

Placement profile

Names and roles

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Home Therapy In
Reach Service

Organisations

St
Georges NHS Trust



Placement overview:

I work for the Care Home Therapy In Reach Service, which is part of St Georges NHS Trust. I work alongside an OT and dietician. We cover 14 care homes in Wandsworth. We provide urgent assessment and intervention for care home residents and staff training. One of our service objectives is to work with care home staff and residents to increase opportunities for activity with the aim of improving health and well-being. We feel that having students within our service is an opportunity to help work towards achieving this objective. We wanted to provide a placement that reflected the value off the MDT and enabled physiotherapy and OT students to work together.

Our team planned a role emerging placement at a care home where they could be based for the placement. We have 2 PTS and 2 OTS students working together during the placement, alongside the care home staff team. They work with a variety of residents and gain valuable experience working with older people with complex needs and dementia. The students work in a pairs (PT/OT), as well as in a group, to deliver therapy input. They will provide holistic assessment for residents, develop and deliver training for staff, plan and deliver group interventions and keep a reflective portfolio. The students are also given the opportunity to work from home when completing admin tasks and planning work. We arrange virtual meetings using MS teams to support students while they are off site. As their educators are not present on site at all times, we have trained on site mentors who are members of the care home staff to provide support. Educators are available for regular supervision with students and we plan group MDT supervision sessions. We also allow students to have time for peer session and meetings with their mentors. Students have benefitted from having the opportunity to work more autonomously, gained valuable understanding of MDT working and working with people with dementia. The care home staff and management have found having on site therapy students helpful and supportive and are looking forward to welcoming the next cohort.

Supervision: In person, Long armed, Peer Learning, Whole team/inter professional Inter-professional

Lessons learnt:

1. Regular supervision was essential, both on a 1:1 basis and as a group.
2. using different resources for supervision sessions was helpful, for example using picture postcards.
3. Using a portfolio for the students to complete throughout the placement, was helpful for educators to access information on what the students are learning and gave an insight into how the students were working towards objectives

Top tips for others:

1. For role-emerging placements spend time working with staff mentors, to ensure they have a good understanding of their role and the student's role.
2. Arrange a pre-placement meeting to explain the placement, introduce all parties, and answer any questions.
3. We spoke to contacts at the University prior and during the placement to gain support and advice.