

**DEVELOPING OURSELVES, DEVELOPING OUR FUTURE...
TOGETHER WE ARE CLINICAL EDUCATION**

HOT OFF THE PRESS

Inaugural Edition Volume 1, Issue 1

March 2010

MScOT CLINICAL EDUCATION NEWSLETTER LAUNCHED

Welcome to the first edition of **HOT OFF THE PRESS!**

This newsletter will be published periodically throughout the year. We hope that you, our community partners in clinical education, and our students will find interesting information, announcements and join in mutual communication that takes place here.

We hope that you will share announcements and information that relate to clinical education in your preceptor and student roles.

One feature that will be included in most editions will introduce you to occupational therapists who will share their learning and experiences in supervising

student OTs in placements.

We will post summaries of literature that impact clinical education, in ways that can be readily put to use in the work you undertake.

We will also include some fun in the form of quizzes and contests, complete with prizes for the winners!

Is the photo below:

The MScOT Clinical Education Website is now "live".

Electronically access many placement-related files and tools and please watch for additional resources and strategies, and events!

<http://www.discovermacotfieldwork.ca/>

What on earth???

- a broken wheelchair?
- an industrial sewing machine?
- a printing press?
- An ineffective fan

Check out your guess on page 3!



THE PRECEPTOR EDUCATION PROGRAM:

The Preceptor Education Program or "PEP" is a comprehensive and easy to use online program that consists of 7 modules.

It is very easy to register for this free program that is a resource for both preceptors

and students. A great start is to sign up with PEP by going to www.preceptor.ca — this will take you about 5 minutes to gain access to a very good resource and information that can be used in student and other interactions. Each of the 7

modules will bring you different skills and information. Try out the Giving and Receiving Feedback module and challenge your next student to register and check this out also—have a great discussion! And try practicing together!

Inside this issue:

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Special points of interest:

- Meet this edition's occupational therapy preceptor
- Try out our quiz
- Hear from a student OT
- Get to know a member of the SRS- OT clinical education team
- Tips for giving & receiving feedback ... where to go for resources
- Preceptor Workshops ... Past & Upcoming

INTRODUCING...

We recently spoke with Julia Lockhart, an occupational therapist on the team at Children’s Developmental Rehabilitation Program (CDRP) at Hamilton Health Sciences (HHS). Julia has been in this pediatric area of practice since 1986, working with children from age 3 years to the time they leave school in this outpatient program. Julia was asked about her role as a clinical educator and was able to shed some light on her perspectives and experiences.

Interviewer. Julia, for you, why do you supervise students in placements?

Julia. I have been involved in precepting students since 1980, working with 1 student per year on average. I precept students for two reasons: I think it is my responsibility to provide them with some clinical experience and knowledge translation, I enjoy doing this and I also think it is a great learning experience for me to keep me abreast in the latest in areas of theory and best practice.

Interviewer. What advice would you give to other occupational therapists who was thinking about precepting, or soon beginning her/his first preceptorship?

Julia. I think the first piece advice I’d give is being ok about not knowing everything, as we go from a newer therapist to a more seasoned therapist we become more comfortable [to say] I don’t know this – let’s learn this together – it is OK to not be an expert with students, but to learn together – I love it when I send them off to review something, and they come back and share this new knowledge with me.

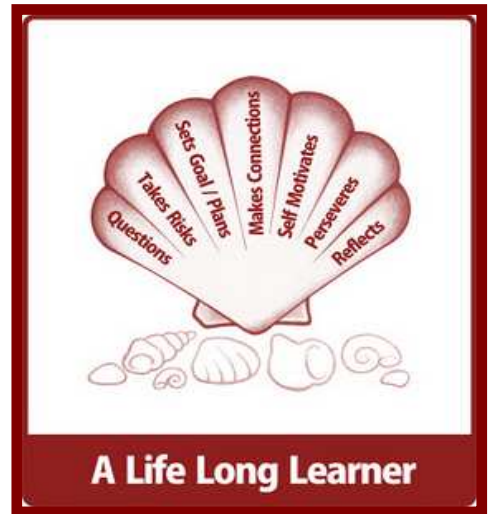
Interviewer. How do you manage challenges as a preceptor?

Julia. Staying flexible and accepting as a teacher and being sensitive to how the student learns and their stage of learning – everyone is different and even sitting and talking together at the beginning about learning and teaching styles to make a good fit is very helpful to both.

Interviewer. Do you have a fun fact about yourself that you might care to share?

Julia. I love music and travel – I am very free with telling funny things that happen to me. I love writing songs and whenever there is an event such as a retirement, I will write a song in honour of the person and special event. I am also a closet social convenor and planner!

Editor: Thank you, Julia for being a part of this inaugural edition!!



CHALLENGE AND A PRIZE DRAW!

1. How many modules are offered in the Preceptor Education Program?
 - a. 3
 - b. 7
 - c. 5
2. Name one of these modules:
3. Make a guesstimate: How many placements do OTs provide each year with McMaster student OTs?
4. What is a common reason that OTs cite as the reason they have decided to supervise student OTs?
5. Share a memory from your own experience as a student (no matter how recent or long ago!) that has shaped your opinions about clinical education:

Please submit your answers by March 20, 2010 this section by cutting and pasting into an email to otclned@mcmaster.ca

A draw will take place, the winner will be notified, and announced in the next newsletter—best wishes!

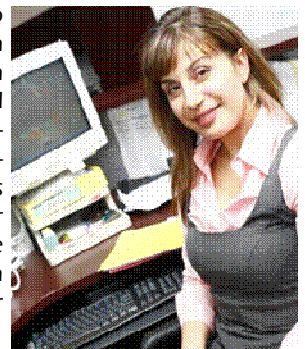
“Tell me and I forget. Show me and I remember. Involve me and I understand.” – Chinese Proverb

MEET GIOIA DI VINCENZO...

Gioia is our Administrative Assistant who works with Lorie Shimmell and Bronwen Thomas in clinical education for the MScOT and MScPT programs at the School of Rehabilitation Science (SRS). Gioia is integral to all aspects of clinical education and works tirelessly to ensure that the workings of students’ clinical education proc-

esses are well orchestrated. As preceptors, she may be the voice that you reach when you call us, or the communicator via email checking information with you, checking details of placements you have offered, and sending out preceptor packages to you in advance of your students’ arrivals, among many other things..

In her spare time, Gioia likes to spend lots of time outdoors in the garden, or out for a run with her dog, a shitsui named Yoshi, Gioia is a seasoned runner and gets in 5 K every morning at 4 am while Yoshi sleeps in! She is currently training for the next Around the Bay Race in March. Gioia is very health oriented and always ready for the next challenge!



A STUDENT OT REFLECTS

I can't quite say when it happened, but there was a distinct moment in my journey as a student when I started to think like an occupational therapist. Driving home from my term 3 placement one night, I resorted to activity analysis to help explain the anxiety I had experienced that day. I turned the problem over in my head:

Alright, I know how to do a standing pivot transfer. I've read about it in Pedretti's. I've seen my preceptor do at least 3 of them, and there was that time in class when I performed one with a standardized client. I should be all set. I have the motor-plan for the transfer, muscle strength and endurance, check; attention and initiation, check; visual-perceptual skills, check. What's left? The P from the PEO model has three categories: physical, cognitive, and affect. That's what I'm missing-affect. Pulling into the driveway of my house, it dawned on me how self-efficacy influences occupational performance.

As a student therapist, one of the greatest challenges I have faced is a lack of confidence in my clinical skills. Having shared this information with a recent preceptor, she responded in a way that profoundly impacted me. In reply to my admission, my preceptor shared a story from her first year of clinical practice. She described in detail how nervous

she was when she first worked with her clients. She explained how over time she had grown more confident in her abilities, and most importantly for me, she said that she had no doubt that my experience would be the same. Learn to trust yourself, she mused. And I have been, slowly.

This is only one small example of the countless ways that my preceptors have helped me to progress in my development as a



therapist. In my opinion, their empathy is the greatest thing they have brought to our relationship. Each of my preceptors in their own unique way has demonstrated a desire to meet me where I am—recognizing both my strengths and my limitations. Above all, they have given me hope that one day I too will be a good therapist. In a way, it's not that different from what they do with their clients on a daily basis.

Andrew Mantle is a second year MScOT student at McMaster University in the School of Rehabilitation Science. He earned his undergraduate degree in Kinesiology at the University of Waterloo. Andrew is currently completing an evidence-based project: exploring ways to improve the provision of education about Alzheimer's disease for front line staff in long term care facilities, and has practice interests in Mental Health and Geriatrics. Andrew is a candidate for graduation this year.

Andrew makes his home in Kitchener with his wife, Bethany. His 'spare time' interests include exploring the vast realms of theology and philosophy, and maintaining a music review blog.

2010 PRECEPTOR WORKSHOP

Stay tuned for the upcoming invitation coming your way—the date has now been set for Thursday, May 20, 2010 in the afternoon and electronic invitations will be coming soon!

This workshop will highlight strategies and resources for working with students struggling in fieldwork and a presentation about *Compassion Fatigue*. Please RSVP when you receive the invitation. The capacity of the venue

is 55 and we'd like you to come as one of valued preceptors!

...upcoming workshop topics include

*Supporting students who struggle and
Compassion Fatigue...*

MCMASTER UNIVERSITY SCHOOL OF REHABILITATION SCIENCE OCCUPATIONAL

Please contact us with questions,, ideas and submissions whenever you can:

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Andrea Morrison and Anne Murphy-Turliuk are also contributing their time and expertise in clinical education activities.

We are happy to be working together with Andrea & Anne.

*What on Earth??? The answer is
c. this is an antique printing press c. 1900...*

thank goodness we have easier tools for our hOT off the press publication!



We're on the Web!
www.discovermacotfieldwork.ca/

Did You Know... ?

The MScOT program provides a stipend to all preceptors who supervise student OTs during placements.

This is called the Professional Development Allowance (PDA) and is intended to support you with funds that you can use toward courses, books and other resources, your COTO membership, and other activities that enhance your professional development.

For more information about the PDA, check the MScOT Clinical Education Website at :

<http://www.discovermacotfieldwork.ca/>

2009 PRECEPTOR WORKSHOP

Annual interprofessional workshops are offered. We invite you to provide topics that would interest and assist you in your roles as clinical educators in placements!

Some of our recent topics have included introductions to resources such as the Preceptor Education Program (www.preceptor.ca) and electronic remote library resources and searching, which is available to Professional Associates of the School of Rehabilitation Science—please check out our website for details on becoming a Professional Associate:

<http://www.discovermacotfieldwork.ca/>

Other topics have focused on “The Joy of Students: Optimizing the Preceptor Experience”.

Please keep posted on the website and this Newsletter for details of the upcoming 2010 Preceptor Workshop—your invitation will be coming along sometime in March or April 2010.

Below, Our 2009 Preceptor Workshop Team:

Sara Gallagher, Gioia di Vincenzo, Lorie Shimmell, Verna Pillai & Bronwen Thomas.



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