

Physiotherapy Service

Student Information

Bristol Community Health covers the population of Bristol, which is both ethnically and socio-economically diverse.

Working Hours

These vary in each placement, please call your clinical educator to confirm your starting time and hours of work.

PlaceofWork

You may have a split site placement. Please ring to find out where you will be working.

Please refer to www.bristol-city.gov.uk or www.firstcityline.co.uk for map or bus links.

Sickness Policy

If you are sick or unable to attend your placement at anytime we expect you to telephone your base by your start time to inform us you will not be in and whether you are likely to be back the following day. You are expected to phone in daily by your start time until your return.

Uniform Requirement

White polo shirt/ Tunic and navy trousers

UWE student Identification Badge

Swimming costume (community neurology placement only)

Objectivesofplacement

You will be supervised closely on the placement and may be expected to perform a basic physiotherapy assessment relevant to your placement on day one. On your musculoskeletal placement, you will have one hour to assess a new patient and thirty minutes for follow ups. You will receive regular teaching, often with other students, and mentoring sessions. You may be expected to undertake a small project relevant to your work.

If you have any comments or queries from reading this booklet, please contact Jeanette Hall by email jeanette.hall2@nhs.net or by phone 0117 3302659.

**Disabled Adults Resource
Team (DART)**

New Friends Hall
Heath House Lane
Stapleton
Bristol
BS16 1EQ
Tel: 0117 961 7165

DART is a multidisciplinary team working with people with primarily physical impairments. The majority of our clients have deteriorating neurological conditions or inherited diseases. The issues faced by our clients are often complex and necessitate a holistic and team approach to their management. We work within a social model of disability and wear smart but practical clothes.

Possible conditions on your caseload:

- Multiple Sclerosis
- Motor Neurone Disease
- Parkinsons Disease
- Cerebral Palsy
- Spinal Injury
- Stroke

Useful reading:

- NICE clinical guideline 8 (November 2003) Multiple Sclerosis
- National service framework for long-term conditions March 2005
- NICE clinical guideline 35 (June 2006) Parkinsons Disease
- NICE clinical guideline 68 (July 2008) Stroke

DART team members:

3 physio's (2 full time 1 part time)
2 part time rehab assistants
1 psychologist
2 part time SLT's
3 OT's (2 part time and 1 full time)
1 team lead

Hours of work

Hours to be arranged with supervisor. Normally 08:30am - 4.30pm. May need to be flexible to fit in with client appointments

Base

Please confirm with your supervisor as we work from two different sites.

Travel

You will need to be able to get to and from your base independently. There are bus stops close to both DART bases.
If you do not have your own car you can travel in your supervisors car, this may mean that at times you will be dropped off on a public transport route at the end of the day.



Lunch

The office has fridge, microwave and kettle. One of the bases also has an on site canteen.

Domiciliary Physiotherapy

Team

Knowle Clinic
Broadfield Road
Knowle
Bristol
BS4 2UH
0117 9190285

Knowle Clinic is the base for the Domiciliary Physiotherapy Team which covers the south and west areas of Bristol. Domiciliary referrals come from GP's, Consultants and physiotherapists. The caseload will be varied and may include patient's with neurological, orthopaedic and respiratory conditions as well as frail elderly/fallers.

Who to contact

At least 5 members of the team are clinical educators so it is best to ring the department explaining who you are and then you will be put in contact with the relevant person. The contact number is above and the office is usually staffed between 8am and 1pm however you may get an answer phone. If you leave a message with a contact telephone number your clinical educator will call back as soon as possible.

Travel

Directions by car

These directions are written assuming you are travelling from UWE/Fishponds area. They are not the most direct or quickest but we hope are the easiest! Allow one hour for your journey.

- Head south down Fishponds Road on the A432, to the bottom where you will turn left onto A4320 (Easton Way which becomes St Phillips Cause-Way).
- Turn right at the Sainsbury's roundabout, then right at the traffic lights onto A4 – Bath Road.
- Follow the A4, through one set of traffic lights, then take signs for A37 – Wells Road (filter lane left)
- Follow A37 through Totterdown and Knowle, pass Broadwalk Shopping Centre on your right and through traffic lights.
- Broadfield Road is the 4th right after the lights (at the top of the hill)
- Knowle clinic is about 300m on your left with a car park.

Directions by bus

You will need the 54/54A or the 375/376. Please go to www.firstgroup.com for timetables.

Lunch

There are kitchen facilities available to use (including a fridge, microwave and kettle). You will have half an hour for lunch, however the times of this may

vary if you are out on domiciliary visits. You will need to bring a packed lunch as you often won't have chance to eat at the base.

Uniform requirement

Please wear blue trousers and white polo-shirt/tunic. On domiciliary placements you may need a warm/waterproof coat and also swimwear for hydrotherapy.

IT and library facilities

Computers with internet access are available in the department. The library facilities on site are limited however we do have up to date evidence based practice files e.g. Falls, Parkinson's, MS and Exercise.

We do not always have quiet study areas but you will have access to a desk and computer as required.

In-service training

There is a weekly IST programme, 08.30 – 09.30 Wednesday mornings, held in the Physiotherapy Outpatients room, Knowle Clinic. This includes the whole rehab team (domiciliary and intermediate care physiotherapy staff). You will be expected to present a topic towards the end of your placement.

Reading List

- Geraint Fuller. Neurological Examination made easy. Churchill Livingstone. 1999
- K W Lindsay and I Bone. Neurology and Neurosurgery Illustrated. Churchill Livingstone. 2001 REFERENCE ONLY
- National Institute for Clinical Excellence, Clinical Guideline 21. Falls - The assessment and prevention of falls in older people. November 2004
- Chartered Physiotherapists working with Elderly people (AGILE), Association of Chartered Physiotherapists in the community (ACPT), Occupational Therapists with Elderly People (OCTEP) Guidelines for the collaborative, rehabilitative management of elderly people who have fallen (1998).
- Alex Hough. Physiotherapy in Respiratory Care: A problem solving approach. Nelson Thomas. 2001
- Rachel Garrod (Editor). Pulmonary Rehabilitation: An Interdisciplinary Approach.
- N. Heramba Prasad, B.A. Webber, Jennifer A. Pryor, Ammani Prasad (Editor). Physiotherapy for Respiratory and Cardiac Problems: Adults and Paediatrics.

Bristol Learning Difficulties Service

Service structure:

There are 3 Community Learning Difficulties teams covering the 3 BCH localities:

<p>Bristol South CLDT Top Floor, The Withywood Centre Queens Rd Withywood Bristol BS13 8QA</p> <p>Tel: 0117 9878383</p>	<p>Bristol Inner-city and East New Friends Hall, Heath House lane, Stapleton, Bristol. BS16 1EQ</p> <p>Tel: 0117 9585666</p>	<p>Bristol North CLDT Due to move to New Friends Hall</p>
<p>1x band 6 full 1x Band 5 (rotational)</p>	<p>1x band 7 1x band 4</p>	<p>1x band 6 1x band 3</p>

Placement location:

Bristol South CLDT

(We hope to add Bristol North to the placement list within the next year).

Who to Contact: Bristol South CLDT

Travel:

By Car – 30 minute car journey from the Centre, use postcode to print a map or tap into a sat nav

By Bus – Number 75 bus to Highridge then a short walk (10 min max) to the office

Car Parking – free car parking available in the Withywood centre car park

Lunch: Cafeteria available in the Withywood centre, local shops within walking distance

Uniform: Mufti accepted as long as it allows freedom of movement.

IT/Library: There are no library facilities. A variety of resources are available relating to Learning Difficulties within the base

We do not always have quiet study areas but you will have to share desk and computer as required.

Reading List: Valuing People Now
Nothing about us without us
Death by Indifference

Intermediate Care Service

South Bristol Intermediate Care Centre
30 Inns Court Green
Knowle
Bristol
BS4 1TF
0117 377 3779 (CRT Office)

Background

Intermediate care service provides care to people in their own home or in a residential centre. The aims of the service are:

- To prevent unnecessary admission to hospital or long term care
- To support people following discharge from hospital
- To help remain independent

The intermediate care team consists of Rehabilitation workers, Health & social care assistants/support workers, Nurses, Occupational Therapists, Physiotherapists, Social workers, Community Mental Health nurses, Assessment and review coordinators, and Pharmacists.

There are three teams within intermediate care where your placement may occur. We will let you know when you call before your placement which team you will be working in. The caseload will be varied and may include patient's with neurological, orthopaedic and respiratory conditions as well as frail elderly/fallers.

Community rehabilitation Team: provides intensive multi-disciplinary short term rehabilitation programmes for people for up to 6 weeks in their own homes.

Rapid Response Team: this team consists of a multi-disciplinary team which provides short term packages of care and rehabilitation in people's own homes, for up to 10 days. The service aims are to prevent admission to hospital/long term care, facilitate early hospital discharge and to promote independence.

Rehabilitation Centre: the centre provides multi-disciplinary rehabilitation for up to 6 weeks for people who would be vulnerable remaining at home. There are also three safe haven beds for patients who are unsafe to stay in their own home, and have nursing needs (for up to 3 days stay).

Physiotherapy Staff Members

Physiotherapy team leader & Care of the Elderly Specialist, Neurology specialist, Respiratory specialist, and 4 Rotational Junior Physiotherapists.

WhotoContact

The Specialist Physiotherapists are the clinical educators within intermediate care so it is best to ring the CRT office and leave a message, and the relevant clinical educator will return your call as soon as is possible, and inform you which team within intermediate care you are working in. The phone is staffed between 8am until 5pm. If you leave a message please ensure you leave your name and a contact telephone number.

Travel

Directions by Car

Coming from Temple Meads Train Station, take the A37 Wells Road until you reach Broadwalk shopping Centre which should be on your right as you approach the traffic lights. Turn right at the traffic lights into Knowle. Continue along the road until you reach the large roundabout. Take the third exit (straight across the roundabout) onto Daventry Road. Continue along Daventry Road until you come to the next roundabout (you should pass a school on your left between the 2 roundabouts, the road also has speed ramps on it.) At the second roundabout, take the 2nd exit along Leinster Avenue. Proceed along the road past the police station which should be on your left. When you arrive at the next roundabout, take the first exit left. Proceed along the road, take the third right hand turn you arrive at into Inns Court Green. Take the first right and arrive at the rehab centre.

Directions by Bus.

Please refer to www.firstgroup.com for timetables and bus routes.

Lunch

There is a kitchen with a microwave, fridge and a kettle available for use. You will have half an hour for lunch although the time of lunch may vary depending on your caseload/visits. There is a small charge for use of the team's tea, coffee and milk (£2.50)

Uniform

Please wear blue trousers and white polo-shirt/tunic

ITandlibrary facilities

Computers with internet access are available in the department.

In-service training

There is a weekly IST programme from 8:45-9:45 on Thursday mornings, held at the Rehab centre (Inns Court Green, Knowle) or Knowle Clinic. This includes the whole rehab team (domiciliary and intermediate care staff). You will be expected to present an agreed chosen topic towards the end of your placement, but this will be discussed with your clinical educator.

Reading List

Geraint Fuller. NeurologicalExaminationmadeeasy. Churchill Livingstone.1999

K W Lindsay and I Bone. Neurology and Neurosurgery Illustrated. Churchill Livingstone. 2001 REFERENCE ONLY

National Institute for Clinical Excellence, Clinical Guideline 21. Falls - The assessment and prevention of falls in older people. November 2004

Chartered Physiotherapists working with Elderly people (AGILE), Association of Chartered Physiotherapists in the community (ACPT), Occupational Therapists with Elderly People (OCTEP) Guidelines for the collaborative, rehabilitative management of elderly people who have fallen (1998).

Alex Hough. Physiotherapy in Respiratory Care: A problem solving approach. Nelson Thomas. 2001

National Service Framework for Older People (2001) – especially standard 3 Intermediate Care
http://www.dh.gov.uk/PublicationsAndStatistics/Publications/PublicationsPolicyAndGuidance/PublicationsPolicyAndGuidanceArticle/fs/en?CONTENT_ID=4003066&chk=wq3bg0

Musculoskeletal Physiotherapy Out-patient Service

Musculoskeletal Physiotherapy is provided to the population of the south and west and a small part of the inner city of Bristol. Patients must be able to attend out-patients and have a referral from their GP or Secondary Care following trauma, planned or unplanned surgery or other musculoskeletal interventions. Placements are provided at the following locations:

5 Knowle Health Park
Downton Road
Knowle
Bristol. BS4 1WH.

Telephone: 0117 9030005

5 Knowle West Health Park (KWHP) has 5 treatment cubicles and a dedicated gym space receiving referrals from both Bristol Consultants and GP's. Some of the seniors work at different health clinics through the week. We provide a musculoskeletal service to patients mainly living in the South Locality.

Staff members

Mix of Band 7, Band 6, Band 5 and Band 3 clinical staff and admin staff

Hours of work

The clinic is open from 8.00am-5.00pm Monday to Friday

Travel

Please Google 5 KWHP to plan a driving route..

Directions by bus

See www.firstcityline.co.uk

Directions by bicycle as by car

Is the best and fittest option! Bikes can be kept in the bike sheds on site. Lockers, changing rooms and showers are available.

Carparking

Car parking is available on-site.

Lunch

There is an excellent small café on-site and a small area for staff to eat packed lunches. There is a kitchen equipped with a microwave, toaster and kettle.



**Brooklea Health
Centre**

Wick Road Brislington
BS4 4HU
0117 3304254

Brooklea Health Centre is a community health centre containing two GP practices. Other services provided at the health centre include nursing treatment room, nurse practitioners, Triage nurse, Health visitors, school nurses, Midwives, Drug Counsellors and Podiatrists.

Physiotherapy is delivered to GP or consultant referrals for patients in the Brislington and St Annes area and can include both acute and long-standing problems covering a wide variety of musculoskeletal conditions.

Staff Members

Physiotherapy staff:
2x senior physiotherapist
9 hours of assistant.

Hours ofwork

Tuesday 8.00-17.00
Friday 8.00-4.00
Admin and clerical support: Tuesday 8.30-12.30 and Friday 12.30-4.30

This will be a split site placement with another Bristol PCT sites.

Travel

The health centre is located in Brislington approximately 4 miles south east of the city centre. See multimap.com for a detailed map.

Direction by bus

By number 1, get off on 1st stop on Allison road then walk back to Wick road and turn right, walk for half a mile, the clinic is on your right.

By number 36, bus would go past clinic on your left on Wick road, bus stop is around the corner.

Direction by car

By car: See multimap.com for detailed map for road access. There is a small car park in the health centre or unrestricted road parking.

Direction by bicycle

There are bike racks outside the health centre in a lockage cage, a staff shower, private washing facilities and storage for own clothes and bags.

Lunch

There are local shops along Wick Road and Sandy Park road. There is a staff room with kettles, fridge and microwave.



Hampton House Team
Hampton House health centre
St.Michaels's Hill
Cotham
BS6 6AU
Tel: 0117 3302659

The team takes GP and consultant neuro-musculoskeletal referrals for patients living in Clifton, Cotham and Redland.

Staff members

Mix of Band 7, Band 6, Band 5 and Band 3 clinical staff and admin staff

Hours of work

The clinic is open from 8am to 4.30pm Monday to Friday.

Travel

Directions by car

Go up St.Michael's hill, carry on the flat past shops & Somerfields on right. At mini roundabout, Hampton House Health Centre is on your left. The physiotherapy dept is on the second floor.

Directions by bus

See www.firstcityline.co.uk

Directions by bicycle

The best and fittest option! Bikes can be kept in the bike shed on site. Lockers, changing rooms and showers are available.

Carparking

Parking is difficult as the surrounding roads are residential and busy. This does allow for no time limitations though. The free hospital bus does drop off at one entrance.

Lunch

There is a staff-room with a microwave and cooker. Somerfield supermarket is located within a few minutes walk and numerous local bakeries/cafés

**Hartcliffe Health
Centre**

Hareclive Road
Hartcliffe
Bristol
BS13 0JP
0117 3015200

Hartcliffe Health Centre is a community health centre containing two GP practices. Other services provided at the health centre include nursing treatment room, nurse practitioners, midwives, dental practice, podiatrists and chiropractors.

Physiotherapy is delivered to GP or consultant referrals for patients in the Hartcliffe area and can include both acute and long-standing problems covering a wide variety of musculoskeletal conditions.

Staff Members

Band 7 and 5

Hours of work

Tuesday and Friday 8:15am to 5:30pm: Band 7, 5 and students

Some Thursdays 8.30 to 11.30am: Band 7 only

Admin and clerical support: Monday – Friday 8:30 – 4:30

This will be a split site placement with another Bristol Community Health site.

Travel

The health centre is located in Hartcliffe approximately 4 miles south of the city centre. See multimap.com for a detailed map.

Directions by bus

By 76 or 77 from the centre or Primark direct to the health centre.

Directions by car

See multimap.com for detailed map for road access.

Directions by bicycle

Bicycles can be kept securely inside the health centre during the day. We recommend that you bring a lock for extra security. There are changing facilities and storage for belongings. There are no showers, but private washing facilities are available.

Carparking

The car park at the front of the health centre is available for all staff, or you may park on the road but be aware there are some double yellow lines to avoid. The gated car park is not available for students.

Lunch

There is a small kitchen/staff room with fridge, microwave and kettle. There is no canteen on site but the local Morrison's store is a few minutes walk away. You will need to provide your own tea/coffee.

**Knowle
Clinic**

Broadfield Rd
Knowle
BS4 2UH Outpatients: 0117
9190353

Knowle clinic also has a small outpatient department on the ground floor. We accept GP and Consultant referrals from South Bristol, mainly those GP's located on the Wells Rd for those living in the Knowle area.

Staff Members

2x senior physiotherapist
4 assistant hours

Hours ofwork

Monday 8.00-17.00
Thursday 8.00-4.30
Admin and clerical support: Thursday 830-1230

This will be a split site placement with another Bristol PCT sites. Please see above section on travel to knowle Clinic by car and bus. You can also cycle, bike rack available outside front reception, however there are no shower facilities on site.

Lunch

There are a few local small newsagent shops along the Wells Road, there is also a staff room with toaster, kettle, fridge and microwave.

OutpatientPre-Placement Reading List

Petty & Moore (2001) NeuromusculoskeletalExaminationand Assessment: A Handbook for Therapists. Chapter 2 Subjective Examination, Chapter 3 Objective Examination, Chapters 5-15 Individual Examination Chapters.

Electrotherapy contraindications in Clayton's Electrotherapy or Low & Read Electrotherapy Explained

Evans P (1980) The healing process at cellular level: A review. Physiotherapy 66:8 p 256-9.

OutpatientFurther Reading List

Special Tests (any appropriate orthopaedic medicine text)

Psychosocial Yellow Flags. Chapters 2, 3, 4 in Topical Issues in Pain 2. Physiotherapy Pain Association (PPA).

Clinical Standards Advisory Group (CSAG) 1994 Clinical Guidelines for the Management of Acute LBP

The Physiology of the Sensory Dimensions of Clinical Pain, Physiotherapy 1997, 83(10), p526-536.

Flagging the danger signs of LBP (red flags), chapter 1 in Topical Issues in Pain

There will be a small collection of books at each site with internet access at most bases. You can also access the KRIS (Knowledge Resource Information Service) at King Square House for further reading material.

Possible visits from base

Hand unit
Hydrotherapy
Multigym
Leg Classes OA
knee group Back to
fitness
Osteoporosis group
Core Stability group
Fallers group
Podiatry clinic
Orthotic clinic
Ward Inpatient rehab
Ward/ Domiciliary visit with OT

**Community Respiratory
Team**

Amelia Nutt Clinic Withywood
Centre Queens Road
Withywood
BS13 8QA
Tel: 0117 987 8335

The Community Respiratory Team runs the Respiratory Discharge Team (RDT) and Pulmonary Rehabilitation. RDT covers the whole of Bristol and is designed to prevent hospital admission to the BRI. The team is based at the BRI and will do home visits to support patients with chest clearance, nebulisers, O2, medications and mobility.

Pulmonary Rehabilitation is held in local leisure centres in the south area of Bristol and is based at the Amelia Nutt Clinic. Patients attend an Optimisation Clinic prior to attending the 6 week programme in the gym.

Your placement will include both of these teams.

Staff members

1 Clinical Specialist Physiotherapist (24 hours),
1 Senior II Physiotherapist,
1 Physiotherapy Technician,
3 Respiratory Nurse Specialists,
1 GP with Special Interest in Respiratory

Who to contact

Your Clinical Educators can be contacted on the above number. If there is no answer please leave a message and we will contact you as soon as we can

Uniform requirement

Please wear blue trousers and white polo-shirt/tunic. On domiciliary visits you may need a warm/waterproof coat. You may wear trainers.

IT and library facilities

Computers with internet access are available in both bases. The library facilities on site are limited however we do have a small selection of Respiratory books and research for you to use.

Hours of work

Monday - Pulmonary Rehabilitation 9-5
Tuesday – Respiratory Discharge Team 8-4
Wednesday – Respiratory Discharge Team / Optimisation Clinic for Pulmonary Rehab 9-5
Thursday – Pulmonary Rehabilitation 9-5
Friday - Respiratory Discharge Team 8-4

The hours of work may vary slightly.

Travel

A car is needed for this placement.

Directions by car to Amelia Nutt Clinic

Take the A38 towards the Airport. Fork left onto Bishopsworth Road and continue until the roundabout. Turn right at the roundabout onto Church Road and continue for approx 150m. Fork left again onto Grange Road, which becomes Queens Road. Amelia Nutt Clinic is on the right side just before the mini roundabout. There is a large, free car park.

Car Parking instructions for BRI

Car parking in BRI car parks is not available for students. Please park in the housing area above the BRI, at the top of Marlborough Hill.

RDT base at BRI

Level 2, Respiratory Department, BRI, Upper Maudlin Street, BS2 8HW. Tel: 0117 342 3895

Directions by bus

See www.firstcityline.co.uk

Directions by bicycle

Bikes can be kept in the bike sheds on site and lockers, changing rooms and showers are available at both BRI and Amelia Nutt Clinic. Please check with your clinical supervisor if you are able to bring your bike each day.

Lunch

There is a canteen and a shop in Amelia Nutt and the BRI, as well as some surrounding shops.

Both bases have staff rooms equipped with a fridge, microwave, toaster and kettle. You will have half an hour for lunch, however the times of this may vary if you are out on domiciliary visits and you will need to bring lunch as you may not have chance to eat at a base.

Placement Reading

Pryor, JA, Prasad, SA. Physiotherapy for Respiratory and Cardiac Problems. 3rd Ed. Churchill Livingstone 2003.

Alex Hough. Physiotherapy in Respiratory Care: A problem solving approach. Nelson Thomas. 2001

NICE Guidelines 12 Update – Management of COPD in adults in primary and secondary care.(2010) <http://guidance.nice.org.uk/CG101>

British Thoracic Society Physio management of Spontaneously Breathing Patient. <http://www.brit-thoracic.org.uk/>

NSF for Long Term Conditions. DoH, 2005

British Thoracic Society Guideline for Non CF Bronchiectasis. <http://www.brit-thoracic.org.uk/>

British Thoracic Society Guidelines on Pulmonary Rehabilitation
<http://www.brit-thoracic.org.uk/>

British Thoracic Society Guidelines on Intermediate Care - hospital at home schemes <http://www.brit-thoracic.org.uk/library-guidelines>

Garrod, Rachel - Pulmonary rehabilitation: an interdisciplinary approach - .
2004

Mike Morgan and Sally Singh- Practical pulmonary rehabilitation - 1997

Main conditions seen will be COPD, Asthma, bronchiectasis, ILD

Respiratory subjective and objective assessment
Chest clearance techniques

We would like you to present a short case study at the end of your placement on a patient you have worked with.

Opportunities on placement

Teaching Sessions on chest xrays, chest clearance, conditions
BRI Consultant Clinic
GP with Special Interest clinic
Respiratory Nurse Specialist at BRI - O2 clinic, Asthma clinic
HOT Clinic
Rapid Response Team in intermediate care
Community Matron visit