SO MUCH NEWS!
[A five-page summer newsletter. A first!]

It was wonderful to see so many familiar faces drop by our UBC PT Clin Ed booth at the Physiotherapy Forum in April. We were also happy to make some new physio acquaintances, and to have many of our graduates come to talk to us about becoming Clinical Educators in the future. Paying it forward!

The Vancouver delegation of the Clin Ed team also visited Prince George at the end of May. Ingrid, Karen and I were hosted by our NRC team members, Robin and Shannon. Not only did we review the year, we did some team-building, and planned. We were also happy to have the chance to visit Idowu Koledye and his staff and tour the Rehab Unit at UHNBC.

As it happens the timing was also, well...timely, as an announcement from the provincial government had just been made in Prince George. Our program is expanding! (See right)

Last, but certainly not least, is the VERY exciting news of the imminent opening of the UBC Physical Therapy & Research Clinic in August - our very own student-led clinic, which just happens to be on site, here in the Friedman Building at UBC. As I write this our new Clinical Administrator just started, and final renovations are underway (our Multipurpose Room is morphing into the shiny, new clinic space!). It is a beehive of activity in the building! (Read more on page 2)

Summer is here, and with it sunshine, warmth, and loads of daylight hours to spend outdoors doing things we enjoy. Have a good one!

Carolyn

MPT Program expanding north

BY ROBIN ROOTS

After more than a decade of advocacy—and more proposals than I can count on my fingers and toes—the Government of British Columbia has announced an expansion of the UBC MPT program, with 20 seats to be situated at the University of Northern BC (UNBC)! On May 24th, Melanie Mark, Minister of Advanced Education, Skills and Training came to UNBC to share the news that there will be 20 MPT seats at UNBC as of September 2020*. (A business plan is also being developed to look at expansion into the Fraser Valley.) An increase in supply of graduated physiotherapists is welcome news across the province given chronic staffing shortages, particularly in public practice and in rural locations. Locating training programs outside of the Lower Mainland also has the potential to increase recruitment and retention to these regions. Literature clearly shows a correlation between rural background and a rural training program significantly increasing the likelihood of working in a rural location. The Northern and Rural Cohort has shown a statistically significant association between MPT students who grew up and went to high school in a rural community and who chose to work in rural practice upon graduation.

The announcement was well attended by the local Physical Therapy and Occupational Therapy communities. Christine Bradstock (CEO) and Alex Scott (President) of the Physiotherapy Association of BC were also on hand to witness the event. The local medical community were present, having been great supporters of local training programs.

Prior to the official announcement, Minister Mark and government dignitaries had a tour of the Physiotherapy Plinth Lab at UNBC. Several NRC students were there and shared personal stories about their interest in physiotherapy as a career, their experiences attending school in the Lower Mainland, and interest in a northern training program. We were also fortunate to have three of our NRC graduates attend this meeting with the Minister and tell her about their current employment in Prince George. Minister Mark even shared her familiarity with physiotherapy, having played women’s rugby and injured her shoulder. She asked the students for some advice and they respectfully discussed her posture and footwear!

All in all, it was a great event to showcase the MPT program, and our current and former students were thrilled to be a part of the announcement and the opportunity to advocate for the profession. We look forward to working with our clinical community as we build capacity to offer both clinical and academic curriculum in northern BC.

*The Government also announced a 50% increase in the number of seats for Occupational Therapy. Currently with 48 seats, there will be an increase in 8 MOT seats in Vancouver in September 2020 and a further 16 seats at UNBC in September 2022.

 Interested in becoming a UBC Clinical Faculty member? You just need to have supervised one student to start the process....

Look here or email for information!
As the misplaced sounds of power tools fade, the birth of a vision has been taking place. June was a busy month, and the culmination of years of planning and passion. The UBC Physical Therapy & Research Clinic (UBC PTRC) is taking form and, as final details are attended to, the next phase begins.

July will see the opening of this latest educational initiative from the Department of Physical Therapy. The UBC PTRC will be a private practice-based, student-led clinical education model that hopes to serve a broad segment of our community and, in particular, address populations that are often underserviced. In addition to supporting the UBC community and student population, we hope to provide for time-intensive and complex patients groups.

With the support of research faculty, the UBC PTRC will be offering a unique therapeutic and educational experience for both patients and students.

Dr. Janice Eng and Dr. Michael Hunt have offered early support for the integration of clinical research into our group programs. Dr. Eng’s FAME (Fitness and Mobility Exercise) program is a community-based exercise program developed for people with stroke who have some standing and walking ability. It will be offered this fall to coincide with student placements. Additionally, we will be offering the exercise-based GLAD™ (Good Living with osteoArthritis in Denmark) program and partnering with Dr. Hunt’s Gait Lab, helping us expand the unique offerings of the clinic.

Leading the clinic team, as Clinical Instructor, is Melissa Idle. In addition to her expansive public practice experience she was intimately involved with the development of the student-led clinic at Surrey Memorial Hospital during its first five years.

(Learn more about Melissa on the next page)

UPDATE ON THE UBC PHYSICAL THERAPY & RESEARCH CLINIC OPENING

BY EDWIN BETINOL

It is very exciting to see this long-awaited clinic taking shape! Over the past decade, many people in the department have talked and dreamed about “having our own clinic” – a place where we can provide exemplary educational experiences for students, as well as cutting edge treatment for clients. Having the clinic situated on the UBC campus provides an ideal opportunity for interweaving practice, education and research. Patients will be seen from July onwards, allowing us to be truly “up and running” for the official opening on August 29th. Although we will initially be a “physical therapy only” clinic, we are hoping for a rapid expansion to an Interprofessional model where clients and students can experience the benefits of working with an interprofessional team, in both individual and class formats. We have already had a lot of interest from programs across campus that would like to be involved, including Occupational Therapy, Pharmacy and Family Practice; we have many opportunities for unique partnerships.

An initiative such as this does not come to fruition without huge contributions from many, many people. While it would be impossible to name them all, I would like to extend special thanks to Tara Klassen (who provided much of the initial drive and enthusiasm for the clinic while she was an Instructor in the department) and Harry Toor (who developed an initial plan for the clinic several years ago). I would also like to thank and congratulate Karen Sauve (our Associate Head, Clinical Education) and Edwin Betinol (our Implementation Manager) who have done an amazing job in bringing this project to life and keeping it on track. Also a huge thank you to our Advisory Team members (Ingrid Dill, Roly Fletcher, Hyman Gee, Alison Greig, Leigh Parkinson, Courtney Pollock, Robin Roots, Larry Smythe, and Harry Toor) who have provided invaluable support and direction to Karen and Edwin. Finally, we are very grateful to the Faculty of Medicine in providing support to bring our dream to reality.
MEET
Melissa Idle
Our new UBC Physical Therapy & Research Clinic Clinical Instructor

You started your position with the clinic even before the renovations are completed! Yes! Although there has been a lot of ground work, planning, and organization leading up to this point it still feels like I am stepping into this exciting project in the early phases. It is very exciting to be involved with planning and logistics for the clinic. Currently I am just over three weeks into working on this project and it is amazing to start to see some things coming together! There are so many people invested and engaged with the clinic planning which really makes it feel like a team effort and there are so many sources of knowledge and expertise to draw from.

You come to this position with experience in a student-led clinic. Tell us a bit about that, and your journey.
I come from a public practice background as I worked at Surrey Memorial Hospital for 15 years. During that time I gained experience in all areas of the hospital from acute care to rehab to long-term care. In the last 7-8 years I worked mainly in the outpatient department with a diverse caseload with a specific interest in breast cancer, oncology, and lymphedema. SMH was an amazing environment to start and then progress and develop my career. The PT department culture at SMH is driven and supported by strong leadership and it was always a given that we would be offering student placements. When it was announced that a student-led PT clinic would be starting in the OP department it sounded like a great opportunity to continue to give back to the profession.

As with my current role, I was involved with planning, set up, and evaluation of the SMH student clinic and remained in the role running the clinic for five years. During my time at SMH I was also able to participate in clinical research projects with other staff members and in partnership with UBC faculty. All of this opportunity and experience has given me valuable knowledge and insight that I am able to bring to this new role at UBC!

No one really knows exactly how this will all work out or which client populations will come to the clinic. I think we are all optimistic! The main mandates of the UBC Physical Therapy & Research Clinic are to ensure a high quality learning experience for PT students as well enhancing clinical placement capacity in the private practice clinic setting. We will be exploring potential client bases and referral sources on UBC campus and beyond. The clinic will seek opportunity for partnerships and outreach with an aim to provide affordable care to underserviced populations and expand collaborative relationships within a wider healthcare network. This clinic has the unique opportunity to draw from knowledge, expertise, and evidence being produced by faculty members across a broad range of topics. In addition to drawing from existing knowledge and evidence the clinic will seek out research partnerships with faculty members to contribute to ongoing advancement of clinical practice and evidence. We have set high goals for this clinic!

Supervising multiple students - challenge or adventure? Both! When I worked in the SMH student-led clinic I learned that each group of students will be unique, and comes with different strengths, backgrounds, and experience. Each student will also have their own learning style and needs. As a Clinical Instructor I have tried to become more varied in my facilitating and teaching strategies to meet the varying needs of each new group of students. Having multiple students changes my role as there is less 1:1 direct supervision with each student and more room to facilitate peer exploration, collaboration and learning. One of the biggest challenges is finding the time to complete multiple ACP evaluations every 2.5 weeks. Although I prioritize reflecting with each student and providing individual and group feedback, setting daily time aside to write it all down is a challenge!

What do you look forward to, in your new position as Clinic Administrator?
Currently I am immersed in the logistics and details of setting up all the systems and processes for a functioning PT clinic. A lot of this side of the project is new to me. In the short term I am really looking forward to opening our doors and starting to treat clients. After that I look forward to having students start placements in the clinic and receiving ideas and input from students about clinic function and processes. I expect this will be a very dynamic year.

In the longer term I am really looking forward to building on the ideas of providing service to underserved populations, developing interprofessional, community, and research partnerships all while providing a high quality learning environment for students.

How does the department envision this clinic’s role on UBC’s campus?
This is an interesting question because a lot of us have ideas but no one really knows exactly how this will all work out or which client populations will come to the clinic. I think we are all optimistic! The main mandates of the UBC Physical Therapy & Research Clinic are to ensure a high quality learning experience for PT students as well enhancing clinical placement capacity in the private practice clinic setting. We will be exploring potential client bases and referral sources on UBC campus and beyond. The clinic will seek opportunity for partnerships and outreach with an aim to provide affordable care to underserviced populations and expand collaborative relationships within a wider healthcare network. This clinic has the unique opportunity to draw from knowledge, expertise, and evidence being produced by faculty members across a broad range of topics. In addition to drawing from existing knowledge and evidence the clinic will seek out research partnerships with faculty members to contribute to ongoing advancement of clinical practice and evidence. We have set high goals for this clinic!

2019 Physiotherapy Forum recap

We were so pleased that ALL of our 2019 Clinical Education Award winners were able to attend the Physiotherapy Forum. They received their awards in front of their peers at the evening Gala!

We were also honoured to present the inaugural Lifetime Contribution to Clinical Education Award to Klari Varallyai. The award recognizes her for the many and significant contributions she has made to UBC MPT Clinical Education through teaching and mentorship during student clinical placements and in the community. She was presented with a carved Hummingbird Talking Stick, a fitting symbol: “Hummingbirds are messengers of peace, heal your body and soul and guide you through life’s challenges. Hummingbirds are very independent and seem to have an unlimited energy supply.” Klari certainly fits the bill!!

Congratulations to our prize draw winners:
Natasha Erickson, CBI Langford
Dara Storey, Myodetox - Vancouver
Footsteps to Freedom...

Hilary Crowley is well known in BC physiotherapy community, and has been a long-time supporter of our department and our students. We estimate over the years that six of our MPT students have accompanied Hilary on a unique clinical placement opportunity to southern India to work with the Samuha Organization. We are pleased to spotlight the release of Hilary’s book: *Footsteps to Freedom: Tales of Therapy in Rural India*. It recounts her many years working with SODA (the Samuha Overseas Development Association), a charitable organization she founded at home in Prince George to support Samuha’s work in India.

A note about the book, from author Hilary:

This book transports the reader into rural India during the height of the polio epidemic. The journey describes how children with polio progress from crawling in their village through rehabilitation and education to become adults leading productive lives. See life through the eyes of these children and follow their footsteps through these pages as you travel from Canada to India with interludes in England.

If you are interested in learning more about this book, or purchasing a copy, please contact Hilary Crowley.

All profits from sales of this book go to support Samuha’s disability program.

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#### Footsteps to Freedom:

**2:1 & 2:2 One (or Two) Clinical Educators/Two Students Model**

**BY ROBIN ROOTS**

Perhaps you have heard that question from me. Your first thought might have been: “You’ve got to be kidding! One is enough work!” Well, the literature suggests that one student is more work than two and a student’s learning experience is enhanced when placed with another student. Perhaps I can convince you with the fact that it is less work overall, with the exception of completing the evaluation for two students rather than one. It comes down to collaborative peer learning.

In this model, two students are placed together with either one supervising Clinical Educator (CE) (2:1) or two part-time supervising clinical Educators (2:2). Students work together throughout the placement, sharing knowledge with each other, each bringing different strengths and experiences to collaborate in the planning, problem-solving and conduct of assessment and treatment. Students are expected to be self-directed and consult with one another prior to approaching the CE.

The Clinical Educator is the expert who provides overall direction and supervision, ensuring quality of care and safety, however students can be given more responsibility in a 2:1 model, as a working pair allows for more checks and balances. Students spend more time practicing, problem-solving and in reflective discussion without increasing the time commitment of the CE.

Collaborative peer learning has also been shown to decrease anxiety and fear among students and the peer support often leads to an increase in self-confidence, potentially resulting in better performance.

We asked Clinical Educator team Doria Bellows and Michelle Jacobs from BC Children’s Hospital to share some tips from their experiences offering 2:2 placements. Here are some strategies for success:

1. **Organize the placement and plan the structure of the placement ahead of time**

2. **Initially meet as a team (students and CEs) and outline expectations. Students should be instructed to collaborate and not compete, e.g., with each other, for new clients, new opportunities or the CE’s time.**

Developing learning objectives at the start of placement guides the student learning and provides an objective measure of their performance for the evaluation. In a 2:1 placement, learning objectives should be co-created for each individual student as well as for the pair. Examples of learning objectives for the team might be around teamwork, collaborative leadership and conflict resolution.

Each of us has our preferred learning style and so it is recommended that individual meetings are set up with students to identify their own learning styles and goals for the placement and how each student prefers to receive feedback.

3. **Assign caseload opportunities for each student to lead while the other student provides support and feedback, and vice versa.**

4. **Ongoing meetings throughout placement as a team and with each student individually, and constantly re-evaluate and accommodate to optimize learning opportunities.**

Doria and Michelle find that 2:2 placements work very well for them. They offer two final pieces of advice: Be flexible as a Clinical Educator–adaptability of students is an asset in making this placement model work, and embrace a team approach to learning and respect individual differences.

If I have convinced you to give this 2:1 or 2:2 model a try, or if you have any questions, please contact our Clinical Education team.
Happy Summer! Since having the pleasure to connect with so many of you at the Physiotherapy Forum in April, there has been no shortage of excitement around the department.

We were thrilled with the news of expansion announced by the Government of British Columbia in May. As we prepare to welcome, teach and support additional MPT students in the Program, we will be reaching out to our clinical partners (you!) to build greater capacity for clinical education opportunities, as well as create novel placement ideas. Our UBC Physical Therapy & Research Clinic—opening soon—will serve as a valuable educational program in the department to help foster that clinical education capacity, while integrating research and serving the broader community’s physical therapy needs. We extend a heart-felt welcome to Melissa Idle, who joined the Department in June as Clinical Administrator for the clinic.

Thank you to our Clinical Educators who supported our MPT1 cohort for their Level 1 placements! The excitement is palpable from our students; they have returned to home base at the Friedman Building for their next course block and we look forward to hearing all about their first placement experiences. Conversely, our MPT2 students are in the process of wrapping up their final course block of the MPT Program! We received an abundance of clinical placement offers for our 3B call-for-offers - thank you all! The MPT2 students are appreciative of the wonderful opportunities and keenly await their final clinical placements in August. It is such a pleasure to support our MPT students through their training.

Have a wonderful and safe summer season!

BEST, KAREN

Northern Greetings! What an exciting few months it has been for the Northern and Rural Cohort! The first great news came when we were finally able to fill the long-standing vacancy of Physiotherapy Instructor for the student-run Prince George Cardiac Pulmonary Rehabilitation Program! The NRC started the program in February of 2016, in partnership with Northern Health and the YMCA of Northern BC. The PT position was vacant so I stepped in. I was blessed to have two fabulous NRC students (Sandy Kennedy and Chris Kennedy) who embraced the opportunity to begin a brand new program, building it as we went. The program ran for two years (with Kerrie Roberts and me filling in to keep things going, and student placements filled), however we had to close the program in 2018. Happily, when things come full circle like they can, we hired Sandy Kennedy as the Physiotherapist for the program and she is now taking students! We are thrilled that this NRC initiative is up and running again at top speed, filling a need in the community and offering students a great placement opportunity. Way to go, Sandy! Another NRC success story.

The next great news came in the form of the Ministry of Advanced Education’s announcement of a Distributed MPT program at UNBC (see front page for more details). We are thrilled to finally realize the dream of having a training program aimed at mitigating the shortage of PTs in northern and rural regions. While we have made enormous strides in building capacity for clinical placements over the past few years—thanks to all our northern and rural Clinical Educators—we have some work to do to increase placement opportunities in the areas of rehabilitation, community health and chronic disease management. The next 13 months will be crazy busy but we look forward to welcoming our first Northern and Rural MPT Program students to Prince George in August 2020!

CHEERS, ROBIN

WELCOME
TO OUR NEW CLINICAL SITES

Collingwood Physiotherapy
(Vancouver)

Champlain Square Physiotherapy
(Vancouver)

Dogwood Place Child and Youth Development Centre
(Campbell River)

Intuitive Rehabilitation Services
(Chilliwack)

Kensington Square Physiotherapy
(Burnaby)

Kids Physio Group
(Victoria)

Ladner Village Physiotherapy
(Delta)

Myodetox Chinatown
(Vancouver)

Performax Health Group
(Burnaby)

The ScoliClinic
(Vancouver, North Vancouver, Surrey)

Tyler Judd Physiotherapist Corp.
(Williams Lake+)

 badly needed. Ingrid, with your usual energy and drive, secured the

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