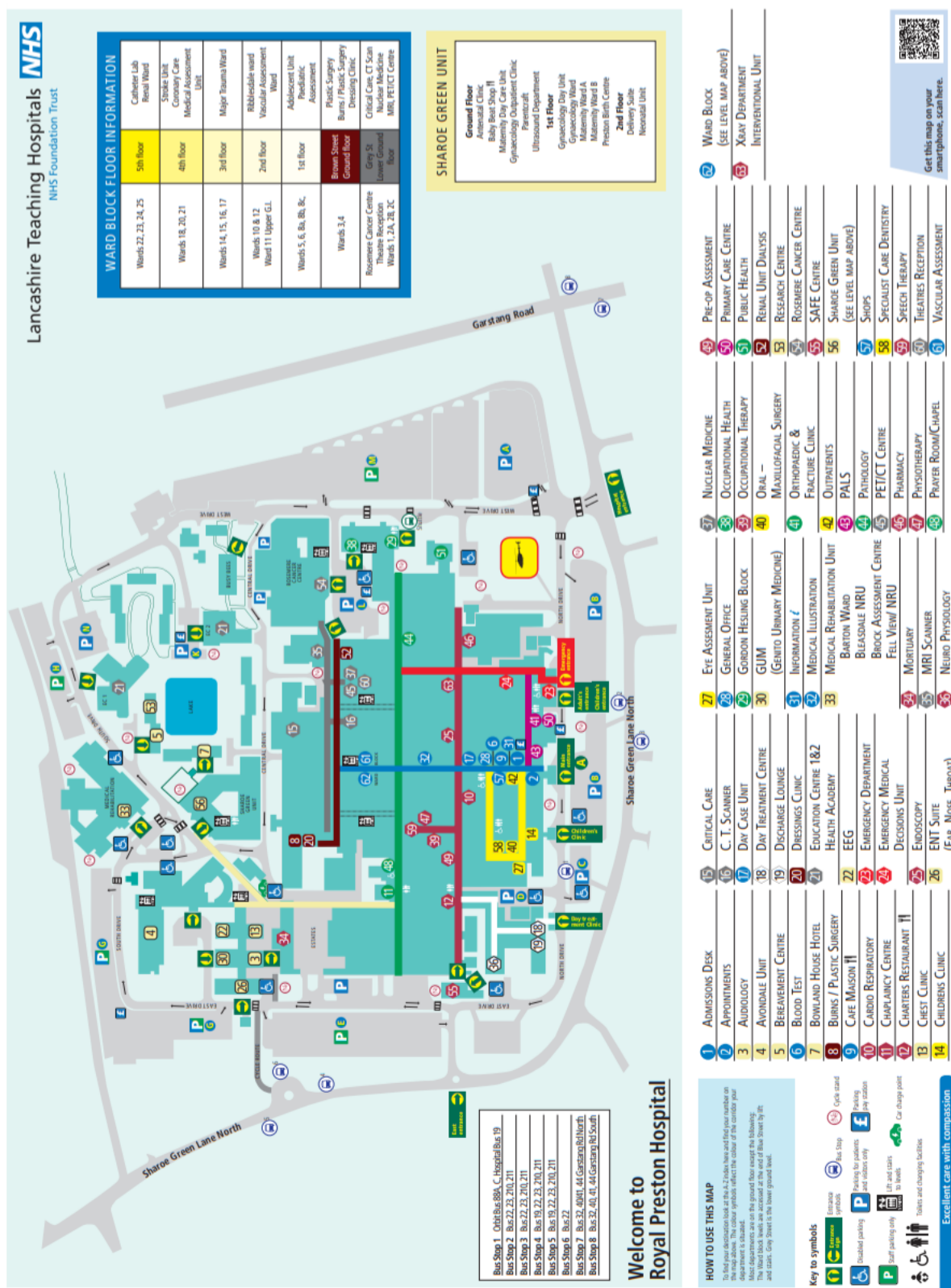
9. Induction

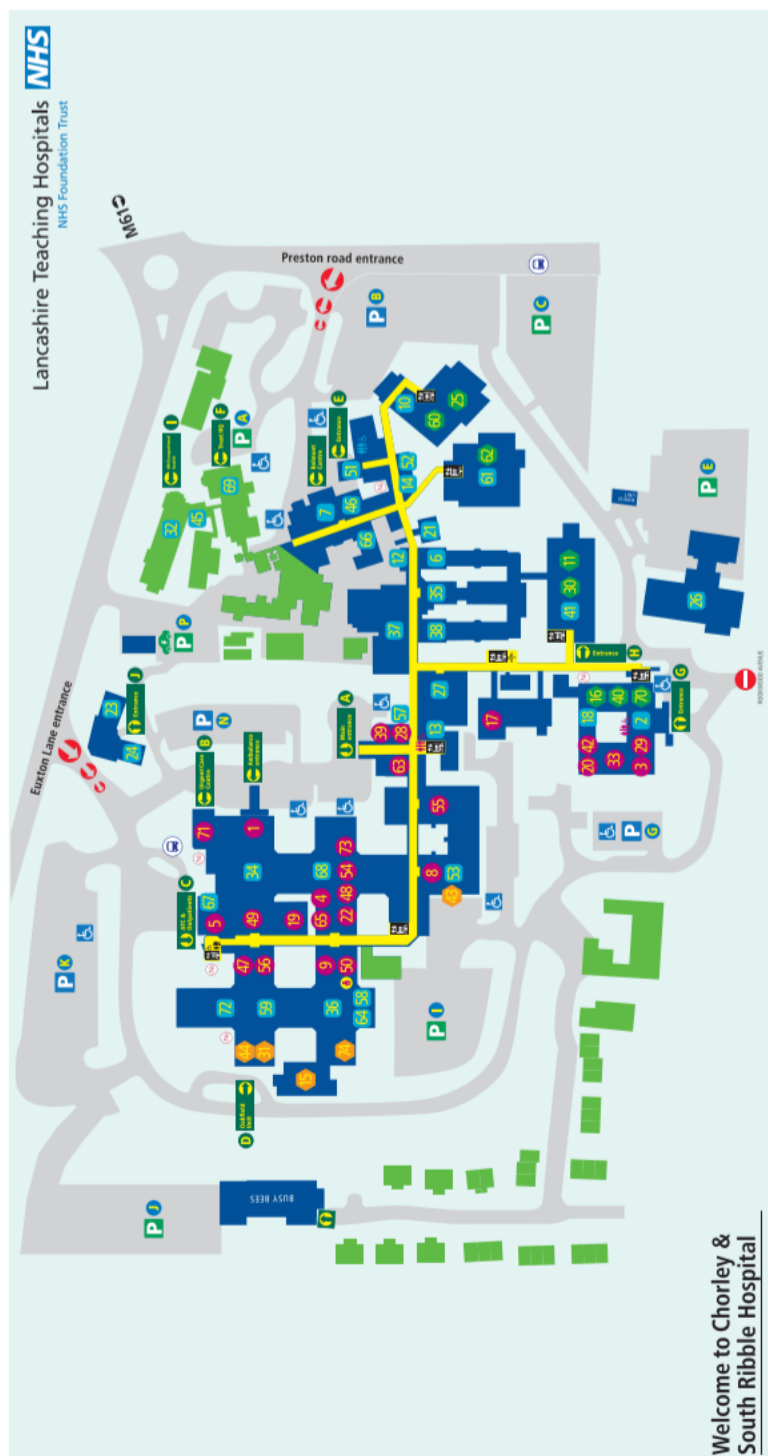
The Local Induction process will take place throughout the first two weeks of your placement.

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





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Final note...We look forward to meeting you

