

Placement profile

Names and roles Linzy Houchen-Wolloff, Research Physiotherapist Centre for Exercise and Rehabilitation; Jakub Zatloukal, Physiotherapist; Charlotte Carter-Lang, Physiotherapy Lecturer/ Practitioner

Organisations University Hospitals of Leicester NHS Trust and University of Leicester



Placement overview

This split placement was developed collaboratively between Research Physiotherapist Linzy Houchen-Wolloff of University Hospitals of Leicester NHS Trust and Charlotte Carter-Lang, Physiotherapy Lecturer Practitioner at the University of Leicester. The placement happened pre-Covid-19 when student physiotherapist Shani Hector was in her second year of study. The organisation has continued to welcome students onto this type of placement throughout the pandemic, risk assessing for face to face contact.

Shani spent 3 days a week within the Trust's pulmonary rehabilitation clinical service and 2 days a week as part of their associated Centre for Exercise and Rehabilitation Science (CERS) Research Team.

Clinically, she worked within a multi-disciplinary team providing rehabilitation to patients who had chronic lung disease and multifactorial breathlessness. A range of patient contact was possible dependent on clinical need and risk including face to face, phone calls and video calls.

The time spent in the research team allowed Shani to work on a research project using data she collected from clinical practice. The research question evolved throughout the placement, with Shani producing a research abstract and presentation by the end point. The title for this was, '**Home-based and hospital-based pulmonary rehabilitation in patients with COPD – does the location influence completion rates?**' The work was selected and presented as a poster at vPUK and can be viewed [here](#).

Supervision: 1:1 face to face. Moving forward they plan to trail as a 2:1 model, with 2 students to 1 practice educator

Lessons learnt:

1. Working collaboratively between University and NHS Trust to create the placement
2. Embedding the importance of research at a pre-registration level
3. Direct application of research to practice with the generation of a meaningful research question

Top tips for others:

- "Choose a research dataset in advance of the placement, this will allow the learner to develop a research question around it"
- "Set up a day by day plan each week for topics to be covered and provide background reading"
- "Be clear about what the learner is being asked to complete – this will likely be a new area of practice to them and setting expectations from the outset will help everyone"