

Placement profile

Names and roles: David Amarteifio and Isabel Taylor-Gallardo, Physiotherapy students



Organisations: University of Brighton

Placement overview:

David: My leadership placement was called 'Bridging the gap to leadership' and it was a collaborative placement project with the University of Brighton and Canterbury Christchurch University. The aims of this project was to help bridge the attainment gap for students from black, asian and minority ethnic backgrounds in higher education and to create resources for practice educators on how to support students from different backgrounds on placement. The placement allowed us to work on our leadership skills whilst giving us opportunities to explore and understand the research process, develop our presentation skills, giving us an insight into non-clinical roles and working as a team to create projects. A typical week on this placement involved meeting with our supervisors and then grouping together with my peers to create tasks for the week. As well as this, we met with allied health professionals (AHP) or members of the equality, diversity, and inclusivity group help shape our projects. Being on this placement has been a very insightful experience, not only have a learnt about non-clinical aspects of work within the NHS as AHP but I have also learnt a great deal about myself on this placement.

Isabel: The virtual placement was generally 8-5 pm depending on the work that we needed to prioritise, with some evenings and mornings to attended conferences and meetings across Sussex. The three projects included:

- 1) A podcast with guests discussing issues relating to equality, diversity, and inclusivity, with reference to relevant literature and how this can be used to inform people's practice.
- 2) Organising and running a live webinar for practice educators on how they can help support students from a Black, Asian and minority ethnic background on placement.
- 3) Running a focus group and looking at the research process through submitting a Brighton Research Ethics Application, recruiting for participants, and developing questions for the discussion.

I had my own outcomes/goals relating to developing a personal leadership style, improving my networking skills to promote our resources, gaining confidence to present to different people in different roles, searching for and drawing on current literature and evidence and referencing this to support my ideas throughout.

Supervision: 3:1 - Remote/long armed supervision

Lessons learnt:

1. Organisation is key
2. Network, there are lots of people that are willing to promote change
3. Use evidence based research to underpin your practice
4. Be open to the new challenges
5. Trust yourself

Top tips for others:

Take every opportunity given to you, as this will help you with making a large network.

Take regular breaks to be away from the computer screen.

Set up objectives for each day in the morning.

Do not be afraid to voice your thoughts or opinions.