



Physiotherapy Department

Portland College

Welcome to your placement at Portland College, this file has been designed to provide you with some information that hopefully you'll find useful. If you feel that there is any information that may be useful to add, please let us know. We hope you enjoy your placement with us.

Contact

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01623 499174 (Physio dept)

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Mansfield
Nottinghamshire
NG18 4TJ

E-mail – physiog@portland.ac.uk

Getting Here

By car

Leave the M1 at junction 28 and onto the A38 towards Mansfield.
After 4.5 miles turn right onto A617 Sherwood Way.
At the second junction turn right onto the A60 Nottingham Road.
Continue down until there are traffic lights, at the lights turn left into the college drive.

There are alternative routes that your sat nav may take you however this is the simplest route for your first day.

By public transport

Get the train to Mansfield train station.
Take the "Pronto" bus which takes approximately 11 minute (9 stops).
The bus stop for college is located at the end of the drive.

The History behind Portland

During the 1940s, Winifred, Duchess of Portland, had the vision of providing re-employment for ex-miners, disabled as a result of mining accidents in the locality, and casualties of the Second World War.

On the 29th of June 1949, the then Princess Elizabeth, Duchess of Edinburgh, laid the foundation stone of the college. By the spring of 1950, several buildings were complete, members of staff were appointed and in June 1950 the college accepted its first students. On the 24th of June 1950 Her Majesty The Queen officially opened the college.

Since its foundation, Portland College has consistently improved and developed its facilities for people with disabilities and associated learning difficulties. The college is today a very different place to that small training establishment which opened its doors in 1950, but we believe that the original "Portland Spirit" is unchanged.

The energy, drive, commitment, ability to challenge problems, pull down barriers and bring about change is as strong today as ever.

The mission statement of the college is:

To maximise the ability and minimise the effects of disability of students through the provision of opportunities for learning in an inclusive specialist residential environment giving individuals empowerment through employment, independence and integration.

The Physiotherapy Department

Alistair Beverley
Physiotherapy Manager

Peter Down
Senior
Physiotherapist

Kirsty Huntington
Senior
Physiotherapist

Sue Pella
Physio Assistant

Kelly Moore
Physio Assistant

Robert Howard
Physio Assistant &
Pool technician

Alison Topping
Physio Assistant

Plan of Placement

Normal working hours Mon – Friday 8.30-4.30 (there can be some flexibility within this if needed with agreement)

Day 1 – Introduction

- Orientation of department and college
- Fire exits/evacuation
- Domestic
- Moving and handling

Week 1 – Policies and procedures

- Philosophy of working environment
- Objectives
- Visits planned to other departments
- Plan caseload

Week 2 – Build up caseload

- Joint and supervised assessments
- Evidence based practice

This is just an outline of the things to be covered within the first couple of weeks, it may vary depending of course outline, hours required, holidays and student assessments for future placements. Please speak to us if you need to change something or have any problems, we aim for the placement to have 2 way feedback throughout.

Useful information

Tea and coffee – we have tea and coffee making facilities in the department, we would only ask that you contribute to the cost of milk (50p per week) or you are more than welcome to bring your own drinks and use the facilities.

Food facilities - a coffee shop is on site and can be used to purchase food, vending machines are available to purchase snacks and drinks. A staff room is located within the physio department containing microwave, kettle and utensils.

Uniform – a white or navy blue polo shirt, comfortable navy blue trousers or tracksuit bottoms and comfortable trainers or shoes are ideal for the placement. The placement involves a large amount of moving and handling and hands on techniques; therefore you need to be comfortable in your uniform. The gym can be cool at times so bring a warm top.

Sickness - If you are ill or unable to come into work it is your responsibility to inform the physiotherapy department on the following number so your work can be covered

Aquatic Therapy – We use the hydrotherapy pool every day, so please bring a costume or swimming shorts. We have shower, shower gel and towels available for use.

Student Assessments – During your placement you may have the opportunity to see assessment students; these are potential new students who we assess to establish what physiotherapy input they will require if they attend college.

Holidays – During your placement there may be college closures, your clinician will discuss this with you if it falls during your placement.

Policies and procedures – a policy and procedure file is available in the physio department, your clinician or a member of the physio team will show you where this is located.

Assessment proformas & outcome measures - standardised assessment forms are used within the department and we use a selection of outcome measures.

Client group - our main client group are foundation learners who have a range of physical disabilities primarily neurological in nature. We have a proportion who also have learning disabilities, the students are a mixture of day and residential learners. The main conditions seen within this client group are Acquired Brain Injury (ABI), Cerebral Palsy (CP), and autistic spectrum disorders (ASD), therefore a knowledge of these conditions is very useful for this placement.

You may also see individuals who have respiratory difficulties or MSK problems so we get to use all of our physio skills here!

A proportion of the foundation learners use a wheelchair for mobility. The types of chairs vary greatly, some students have manual chairs and others have powered chairs. Some students have specialised seating systems to accommodate their complex postural needs. The most common specialised seating system used within the Mansfield area is an SOS system, however there is a wide range of systems used. During your placement at Portland College you will encounter a number of different chairs and may have the opportunity of attending a wheelchair clinic.

Postural Management – A knowledge of postural management is also useful for this placement. Postural management sessions have been incorporated into our timetable and you will therefore have opportunities to experience this. As a physio department we will often provide information to other members of staff to try and continue with a students postural management programme throughout the day.

Reading - It would be useful for you if you would read up on cerebral palsy, aquatic physiotherapy (hydro), as well as the Mental Capacity Act (2005). If you have chance read up on Profound and Multiple Learning Disabilities (PMLD).

The college also has the following other specialist departments:

OT department
Speech and language
Nursing
Education department
Care Department
Domestic services
Student advice and liaison service

There may be time available to visit and spend time with professionals from these teams during your placement. We would strongly suggest you take up any opportunities to do so to further enhance your learning and understanding of the placement as a whole.

Finally **ENJOY** the placement! It can seem like a lot to take on at first but once you get in to the feel of the place and build your confidence up with learners it's a great place to be. Plus, if you can communicate well and understand complex cases here you should be pretty set for everywhere else.

We look forward to working with you.

Portland College Physiotherapy Team