

DEPARTMENT OF OCCUPATIONAL SCIENCE AND OCCUPATIONAL THERAPY UNIVERSITY COLLEGE CORK

PRACTICE EDUCATION NEWSLETTER

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NEW ACADEMIC YEAR:

In September, 31 students commenced Year 1 in Occupational Therapy. They were welcomed at orientation to practice education by our acting Director of Practice Education, Aoife Carroll. Congratulations to Eoin Gorman who commenced a lecturer post in UCC. In August we welcomed John Hastings back to practice education team. And more recently, we are delighted to welcome Sinead Vine to our team as Practice Tutor for the Waterford region. Sinead graduated from the University of Wales College of Medicine in 1999 BSc (hons) OT. Throughout her career as an OT she has worked in Acute and primary care. She has previously worked as a practice education co-ordinator and a practice tutor in Galway and has completed a post graduate diploma in clinical education. Sinead is based in Waterford University Hospital and her post has a clinical component.

Practice Education Team:

Acting Director of Practice Education – Aoife Carroll.
Practice Education Administrator – Eimear Keohane

Practice Tutors:

Shelley Mack – Cork Mental Health Services
Olivia Wall – Adult Community Services
John Hastings – West Cork/Kerry, Cork Paediatrics
Dervla Kennedy – Southeast Services
Sinead Vine – Waterford
Miriam O'Tuathaigh – Cork Acute Services

Practice Ed Administrator – 2 days per week
Website: www.ucc.ie/en/ot/

Planning Ahead - Upcoming Student Placement Dates:

We would welcome offers to facilitate the following students for Practice in 2017:

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 EDUCATION

ERASMUS:

Over the last year a number of OT students engaged in the ERASMUS exchange programme. Two UCC year 3 students spent 10 weeks on practice in community and in patient rehab in Denmark. One student from Cardiff completed 10 weeks in Cork University Hospital in spring. Over the summer, three students from Vienna, Austria, completed a 9-week practice in South Infirmary Victoria University Hospital and Cork Community OT. This was the first time the ERASMUS partnership between UCC and Vienna was used for placement. The students enjoyed experiencing a different healthcare setting, developing both their clinical and language skills in a professional setting.

ENOTHE:

Sarah Murray (year 4 student in 2015), Shelley Mack (practice tutor) and Roisin O Regan (Practice educator) presented at the ENOTHE / COTEC conference in June 2016 on "Collaboration in Clinical Education". Sarah was on practice at the National Forensic Mental Health Service in Dundrum. This was the first time we have had a UCC student at this service.

ANN PARKER WORKSHOPS

In September, OT, SLT and Audiology practice education staff undertook the two day Ann Parker training. All staff are trained to facilitate "working with students" workshops, which focus on creating a positive, enthusiastic environment for students and equipping educators with practical skills. Interdisciplinary workshops will be rolled out over the coming months (see overleaf for dates).

The next phase of this training is a day 2 training for practice education staff in 2017, which will lead to further workshops being offered in 2017. This will explore some of the challenges and issues which can arise on practice.



Ann Parker (centre) with the OT Practice Education Team in UCC

RESOURCES & TOOLS

RESEARCH IDEAS:

If you have any research ideas on your site or have any practical questions that you want answered and need support to research, then you might like to consider proposing the project as a year 4 research study. If so there is a 12-month lead in:

- First please contact the research coordinator for year 4, Dr Helen Lynch (h.lynch@ucc.ie) in UCC to discuss your idea further, you will then be put in contact with the OT supervisor/lecturer who has experience of your area of interest.
- You can explore your idea with the UCC OT supervisor to see if it is something that would work for both of you and the students, with an outcome that would be of benefit for you also. Consider what role you also would like to play in the research study.
- If the UCC OT research supervisor determines the project might be feasible, then the fourth year students will be presented with your ideas.
- Two 4th year students will carry out the project then, with the UCC OT research supervisor, and your input and guidance.

As this process takes some time to prepare for ethics etc., research ideas need to be in early in April 2017 and then they will potentially be researched the following year, from January to May 2018.

“WORKING WITH STUDENTS” WORKSHOP:

The first of our Ann Parker ‘Working with Students’, interdisciplinary workshops were held in UCC on October 13th. It was facilitated by Miriam O’Tuathaigh (OT Practice Tutor) and Patricia Hassett (PEC in Audiology) and the event was attended by 12 healthcare professionals from OT, physiotherapy and audiology backgrounds. Feedback was very positive and participants reported enthusiasm for taking students as well as new practical ideas and skills, as well as enjoying the experience of sharing knowledge across disciplines.

Upcoming dates for more Ann Parker “Working with Students” workshops include:

November 24th 2016 in UCC, February 16th in Glanmire and February 23rd 2017 in Cork. A date in the South East will be confirmed shortly. Please note that places are limited. If you are interested in attending, please contact Eimear Keohane – otpea@ucc.ie

BEING AN EDUCATOR

The Palliative Care service in Kerry provides an opportunity for students to develop skills in both the physical and psychosocial setting. Working in this setting is often challenging and students initially find working with patients with life limiting conditions emotionally difficult. The team is always very supportive of having a student on placement. For the initial period of placement, clinical experiences are carefully selected for the student ensuring that they are not exposed to situations that they are not emotionally ready for. It is important for the educator to have an insight into the student’s life experiences and whether they have had personal experiences of palliative care also.

Students get the essential opportunities to integrate theory into clinical situations across a range of practice settings. Students develop skills in the busy acute setting, working with patients, families and the multidisciplinary team to facilitate discharges home. In contrast students also experience working with patients in the outpatient and day care services, where they facilitate therapeutic activity groups as well as facilitating relaxation, fatigue and well - being groups.

As the only OT working in the service, students provide a valuable addition to the team as their self-directed learning and motivation to seek out new and emerging areas in practice can provide new initiatives in the OT service.

I would strongly encourage anyone to become an educator and facilitate student placement.

Brid O Driscoll, Occupational Therapist, Kerry Palliative Care Services.

SHARE WHAT IS HAPPENING IN YOUR AREA

Hospital is a very difficult place for a person with dementia, they do not always find adjustment easy, particularly when in hospital with an illness. They can forget where they are and why they are in hospital, which can be a very distressing and frightening experience. At Mercy University Hospital (MUH), 30% of patients have dementia.

Cork Integrated Dementia Across Settings is a three year, innovative, research based project that aims to ensure an improved service for patients with dementia at MUH through an integrated care pathway, staff education and environmental change.

A dedicated OT was involved in researching and implementing environmental changes, aiming to reduce the challenges that patients with dementia are faced with in hospital and help to maintain their independence.

Using evidence base, a number of changes were implemented including;

- Uniform flooring to enable patients to navigate easily and reduce fall
- Clocks and calendars and appropriate signage for toilets and bathroom, themed rooms using flower to assist orientation to time and place/around the ward.
- Use of colour and contrast e.g. brightly coloured toilet doors and contrasting grab rails. Using contrast in the opposite manner, this was used to conceal areas e.g. staff areas.
- Dayroom was created to help patients relax and enable them to engage in familiar activities in a safe environment. This room promotes socialising and engagement in group activities.

The plan is to roll out these changes to other wards and ensure that MUH is a “dementia friendly hospital” in the future.

Anne O Hea, Occupational Therapist, Mercy University Hospital

RECOMMENDED READING

JOURNAL ARTICLE

Revisiting 1:1 and 2:1 clinical placement models: student and clinical educator perspectives. O Connor, A, Cahill, M, McKay, EA, Australian Occupational Therapy Journal, 2012.

BOOK

Developing Professional Knowledge and Competence. M Eraut (1994)