

COMMUNITY CLINIC: EAST STREET GP PRACTICE

INTRODUCTION TO THE CLINIC:

Welcome to East Street clinic, which is located in a GP centre within the primary care trusts of Southwark and Hackney and offers free osteopathic treatment to patients with a GP referral. This is a student lead clinic providing students with greater professional responsibility for the care of patients in osteopathic practice, whilst becoming familiar with the concept of clinical uncertainty in the professional setting of osteopathic practice with appropriate guidance and support.

The practice is usually busy with back to back patients, and also other practitioners such as GP's, waiting to use the rooms when we have finished, so good time management skills are imperative.

Students work in pairs and commonly see patients with a wide range of medical conditions and psycho-social issues, and so providing a rich environment for student learning. Students also have access to the patients' NHS files and so East Street provides an excellent opportunity to develop your skills as a clinician.

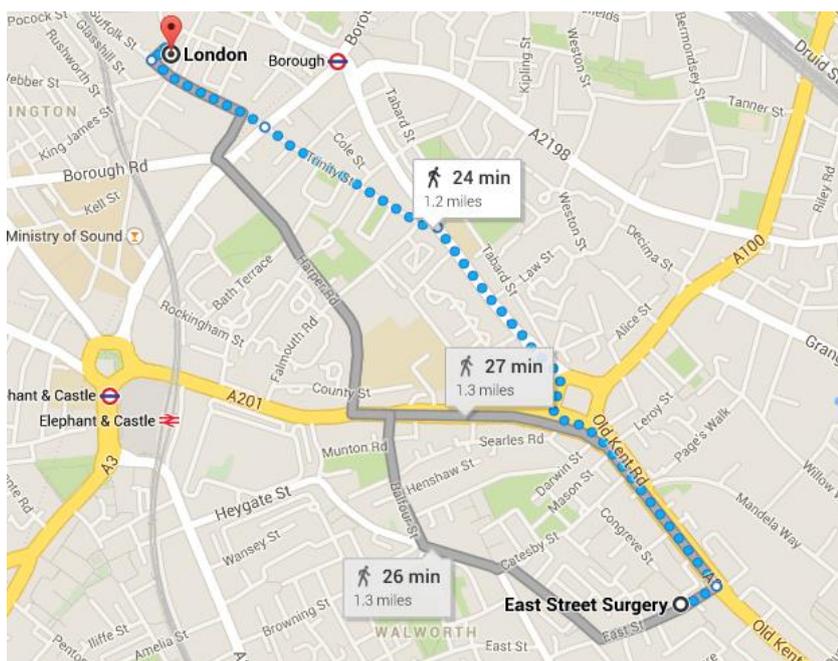
CONTACTS:

Community Tutor Munish Bhalla m.bhalla@uco.ac.uk

CLINIC LOCATION:

East Street GP Surgery, 301 East Street, Walworth SE17 2SX

Please travel together with your colleagues in the minimum of pairs and ensure to keep to the main roads. Please find below some suggested routes:



CLINIC TIMES:

Wednesday and Friday Afternoons: 14:00 – 17:00

Students are expected to arrive at 13.45 at East Street

APPOINTMENT TIMES:

14:00 – 17:00 (NP 1 Hour; OP 30min; 3 lists)

MEETING POINT:

Week 1: Meet with Munish Bhalla at UCO clinic reception at 1.15 pm to walk down to East Street.

Week 2: Meet directly at East Street surgery for a 1.45 pm start. Students should walk together from a designated meeting point at UCO clinic reception.

ROTATION PERIOD:

Full term / 1-2 weeks Holiday Periods

OPERATIONAL INFORMATION:

Each consultation room has a computer system that will allow you to access patients records as well as alerting you to when your next patient arrives and how long they have been waiting. You will need to log in when pts are picked up from reception and when they leave the treatment room as this will help monitor if you're running to time with your lists and is also a fire safety regulation requirement of the GP practice.

Students tend to alternate being the lead practitioner with patients, allowing them to "catch up" on any notes that have not been completed in the previous session. Students usually stay in their designated treatment rooms with the tutor moving between the rooms as required. No manipulation (HVT) should be performed without the tutor present in the room.

In the event of any problems or concerns arising before, during or after the afternoon clinical session the student should initially send the observing student to find the tutor whom will either be in the team point upstairs, reception downstairs or supervising the other students in the group.

Students are expected to bring all relevant kit and equipment for the session. This should include a full DCP kit. Students may at times be expected to bring the laundry back to the UCO and students will need to decide a rota between themselves for this task.

CLINIC ATTIRE:

Normal clinic attire, please see the Student Clinic Handbook for more info:

http://intranet.uco.ac.uk/guidelines_and_handbooks/

ATTENDANCE:

If you are unable to attend, please email Student Absences and copy the tutor in, or phone UCO Clinic Reception; for more information, please see the Attendance Policy:

http://intranet.uco.ac.uk/policies_and_procedures/

NB It is especially important that 2 students are available for each consultation, to provide peer support and to ensure the smooth running of the clinic, so please ensure you attend. If attendance is not possible, please make every effort to inform Reception as soon as possible.

RECOMMENDED READING:

Amarins J. Wijma PT, PhD, C. Paul van Wilgen PT, PhD, Mira Meeus PT, PhD

& Jo Nijs PT, PhD (2016): Clinical biopsychosocial physiotherapy assessment of patients with chronic pain: The first step in pain neuroscience education, *Physiotherapy Theory and Practice*,

DOI: 10.1080/09593985.2016.1194651

Fawkes, C and Carnes, D. (2012). What is the relevance of coloured flags to osteopathic practice? National Council for Osteopathic Research.

Ref: <https://jonathanharseydotnet1.files.wordpress.com/2012/10/flags1.pdf>

AIMS AND OBJECTIVES:

- To enable you to take greater professional responsibility for the care of patients in osteopathic practice, whilst becoming familiar with the concept of clinical uncertainty in the professional setting of osteopathic practice, with appropriate support and guidance.
 - To encourage you to develop practice management skills within the context of a multi-professional approach to health care and apply these skills critically and reflectively.
 - To facilitate you to become competent in developing reasoned osteopathic hypotheses that explain patients presenting symptoms and demonstrate an ability to integrate a broad range of knowledge appropriately.
 - To enhance your skills of osteopathic evaluation and enable these skills to be applied in a balanced, critical and reasoned fashion.
 - To enable you to formulate appropriate, effective osteopathic management and treatment plans for the vulnerable and/or elderly within the context of multi-professional approaches to health care.
 - To develop inter and intra professional communication skills in support of patient care.
 - To expand the application of reflective practice in guiding your progress and development.
 - To gain a basic understanding of x-ray, MRI and CT images and reports and how they inform patient care.
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LEARNING OUTCOMES:

- Recognise, interpret and evaluate the multi-factorial nature of presenting patients so as to develop reasoned diagnostic and conceptual hypotheses appropriate to the individual with minimal supervision.
- Demonstrate, in a reasoned and logical fashion, the ability to examine a patient using a range of appropriate examination processes and techniques and critically analyse your findings in relation to other data available to you.
- Demonstrate, with minimal supervision, the ability to engage in clinic reasoning using a range of evidence to help formulate an osteopathic evaluation for your patients, and to justify your knowledge base.
- Identify, prioritise and manage patients with minimal supervision who present with a combination of factors, and devise an appropriate range of management strategies, which may then be explored with the patient.
- Identify and apply a range of management approaches to patients with dysfunction of the respiratory, cardiovascular, gastrointestinal and reproductive systems.
- Develop relevant and appropriate manual treatment strategies with minimal supervision taking into account the complexity of the biomechanical as well as psycho-social aspects of the patient's problems.
- Identify, manage and take responsibility as a professional for the clinical decision making process within agreed guidelines and with minimal supervision.
- Communicate effectively and professionally with all relevant parties involved in the care of the patient.