

# Fieldwork Site Profile (FS-PRO): Learning Opportunities and Resources

Please fill in and return to your affiliated university occupational therapy program.

## Site and Contact Information

Name of site: Accès Physio

Name of program/sector: Private Clinic (Outpatient ortho + vocational)

Name of contact person: Tanya Bartczak

Title of contact person: occupational therapist

Address: 3507 Blvd Marie-Victorin, Ville Ste-Catherine

Phone\*: 450-632-0000 Fax\*: 450-632-2600

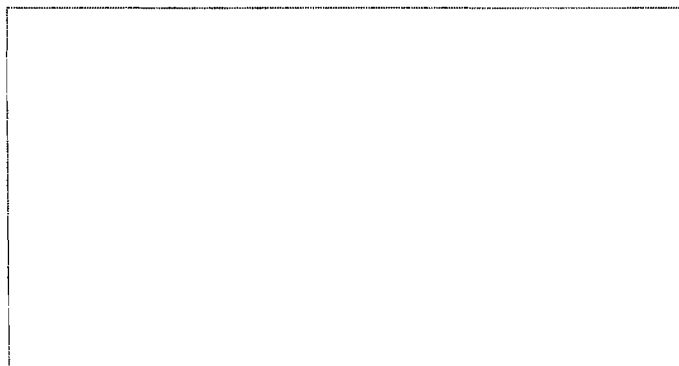
E-mail address\*: tanyabartczak@hotmail.com

Web site: www.accesphysio.com

Supporting material about the site and occupational therapy services attached  
(e.g. pamphlet, brochure, fact sheet) → OT roles

\*of contact person

If you have any questions or comments, please contact your university representative:



A member of the University Fieldwork Coordinators Committee (UFCC), a sub-committee of the Association of Canadian Occupational Therapy University Programs (ACOTUP)

# Fieldwork Site Profile (FS-PRO): Learning Opportunities and Resources

*Copy and complete for individual location or program as appropriate.*

Name of program / site: Accès Physio

*(if different from page 1):*

Contact information if different from page one:	Location of occupational therapy services in the building:

## Characteristics of Occupational Therapy Services:

1. Occupational therapy services are organized on:  an O.T. department basis  a program basis  
 No O.T. on site  other: only DOT on-site  
*(I am by myself)*

*Description (e.g. the mission and vision of your organization, occupational therapy philosophy and role of occupational therapy within your organization):*

*Vision Statement of Accès Physio "À l'ombre des douleurs et des limitations, il y a l'être, Accès Physio soigne et comprend."*

*"You inspire people by enabling them to believe in themselves" - T. Bartzak, 2004*

2. System(s) / services in which you practice:  Public sector  Private practice
- |  |  |                                       |
|--|--|---------------------------------------|
| <input type="checkbox"/> Rehabilitation centre | <input type="checkbox"/> Outpatient clinic | <input type="checkbox"/> Hospital     |
| <input type="checkbox"/> Long term care centre | <input type="checkbox"/> Home care         | <input type="checkbox"/> Day hospital |
| <input type="checkbox"/> Insurance industry    | <input type="checkbox"/> Community setting | <input type="checkbox"/> School       |
| <input type="checkbox"/> Other: _____          |  |                                       |

3. Occupational therapy roles:  Direct care  Indirect care  Consultation  Research  
 Administration  Other: \_\_\_\_\_

4. Client life span:  Children  Adolescents  Adults  Older adults

### Characteristics of Occupational Therapy Services (continued):

5. Client conditions:     Mental health     Physical health     Combined     Other

*Please list common client issues :*

- see list attached

6. Occupational therapy focus:

*Please describe common areas of practice, interventions and programs :*

- see list attached (Acute, sub-acute + chronic roles)  
- plus PGAP and upper limb splint fabrication  
- pool therapy

7. Hours of operations: variable. 8<sup>30</sup> to 4<sup>00</sup> or 10<sup>00</sup> to 5<sup>30</sup>

8. Total number of occupational therapists working at/for your site:

Full Time: 1     Part Time: \_\_\_\_\_

9. Support personnel (e.g. OTAide, rehab assistant)?  yes     no    If yes, how many: \_\_\_\_\_

## Learning Opportunities and Resources for Students:

1. Access to a library (either on or off-site) :  yes  no
2. Internet access:  yes  no
3. Other learning opportunities and resources for students (please list):

(e.g. interprofessional contacts, field trips, resource binders):

Resource binders, DVDs, books  
 Interprofessional contacts (physio, MD, acupuncture, massage therapist, orthotics specialist)

4. Please state your general learning and performance expectations of students (other than the ones from the University) to assist them in preparing for fieldwork education at your site.

- understand the CSST system, procedures, OT mandate
- appropriate progress notes (narrative) and SOAP (for CSST reports)
- be ~~ex~~ able to explain / educate clients on their injuries + limitation
- pain and activity log: teach clients' its use, make appropriate recommendations
- Reassure clients + motivate them to be active. Establish a therapeutic relationship
- Supervise exercise programs, be able to modify them. Teach postural training + energy conservation methods

### Administrative Resources:

1. Orientation session offered upon students arrival:

yes  no, it will be available on (specify date): \_\_\_\_\_

2. Space and resources available to students (phone, desk, workstation, etc.):

workstation, phone,

3. Policies and procedures information available:

yes, location: resource binder at reception

no, it will be available on (specify date): upon arrival (to be read)

4. Health and safety policy in place:

yes  no, it will be available on (specify date): in resource binder at reception

5. Emergency procedures information available:

yes, location: resource binder

no, it will be available on (specify date): \_\_\_\_\_

6. Contingency plan available (for absent fieldwork educator during placement):

no, it will be available on (specify date): \_\_\_\_\_ I am only OT on site.

yes. Please outline its major characteristics:

### Administrative Resources (continued):

7. Continuing education plan in place for occupational therapists on site:

no, it will be available on (specify date): \_\_\_\_\_

yes. Please outline its major characteristics:

*Please outline your site's continuing education policy or describe how occupational therapists remain current in issues that impact their professional practice. Also, describe use of evidence based practice:*

*The employer encourages (and pays for) ~~ongoing~~ continuing education. I am presently enrolled at the University of Sherbrooke for a second MSc but one diploma at a time: "Rehabilitation and return to work" being done this year.*

### Amenities Available to Students:

1. Cafeteria:  yes  no

2. Kitchen facilities:  microwave oven  refrigerator  other: \_\_\_\_\_

3. Locker:  yes  no (shared)

4. Bicycle rack:  yes  no

5. Parking:  yes, cost: NONE  no

6. Public transportation available:  yes  no

7. Other (please list):

(e.g. accommodation for students)

Site: \_\_\_\_\_

### Site Requirements for Students:

1. Immunization:  yes  no If yes, specify in box below.
2. Criminal / police record check:  yes  no If yes, specify in box below.
3. Dress code:  yes  no If yes, specify in box below.
4. A car is required during placement hours:  yes  no  
 If yes, describe the site "gas reimbursement" policy for OT students, in the box below.

Please specify additional information and/or requirements (e.g. mask fit testing):

No jeans, No T-shirt/tank tops  
Long sleeved or polo style shirt  
No running shoes

### Message to Students:

Please add anything else you would like students to know or prepare for prior to starting a placement at your site.

Pre-placement information package sent to student (e.g. reading list or material, schedule):  yes  no

### Signatures:

Profile completed by: Tanya Bartczak, OT, MSc (Name and title) date: April 25<sup>th</sup> 2006

My organization wishes to offer placements to occupational therapy students from:

my affiliated University  Canadian universities  International O.T. programs

For fieldwork education purposes, I hereby authorize my affiliated university occupational therapy program to forward the information included in the FS-PRO to students and fieldwork coordinators from other occupational therapy programs.

I shall ensure that students will be supervised by qualified occupational therapists who have a minimum of one year of professional experience, and hold credentials with their provincial regulatory body.

Signature: Tanya Bartczak date: Apr 25, 06

# Fieldwork Site Profile (FS-PRO): Learning Opportunities and Resources

*Reflection and feedback form for partnership renewal*

Name of program / site: \_\_\_\_\_

*The contents of this page will not be shared with students.*

Site representatives will be provided with feedback on their fieldwork education program by the university fieldwork coordinator every 5 years. Fieldwork educators are asked to reflect on this feedback and their own experiences with their fieldwork education program, and then to complete the following form. The information obtained will be used as a basis for discussion by the university fieldwork coordinator and the site representative. The ongoing exchange of this nature will facilitate quality improvement and ongoing partnership in fieldwork education.

## Areas for Improvement

*(Upon renewal and/or update of FS-PRO)*

1. Comment on or suggest improvement to the university's fieldwork education program:

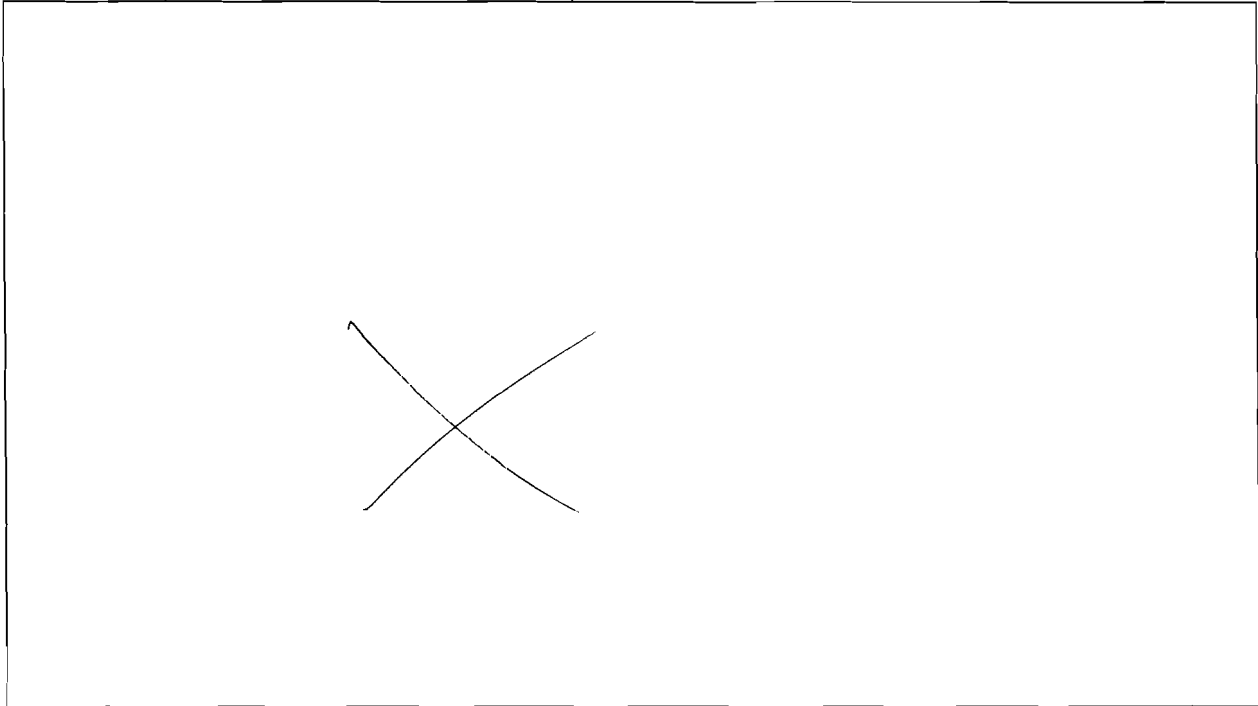
Please ensure that the students know how to use the CBFE + set personal goals with SMART formula (specific, measurable, attainable, realistic, time-lined).

Please make "level 1 through 3" objectives available in the CBFE format (eg. objectives per competency)

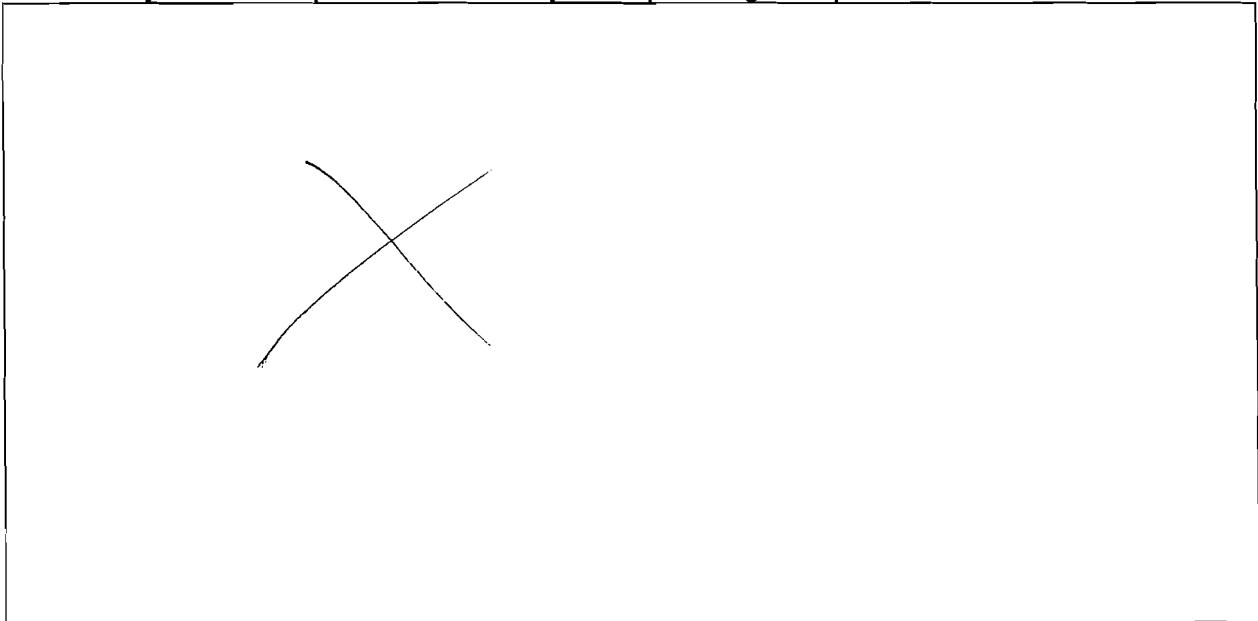


Site: \_\_\_\_\_

2. Which area of your fieldwork education program needs to be developed and/or improved in order to optimize the overall fieldwork experience?



3. What objectives and plan of action will you be pursuing to improve identified areas?



Form completed by: Tanya Bartczak, OT, MSc  
(Name and title)  
Signature: Tanya Bartczak date: Apr 25, '06

**SITE:** Accès Physio offers rehabilitation services throughout 5 clinics located in Ste-Catherine, Chambly, Blainville and Laval(2). Accès Physio Ste-Catherine offers rehabilitation services by an interdisciplinary team composed of an occupational therapist and four physical therapists who work closely together. Services of acupuncture, massage therapy and orthotic-prosthesis fabrication are also accessible.

**CLIENTELE:** The occupational therapy clientele consists mostly of CSST and SAAQ, with a few private clients. The conditions that are treated include: back pain (lumbago, herniated disk, cervical sprain, sciatica), tendonitis, capsulitis, bursitis, epicondylitis, carpal tunnel syndrome, fracture, sprain, post-surgery, amputation, laceration (risk of hypertrophic scars), crush syndrome, and chronic pain (fibromyalgia, arthritis).

**PHYSICAL:** Treatments are oriented towards a prompt return to work. Activation is encouraged through daily exercise program participation (ex. walking program, stretching program, pool therapy session, flexibility, strengthening, endurance, neuromuscular control, dexterity, sensitization/desensitization, integration of stabilizer muscles, coordination, and reflex training). Scar and oedema management is done and showed to clients. Low temperature thermoplastic static splints are made on site with appropriate follow up.

**COGNITIVE/AFFECTIVE:** Clients are taught pain management techniques: the identification of pain stimulants and timed integration of pain management strategies. Energy conservation and appropriate compensation techniques in order to improve quality of life through an increased participation in ADL and IADL are reviewed. Postural hygiene is reviewed when necessary. Postural re-education, biomechanics and educating clients on ergonomic principles for work-station adaptation is done as needed. The client's psychosocial factors are screened in order to detect if they cause a handicap for a return to work. These are addressed through assertive communication training, stress management and sleep management principles (ex. appropriate postures, establishing a sleeping routine). The client learns about the pathology and on the importance of client responsibility in the rehabilitation process. The medico/administrative steps and procedures are explained to the client to limit frustrations with the system. The pool sessions also allow for a social experience where the clients receive support from one another.

**ENVIRONMENT:** Work task simulations, while respecting physical capacities/limitations are encouraged in order to enable the client to understand their limits and integrate the techniques taught (postural, ergonomic, adaptations). This also permits the limits, if any, to be objectified, in order to make appropriate recommendations (ex. setting limits, workstation modification, task modification) to the treating doctor. The client's employer is contacted in order to verify their level of collaboration and the possible light duty or temporary work assignments possible for the worker. Follow-up is done with the employer as needed.

[www.accesphysio.com](http://www.accesphysio.com)

## Traitements pour les patients CSST, SAAQ & Privé

- Maux de dos (lombalgie, cervicalgie, sciatalgie, hernie)
- Tendinite, capsulite, bursite
- Épicondylite, tunnel carpien
- Fracture, entorse et post-chirurgie
- Amputation, lacération (risque de cicatrice hypertrophique) et écrasement de la main
- Douleur chronique (ex. Fibromyalgie, Arthrite)

## Le rôle de l'ergothérapeute dans la phase AIGÛE

- Activation en respectant les capacités physiques (ex. programme de marche, étirements, piscine)
- Enseignement des méthodes de compensations appropriées pour améliorer la qualité de vie et la participation au AVQ et AVD
- Rééducation posturale et enseignement des principes ergonomiques pour l'adaptation d'un poste de travail
- Enseignement de la gestion de douleur, l'identification des irritants et l'intégration des stratégies (quoi, quand, comment, duré)
- Dépistage psychosocial et des indicateurs de handicap pour un retour au travail
- Enseignement des principes de gestion du stress et du sommeil (incluant postures appropriées)
- Communication avec l'employeur pour vérifier la possibilité de travaux légers et/ou assignation temporaire, tout en dépistant leur niveau de collaboration
- Enseignement sur la pathologie, l'importance de la responsabilisation du patient dans le processus de réadaptation, et les étapes/procédures médico-administrative
- Gestion d'œdème et cicatrice
- Fabrication d'orthèse en thermoplastique pour favoriser le positionnement, le repos et une protection

## Le rôle de l'ergothérapeute dans la phase SUB-AIGÛE

- Activation en clinique, à la piscine, et à domicile
- Programme d'exercices (assouplissement, renforcement, endurance, stabilisateur, dextérité, sensibilisation, coordination, réflexe)
- Simulation de tâches de travail en respectant les capacités physiques pour déterminer s'il faut établir des limites pour le retour au travail
- Enseignement biomécanique des techniques de travail personnalisé pour minimiser la dysfonction
- L'intégration au travail et suivi avec l'employeur
- Suivi de l'orthèse

## Le rôle de l'ergothérapeute dans la phase CHRONIQUE

- Activation et programme d'exercices
- Simulation de tâches de travail et suivi pour le retour au travail
- Enseignement des méthodes de compensation au besoin