

When spring rolls around *"It's the Most Wonderful Time of the Year"* always comes to mind! Yes I know it is a song most associated with Christmas, but for me, starting at the end of April until the end of August, well... it's a great time to be on campus! Why? Because it is so much quieter, with the majority of students on summer break! I know that is a funny thing to say, but it means getting a seat on the bus, shorter lineups, and much less having to keep an eye out for phone-fixated students walking down the street with head down!

Although our MPT program does not follow a conventional university school year (i.e., summers off) it is quieter around our hallways that's for sure. MPT1 students are finally out on their first placements (back-to-back 1A/1B, to boot!) and MPT2s are just back at the end of April for some more class work before their final (#6) placement at the end of August. The last week of August also marks the turning point where MPT1s become MPT2s and we have orientation for a shiny new group of ~80 students. *We start all over again!*

This week I am heading to my 2nd home (Stockholm) with my Swedish hubby, to visit family and friends. I hope this summer offers some time off and you can enjoy this "most wonderful time of the year," whether visiting with loved ones, exploring someplace new, or maybe just kicking up your feet and 'staycationing' close to home!

Carolyn



Northern BC Rehab Program starts

The new *Prince George Cardiac and Pulmonary Rehabilitation Program* is up and running. It started as a great idea and came to life through

a partnership between the our Northern and Rural Cohort (UBC Department of Physical Therapy), Northern Health, and the YMCA of Northern BC.

The program start garnered a lot of great media buzz. [Read the joint press release here](#) and go to page 3 of this newsletter for an in-depth look at the program provided by NRC Coordinator for Clinical Education Robin Roots.



Please spread the word about our EXCEL online e-learning modules! They are a great resource for anyone who wants to take a student or will be taking a student on placement but cannot make it to one of our Clinical Educator Workshops. Our 14 modules cover all the same topics as in the workshop. The best part is you can pick and choose which modules you would like to view (maybe you just want a refresher on a certain topic?) and the modules are quick (average about 10-15 minutes).

7 of 14 modules are complete and available via our Clin Ed webpage

www.physicaltherapy.med.ubc.ca/clinical-education [view here](#)

ONLINE AND READY TO VIEW

- Introduction to the UBC Master of Physical Therapy (MPT) program
- Developing Learning Objectives
- Adult Learning Styles
- Providing Feedback
- The Evaluation Process
- Supporting a Student in Difficulty
- T-Res Overview: The Students' Clinical Log

IN PRODUCTION

- The Role and Importance of Clinical Education
- Planning and Facilitating the Learning Experience
- Your Student's First Day: Orientation
- The "Perfect Preceptor"
- Providing Challenge for an Exceptional Student
- Placement and Supervision Models
- The Hidden Curriculum





Adventure in India

Also in the (UBC) news was a nice article about four of our MPT2 students (Mary-Anne, Matt, Kate and Rachelle) who went to the state of Karnataka, India for an international placement earlier this year. Through Hilary Crowley (and now Andrea Mendoza) UBC PT has had a relationship with the NGO *Samuha Samarthy*. Many of our senior students have been lucky enough to travel to India and work with a Canadian physiotherapist volunteer at the Spinal Cord Rehabilitation Centre in Koppal. This trip Kate, Rachelle, and preceptor Brooke lived in Deodurg, a 5-hour drive away from Koppal, working at the intervention centre with the pediatric population. Mary-Anne, Matt, and preceptor Juliet lived in Koppal and worked at the Spinal Cord Rehabilitation Centre.



Our students had plenty of new experiences, including two of them ending up in the hospital! Kate sprained her ankle while running and Rachelle, after swallowing her anti-malarial pill with too little water, suffered from medication-induced esophagitis!

They faced challenges (like the language) and every day was different, but to quote Mary-Anne, "Days were filled with smiles, frequent chai tea breaks, fresh coconuts delivered by bike, incredible home-made meals, and games with families and children." The students were able to connect with the community and had even fundraised to purchase equipment specific to SCI patients.

To read more about their adventures [check out this UBC article](#) or the [students' blog](#).



CLIN ED TEACHING TIP

Facilitating Feedback

Building upon last newsletter's clinical tidbit regarding feedback we wanted to provide some practical tips to facilitate this type of communication. Last newsletter, we highlighted having a discussion early in a clinical placement regarding when and where feedback will be given. This is very helpful in setting expectations. Some students prefer immediate and lots of feedback, while other students prefer feedback to be brought forward within a more structured setting. In either situation bridging feedback with a statement such as "I'm going to provide feedback now.....", while sounding artificial, allows the student to focus on what is being said about their performance. When Clinical Educators identify an aspect of performance that requires improvement, they should also include potential suggestions regarding how the student can incorporate changes. During the transition between the stages of unconscious to conscious incompetence, the student may struggle with "the how" to implement improvement. Through the early establishment of a collegial relationship students will feel they can clarify expectations. It is very important when providing feedback to "check in" to ensure student understanding. *EXCEL module 7: Providing Feedback* reviews the generational expectations for feedback as well as two feedback styles.

Our EXCEL modules can be found online at: www.physicaltherapy.med.ubc.ca/clinical-education

Artwork: Lindsey Donner

Congratulations again to the two winners of the UBC Department of Physical Therapy **2016 Clinical Educator Award**. We were pleased to be able to present one of the awards to Joanna at the Physiotherapy Forum in April. Siobhan received her award from her supervisor on her home turf at Vancouver General Hospital.

Level 1 winner

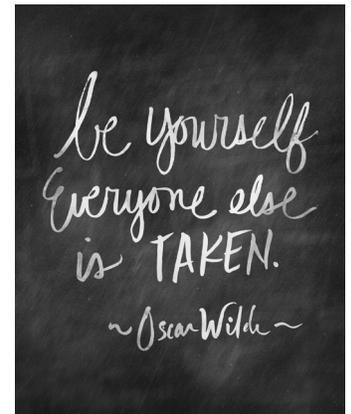


Siobhan Ni Cheidigh (VGH, Acute Spine) receiving her 2016 UBC Department of Physical Therapy Clinical Educator Award (Level 1) from supervisor Cath Le Cornu-Levett.

Level 2 winner



Joanna Gueret (GF Strong, ABI Unit) receiving her 2016 UBC Department of Physical Therapy Clinical Educator Award (Level 2) from Sue Murphy at the Physiotherapy Forum.





Salmonberry harvest in Prince Rupert, BC

NRC News:

From UNBC and Northern and Rural BC communities

Summer greetings from Northern BC, where it is shaping up to be another great season of berry picking! It was a busy spring filled with new workshops, new programs and new placement opportunities.

On April 1st the NRC hosted *“You Can’t Fool Me”: Facilitating Learning in the Clinical Setting* a clinical education retreat for northern Clinical Educators. The event in Prince George was well attended by physiotherapists from northern BC, as well as OTs and physicians from the area. Sue Murphy engaged Clinical Educators in thinking about professionalism and communication and I led a workshop on facilitating clinical reasoning in our students.

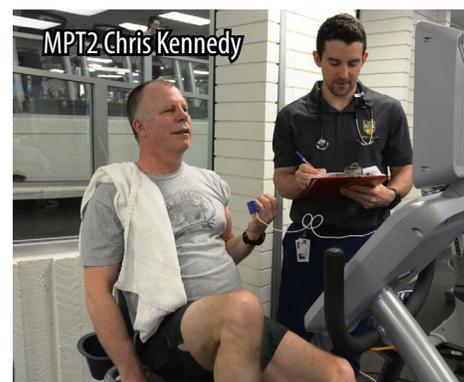
We are fortunate to have a number of new clinical sites in rural and northern communities come on board including Total Physiotherapy in Houston, which offers students a rich learning experience with opportunities to do pre-employment screening and ergonomic assessments in industry (e.g., pulp mill) and the forest sector.

After a year of planning, two MPT2 students on their 2B placement assisted in the launch and opening of the **Prince George Cardiac and Pulmonary Rehabilitation Program**. This initiative is a partnership between UBC PT’s Northern and Rural Cohort, Northern Health, and the YMCA of Northern BC. This community-

We are recruiting for a full-time Clinical Instructor for the Prince George Cardiac and Pulmonary Rehabilitation Program who will be a part of the Northern Health Integrated Primary Care team.

Contact robin.roots@ubc.ca for more details.

(referral process, forms, publicity, education of physicians, protocols, etc.) as well operating the program—initial assessments, individualized rehabilitation exercises, monitoring response to



exercise and delivering education programs on lifestyle changes and self-management for individuals with chronic cardiac and pulmonary conditions. A big thank you to all the MPT2 students who have assisted in getting this program off the ground!

To gain the students’ perspectives on participating in this initiative, Sonya Kruger (UNBC Communications) interviewed MPT2 students Chris Kennedy and Sandy Kennedy. Here is an excerpt:

How does it feel to be the first students participating in this new program?

“It’s exciting. Sometimes you go to placements and it is passive learning. Since this so new, you have to be more accountable. If I don’t know something, I can’t ask someone who has done it for year. I have to figure out things; it provides more problem solving opportunities. It also highlights what you can expect later on when you graduate, when you can’t just wait for a preceptor. . . . When our preceptor asks *“What do you guys think about this?”* there are so many different ways you can go about things, like measuring success for example.”

What’s unique with this placement?

“Usually in physiotherapy the goal is to discharge patients and get them back to baseline. But with this, we are not trying to speed up that process. We have a real opportunity to give them a lot of guidance and feedback. In other placements, you might have three or five different patient contact points. Here, you really get to take someone on the journey and you get to really know them. It’s going to be tough to be leaving—to not be able to continue with the folks we started with and getting them moving.

One of the interesting things is even though there are other models in the province, that model might not be feasible here.”

Although we can never thank you enough—thank you to all the Clinical Educators across northern and rural BC who offer our students such terrific learning opportunities and guidance in their professional development!

Wishing you all a wonderful, relaxing summer wherever you are. May your berry buckets be full!

Robin Roots
Coordinator for Clinical Education
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WHAT'S NEW?

Tidbits of information worth knowing!

Private Practice Toolkit

We have received many responses to the survey that was sent out by Renata and Jonathan and want to thank all the private practitioners who participated. We are presently examining the feedback for themes and will keep you up to date on future development regarding our communication strategies.

UBC PT Department Head Search

The UBC Faculty of Medicine Strategic Plan is now complete and it is hoped that a search for a new Head of the Department of Physical Therapy will get underway in the next few weeks.

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

[Look here](#) or [email](#) for information!



"If you light a lamp for someone else it will also brighten your path."

- Buddha

Absolute Physiotherapy

Whitehorse, YT

Prime Physiotherapy & Performance

Kelowna, BC

Total Physiotherapy

Houston, BC

Symphony Neurological Rehabilitation

Nanaimo, BC

The Department of Physical Therapy wishes to bid a very fond farewell to **Teresa Francis**, Professional Practice Leader of the Physical Therapy Department at Surrey Memorial Hospital.

Teresa was a wonderful supporter of both her staff and the UBC MPT program. She offered her staff time away to continue with their educator roles within our program as much as she was able. Additionally, she could always be relied upon to come up with an extra placement in a pinch.



Her support of our students was always a very valued contribution to the Department of Physical Therapy. All of us at UBC PT Clin Ed wish her the very best as she heads off to a well-earned retirement and more time at the lake and on the golf course!



We will miss you Teresa!!!

Thai Coconut Prawns

Thanks to Nancy Cho, faithful reader of "The Globe" for asking if she could submit a recipe! Gladly. Here it is, just in time for summer...

INGREDIENTS

24 medium green prawns, peeled, tail intact, deveined
1/4 cup all purpose flour
2 eggs, beat lightly
1 1/2 cups shredded coconut
24 bamboo skewers, soaked for 25 minutes

Dipping Sauce:

1/2 cup sweet chilli sauce
2 tablespoons lime juice (or lemon)
2 tablespoons finely chopped coriander



1. Preheat oven to 350° F. (180° C). Line two baking trays with parchment paper.
2. Thread each prawn lengthways onto a skewer. Dust prawns in flour, shaking off excess. Dip into egg, then coat in coconut.
3. Place on prepared trays. Bake 15-20 minutes or until cooked.

Dipping Sauce:

Combine all ingredients in a small bowl and mix well. Serve with prawns.

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Keep in touch

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