

MSc Pre-Registration Physiotherapy

Pre-Enrolment Workbook

**Vicky Hood
Course Leader
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INTRODUCTION

The aim of this workbook is to prepare you for your transition into health profession education. Through completing this workbook you will learn about professional standards in physiotherapy and expectations of students on the physiotherapy course.

To complete the workbook you will need to search for information, read and summarise information and comment on what you have learned. These skills of research, synthesis of information, and reflection are the foundation for professional practice that you will build on through the next 2 years, in an approach called enquiry based learning. This approach to learning is undertaken at MSc level and develops your independent research skills as well as actively engaging you in the quest for knowledge. Enquiry-based learning aims to improve the depth of your learning, by encouraging you to take responsibility for exploring evidence and analysing knowledge. This approach helps develop student creativity and build skills in problem-solving that will continue to be important throughout your career:

- Encourages critical thinking and problem solving in real world scenarios and facilitates better application to practice.
- Engages the learner more actively and develops communication skills.
- Develop a deeper understanding of topics important for creation of new knowledge.
- Creates ownership of learning.
- Develops students' independence with learning, in preparation for autonomous practice.

The last point is key. As a qualified Physiotherapist you are autonomous in your decision making and held accountable to this by the HCPC and the CSP. Therefore, you should display sound clinical reasoning, judgment and be able to justify your decisions through something called *evidence based practice*. Learning does not stop once you qualify, you will be expected to engage with continuous professional development (CPD), which means continuing to develop knowledge as a professional. The skills gained with independent, self-directed learning through this course will help prepare you for that.

Please also visit the SHU website [‘Preparing for Study’](#)

The Health and Care Professions Council (HCPC)

The HCPC is the regulatory body for physiotherapists. All NHS staff are HCPC registered and all the physiotherapy teaching staff are HCPC registered. The BSc (Hons) Physiotherapy course at Sheffield Hallam University is an HCPC approved course. This means that the HCPC have reviewed all aspects of our course to ensure that we meet their standards of education and training and that our course educates students to meet the standards of proficiency (SOPs) on qualification. On qualification you will be entitled to apply for HCPC registration.

Have a look at the HCPC website <http://www.hcpc-uk.org.uk/>

Click on the “member of the public” on the purple bar half-way down the page. What is the function of the HCPC? What are the three basic standards registrants must follow?

List the other professions that the HCPC regulates:

Search for the document "Guidance on conduct and ethics for students" Read this and list the 10 guidance points. We will look at these in more detail during induction week and in one of your first modules: Professional Practice.

What is the guidance within this document on social media?

The Chartered Society of Physiotherapy (CSP)

The CSP is the professional body for physiotherapists. The professional body produces professional guidance, lobbies on public affairs, provides professional liability insurance and produces a wide range of publications. Sheffield Hallam University pays for all students to become student members. You will meet the CSP student officer in the first semester of your course.

Have a look at the student section of the website under the membership tab of the CSP website: <http://www.csp.org.uk>

Summarise the benefits of becoming a CSP member (this can be a bullet pointed list)

Summary of benefits:

Health Education England (HEE)

Health Education England (HEE) was formed through the government changes to the NHS and it is responsible for the education, training and continued professional development of students and staff within healthcare. You may therefore be placed anywhere within these two regions for your placements. You can expect more placements in the East Midlands region because they fund more of the student places.

One of the most significant recent publications to influence healthcare education is the Francis report. Lord Francis was appointed to conduct an inquiry into patient care at the Mid Staffordshire NHS Foundation Trust.

The report is an extremely detailed account of a systemic failure to ensure appropriate quality of patient care within the NHS. This has highlighted the need for changes within the NHS and within the educational institutions commissioned to train students for a future in the NHS.

What are the main findings of the Francis report?

In what way are these findings relevant to you as a physiotherapy student?

NHS Choices

NHS Choices is the UK's biggest health website. This site is funded by the Department of Health. It is committed to providing objective and trustworthy information and guidance on all aspects of health and healthcare. NHS Choices strives to ensure content is evidence-based, founded on the best scientific knowledge available. This site will be useful as a starting point to find information on some of the medical conditions and procedures you will come into contact with on the course. Find the information on the site related to Stroke. Stroke is one of the key neurological conditions you will cover on the first module in year 1.

Summarise the different types of stroke, risk factors and how lifestyle changes may help to reduce the risk of stroke. What can you find (from this website or using other sources) about physiotherapy post-stroke?

Types of Stroke

Risk factors

Effects of Lifestyle changes

Physiotherapy for Stroke

Learning styles and reflection

We will cover material on learning styles and reflection within semester one and during the interprofessional education module where you will be learning with students from other healthcare courses. Understanding your own learning style or approach to learning before you start the course can be useful to help you get the most out of preparing for, participating in and reflecting on teaching sessions and preparing for starting clinical work on placement. We have very few whole group lectures. The majority of your teaching and learning will take place in practical or seminar sessions of around 25-30 students. In taught sessions you will be expected to come to the session having prepared through a range of methods e.g. reading, watching online videos, using the blackboard resources or recapping practical skills. You will be directed to the preparation before each session. You will be expected to contribute to discussion through answering questions, working in small groups to discuss a topic and present back to the rest of the group and through practicing clinical skills on each other. Masters level study is not the same as BSc and this is a common misconception. Level 7 study is focussed on self-directed learning. It is required and expected that you will be not only attending taught sessions, but developing your knowledge and skills independently around these sessions throughout the week. The library is open 24 hours and we have one at both our campus. You are also able to book out practical rooms to practice your handling skills in small groups throughout the year.

In order to assess your developing skills as a physiotherapist we will require you to submit academic written work with a good standard of English, and reflective portfolio work. We will assess the development of your clinical reasoning through presentations and individual oral exams and we will assess your practical skills through individual practical exams where you demonstrate your assessment and treatment skills using another student as a model patient.

What you know about your own learning style - how do you learn best?

From your experience to date, what study skills do you employ?

What are your strengths? What areas could you develop in your approach to learning/studying?

Are there any areas of the learning, teaching and assessment strategy that concerns you? Why?

During induction week you will be introduced to Pebblepad. On the Physiotherapy course we use Sheffield Hallam Pebblepad which is an electronic system to support learning and to help you develop your own e-portfolio or 'webfolio'.

An e-portfolio is a collection of digital items - ideas, reflections, presentations, experiences, feedback etc. which provides evidence of learning and development. You will develop academically, professionally and personally throughout the course and building a portfolio is a way to facilitate self-awareness, promote reflection and plan learning as well as providing evidence of learning. You will be able to share "assets" from your portfolio with your academic advisor, practice educator and with peers if you choose to do so, to help your development.

Some physiotherapy employers will ask at interview for evidence of learning and development throughout your training and once qualified you will need to provide evidence of continuous professional development (CPD) to maintain HCPC registration.

In the first Pebble pad session you will start to develop a resource to share with your personal tutor. This will help them get to know you and get an idea of your previous study/interests etc. The work you have carried out to complete this workbook will be useful evidence of learning so **save it electronically** so you can use it to start compiling your portfolio after the Pebble pad teaching session.

Action Planning

Using the template below undertake a SWOT (Strengths, Weaknesses, Opportunities and Threats) for your current capabilities starting the course. Reflect on all of the sections above to ensure that you consider aspects of professionalism, ethics, learning styles, knowledge of Health and Social Care in England and your drive / background for choosing Physiotherapy as a career.

Strengths	Weaknesses

Opportunities	Threats

Finance:

[Student Funding SHU Page](#)

Placement:

You will be required to self-fund your transport and accommodation should you need to for your placement. If you are in receipt of the NHS learning support fund then you will be able to claim a portion of this back: see [website here for reimbursements](#), and [SHU placements website](#). Please bear in mind if you commute to Hallam, you may be allocated a placement within any of our provider networks: see the [list of our placement providers here](#). You also have the option of self-sourcing your own placements outside of Hallams provider network, details of this will be given during the run up to your first placement.

Suggested reading:

- Kapit W and Elson LM (2013) The Anatomy Colouring Book. ISBN-13 978-0321832016
- Netters anatomy colouring book. ISBN-13 978-0323826730
- Neumann DA. Kinesiology of the Musculoskeletal System: Foundations for Rehabilitation. ISBN-13: 978-0323287531
- Pocock G, Richards CD, Richards DA (2017) Human Physiology. Fifth Edition. ISBN-13: 978-0198737223