

Physiotherapy student Primary Care Case Study



University of Portsmouth Physiotherapy student final placement experience in Primary Care

Summary

Physiotherapy students had their final placement at the Peartree Practice in Bitterne. They worked with a 2:1 model which worked extremely well. Both students were motivated to work hard and both achieved fantastic grades. The thought of the First Contact Practitioner (FCP) role was quite daunting for them prior to the placement, but they felt well supported and felt that the educator (Victor) was able to share his knowledge in an accessible way for them. It made an ideal final placement and exposed them to the advanced roles that physios can have, so was inspirational.

Placement overview

we were working alongside a FCP who saw MSK patients, they assessed the patient, made appropriate referrals and could also refer for X-ray as well as prescribe medications.

We would make the plan for the patient and then the FCP would complete the plan. The practice has a messaging service so the FCP could discuss medications, send the exercises and details for X-ray etc.

I would alternate seeing each patient with the other student so had time to write the notes after each appointment. When we were on our own, we had longer appointments. The FCP was also able to read the e-consults when booking appointments to ensure they were appropriate for students to see. He would also message the patient before seeing them to ensure they were ok to be seen by students (only for the last week).

Learning points and reflection

Generally, the progressive nature of what we were expected to do each week was good and felt well supported- I did do extra reading to ensure I was ready to take patients on my own though and ensured I knew about a number of different diagnoses.

Overall, the placement was good for practicing subjective/objective/notes. We also learnt a lot about when to X-ray, do bloods, when to refer on, different analgesia and steroid injections, although were not expected to discuss medications. The role felt like a triaging role ensuring the patient gets to the right place if requiring more intensive physio rather than seeing the patient regularly and following their rehab like I have seen in private practice.

Contact

If you are a GP practice/PCN who are interested in pre-registration placements of wider workforce, please contact england.primarycareschooltvw.se@nhs.net