



MOVING FORWARD

Crocuses started showing their lovely faces in Vancouver in February, only to be dumped on with snow-*poor things!* That most miserable of winter months has now long passed, and with that there is (for us on the “wet coast” anyway) the onset of spring, cherry blossoms, and allergies!

It is a time to move forward, not only for our MPT1 cohort (who start their very first placement at the end of April) but for our MPT2s, who started their Level 3 (and final two) placements in March. It’s very exciting for all concerned.

March was also a busy time for admissions, as the MMIs (or *Multi-mini Interviews*) took place at the beginning of the month. 160 interviewees made the cut from almost 360 applicants; each of them hopeful they have what it takes to “move forward” and gain a spot in our MPT program!

Finally, in the “moving forward” category, a **big congratulations to Karen Sauve**, who, as the successful applicant, is now **officially Associate Head, Clinical Education!** Her term extends to June 2020.

Joyous spring everyone.

Carolyn

carolyn.andersson@ubc.ca

Are you interested in becoming a UBC Clinical Faculty member? You just need to have supervised one student on placement to start the process...

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

Are you a private practice clinician? We welcome you to take a look at our **Private Practice Toolkit**, a short module especially for you! It offers answers, solutions and resources for physios who have concerns about what taking a student entails.

2018 Clin Ed Award Winners Announced!

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 committee. A total of three awards (one per level) may be given out each year.

All nominees are acknowledged with a certificate of appreciation. We were very pleased to be able to present the awards to all three winners at this year’s *Physio Forum Gala and Awards Dinner* on March 3. **Congratulations to this year’s winners...**

Level 1: Ricardina Jara

Ponderosa Lodge, Kamloops

Level 2: Gina Galway

GF Strong Rehabilitation Centre
Vancouver

Level 3: Kari Styles

CBI Health Centre, Victoria



(L to R): Robin Roots presents the awards, as Kari and Gina look on. Ricardina post-presentation!



Carolyn (L) and Ingrid at the Clin Ed booth

Fun at the Forum!

On March 3rd Ingrid and Carolyn were once again greeting visitors at our **Physio Forum** booth. Thanks to everyone who stopped by to say hello. As always we are happy to meet old friends and new physios and answer everyone’s questions! We really enjoy being able to put faces to names, and hope you feel the same!

The draw for the Whitewater cookbook was very popular!
We are pleased to announce the winner:

JUDY STURGEON, Little Shuswap Physiotherapy Services, Chase BC

A common question at this year’s Forum came from many of our former students, and other new grads. “How long should I wait before I take a student?” There is no specific answer to that question as it depends on your comfort level and the requirements of your workplace. One thing we can say is that you certainly do not have to wait 1-2 years, as is a common thought out there!

We do recommend taking a [Clinical Educator Workshop](#) whenever possible. There are always several during the year in the Lower Mainland and we try to get to smaller communities as the need arises. If that is not an option then we can offer our [EXCEL online learning modules](#) which cover the same topics as our workshop material. They are short (about 10-15 minutes each) and there for you if and when you need them.

In 2014 a (then) recent grad wrote a good article for this very newsletter. If you have trepidations take a moment to read “[Overcoming the Big, Scary Reasons](#)” (on pg. 4) by UBC MPT graduate Scott Okrainetz. He took his first student on placement after only six months in practice!

Finally, a good way to get your feet wet with student supervision is to share a student. See if anyone else at your workplace is interested, and better yet if anyone with some prior supervision experience might want to share a placement—that way you will receive some mentoring while you mentor a student!

Paula Portnoi
Lifemark

Cobalt Level
\$300 prize

Time again, for the Clinical Educator Recognition draw; a semi-annual lottery for physiotherapists who supervise and mentor our students on clinical placement.

Chris Franks
Whitcaps FC
Residency Program (UBC)

Sapphire Level
\$475 prize

Every time you supervise an MPT student on a placement you earn points. When you have attained sufficient points within a time frame you can submit an application for a draw (at various levels) and have the chance to win \$300, \$475, or \$1,000 (the top prize also includes a 1-year PABC membership). Draws are semi-annually. March and October.

Freeman Qu
Bella Coola General Hospital

Royal Level
\$1,000 prize
+ 1-year PABC membership*

For more information on the **Clinical Educator Recognition Program**, or to apply, [click here](#). *FYI our next draw deadline is October 1, 2018.*

*Current value: \$319.82. CPA membership required.



SPOTLIGHT:
EDWIN BETINOL
Clinic owner, marathon runner, UBC clinical faculty, foodie, educator, CHES Fellow...

why I should continue to take students, as they generally result in a more complex work day for me. Not only does the clinic pace change to accommodate the simultaneous teaching and treatment sessions but the academic demand increases as clinicians attempt to provide a positive learning environment.

Edwin: As a clinician turned entrepreneur, being open to experience is a valuable characteristic. It allows one to be adaptable to change, see new opportunity and identify learning experiences with unexpected outcomes.

In our private practice setting we adopted a *family-style approach* to clinical education. Students are generally under the supervision of 2-4 clinicians who share a common understanding of our clinic teaching objectives. We feel that there is value in having our students experience a broad range of clinical and communication approaches. It is also an opportunity for our clinicians to work as a team, which can often be rare in traditional private practice. Generally, therapists work quite independently of each other and having a shared student provides a conduit for inter-clinician knowledge transfer.

As a team leader and a Clinical Educator, most of my techniques or teaching patterns were intuitive and not really based on the most recent literature on adult learning. I was aware that I had a particular teaching bias, had challenges motivating certain individuals and also could communicate in ways that led to dis-incentives with learning.

Congratulations to Edwin Betinol, UBC Department of Physical Therapy Clinical Assistant Professor, on his *Centre for Health Education Scholarship* (CHES) Fellowship! Edwin is the FIRST-ever Physical Therapist awarded a *Clinical Educator Fellowship* at UBC. This two-year fellowship is a wonderful opportunity for health professionals to develop experience and skills in health education scholarship and to pursue an academic career as a Clinical Educator.

I wanted to understand the adult learning process and how to effectively create, deliver and evaluate content that facilitates the adult learning process.

Edwin is a University of Alberta alumnus who has embraced ongoing learning. He holds an FCAMPT, is a certified hand therapist, and obtained a Certificate in Pain Management from U of A (while he is working through a two-year certificate in Sexual Health). Also keeping him busy are the two physiotherapy clinics he owns: *The Joint Physiotherapy + Sports Injury Centre* in Courtenay and *The Joint Physiotherapy + Pain Treatment Centre* in Campbell River. The Courtenay clinic is almost nine years old and is his self-professed "amazing love project."

Karen: *With the Fellowship, what will you be working on over the next two years?*

While traveling, Edwin graciously shared some of his time with Associate Head, Clin Ed Karen Sauve to let us know more about his life as a physiotherapist and Clinical Educator, and what led him to pursue the CHES Fellowship.

Edwin: I'll have a couple of responsibilities. First, I will be working on my Master's in Health Professionals Education. My second responsibility will be working with the Department of Physical Therapy to assist in the development and delivery of programs directly related to improving the clinical education experience of the MPT student.

Karen: *Can you tell us a bit about your experience as a Clinical Educator mentoring our MPT students as well as your Clinical Faculty appointment in the Department of Physical Therapy?*

“ I wanted to understand the adult learning process and how to effectively create, deliver and evaluate content that facilitates the adult learning process. ”

In regards to my research, I have a general idea, however, at this stage I want to keep myself open to other possible inspirations that may present themselves as I continue into the program.

Edwin: I've been taking students for almost as long as my clinic has been providing service. Due to the nature of previous locum positions, I had limited experience working with students.

We've found that having students is an incredibly important element to our professional development. Both in regards to contributing to the direction of physical therapy but also in gaining information on current perspectives of health care delivery and treatment directions.

I am the first physiotherapist to be awarded this scholarship and I am grateful that the department is willing to take a risk on me as this program has never been previously defined. I feel privileged to be offered this opportunity and am confident that both parties will have a positive learning experience.

After I supervised my first student from the UBC MPT program I had the fortune to receive a visit from Sue Murphy. I gently probed as to

In regards to my clinical faculty appointment, ties to UBC, including full UBC library and assistance from library staff won me over!

Thanks for your amazing work, Edwin, and for sharing your time with us. We look forward to hearing more about your work as you engage in your fellowship. Best of luck!

Karen: *What motivated you to pursue the Clinical Educator Fellowship?*

To learn more:
[UBC CHES Clinical Educator Fellowship Program](#)

I am thrilled to join the Clinical Education team in the Department of Physical Therapy! We are a passionate and enthusiastic bunch!

A bit about me: Since graduating from Queen's University my career has been focused in pediatrics, ranging from community-based rehabilitation, pediatric private practice, and inpatient rehabilitation to outpatient assessment/consultation and a number of teams at BC Children's Hospital.

Throughout my clinical work, I have had the great privilege to participate in various clinical research projects through *CanChild Centre for Childhood Disability Research* at McMaster University and locally with Dr. Veronica Schiariti on the development of the *ICF Core Sets for Children and Youth with Cerebral Palsy*.

My teaching involvement with the UBC Department of Physical Therapy started in 2009 as a Clinical Skills Assistant. Two years ago I was offered a position as Instructor and Pediatric Stream Coordinator.

Working and learning in the field of pediatric neurology never ceases to excite me. The need to be flexible, creative, inquisitive and current keeps me on my toes. My passion for our profession, for our MPT students and the value of clinical education, and for the children and families I serve clinically is evident in all of my roles, including my new role as Associate Head, Clinical Education.

Outside of work, my family and I embrace life on the North Shore: trail running, mountain biking, climbing, skiing. No doubt, my children will soon surpass my skill in all of these activities!



I look forward to working with you—our Clinical Educators—to support you all and to jointly develop new learning opportunities for our MPT students.

As you read from my interview with Edwin Betinol on page 2, one of the many benefits of holding a Clinical Faculty appointment at UBC is full access to the library! Another great resource available to all faculty members is access to the *Centre for Teaching Learning and Technology*. The CTLT offers courses, workshops and (often free) support related to professional development in teaching and learning. Their campus-based sessions include applying new teaching models and approaches, giving effective and engaging presentations, and integrating technology into teaching (among other great topics!). Check out their website ctlit.ubc.ca and sign up for their newsletter to stay informed about new professional development opportunities.

BEST, KAREN

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If you have yet to apply for Clinical Faculty status, please consider it!
[You can learn more here.](#)

Happy Spring! Regardless where you live, this past/present winter seemed to go on for a long time, or have we just forgotten what winter used to be like? MPT2 NRC student Lindsay Bell, who hails from Fort St. John, didn't think anything of tromping through the snow on her 2B placement while on clinical outreach to First Nations communities such as *Stellat'en*...



As the snow melts in the North, we have some exciting initiatives 'springing' up. In an effort to provide accessible services to patients with persistent pain who live in rural communities, the NRC is partnering with Pain BC and Neil Pearson (Clinical Assistant Professor and Adjunct Professor, UBC Department of Physical Therapy) to train physiotherapists and our MPT students to facilitate a five-week **Gentle Movement and Relaxation Program** while students are on placement in select communities. This program, designed by Neil, teaches participants with persistent pain to move safely and exercise with more ease while desensitizing the nervous system. The program is a combination of breathing and mindfulness techniques as well as yoga and gentle movement. A total five PTs and five MPT students have already completed the training and are piloting the program. Feedback from MPT students involved has been very positive as they learn more tools and strategies to assist their patients with persistent pain. They also express an appreciation for the stories that participants share about their journey. We look forward to working with Clinical Educators across the province to grow this program in communities Pain BC has identified as being appropriate for this initiative. If you have an interest in becoming involved, please contact Jen Hanson at Pain BC (jen@painbc.ca).

Speak to any rural practitioner and they will likely share their challenges with accessing *Continuing Professional Development (CPD)* courses. The literature is clear—ensuring access to CPD is a critical component of recruitment and retention of physiotherapists to rural and remote practice. In an effort to retain clinical faculty in northern and rural communities, the NRC has been funding a provincial CPD initiative. **Jan Lowcock** (Clinical Instructor and CPD Coordinator, UBC Department of Physical Therapy) works closely with the PABC, CPTBC and the our department to increase access to CPD for clinical faculty outside of the Lower Mainland and improve the distribution of CPD. Jan has worked with course providers to see that courses are offered in different regions across the province via accessible technology. She has also supported the annual **Northern Physiotherapy Days** (which this year will take place in Prince George April 27-28).

We are excited to welcome **Dolores Langford** (Clinical Assistant Professor and Adjunct Professor, Department of Physical Therapy) to Prince George where she will be presenting a session at NPJ. "**Ouch! I did it again: Moving Beyond the 0-10 Pain Scale in Clinical practice**" takes place Saturday, April 28 (from 9 am-12 pm). Her session will be video-distributed to a number of sites.

Interested in learning more about this session, or the entire event?
Please see next page.

If you are a Clinical Educator outside of the Lower Mainland with ideas about how to increase access to CPD—or ways in which CPD could better support you in your practice—we would love to hear from you. Please email j.lowcock@ubc.ca or robin.roots@ubc.ca

Wishing you a happy spring, as the April showers bring May flowers.

CHEERS, ROBIN

Clin Ed Tip!

UPDATE ON THE EVALUATION FORM WORKING WITH THE NEW ACP EXTENDED FORM

The next time you have a student on placement and are completing the **final ACP evaluation** you will notice the new **ACP extended demographic sheet**. The data that you will provide will now help us to better understand and measure each student's clinical education experience and exposure across the MPT Program. Moving forward we will use this information to ensure entry-level competencies and to fulfill accreditation requirements. Students are required to gain clinical experience with a broad range of patient populations across the lifespan and across the continuum of care to fulfill the MPT Program requirements.

We kindly ask you—our Clinical Educators—to complete the required fields on the form prior to submitting the final ACP for each student. The responses should reflect the patient populations with which the students gained experience/exposure while on the placement. Clinical Educators may wish to ask students to refer to their **T-res logs** to gather the demographic information required on this form. *Please let us know if you have any further questions or comments!*

WELCOME TO OUR NEW CLINICAL SITES

Freedom Physiotherapy

Fort St. John

Lab Health

Victoria

Clayton Heights 188 St. Physiotherapy and Sports Clinic

Surrey

Lakeshore Physiotherapy

Salmon Arm

GCOMPT CERTIFICATE

Graduate Certificate in Orthopaedic Manipulative Physical Therapy

The UBC *Graduate Certificate in Orthopaedic Manipulative Physical Therapy* (GCOMPT) was introduced in 2017 as a specialty program, affiliated with our online MRSc program (Master of Rehabilitation Science). The GCOMPT is designed for, and taught by, experienced and motivated physiotherapists with a passion for treating musculoskeletal conditions. By the end of this program, graduates will be able to provide advanced, orthopaedic and manipulative physiotherapy assessment and treatment.

Key features of the program include:

- Taught by experienced clinicians and instructors
- Flexible clinical mentorship assignments with an approved FCAMPT-designated therapist of the learner's choice
- Mixture of online and face to face learning delivered over a two-year period. Learners can continue to work full-time
- Three in-class sessions (seven weeks in total) feature a maximum of 12 learners per instructor and are held at the UBC Vancouver campus
- Hands-on assessment and treatment integrated into a clinical reasoning framework emphasizing exercise, biomechanics and pain-science

Please see our [program website](#) for more details.

Application deadline for September 2018 start is April 27th.

The course runs September 2018 - August 2020.

The main clinical component takes place during the 2019 calendar year.

MORE ABOUT Northern Physiotherapy Days...



This event is a great opportunity for physiotherapists across the North to come together as a community of learning and support for each other!

If you are interested in attending Dolores' presentation or would like more information about other sessions, or the whole Northern PT Days event, please visit this [link](#), which takes you to a registration page. (Scroll down to the end to find more information about the schedule and speakers.)

For PTs outside of the Prince George region, we encourage you to attend and are pleased to offer you reimbursement for travel costs to/from Prince George and accommodation for the Friday evening. Contact physio@unbc.ca for more information. **Please register by April 13.**

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