

# Placement profile

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## Placement overview

THRIVE is a student led telehealth coaching service that was set up in conjunction with Age-UK Wakefield and ASPIRE during the COVID-19 pandemic. It is designed to help older people whose health and wellbeing has been indirectly impacted by the pandemic.

The placement involves providing the students with intensive training in a variety of areas including; health coaching, exercise adherence, anxiety management and goal setting. The students work in inter-professional pairs of Occupational Therapists and Physiotherapists. All of the calls are closely supervised by the team of physiotherapy and occupational therapy academics. The placement also includes the students in the service development, research and peer learning.

A typical week on placement involved students working in teams of 4 to complete projects that are designed to improve the service. One of these sessions is supervised. Students will do approximately 2 -3 health coaching calls as an inter-professional pair a week via zoom under the supervision of a clinician. They will complete all the administration involved in this and get any plans and reflections on calls viewed by either the named clinician or their placement tutor. All interventions will be discussed in a session with a qualified clinician and their peers. Once a week students share their experience with everyone in the group (peer learning). Every week they must submit a reflection. They will have 2 or more training sessions usually to do with health coaching or/ goal setting/ exercise prescription.

**Supervision:** 5 (or more):1, peer-learning, whole team supervision, long-armed supervision and inter-professional learning.

### Lessons learnt:

1. Learning how to use health coaching has been what the students say they have enjoyed the most
2. The use of inter-professional pairs has worked really well as a source of peer support and encouraged the development of different skill sets
3. The students say they feel involved in the development of the placement and that their feedback is acted upon

### Top tips for others:

- “You need adequate admin support and IT systems”
- “Don’t assume that the students have IT skills”
- “Having more peer support and learning about health coaching has seemed to really help the more anxious and shy students to gain in confidence”