

UNIVERSITY COLLEGE CORK

Department of Occupational Therapy & Occupational Science

PRACTICE EDUCATION NEWSLETTER

Volume 1 Issue 5
October 2017



Department Update:

Graduation: On the 15th of June 2017 a total of 26 students graduated with a BSc. (Hons) Occupational Therapy. Prior to this, the students presented their final year research posters followed by prize giving which was attended by family members, practitioners & staff. The Mary Coveney Memorial Award (the highest combined Year 3 & 4 Practice Education mark) went to Lucy Hunt & The Professor Susan Ryan Award (for professionalism, creativity & entrepreneurial abilities as an undergraduate OT Student) went to Kate Fitzgerald. Unfortunately, Professor Susan Ryan could not be with us this year but we were delighted to be joined again by Dennis & Sarah Coveney (the late Mary Coveney's husband & daughter) who very kindly graced us with their presence and gave the award.

Congratulations: To Year 4 student; Deirdre O'Connor who was awarded the Dr H Stewart Scholarship. The award ceremony will take place in Dublin on the 14th of November.

'Orderly Rhythm' Art Exhibition: The annual exhibition of prints and weaves (created by 1st year OT students) opened in The Jennings Gallery, UCC on the 21st September. The exhibition entitled 'Orderly Rhythm' celebrates 100 years of the Occupational Therapy profession. Brid Dunne, OT Lecturer and guest speaker at the opening said "The art exhibition connects occupational therapy to the first principles of the profession and reminds us that occupation is valuable for all people". The first floor gallery, located in Brookfield, is open to the public.

Practice Education Team:

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

Practice Tutors:

Shelley Mack – Cork Mental Health Services
John Hastings – Cork/West Cork/Kerry
Miriam O'Tuathaigh – Cork Acute Services
Dervla Kennedy – Kilkenny/Tipperary/Wexford
Sinead Vine – Waterford/Dungarvan
Elizabeth Kennedy – Cork Nth & Sth Lee, PCC Adult Physical (taking up the position of Olivia Wall who is currently on secondment)

Planning Ahead - Upcoming Student Placement Dates:

Many thanks to those of you who facilitated students in the past year and for your ongoing commitment to the development of the profession. It is that time of year again where we must look ahead to the upcoming students and ask once again for your support in offering practice education opportunities within your settings.

We would very much welcome offers to facilitate students for Practice in 2018:

3rd Year students, from 8th January - 16th March 2018 (10 weeks)
Require practice in Adult/Older Adult setting

2nd Year students, from 3rd April - 25th May 2018 (8 weeks)
Require practice in Paediatric /Young Persons settings

1st Year students, from 23rd April – 4th May 2018 (2 weeks)
We would welcome offers from any area of practice. Ideally, in pairs.

DEVELOPMENTS IN PRACTICE EDUCATION

A Practice Education Workshop was held in UCC on September 25th and another one will take place in Lacken, Kilkenny on the 16th of November. This workshop entitled, 'Becoming a UCC OT Practice Educator' has been reduced from two days to one. The content includes an introduction to both the academic and the practice education curriculum within UCC OT Undergraduate programme, along with topics such as tasks required on practice, understanding the Competency Based Fieldwork Evaluation tool (CBFE), setting Learning Objectives and a Teaching/Learning exercise which is designed to heighten skills in teaching students.

During their Year 3 practice placement at CUH in March 2017 students, Dermot O Callaghan, Sarah Prendergast and Megan Fanning entered a staff competition related to improving services. They completed a project on wayfinding as an aspect of signage. The students identified the need for improved signage based on observed inconsistency of direction signs and the frequency of enquiries for directions from outpatients. They researched best practice in signage and universal design, and following this, reviewed signage in CUH noting the issues for the general public but in particular people with cognitive or visual impairment. They created a short questionnaire for staff and outpatients, which focused on the experience of wayfinding for outpatients and on the number of times staff get asked for directions. Based on this they calculated the cost of this non clinical contact time. They put forward the results of their research and won the competition. Their recommendations have been submitted to the Access Committee in CUH for consideration.

Inside this issue:

HSE Library Website

On being an Educator – CAMHS

New occupational therapy textbook



Pic: Example of poor wayfinding signage observed by students

RESOURCES & TOOLS

HSE LIBRARY website: <http://www.hselibrary.ie/>



Who is this for and how can it support you?

The HSE library website is an electronic library for health; providing online access to evidence based materials and resources to HSE staff and partner organisations.

You will have access to electronic journals, eBooks, bibliographic research databases and point of care tools that are all accessible by registering for an 'OpenAthens' account. It gives staff access to an electronic library of material from any device and any location. It is quick and easy to apply

What is involved?

Go to <http://www.hselibrary.ie/>. To set up an OpenAthens Account:

Click 'Set up an account'.

Enter your details including your employee number and work address.

You will receive an activation email

Key Features of the new website homepage are 'E-Library search' and 'submit a research request'. Professionally qualified librarians around the country will receive your request and assist you in finding the latest literature and evidence to answer your research question.

Knowledge services – for example 'world café' events for teams and a 'knowledge broker' service in partnership with the health Intelligent Team. Other examples include advice on setting up communities of practice and journal clubs.

BEING AN EDUCATOR

I have worked as an OT in Child and Adolescent Mental Health for 11 years and still feel at the early stages of learning. Managing the mental health needs of a child or teen within complex family dynamics, the education or care system poses many challenges, and the breadth of knowledge required is vast. I feel privileged to have gained experience within a highly supportive MDT, and remember my first day as if it were yesterday. These thoughts are at the forefront of my mind when I meet students for the first time as a Practice Educator.

I have found that having 2 students on placement together works well to support their personal and professional needs, as many clients have complex and traumatic backgrounds. This can be 2 students with one PE or, 2 students with different PE's, but on the one team. The students benefit from mutual peer support (in addition to debriefing within supervision). It facilitates deeper learning, and generates good ideas and discussion.

Having students creates greater scope for change within the service, such as updating resources and handouts, and updating current practice with articles and evidence. Students infuse the service with enthusiasm and a new perspective.

The challenge as an educator is managing the development of OT specific skills, whilst holding with the client's needs, parents/carers needs and the students' ability to manage their own personal responses to trauma and emotional distress. It is a great learning experience as a clinician to have students, giving rise to opportunities to reflect on practice. I believe imparting our knowledge will lead to better outcomes for Occupational Therapy with students using their experiences as a springboard for future learning.

Roisin Kennedy Senior Occupational Therapist North Lee West Child Guidance Clinic.

SHARE WHAT IS HAPPENING IN YOUR AREA

Working as part of the Midleton/Youghal Community Mental Health Team over the past 12 months has been an energising experience. It's a busy sector with plenty of opportunities to improve as an Occupational Therapist. We have just commenced the "Cook-It" programme in Midleton Day Hospital, a HSE initiative aimed at enhancing clients' basic cooking abilities, knowledge of nutrition and skills around budgeting/shopping.

I organise a monthly Yoga/Social group in Cork City and we are about to commence a 6-week Yoga programme in the Day Hospital for those with higher support needs. Gardening can be accessed in the Community Garden next to the Day Hospital and clients can be referred to a 'Couch to 5km' exercise group facilitated by the city OT's.

Following attendance at a workshop last December with Sue Parkinson (MOHOST & Recovery through Activity author) I have put increased emphasis on how to address 'work' within the Occupational Therapy Process. Application of standardised assessments (Worker Role Interview, Work Environment Impact Scale) are being used to assist me in understanding how I might adapt a person's vocational interests to improve their overall health in the long-term. As a result of this, some clients are considering returning to education (National Learning Network, St. John's College) or paid/voluntary work.

Going forward, it is important to use these tools more regularly to assess work capacity and also serve to promote the unique skills of Occupational Therapy within the team.

Colin Jones. Community Occupational Therapist, North Lee Mental Health Services. Cork.

RECOMMENDED READING

JOURNAL ARTICLE

Perfectionism in occupational science students: occupational therapy implications: www.emeraldinsight.com/2398-8819.htm



BOOK: Curtin, M., & Adams, J. (Eds.). (2017). *Occupational Therapy for People Experiencing illness, Injury or Impairment (7th ed.)*. Edinburgh, U.K.: Elsevier