

Placement profile

Names and roles	Tracy Robertson, Pain Management Physiotherapist Lindsey Tollen, Highly Specialist Physiotherapist, Pain Service
Organisations	NHS Greater Glasgow and Clyde



Placement overview

Virtual project based placement over a 6-week duration with four 2nd year MSc physiotherapy students. We identified two projects that were part of our service development agenda. The students worked in pairs on each project. These were;

- Project 1: Produce a digital resource that would encourage patients to engage with early pain management information
- Project 2: Produce a series of exercise videos that would supplement pain management physiotherapy in the absence of clinical contact and the supported gym session usually offered

A typical week on placement involved Monday mornings beginning with a scrum meeting to identify what the weekly goals and potential barriers were, what was going well and what was challenging the students. A structured timetable had been developed including time for independent and Peer Assisted Learning project work, tutorials led by various team members, weekly journal club and individual and team meetings with both Practice Educators.

Supervision: 4:1.5 ratio, Long armed supervision, peer learning, whole team supervision.

Lessons learnt:

1. MS Teams proved to be an excellent platform for meeting with the students, with each other as PE's and for compiling a discussion log as well as a catalogues of resources
2. The journal club allowed opportunities for students to practice leadership in presenting and facilitating a discussion
3. The students produced high quality final products that showcased creativity and diligence
4. Despite this being a non-clinical placement, all 4 students reflected that their exposure to the theory and application of pain neuroscience and the approaches adopted would influence their practice

Top tips for others:

- "Plan well in advance and utilise the wider team to share the load"
- "Where possible have more than 1 student as peer learning is of great benefit to students, practice educators and the wider clinical team"
- "Consider a blended placement which includes a mix of projects based work as well as clinical work. Consider sharing the placement with another specialty"
- "Liaise closely with your local HEI"