

Work based Learning Tasks L5

Level 5 Modules

PP1/PP2/ Developing Physiotherapy Practice/Assessing and Addressing Complexity / Evidence & Enquiry for Practice / Physiotherapy Placement - Learning outcomes for these are at the end of this document

Apprenticeship Standards - consider linking the tasks to these Knowledge Skills and Attributes

WBT	Have a look at the module sites for EEP and DPP once available. Look at the assessment briefs. Start to plan WBTs.	PREP FOR LEVEL5
43	<p>Review an exercise plan for a patient/service user (can be group/individual, standing/chair/bed), and consider the following:</p> <ul style="list-style-type: none">-What body systems is the exercise programme targeting?-What physiological changes are happening?-What differences might there be with this person's physiological response (link to any pathology or co-morbidities) <p>If you are in a role where you assist with delivering exercise programmes with patients/service users, on reflection consider:</p> <ul style="list-style-type: none">-What visible signs and symptoms were you observing to check if the exercise is appropriate?-How is their progress being monitored-How might you progress or regress the exercise/s (discussion with your senior and/or document your ideas)	DPP
44	<p>When assisting a patient or service user/s with an exercise programme, use the NAMSET method to teach the exercise/s. If this isn't appropriate in your work setting then practice with a colleague.</p> <p>NAMSET: Name, Area of the Body worked, Muscles used, Silent demo, Explanation or instruction, Teaching of the exercise</p> <p>Reflect on the following;</p> <ul style="list-style-type: none">-How easy was it to use?-How confident did you feel using it/to use it in future?-Are there other methods you have used or come across?-Did the patient understand what was required?	DPP
45	<p>Have a discussion with a patient/service user around barriers and adherence to exercise (multiple patients or service users with different conditions if possible). You could do this with a peer or colleague if required.</p> <ul style="list-style-type: none">-Were there common themes raised?-Were the potential barriers internal or external?-What might be your role in addressing these as a physiotherapist?-What resources could you signpost them to or use (consider guidelines and evidence that supports your discussion)	DPP

	Following a treatment session where you delivered an exercise programme to a patient/group of patients, complete a reflection on how you adapted your communication style, or the exercises themselves to meet their individual needs	
46	<p>-Read through this short Health Education England e-learning (No need to register) https://portal.e-lfh.org.uk/Component/Details/571297</p> <p>It gives healthcare professionals an overview of physical activity - including key evidence, data and signposts to trusted resources to help prevent illness, protect health and promote wellbeing</p> <p>-Utilising some of this knowledge, If appropriate, and within your scope of practice, attempt to encourage a patient/service user to;</p> <p>-Adhere to self directed exercises/promote long term self management</p> <p>-Make a healthy lifestyle choice/positive behaviour change</p> <p>EEP Work Based Task (1-2hrs)</p> <p>This WBT will help you to identify different types of research. This will give you the ability to link this to common strengths & weaknesses of different methodologies learnt in Session 2.</p> <ul style="list-style-type: none"> • Follow this link and look at a few papers • For each paper identify the methodology making a note of the study • Use this link for the answers - Don't cheat!! <p>Task 2</p>	<p>DPP</p> <p>EEP (pre-module)</p>
47	DPP Assessment prep	DPP
48	<p>Using the module themes covered to date, and those in your previous DPP work based tasks, choose a patient/service user and create a short patient information document. Ideas for what to include are;</p> <p>-Physiological response to exercise</p> <p>-Physiological changes with their specific condition</p> <p>-Guidelines/evidence supporting exercise with this patient group</p> <p>-Some examples of exercises that they could complete, consider the dosage and intensity, location, and how they could monitor the intensity</p> <p>-Longer term self management and behavior change/promotion</p> <p>*This is to be used for your development and portfolio of evidence only, rather than provided to a patient*</p> <p>Reflect on your learning from the module. Consider how this knowledge will or has already influenced your practice and confidence around prescribing exercise, managing group exercise classes, influencing behavior change and promoting self management.</p>	DPP (post module)

49	<p>EEP Work Based Task (1-2hrs)</p> <p>This WBT will help you practice searching & recording your search strategy. This will be required in the summative assignment at the end of the module.</p> <ul style="list-style-type: none"> • Using your topic and skills from session 3 search the literature and record how you did it. • Now pass this to one of your peers & let them follow your search strategy - they should be able to locate similar or the same papers. • Finally reflect on how well you did and the changes you may need to make in order for this to be clearer next time • REMEMBER you'll need to do this in your final submission. <p>EEP See BB module site for instructions on WBT - critical appraisal</p>	EEP
50	EEP Assessment prep	
51	<p>EEP Assessment prep</p> <p>Placement prep - work through this e-learning package on wellness on placement</p>	
52	<p>On placement</p> <p>EEP Work Based Task (1-2hrs)</p> <p>This WBT will help you to link your KSBs to the module learning.</p> <p>This will be required in your end point assessment.</p> <ul style="list-style-type: none"> • Reflecting on your Apprenticeship Standards reflect on your learning so far & select relevant standards that link to the (DA) Evidence & Enquiry for Practice module. • Think about how you will evidence each standard selected. Remember you may use the same evidence more than once. • Remember you don't have to hit all of these. You will be engaging in another research module at level 6 (Advancing Professional). 	EEP (post module)
WBT 53	<p>On placement</p> <p>During a patient assessment, apply an outcome measure that can be used to measure deconditioning.</p> <p>Discuss this with your educator- how does it measure deconditioning? Are there other Outcome Measures you could use to measure this aspect of deconditioning? How could you use this outcome measure to gauge the effectiveness of your interventions?</p>	PP1 Link to placement learning

WBT 54	<p>On Placement</p> <p>Assess a patient X Ray using the A to G approach. Make note of what you have observed for each stage of the A to G. What are your findings?</p> <p>If you are unable to assess a patient's chest x ray- you can take this chest x ray quiz here https://www.youtube.com/watch?v=3nQxfhyksR4</p> <p>You can pause the image to go through A to G. Don't worry too much about correct answers about this stage- it's about using the A to G approach</p>	PP1 Link to placement learning
WBT 55	<p>On Placement</p> <p>Apply an intervention with a patient to improve balance or coordination.</p> <p>- Discuss with your educator- How does that intervention address either of those issues? What structures/physiological changes are you hoping to affect?</p>	PP1 Link to placement learning
WBT 56	<p>On Placement</p> <p>Placement consolidation learning , self directed</p>	Placement
WBT 57	<p>On Placement</p> <p>Placement consolidation learning , self directed</p>	PLACEMENT
WBT 58	<p>Post placement reflection, set broad objectives for the next placement block, what are your learning needs?</p>	Post placement
WBT 59	<p>Develop an exercise/management plan to address muscle imbalance. This can be related to a patient's altered muscle tone (neuro) or muscle imbalances at the shoulder or hip (MSK)</p> <p>Include a mix of strengthening, stretching- consider dose and prescription and justify why you would choose these</p>	PP1
WBT 60		AAC (pre-module)
WBT 61		PP1

WBT 62	AAC assessment (task 1)prep	AAC
WBT 63	AAC Assessment (task 1) prep	AAC
WBT 64	PP1 assessment prep	PP1
WBT 65	PP1 assessment prep	PP1
WBT 66	Placement prep - go back to post block 2 reflection and placement feedback, Review your objectives. Look at KSBs where are your learning needs could be covered in this placement. Complete any pre-placement reading/preparation/revision	Placement
WBT 67	On placement	
WBT 68	On placement	
69	On placement	
WB 70	On placement	
WBT 71	On placement	
WBT 72	On placement	

WBT 74	PP1 assessment prep	PP1
WBT 75	Post placement reflection	Placement
WBT 76	<p>Revise the anatomy and physiological session delivered in the first block of teaching for PP2 module.</p> <p>Start revisiting treatment options you have been introduced to in PP1 and try to identify these treatment options in your clinical practice.</p> <p>Once identified, discuss with your mentor or qualified member of staff at work about potential challenges while implementing them.</p>	PP2
WBT 77	<p>Reflect back on the new treatment options you have been introduced to in the last week of teaching.</p> <p>Can you identify these treatment options used in practice? If so, can you arrange a half a day to visit such a setting and spend some time treating patients in that setting. (e.g; Using cough assist on acute respiratory ward, using FES/SEABO/Tapping in neuro In/out patients, assessing and treating tendinopathy in MSK outpatient, etc) The aim is to apply the knowledge in practice.</p> <p>Also reflect based on your anatomy and physiological knowledge how these interventions work in different conditions and how you might need to adapt your practice.</p>	PP2
WBT 78	<p>Once you have made an attempt to apply the knowledge again identify the challenges in implementation of these treatment options.</p> <p>Now look at the research to find answers or identify the gap in literature.</p>	PP2
WBT 79/80	PP2 assessment prep	PP2