UBC PT Clinical Education Newsletter
Summer edition
2017 | 02

# The Globe

www.physicaltherapy.med.ubc.ca

Welcome to our summer newsletter. Vancouver experienced yet another "Juneuary" (our third dreary, rainy, cold month in as many years), but Mother Nature has rallied, and it looks like summer might finally be here!

With it comes more time spent outdoors in the wonderful extended evenings that summer offers. Time in the garden. Time at the baseball diamond or on the water. Time on the road, exploring. I know it's a great time of year for our very active physio community!

Our 26-month MPT program runs through summer. Students get a two-week break, but unlike most UBC programs, they don't have the summer off. In fact our soon-to-graduate MPT2 class heads off to their last placement the third week of August! Time flies...

I hope everyone enjoys the summer, and is able to join in the celebrations for this amazing country we call home.

**HAPPY BIRTHDAY CANADA!**

Carolyn

THE UNIVERSITY OF BRITISH COLUMBIA
Department of Physical Therapy
Faculty of Medicine

## Announcing our PRIVATE PRACTICE TOOLKIT!

We are very pleased to announce our latest project... *<drum roll please>* the ***Private Practice Toolkit***. This online resource serves two purposes–to clarify common misconceptions and provide information for those interested in taking a UBC MPT student on placement, and to offer helpful tips and resources to potential (and current) private practitioners.

Private practice placements are popular with our students, though on average they account for roughly 22% of our confirmed placements each year. Partnering with private practice contributes to the over 480 yearly placement opportunities required for our students.

This online module is short, easy to navigate, and most of all informative! If you have ever thought of supervising a student on placement but are concerned about issues such as cost-recovery, working at two jobs, or lack of time, this module will help to address those concerns and offer solutions (for example, *did you know that you can share a student?* Current Clinical Educators tell us it is no more work, and in fact it might be an appealing option for those who are new to student supervision, those who feel they don't have enough of a caseload for a student, or those who work part-time or at two locations).

Students in private practice can provide great value to a practice, and it is a win-win situation for the student and supervising physiotherapist (as well as the clinic and clients!).

You will find our toolkit on the Clin Ed web pages or alternately via the PABC Knowledge Centre.

## Nice to see you!

It was a productive, busy and fun day at this year's Physiotherapy Forum, held at the Westin Bayshore. With a new venue and a larger trade show area, our Clin Ed booth was right in the thick of things, which meant we had a lot more traffic (and people coming by to say hello).

We were also pleased to present our *2017 Clinical Educator Awards* at the Gala Dinner, honouring this year's winners in front of their peers.

Here are a few pictures from the event...

See you next year!

Anne with Level 1 award winner Hyman Gee

Anne with Level 2 award winner Regan Daoust

Jessica Dulong (Level 3 award winner) was not able to make it over from Victoria.

Her manager Carla Service honoured Jessica in front of her colleagues at Royal Jubilee Hospital.

It's not often we are in the same city, let alone the same room! Clin Ed team (l to r) Anne, Sue, Robin, Shannon, Ingrid, Carolyn.

Always fun catching up with a former student! (Carolyn and Johnny)

# Department of Physical Therapy Head Named

We are pleased to announce that **Sue Murphy** has officially been selected to the role of Department Head, for a three-year term, starting July 1.

Sue now vacates her role as Associate Head, Clinical Education, where she has been instrumental in supporting the clinical education needs of both our students and Clinical Educators/sites. Although the Clin Ed team is sorry to see her go, we are happy that it is to the gain of the department. Despite now having a much crazier schedule Sue will continue to be a positive force, championing the department and the PT community!

## WHAT'S NEW?

### Cookbook Winners!

Anusha Shetty and Sonia Singla dropped by to say hello at our Physio Forum booth and answered our *skill testing questions!* They were the lucky winners of our cookbook prizes! Here's hoping they have been enjoying some tasty *Butter* baked goods and *Vij's* Indian dishes!

**Click to sign up to our newsletter e-mail list**

### Graduate Certificate in Orthopaedic Manipulative Physical Therapy

This new program (starting September 2017) is being offered part-time for working clinicians who want to improve their manual therapy skills. The courses can also be counted towards a UBC graduate degree (e.g. MRSc) and, pending accreditation by IFOMPT, toward FCAMPT. The curriculum integrates hands-on techniques with current evidence and theory drawn from anatomy, biomechanics, and pain science. Please visit www.pt.med.ubc.ca ("Programs") or check here to learn more.

# NRC News:

## From UNBC and Northern and Rural BC communities

**Another road sign you sure don't see in the city!**
*Captured by Robin on the Alaska Highway, north of Fort Nelson, BC*

***Summer greetings*** from Prince George! Even with summer solstice upon us, when the sun rises at 4:30 am and sets after 10:00 pm, there still doesn't seem to be enough hours in the day to fit in all the things that are going on! Currently our MPT1 NRC students are half way through their second placement with lots of positive feedback from them about you, their Clinical Educators, and from you about them.

Here in Prince George we are gearing up to welcome our fifth round of NRC students for their three-week academic block at UNBC. Started as a proof of concept for academic distribution, we have repeatedly demonstrated that we are capable of effectively delivering physiotherapy classroom curriculum from the Point Grey campus to UNBC using video-conferencing technology. Student feedback continues to be very positive about the aspects of small group learning and the support they receive from the Prince George community and instructors.

It was a busy spring in the North. In April we hosted ***Northern Physiotherapy Day***–a day of events to bring physiotherapists together. Carol Kennedy gave a riveting lecture on cervicogenic headaches which we distributed to Haida Gwaii and Prince Rupert, followed by an update from the outgoing Registrar of CPTBC Brenda Hudson and a warm welcome to incoming Dianne Millette. We enjoyed presentations by Christine Bradstock and Jason Coolen.

**Unveiling of the NRC Wall at the UNBC Prince George campus**
(l to r: Dr. Bill Miller, Dr. Paul Winwood, Robin Roots, Sue Murphy, Dr. Dan Ryan *(Photo: UNBC)*

We took advantage of having the leadership from UBC, PABC and CPTBC all together to unveil the new ***NRC Wall*** at UNBC–a space dedicated to the Northern and Rural Cohort where we can display the NRC class photos and the partnership between UBC and UNBC. We had a large number of MPT2 students on hand to help us cut the cake!

We have an increasing number of NRC graduates joining the ranks of Clinical Educators–it has been a joy to see the learning come full circle. Don't forget that we are always available to come to your town or clinic to offer a *Clinical Educators Workshop*. We always suggest taking one shortly before you host your first student so that things are still fresh. *(If you cannot get to a workshop because of time or distance, we highly recommend reviewing any of our EXCEL online modules, which cover workshop topics and resources.)*

We wish you all a wonderful, relaxing and adventurous summer.

**Robin Roots**
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Prince George/UNBC Campus
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# Fizyoterapi an Ayiti: A Student's Clinical Placement Experience in Haiti

*If all the pieces align, our MPT students have an option of seeking an international placement in their second to last clinical placement. We currently have some good partnerships with rehabilitation hospitals and clinics in India, Sri Lanka and Nepal. Students travel with experienced physiotherapists who volunteer, or have are welcomed into established clinics that have a full-time local supervising physiotherapist.*

*Occasionally students can coordinate a new relationship with our program and an international site. This was the case with MPT2 student Tim Wray. For five weeks in March/April of this year Tim worked at* **Fondation Tous Ensemble Rehabilitation Centre (FONTEN)** *in Les Cayes, Haiti.*

### What interested you in a placement in Haiti?

When I was 12 years old my family moved from Kamloops to Haiti as full-time missionaries. I lived there six years before returning for university. During that time I picked up the local language, *Haitian Creole,* and was heavily involved in medical aid. I had experienced the immense need firsthand, had connections with a local clinic, and my family still lives there, so it seemed like a no-brainer to pursue a placement there. I'm so thankful that the department was receptive to the idea. Hopefully this will open up continued opportunities there for years to come.

### Haiti is no stranger to devastating events, from the 2010 earthquake to Hurricane Matthew last October. Did you see the effect of these events in the rehab centre?

The fact that I was in Haiti for the earthquake in 2010 and arrived just days after the hurricane to assist with relief efforts made this placement even more meaningful for me as I was able to relate to some of their experiences. I had the opportunity to work with victims of both events, in particular those who had limb amputations and subsequently received prostheses, as well as those who had traumatic injuries due to the extreme flooding and damage caused by the hurricane.

### What programs are available at FONTEN?

FONTEN offers PT, OT, prosthetics and orthotics services, and a club foot program. The clinic also participates in community rehab services such bi-weekly trips to a nearby under served island, as well as monthly blood pressure clinics and education sessions.

### Describe your involvement as a MPT student.

I had the opportunity to partake in all of the aforementioned services! Having gained outpatient experience on a previous placement, I was given significant independence to assess and treat patients on my own as much as I felt comfortable. This served as a great opportunity to gain experience working independently as well as challenge myself to research possible treatment options and evidence-based practice guidelines. Once a week I would assist with casting during club foot days and every second week I would join a few members of the FONTEN team in taking a 7-mile journey across the Caribbean to provide island therapy to those unable to come to the mainland.

### What opportunities did you have to work with the interdisciplinary team?

There were daily opportunities to work with the interdisciplinary team as FONTEN strives to maintain an open, collaborative atmosphere. Seeing patients with neuro and prosthetic complications meant liaising with the OT and the prosthetist regarding patient goals and treatment plans. I also had the chance to collaborate with doctors outside the clinic (even internationally via email) as numerous patients came in with conditions that would fall under the medical realm more so than solely PT. One example of this was a young girl who had suddenly become paralyzed from the waist down following a short bout of sickness; following my assessment I did some research and identified the condition as transverse myelitis. I contacted a surgeon in the US who suggested we try to set her up on IV corticosteroids, which we did through the local hospital (which my father had built 10 years earlier). Next time she came in for therapy her sensation had returned as well as faint muscle contraction. Now, three months later she can stand and walk with an aid.

### Tell us a bit about similarities and differences in physiotherapy in a developing country.

No matter what country, physiotherapy provides an avenue to make a tangible difference in a person's life. In terms of differences, as a result of the extreme need, I found the medical professional roles to be blended more, such that a PT could be more involved in general medical care and vice versa.

### What challenges did you face as a physiotherapy student?

The greatest challenges were with the Haiti healthcare system itself, or should I say lack thereof. Many patients coming into the clinic had received poor or no care through the public system and were now coming in with serious conditions. I saw many cases of MVA (very common in Haiti), post mal or non-union fractures months post-surgery or misdiagnosed back pain resulting in over prescription of pain medications. Another challenge was the severity of conditions that came into the clinic. An example of this was the second patient I assessed*; one year prior he had been shot 16 times–one bullet leaving him with a partial SCI. On the first day we had to lift him out of his wheelchair; before I left five weeks later he was completing transfers independently and standing with minimal assistance. Now, three months later he is walking independently with an aid.

Tim with shooting victim patient

### What were the most important things you learned from this placement?

1. Basic skills go a long way when the need is great and you are willing.
2. Treat what you see.
3. Listen to your patients.

### What do you think your patients and the clinic staff learned from having you as a physiotherapy student?

I think the FONTEN patients and staff learned more about orthopedic assessment and treatment, and of course that Canadians can indeed dabble in the Creole language.

### Has this placement affected how you will practice as a physiotherapist?

This placement has given me confidence in treating serious conditions and recognizing when to refer. I learned how important it is to listen to your clients and realized that even small improvements can make a huge impact on someone's life.

*Story and photo permission given

# CLIN ED PLACEMENTS

## I offered. *Why didn't I get a student??*

A common question/concern raised by clinical sites and their staff is why placement offers are sometimes not accepted. We thought it would be helpful to outline our matching process. The UBC MPT Program has clinical education requirements that must be met in order to graduate. One requirement is that students must complete two out-of-town placements (four if part of the Northern and Rural Cohort). Additionally students must complete placements in five mandatory practice areas (Acute, Rehab, Chronic Disease Management, Community and Outpatient). A sixth placement category is an elective and may be in any of the previous areas. The combinations and permutations from each student's previous placements may limit students from choosing a certain area of placement or offer during a specific selection matching period/placement level.

***These are the steps for placement matching:***

1. Ingrid sends out the *Call for Offers* (CF0) with a deadline and sites respond if they are able to make an offer for that round. Ingrid tracks the number of offers received. If we are short a second (or third) CFO is sent out.
2. When enough placements are received, offers are finalized in HSPnet and students are notified. They have 3-5 working days to log into the system and select their top five choices. *(Please note: we are now requiring students to choose from two of the mandatory areas for each placement selection.)*
3. Ingrid runs an automated matching process in HSPnet.
4. Ingrid, Anne and Robin review the matches to ensure students are meeting the various requirements of the program.
5. Selections are finalized and the students and sites are notified of confirmed placements. Unused placements are then cancelled.

Additional information helps students choose their learning experiences. If your placement has unique learning opportunities it may be helpful to communicate this through HSPnet (if your site has that capability) or via Ingrid. *(Please note: There have been significant changes made to our curriculum map that allow students to complete their "advanced orthopedic content" earlier in the program.)*

**THE DEPARTMENT APPRECIATES EVERY PLACEMENT OFFERED**

*Artwork: Lindsey Donner*

***Did you know?*** Students also have the aid of ***Clinical Site Profiles*** to help make informed decisions about their top five selections. If a site has not yet added their profile (it is voluntary) we urge them to do so. To view the profiles (or if you are not sure if your site is listed) please take a look here: ***http://physicaltherapy.med.ubc.ca/sitesearch/***. Submitting a profile can be done online ***via this link***.

**Allan McGavin Sports Medicine Centres**
**- At USB-UBC** Vancouver
**- At Twist Conditioning** North Vancouver

**In Balance Rehab**
Abbotsford

*Welcome back!*
**South Cowichan Physiotherapy and Sport Rehabilitation**
Cobble Hill

Outdoor and barbecue season is here. After watching "That Sugar Film" on Netflix, I was reminded to look for more homemade and sugar-controlled recipes. I follow a few Canadian holistic health blogs, and enjoy Joy McCarthy's "Joyous Health." ***Joy's Best Ever Homemade BBQ Sauce*** ticks most boxes: no fillers, no refined sugar, and minimal sweetener. I really like the taste of the sauce and actually use it less for the barbecue and more just as a condiment with things like chicken or beef. Make sure to buy the onion powder (many places will carry in the bulk spice section); it makes the difference. If you want it spicy, simply add some cayenne or dried chili peppers, to taste.

### Ingredients

1 can tomato paste
3 tbsp Dijon mustard
1/4 cup maple syrup
1/4 cup tamari sauce*
3 tbsp apple cider vinegar
1.5 tsp garlic powder
1.5 tsp onion powder
1/2 tsp sea salt
Freshly ground pepper

** Soy sauce is also fine. Just omit salt.*

### Instructions

**Easy!** Place all ingredients into a large bowl and mix together.

Store in an air-tight container in the fridge for up to 7-10 days.

*(I find it lasts much longer. I keep mine in a glass jar.)*

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