



Ugh. When did it get to be November? As quickly as the summer seemed to happen upon us, the same can be said for fall. Rain, rain and more rain in the Lower Mainland!!

Sue's sabbatical is now official (see pg. 4) so things will be somewhat different for Ingrid and I next year - we'll have a new co-conspirator to work with, however Sue will still have her fingers in a few pots (e.g. workshops), so we will continue to have contact with her. No 'cold turkey Sue withdrawal'!

2015 will be bringing some changes in technology, for example our first EXCEL Modules should be complete and available online for all of our Clinical Educators to access, any time!

I am also looking at updating the format of this newsletter and/or the delivery method. I have made up a small survey which will only take a few minutes to complete. I would very much appreciate comments and suggestions, as this newsletter is meant for you - our Clinical Educators! Please take a look at pg. 3 for the survey link. **Reply by December 15th and you might be the lucky winner of a lovely UBC PT Clin Ed EnviroSax bag!**

This is the last newsletter of 2014, so on behalf of the Clin Ed team, **Happy Holidays**. I hope that everyone has some time off to enjoy with family and friends. We all need a collective hug about now...

Carolyn



## UBC 2014 Faculty of Medicine Awards



After learning of our award win in April, it was finally time to pick it up! On October 2nd, Ingrid and I attended the UBC Faculty of Medicine Awards Reception at the University Golf Club. We had a lovely time, spent amongst some of the brightest stars in Medicine! We were pleased that Lara Boyd, another winner from the department, was also there to "represent!" (Alison Greig, a fourth PT winner couldn't make it.)

The *Applegarth Staff Service Award* was presented by Dean Gavin Stuart, and Ingrid and I were pleased the award's namesake, Dr. Derek Applegarth, was also in attendance. We had a lovely chat with him and especially appreciated his heaping amounts of praise and respect for the job that staff do at the university! The award is well-suited to him to his enthusiasm.



Sadly Sue couldn't be there, but she sent her envoy, Susan Harris, with some beautiful bouquets. Our engraved awards now sit on our respective mantles at home, and remind us of the great team we work in, both in Clin Ed and PT.

It's that time of year again, for the *V.I.P. Clinical Educator Recognition Program* draw. This program is a lottery for physios who take our students on clinical placement.

Every time you supervise an MPT student on a placement you earn points. When you have attained sufficient points you can submit an application for a draw (at various levels) and have the chance to win \$300, \$500, or \$1,000 (the top prize includes a 1-year PABC membership). Draws are twice a year in March and October.

### Congratulations to the winners of our October 31, 2014 draw:

<i>Cobalt Level</i> (\$300)	<i>No entries.</i>
<i>Sapphire Level</i> (\$500)	<i>Darren Hagel</i> Royal Jubilee Hospital
<i>Royal Level</i> (\$1,000 + 1-yr PABC membership)	<i>Fiona Hughes</i> Victoria General Hospital



For more information on the *V.I.P. Clinical Educator Recognition Program*, or to apply, [click here](#).

**FYI our next draw deadline is March 1, 2015!!!**

# NRC News: from UNBC and Northern and Rural BC communities

MPT NRC 2013-15 cohort hike  
Silver King Basin, Smithers, BC



**MPT2 NRC**

*Warm greetings from Northern BC.* It is difficult to acclimatize to the snow flurries when it doesn't seem so long ago that all 20 of the 2013-2015 Northern & Rural Cohort were here in Prince George basking in the sunshine, playing Frisbee on the campus of UNBC in between classes.



**MPT Grad NRC**

Our first NR Cohort (2012-2014) completed their final placements over the summer and will be graduating in November and beginning their careers. Some of the NRC graduates have already migrated to rural and northern areas, so while it is far too early to claim any successes, it appears as if the NRC is on track to fulfilling its mandate of increasing recruitment and retention. It is evident that the NRC program has opened up placement opportunities for students in northern, rural and remote communities that have had long standing vacancies and students are returning to fill those positions upon graduation. We will be evaluating the program thoroughly and tracking our students for years to come to measure the outcomes of the NRC.



**MPT1 NRC**

In August, we welcomed our third NR Cohort into the MPT program. It seems like just yesterday we were developing the application and admission process for the NRC based on the evidence that health care professionals from rural areas, who train in rural areas are more likely to choose a career in a rural area.

Our newest Cohort includes students from rural and remote regions like Fort Nelson, Fort St. John, Kimberly, Lake Country and rural regions of Nova Scotia and Ontario.

We look forward to welcoming them on placement in April, and at the rate that time flies, that is right around the next corner!

## NRC

In July we ran a full three weeks of academic distribution to the Plinth Lab at UNBC following their Level 1 placements as part of the objective of offering our students the opportunity to experience physiotherapy practice in northern and rural BC.

We are excited to welcome **Shannon Norum** as the new Administrative Assistant for the NRC at UNBC. She begins this position in November so we will be sure to include a profile of her in the next newsletter.

In the meantime, if you are a NRC site, you may be receiving emails from Shannon care of the [physio@unbc.ca](mailto:physio@unbc.ca) email address.

Welcome Shannon. We are excited to have you on board!

## UPDATES



We are thrilled that **Angela Pace**, PT Clinical Faculty, has offered to cross the Skeena from Kitimat to Prince Rupert and fill in as a locum Clinical Instructor at the *Prince Rupert Interprofessional Student-led Model (PRISM) Clinic* for the Level 2 placements.

Through the winter, five MPT2 students and two MOT students will be benefitting from Angela's guidance as an experienced PT and Clinical Educator.

*We are still looking for a permanent Instructor so spread the word!*

**Hugging is good medicine.**



- It transfers energy and gives the person hugged an emotional lift.
- You need **four** hugs a day for survival, **eight** for maintenance, and **twelve** for growth.
- Scientists say that hugging is a form of communication because it can say things you don't have the words for.
- The nicest thing about a hug is that you usually can't give one without getting one.

# CLIN ED TEACHING TIP **Your First Day with a Student: Orientation**

Orientation of students on their first day is often an area of confusion and uncertainty for Clinical Educators. How long should an orientation be? How much information does the student need? Should they simply “shadow” for a few days when starting their placement? What does UBC expect for site orientation for students?

As a general rule, orientation should be relatively short, followed by a brief period of shadowing, with the student moving to “hands on” as quickly as possible. Orientation should be on a “need to know” basis. Students are with you for only five weeks—they do not, in most cases, need to know absolutely everything about your facility or its programs unless specifically related to the students’s placement. On the first morning, focus on the basics, e.g., location of washrooms, fridge and microwave and where to get coffee. It is helpful to let the students know expectations around breaks—what time do staff take lunch or coffee, and for how long (don’t forget that students often need more breaks than a graduate therapist, as learning is exhausting!). Emergency procedures and location of emergency equipment are also vital to know early on in the placement, and orientation to this is now required by WorkSafeBC; students will come with a checklist of the topics they need to know about related to WorkSafeBC requirements (this checklist can be found on our [website](#)). Other policies, procedures and equipment locations can usually be introduced incrementally as needed; this will be easier for the student to remember and avoid “first day overload.”

The length of time for “shadowing” will depend on the level of the student, his or her competence, and the complexity of the placement, but generally should not be for more than a few hours. Even in those few shadow hours it is good to get the student involved in the treatment as much as possible; perhaps by assisting a patient to prepare for a session or preparing the treatment area or equipment (doing this can also form a “hands on” part of student orientation!). By the second or third day it is usually expected that junior students have at least one or two patients of their own, with senior students rapidly taking on a larger caseload.

[Click here to go to our website for this comprehensive NACEP document: “Orientation Guidelines for Physical Therapy Clinical Placements.”](#)

Artwork: Lindsey Donner

## SURVEY SAYS...

I, Madame Editor, am currently looking at ways of updating our “Globe” newsletter in terms of how it is produced and delivered to all of you. There is an option of keeping things status quo, which means this colourful, multi-page PDF that is sent via email. Another more “stepping into the 21st century” option is an online version that is smart-phone-, tablet- and laptop-friendly. That “friendliness” however might sap the fun out of what I think is a rather “outside the box” newsletter format. :)

The idea behind an updated online newsletter is that it is columnar, and therefore “stacks” and adjusts easily to whatever size screen you are looking at. There are also going to be mouse clicks, as only snippets of content can fit on a front page, so a click leads to the actual story, or “post” online.

There might be other options for a more visually appealing online newsletter - I’m looking into that.

Here is a chance to let us know what you think of the newsletter and how you would like to access it. Please take a moment to complete a very short online survey for us. It will be a big help in determining how to move forward in the delivery of our newsletter to all of our friends in Clinical Education.

Within the survey I will show you two examples of the online newsletter types I’ve mentioned above. It will just take 1-2 minutes of your time.

**Oh, and if you fill out the survey by December 15th you can enter to win a coveted UBC Clin Ed Envirosax bag!!**

**[CLICK HERE TO GO TO THE SURVEY](#)**

I thought it would be nice to include a holiday recipe, specifically from my home, which has a Swedish husband! This recipe for gravad lax (cured salmon) really couldn’t be easier. It just takes some babysitting for a few days. The result is so delicious, and you get to tell your guests that you made it all by yourself!! *Impressive!* This recipe is from Martha Stewart, of all people!

### SVENSK GRAVAD LAX

SERVES 6-8

- 1/4 cup kosher/coarse salt (*need coarse - do not use fine salt!*)
- 1/4 cup sugar
- 1 tbsp. coarsely ground pepper
- 2 (1-lb.) centre-cut salmon fillets (*with skin, bones removed*)  
*\*I like the fatty Atlantic salmon - sockeye wouldn't be good; skinless also works fine\**
- 1 bunch fresh dill
- 3 tbsp unflavoured aquavit or vodka



Stir together salt, sugar, and pepper in a small bowl. Place salmon, skin side down, on a cleaned, rimmed baking sheet. Gently press/rub salt mixture onto both fillets.

Lay the dill over one fillet; sprinkle vodka over top. Stack the fillets, flesh sides facing, so that the thick side of one touches the thin side of the other (if that’s the case).

Wrap tightly in plastic wrap (a few layers is good); transfer to a rimmed glass baking dish. Place another slightly smaller dish on top of salmon and weigh down with a few cans. Refrigerate three days, turning over fish every twelve hours.

Unwrap salmon. Discard liquid and dill. Wipe off remaining salt mixture [if it’s too salty for your taste you can always rinse it under cold water, very quickly]. If not using right away you can wrap in fresh plastic and refrigerate.

Transfer to a cutting board. Cutting on a slight bias with a long, thin knife, slice thin pieces. Enjoy!

*My note: You can serve with slices of baguette or dark rye bread, along with creme fraiche. We love to eat it with steamed baby potatoes and sour cream. No matter what, you should make sure you have some lemon slices and **mustard sauce** to go along with it!!*

## Sue Murphy on sabbatical next year

Sue will be taking a sabbatical year in 2015! She will, however, still be around; for example to facilitate any Clinical Educator workshops throughout the year, and to lead the Clin Ed Symposium in January. She will also be doing what is sure to be quite a few inservices about the new ACP evaluation form, due to be implemented at the Level 1 placement start in April of 2015.

During her year Sue will be doing some professional development, as well as working on projects such as revitalizing how professionalism is taught in the MPT curriculum and refreshing the content of the Clin Ed Workshops.

The lovely Anne Rankin will be stepping in to take on the day-to-day business of the Clinical Education portfolio in Sue's absence.

## New face in Prince George

As Robin mentioned in the NRC news, **Shannon Norum** will be joining the Northern and Rural Cohort team in Prince George, stepping into the role previously held by Amy. Shannon's full-time position will be split between NRC duties and the NMP (Northern Medical Program). Her contact details are below. She starts at the beginning of November. Welcome Shannon!

## APP eval update

The ACP form is coming soon! As of April 2015, all UBC and most other Canadian students will be using the new ACP ("Assessment of Competence in Physical Therapy") evaluation form, developed at the University of Toronto for their midterm and final student evaluations. This form will replace both the currently used CPI and APP evaluation tools, and have the option of being completed electronically. We will be hosting inservices and workshops on the new form around the province prior to the "go live" date and encourage all preceptors to attend a session. And, of course, we will always be happy to answer any questions on the form as you start to use it.

## EXCEL Modules update

Our first three EXCEL (Excellence in Clinical Education and Learning) Modules are coming along - in fact we are starting to see the light at the end of the tunnel. We hope to debut at least one at our *UBC PT Clinical Education Symposium*, being held at the end of January!

## Clin Ed Workshops galore!

This year Sue and Robin will have travelled to a total of 11 locations around the province to facilitate our Clinical Educators Workshop. Over

## WHAT'S NEW?

Tidbits of information worth knowing!

112 physical therapists, both private and public practice, have attended!! We are happy when future Clinical Educators can take time from their busy schedules to learn with us.

We look forward to new locations and workshops in 2015. If your city/town/site/clinic is interested in playing host for a workshop, please do get in touch. As long as we can get a minimum number (usually six people) we are open to all sorts of workshop possibilities, e.g., full-day, condensed evening, weekend full-day, as well as site-specific if you can get enough people together!

We appreciate hearing from sites, as we don't always know who needs training and when!

## 2015 Clin Ed Symposium reminder

A reminder to those of you who have received an invitation that replies are requested by *November 28th*, so we can confirm details and continue with planning. Thanks!

*"An investment in knowledge pays the best interest."*

— Benjamin Franklin



**Impulse Sport Physiotherapy**  
Port Moody

**Advanced Physiotherapy**  
White Rock

Did you know you might be eligible to become a UBC Clinical Faculty member?

Look here, or contact **Carissa Dyck** for more information!

## SHADOWING



Shadow placements are happening now - in fact many of you in the Lower Mainland have recently had, or currently have, first year MPT students for their observational (or "shadow") placements.

We hear that Clinical Educators are often unclear as to what the expectations are for these placements, and, despite our best efforts, do not receive the fact sheets that we send to the site contact persons for distribution. If you have not received a fact sheet and are supervising (or considering supervising!) a student for an observational placement, they are freely available on our website.

Click here to access our **Shadow Placement Guide**, plus all the other forms you may need for interactions with our students in the future!

## Contact Us

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## Keep in touch

Click to sign up to newsletter email list