

**INSTRUCTOR: JENNIFER BUELL & DR. GRAYDON RAYMER**

**STUDENT: MIA LEGATO**

**Project Description:**

My placement at West Nipissing General Hospital was a shadowing and hands on opportunity with the rehabilitation department at the hospital. During my time at WNGH, I was fortunately able to be fully immersed into the everyday activities and responsibilities of the Physiotherapist and Physiotherapist Assistants.

**Key Learning Objectives:**

- Gain concrete experience in providing physical and health education services to a community;
- Develop technical communication and administrative skills relevant to the field of physical and health education;
- Expand leadership skills and develop personal leadership style;
- Recognize the psycho-social implications of physical and health education to a community's health and wellness.

**Student Expectations & Responsibilities:**

My expectations of this placement were a bit different than what came about. I knew going into a hospital it would be challenging as a student simply because of the safety precautions that come with a hospital setting. At times, being a student on placement can be tough because you want to learn as much as possible but don't want to cross any barriers of what you "can and cannot" do. I quickly learned that the team I was working with was completely open to my learning and gave me so many opportunities to better my skills and knowledge. They were facilitative in the learning process as they explained every detail for each activity we were doing. For example, why a certain technique was used over another for a particular patient or condition. It was such an easy and smooth learning process where I was able to ask questions, and test my skills and knowledge in a safe and constructive environment.

My tasks included assisting in exercise classes for long term care patients as well as helping in treatment plans for outpatient post-surgery. With the outpatients coming in from the community post-surgery, I was able to measure joint angles, teach protocol exercises, as well as help think of progressive exercises for patients who were advancing. I was also able to help ambulate patients with the PT or the PTA's on different units in the hospital. I was also able to get familiar with different wheelchairs, walkers, commodes, transfer boards, hauler lifts etc.

**Student Evaluation:**

1. Health and Safety Clearance Documentation: 20%
2. Learning Contract: 20%
3. Digital Portfolio Assignment: 20%
4. Exit Documentation: Total Marks: 40% (Reflective Log Book, Goal Setting, Final Evaluation)

**Key Lessons Learned:**

Even though my time at West Nipissing GH was short, I was able to grow not only professionally but personally as well. The hospital setting and my team allowed me to experience every aspect of the rehab department allowing me to challenge my skills, my knowledge and my overall outlook as a student and professional. I found my critical thinking developed the most simply because of the nature of the setting I was in. Some situations I really had to delve deep into what was going to be the safest, most effective approach to ensure we get everything done correctly and efficiently. I was so fortunate to have worked with such a welcoming, knowledgeable, and down to earth team. They taught me so much and allowed me to be hands on and immersed in my learning.

