

Placement profile

Names and roles **Amy Smith, Student Physiotherapist**

Organisations **University of Essex**



Placement overview

I was on placement on a stroke ward in the hyper-acute unit. I was dealing with the initial neuro assessments as opposed to the rehabilitation side of stroke. About 2 weeks into my placement, I had to isolate and was then working from home. I was set a lot of work to complete virtually which contributed to my hours. I had case studies, presentations, assessment predictions and clinical reasoning forms. All of this helped solidify my knowledge so then when I went back to the ward after my isolation period I felt more confident in what I was doing and why.

Supervision

1:1, Face to face and remote long arm supervision

Lessons learnt:

1. Working virtually does not have to be a negative experience and can be beneficial.
2. Don't be afraid to discuss your clinical reasoning with your educator, ask your educator if you're unsure of anything.
3. Making time to reflect on your practice will improve your confidence, especially in a fast paced environment.

Top tip for others:

- If you do a virtual placement, I'd really recommend asking for as much work as you can manage as it keeps you thinking in a clinical way, with the added bonus of having extra time for your clinical reasoning and evidence based practice.