The Globe

I live in the ‘burbs. It started as necessity (we couldn’t afford that “house ownership” dream anywhere else) but now, 15 years later, we’re still there - and would find it hard to leave...

The photo for this summer newsletter banner (above right) is a little taste of MY summer – among other things, walking and biking the dikes at Pitt River. Even though a Walmart has encroached and housing communities on Burke Mountain are chipping away at the mountainside (ugh) I am so grateful to live somewhere where I can: ride great trails along a river, buy beef from a local rancher in Pitt Meadows, marvel at the colour of flooded cranberry fields in October, and see a heron, two bald eagles, a deer or a beaver (as happened all in two weeks last month) and think nothing of it!

But I digress...

After the ACP roll-out, I have had the chance to get back to focusing on the creation of our new EXCEL e-learning modules. My babies. The modules are in full-blown production now, and I am happy to say that we are ready for you to take a look at our first ones!!!! !

<insert Kool and the Gang’s “Celebration” chorus here> Woo hoo!!! See right to learn more about this exciting new project!!

Carolyn and Sue are over-the-moon pleased to announce the release of the first in our series of online Clin Ed e-learning “EXCEL Modules!” As a reminder, these modules (at the moment they number 15!) will provide a valuable resource to soon-to-be Clinical Educators who cannot make it to one of our workshops due to time constraints or geography - OR to CEs who would just like a refresher on a certain topic, such as Learning Objectives or The Evaluation Process or Supporting a Student in Difficulty.

It has been a busy spring and fall (when we first recruited and recorded some local PT talent for both interview footage and acted scenarios). Since then I (Carolyn) have been working on production of the modules, editing video, and pulling the pieces together, with Sue providing content, tandem editing, and the PT knowledge base and perspective!

As these are a work in progress for a while longer, but we will be releasing more in the very near future. For now, we invite you to click on the button below to link to the EXCEL Modules homepage on the PT website and take a look at our first modules. YAY!!!

Module 1: Introduction to the UBC Master of Physical Therapy (MPT) program
Module 9: The Evaluation Process
Module 15: T-Res Overview: The Students’ Clinical Log

Please make your colleagues and/or staff aware of these videos. Oh, and we greatly value your feedback, so hope you will have a moment to provide some via the link at the end of each module. We would love to hear from you...

I hope everyone finds time to get away and take a break this summer in whatever beautiful part of this world you love.

Carolyn

2015 Clin Ed Award Winners Announced

Normally this announcement would have appeared in the spring newsletter, but publication was moved up because of the ACP roll-out. We are very happy to pass the news along now!

The CLINICAL EDUCATOR AWARD annually recognizes excellence by clinicians in the education, supervision, and mentoring of our MPT students. Students may nominate a Clinical Educator who has provided an exceptional experience on any of their placements or as part of their ongoing coursework. Nominations are reviewed each spring by a sub-committee of the UBC PT PACE Committee (Provincial Advisors for Clinical Education).

Congratulations to this year’s winners:

Level 1: April Campbell
Nominated for her role as a CSA (Clinical Skills Assistant) in the UBC MPT program

Level 2: Kerri Takasaki
Surrey Memorial Hospital

All nominees are acknowledged with a certificate of appreciation, and we are happy to say that both Kerri and April were in attendance to receive their engraved crystal awards - in front of their peers - at the annual Physiotherapy Forum in April!
The ACP:
Observations and tips after the first round

READER OR ACROBAT? Viewing the form in Adobe.

Full functionality of the new ACP form only works with Adobe Reader. Please do not use Adobe Acrobat, as you will not be able to save your information. Keep this in mind, as your computer might default to one program or the other. This works best:

1. Click on the ACP form to open it.
2. Type in the password.
3. Save it to a folder with a temporary title, e.g. ACP form.
4. Close this saved form.
5. Re-open the newly saved form with Adobe Reader (right click on the document icon and choose “Open with > Adobe Reader” in the dropdown menu).
6. Save the form again, with the file name formatted as: Student Last name, First name, ACP + level (e.g., Smith, Joe, ACP 1A).
7. Do a quick test: Type in a bit of information, then save and close the form.
8. Re-open to make sure all information filled in is still in place. From there you can continue to fill and save as you go along.

You will now be able to open, add information, and save and go back to your document as you wish!

PASSWORD. Where is it???

The password will change with EACH placement - i.e., Ingrid will send a new password for 1A, 1B, 2A, 2B, 3A, and 3B.

It is sent in a separate email from the ACP document and resources. This separate email will have the title: “ACP Password.” After some feedback we will now highlight the password at the very top of the email, so it’s easy to spot!

The password will contain upper- and lowercase letters, as well as punctuation marks, e.g., HappyDays! includes an exclamation mark.

Students do not have access to the password and they should not be asking Ingrid for it. That request must come directly from the Clinical Educator.

MID-TERM. To submit or not to submit?

You do NOT need to send in the Mid-term evaluation. Just make sure both the mid-term and final evaluation are together in the document you send after the placement is completed.

There is one exception!
Please submit a mid-term evaluation if you have concerns regarding your student’s performance.

NRC News: from UNBC and Northern and Rural BC communities

Warm summer greetings from Northern BC. Here’s hoping that you are enjoying the amazing summer weather that is upon us across the province all the while hoping for some rain to reduce the wild fires and keep the rivers running.

Our MPT1 NR Cohort arrive in Prince George July 6th for their 3-week academic distribution block. We are excited to welcome them to the UNBC campus where they will be staying in residence, attending classes in the Physiotherapy Plinth Lab and generally enjoying Northern hospitality. We’ve organized a number of activities for them, including a Sport Taping workshop with Brian Farrance, AT, Chief Therapist for the BC Winter Games and a Moose BBQ, so they can meet local clinicians and expand their physiotherapy network.

Meanwhile our MPT2 NRC are finishing up their 5th placement, madly studying for the written PCE, and looking forward to a well-deserved break before their last push to the finish line. It has been a busy six months for both (MPT1 and MPT2) NR Cohorts.

MPT1 NRC students Tyson Bell and Christina Conrad took part in the Health Care Travelling Roadshow in North East BC (see page 3).

Meanwhile, the NRC was well represented at the Canadian Physiotherapy Congress in Halifax - Jenny Mildon and Jen Waring (MPT2) and Chris Kennedy (MPT1) received scholarships from CPA and PABC to attend. Angela Pace (PT and Clinical Faculty) from Kitimat presented a poster on behalf of three NRC students (Jordan Tufmail, Kumiko Chow and Janelle Rektor) she supervised at the Prince Rupert Interprofessional Student-Led Model (PRISM) Clinic last winter. In an effort to look at decreasing the waitlist for Physiotherapy, the students undertook a PDSA project: An Outpatient Physiotherapy

Waitlist Management Strategy in a Northern Rural BC Public Practice.

The PRISM Clinic continues to operate and offer student placements with the assistance of locum physiotherapists. In addition to Angela Pace, Heather Hodge and Stein Fladmark have taken a turn at the helm. The feedback from these Clinical Instructors has been overwhelmingly positive; none of them can believe that the permanent position remains vacant. It is more appealing than ever with the addition of Faculty of Medicine videoconferencing and telehealth capabilities, and additional funds to support continuing professional development. If you, or any one you know, are interested in finding out more about the positions, please contact me at robin.roots@ubc.ca.

Robin Roots
Coordinator for Clinical Education, Northern and Rural Cohort, Prince George/UNBC Campus
Healthcare Traveling Roadshow 2015

Once again, two MPT students joined the Roadshow, as part of a team of UBC interdisciplinary health care students, to promote a career in physiotherapy to high school students in rural BC communities. Read what the Roadshow meant to Tyson and Christina (both in the Northern and Rural Program, and Northerner BCers by birth!).

The Healthcare Travelling Roadshow started running in 2010 as an initiative by Dr. Sean Maurice at UNBC to inform high school students about possible careers in various health fields. Healthcare workers are more likely to be retained in small communities if they have pre-existing roots there. As a result, the goal of the Roadshow is to inspire local students to consider health careers with the hope that they will return to practice in these critically underserved communities. Uniquely, the HCTRS utilizes health care students as the main presenters. As students, we are able to connect with kids on a more direct level, and are able to provide current advice about program perquisites and educational pathways.

Tyson: This year’s Roadshow happened to pass through my home-town of Fort St. John, which is extremely short-staffed in all health fields. The city is currently booming, but has not been able to attract or retain an appropriate number of health care professionals. Although I have always been well aware of the challenges associated with providing health services in the North, this visit further opened my eyes to the stark reality of the situation. Therefore, I was motivated to inform the local students about physiotherapy and to help encourage the realization that these careers are not reserved for residents of the ‘big city’. Throughout the course of the tour, I had the opportunity to talk with many interested youth in FSJ, Dawson Creek and Tumbler Ridge. I and the other health care students were also shown tremendous hospitality as the host communities showcased themselves as nice places to practice in for future health care providers such as ourselves. The HCTRS was a great opportunity not only to give back to these small communities, but also to learn about the challenges they face on a daily basis.

Christina: I grew up in Fort Nelson and because there was no physiotherapist in the community I didn’t know what a physiotherapist was until I moved for university. That was one of the reasons I wanted to participate in the roadshow; I wanted young people to know about different careers in healthcare. The students that we had the opportunity to interact with were very enthusiastic. We brought along a truck load of equipment including intricate anatomy models, gait aids and training equipment; stuff that high school students do not normally get the chance to see and work with. Along with getting the opportunity to utilize the equipment the students had many questions. Tyson and I answered questions about physiotherapy; both the profession and the education it takes to get there. The students also had broader questions such as: what courses they should take in highschool, what it’s like to move to a big city for school, and how to choose a university. Students from rural and Northern communities face more barriers to accessing post-secondary education then their urban counterparts. I think that when you see someone who has come from a similar place it seems more achievable and it’s easier to envision yourself as that person and think, “I could be a physiotherapist too”.

[Click here for more information about the HCTRC]
CLIN ED TEACHING TIP

Where Did the Red Flags Go???

The department has received several comments regarding “no more red flags” in the ACP. Preceptor interpretation of potential red flags have not changed from the CPI to the ACP - e.g. patient safety; professional presentation; professionalism during interaction with others; and/or adherence to ethical and legal practice standards. In addition, if the preceptor feels that the student is not demonstrating critical skills at the level expected, it may be considered a red flag for performance.

Please note that at the bottom of each page in the ACP there is a small check box which you can check if you have specific concerns regarding student performance on that particular item. It is important to record your concerns in the comments box and any remedial actions already taken. If you check this at either midterm or your feel it may be indicated for the final evaluation, please contact the AHCE as soon as possible. This early contact will help facilitate the development of a learning plan between the Clinical Educator, student and AHCE in order to support the student.

Super simple no ice cream maker

3-ingredient ice cream
(Seriously people, it could not be easier!)

I recently enjoyed this ice cream at a friend’s house. Funnily enough my husband had mentioned it a week before, when he saw it, browsing through a Chatelaine magazine at the dentist!!

The folks at the magazine apparently love this recipe, as they have elaborated on the base recipe, to include 31 variations! They range from avocado or rhubarb to mint chocolate or maple.

The base recipe calls for whipping cream and condensed milk, (that’s it folks!) and whatever additions are needed. I am not saying it is a low calorie recipe, but boy is it delicious. And, to quote Jamie Oliver, it is “Easy peasy”; you just whip it up and plop in the freezer for at least six hours!!

Now I know what to do with that lovely little crop of rhubarb in my garden!

Click the picture of the ice cream to link to all 31 recipes online.

WHAT’S NEW?

Clinical Educator and MPT Student in the News!
Scott Okrainetz and his MPT1 student, Mary-Anne Levenson, were part of an inspiring story recently aired on Global BC. Yay team!

Click here to go to the story link.

Victoria nurses help soccer fan fulfill dream to attend FIFA Women’s World Cup
Mon, Jun 29 - The campaign to fulfill a Vancouver Island woman’s FIFA World Cup dream, as she recovers from a debilitating condition. Elaine Yong has the story.

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Keep in touch

“An investment in knowledge pays the best interest.”
— Benjamin Franklin

NEW CLINICAL SITES

Arbutus Physiotherapy & Health Centre
Victoria

Blackbird Physiotherapy
Nelson

Forte Sports & Orthopaedic Physiotherapy
Delta

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

Look here or contact Carissa Dyck for more info!