

DEPARTMENT OF OCCUPATIONAL SCIENCE AND OCCUPATIONAL THERAPY UNIVERSITY COLLEGE CORK

PRACTICE EDUCATION NEWSLETTER

Volume 1
April 2016

Issue 2



GRADUATION

The graduation date for BSc Hons. Occupational Therapy is Thursday, June 16th 2016. Prior to that, the year 4 students present their final year research poster on Friday the 20th of May in room 1.22 from 3.30pm. All are welcome to attend to view the posters and meet the students. This will be followed by prize giving (the Best Research Poster, Best Runner-Up Research Poster, Best Research Paper, Highest Graduating Mark 2016, The Mary Coveney Memorial Award*, The Professor Susan Ryan Innovation Award*).

*The Mary Coveney Memorial Award – is for the highest combined Year 3 & 4 Practice mark.

*The Professor Susan Ryan Innovation Award – is for professionalism, creativity & entrepreneurial abilities as an undergraduate OT Student

Practice Education Team:

Acting Director of Practice Education – Aoife Carroll.

Practice Tutors:

Shelley Mack – Cork Mental Health Services
Olivia Wall – PCC OT Cork Nth & Sth Lee, Adult Physical
Eoin Gorman – Cork/West Cork/Waterford
Aisling Carroll – Cork Acute Services/Kerry
Dervla Kennedy – Southeast Services
Alma Worrall - Cork Paediatrics
Miriam O'Tuathaigh – Cork Acute Services

Planning Ahead - Upcoming Student Placement Dates:

We would very much welcome offers to facilitate students for Practice

2016:

4th Year students, from 26th September- 2nd December 2016 (10 weeks)
We would welcome offers from any area of practice

2017:

3rd Year students, from 9th January - 16th March 2017 (10 weeks)

Require practice in Adult/Older Adult setting

2nd Year students, from 3rd April - 26th May 2017 (8 weeks)

Require practice in Paediatric /Young Persons settings

1st Year students, from 18th April – 28th April 2017 (2 weeks)

We would welcome offers from any area of practice. Ideally, in pairs

DEVELOPMENTS IN PRACTICE

In 2014 the two week 'Big Picture' practice, which was typically undertaken at the start of Year 2, was removed from the practice curriculum and replaced by a two week practice in Year 1. The Year 1 practice is primarily an observation based experience focusing on an introduction to the role of the Occupational Therapist and to develop professional and communication skills. Year 2 students continue to undertake an eight week practice.

Prior to going on practice Year 1 students prepare by undertaking these elements:

First Aid – 2 days

Moving & Handling – 1 day

Hand Hygiene – HSEland online certificate and a practical session



Picture: Year 2 students out on practice. May '16

ANN PARKER WORKSHOP

The Practice Education Team will undertake Day 1 of the Ann Parker training within UCC on June 14th 2016. Following this, further training days will follow in September.

Ann Parker practised as a Speech and Language Therapist for many years and has retired from University College London to develop her role as a freelance educator and trainer in Higher Education and the Health sectors. Ann will be working with the UCC OT and Audiology teams to assist in further enhancing practical skills in the delivery of the Practice Education workshops to use a more dynamic and

interactive approach. UCC Speech and Language Therapy department has already undertaken the training and it is hoped in the future that we can work in a multidisciplinary way in the provision of Practice Educator training for all three professions. This is working towards a holistic approach in the development of interdisciplinary work.

Inside this issue:

- Library Access for Practice Educators
- Next Practice Educator workshop
- Health & Wellbeing Group - North Cork Adult Mental Health Service

LIBRARY ACCESS**Who is this for?**

Practice educators - those facilitating students on practice

What is involved?

Educators wishing to use the UCC Library facilities may apply through the department on a 'visitor basis'. Educators can contact the Director of Practice Education or the Practice Educator Administrator who will then send an application form & confirmation letter to the library requesting access. A library account will be created and an access card will be issued to the educator directly.

**PRACTICE EDUCATOR WORKSHOP KILKENNY**

After the very successful Practice Education Workshop in September 2015; we are happy to announce the continuation of these workshops. The forthcoming workshop will be held in Lacken, Kilkenny. This continues as a two day Practice Educator workshop on the 18th & 19th of May. 14 people have registered to attend. This is the level 1 Practice Education Workshop covering introduction to the Practice Education module within UCC Undergraduate programme. The workshop addresses topics such as tasks required on practice, supervision styles, how to give effective feedback to students and managing challenging situations. A question and answer forum will allow participants to discuss their views and opinions. Please keep an eye out for future workshop dates. These will be condensed to half day workshops covering aspects such as supporting the struggling student, the 2:1 teaching model and giving supervision.

BEING AN EDUCATOR

I can remember clearly my very first placement as an OT student, the nerves, the excitement, the fear of the unknown. I think my first time as a Practice Educator wasn't too far off the same experience. I am now working as a qualified occupational therapist in Disability Support Services in UCC, a position that stemmed from a 'role emerging' placement I had there as a student in 2013.

I took my first students in Sept 2015 (two students together). I had decided on using the 2:1 model of placement as this site is quite unstructured and it was felt that the two students would be a valuable support to each other. Little did I know that they would be a most valuable support to me as well. As the sole OT in this service it can be difficult to trial new ideas, keep up to date on the latest research or simply spread the message of OT. I found that having students is a great opportunity to do those creative projects that you have been longing to do or to move outside the constraints of the day to day running of a service.

Since then I have had other students on site whilst continuing to use the 2:1 model and have been able to start a journal club, create and design new resources for service users, run mental health events, increase promotion of the service and provide a variety of groups and workshops. I would strongly encourage anyone to experiment with the 2:1 model of placement if you wish to add depth and new learning to your service.

Liath Sheehan, Occupational Therapist, Disability Support Services, UCC, Cork.

SHARE WHAT IS HAPPENING IN YOUR AREA

Over the past 18 months Occupational Therapy has been involved with two new initiatives in the North Cork Adult Mental Health Service Fermoy area. An OT colleague (Pauline Keohane) and I, established a gardening group last summer in conjunction with a local FETAC horticultural course. Engagement with the project by service users has been strong, with some of the members bringing in their own tools and actively researching what to grow. Members have been pleased and proud taking home the produce. "I could just go down to Lidl and buy vegetables but it's not about that.... it's about the doing, the whole thing, growing them ourselves..." (Gardening Group member). A new Health & Wellbeing group for clients of the Rehab service has seen a very positive uptake. This is a 3 month pilot project with a MDT approach. It is facilitated weekly and typically occupies a whole morning and lunchtime. There are three key components to the structure of the group beginning with a Self Awareness/Psychoeducation session, then a walk, followed by preparing & eating a healthy meal together – the menu has been decided the week before by everyone and shopping is done in the morning by members before the start. The walks have included Kilworth Woods and 'The Towers', Lismore. The group has been very popular with more wanting to join.

Maeve Murphy, Rehab Team, North Cork Mental Health Services

RECOMMENDED READING**JOURNAL ARTICLE**

The One-minute Preceptor: Shaping the Teaching Conversation. By, Jon O. Neher, MD; Nancy G. Stevens, MD, MPH
Family Medicine. Vol. 35, No. 6 p391-393 June 2003

BOOK

Documenting Occupational Therapy Practice (3rd Edition) By, Karen M. Sames MBA OTR/L (2014)

On behalf of the Department of Occupational Science and Occupational Therapy, UCC, we would like to say a sincere 'thank you' to all of you who have been involved in the facilitation of students over the past academic year. It couldn't be done without you.