# Placement Profile

<table>
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<th>Clinical area</th>
<th>Teddington Twickenham &amp; Hampton CMHT for Older People</th>
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</table>
| 2. | Placement address | Twickenham CMHT for Older People  
Teddington Health & Social Care  
18 Queens Road  
Teddington, TW11 0LR  
020 8614 5411 or 5401  
020 8614 5455 |
|   | Telephone number |  |
|   | Fax |  |
| 3. | Practice Placement Educator:  
name and email contact details | Zoe Harvey-Lee  
zoe.harvey-lee@swlstgtr.nhs.uk |
| 4. | Placement Coordinator:  
name and contact details | Jane Smith 0208 682 6362  
Jane.smith@swlstg-tr.nhs.uk |
| 5. | OT student trust Induction Information.  
This includes trust policies, forms and templates and general useful information. | Visit the student pages on our trust website  
http://www.swlstg-tr.nhs.uk/for-health-professionals/education_and_training/training_for_physical_and_occupational_therapists/  
User name and password are both swlstgotppe  
www.swlstg-tr.nhs.uk |
|   | Pre placement visit | It is strongly recommended that a pre placement visit is undertaken as this will help both student and Zoe to prepare, in order to get the most from the placement |
| 6. | Accommodation availability | See www.swlstg-tr.nhs.uk |
| 7. | Travel  
Maps/site details eg ‘preferred routes’ (safest routes)  
Public Transport  
Parking facilities eg permits required | See www.swlstg-tr.nhs.uk for trust maps. These are not found in the student section, instead go to:  
> About the trust  
> Find a trust site  
**Placement specifics:**  
There is limited parking space for staff. Parking is best along the Stanley or Queens Road. Be prepared for traffic in the area being very bad at rush hour, so allow extra time to get to your destination.  
The site is otherwise well served by buses and trains.  
The majority of your travel will be undertaken with Zoe in her car. However in order to get the maximum from your placement you may need to travel independently on occasion, the expenses for which you will have to cover yourself. If you plan to use your own car on these trips then you will need to check your insurance policy covers this type of use.  
On your first day you will be given a swipe card that will allow you access to the building |
| 8. | Office Space | The CMHT office is open plan and the student will be asked to use a “hot desk” with access to a computer.  
The building is disability accessible.  
The office is also air conditioned and in hot weather can be a little chilly so bring additional layers of clothing. |
| 9. | **Dress** | See [www.swlstg-tr.nhs.uk](http://www.swlstg-tr.nhs.uk) for trust policy.  
**Placement specifics**  
Please take care of note of the Trust’s policy on dress. You will not be required to wear a uniform and there are no additional clothing needs. However note that the policy states that there is an "expectation of staff to present an image of professionalism that inspires confidence and trust". The team therefore tends to adopt a dress style best described as smart casual, that will inspire confidence in the older population found in a broadly affluent area of London. This includes not wearing trainers, and it is preferred that men in the team wear a shirt and tie. You will also need to wear your student ID badge. |
| --- | --- | --- |
| **Style of dress expected of student**  
**Additional clothing required e.g. swimming costume, gardening clothes** | **Placement specifics** | **Placement specifics:** On arrival a list of anticipated support groups during placement will be provided.  
If you wish to disclose a disability it would be appreciated if you could let Zoe know of any “reasonable adjustments” that will need to be arranged, so that these can be organised in advance of your starting date. |
| 10. | **Student support including students with a disclosed disability** | See [www.swlstg-tr.nhs.uk](http://www.swlstg-tr.nhs.uk) for student support group/seminar details and additional support for students with a disclosed disability.  
**Placement specifics:** On arrival a list of anticipated support groups during placement will be provided. |
| **See [www.swlstg-tr.nhs.uk](http://www.swlstg-tr.nhs.uk) for trust libraries and application form** | **Placement specifics:** | **Placement specifics:** On arrival a list of anticipated support groups during placement will be provided.  
If you wish to disclose a disability it would be appreciated if you could let Zoe know of any “reasonable adjustments” that will need to be arranged, so that these can be organised in advance of your starting date. |
| 11. | **General reading list** | See [www.swlstg-tr.nhs.uk](http://www.swlstg-tr.nhs.uk) for application forms (found under forms and templates) and policies.  
**Placement specifics:** | **Placement specifics:** On arrival a list of anticipated support groups during placement will be provided.  
If you wish to disclose a disability it would be appreciated if you could let Zoe know of any “reasonable adjustments” that will need to be arranged, so that these can be organised in advance of your starting date. |
| 12. | **IT Access – email and internet**  
**Río (Trust electronic data base)** | **Placement specifics:** | **Placement specifics:** On arrival a list of anticipated support groups during placement will be provided.  
If you wish to disclose a disability it would be appreciated if you could let Zoe know of any “reasonable adjustments” that will need to be arranged, so that these can be organised in advance of your starting date. |
| **Before completing the application forms please ensure you have read the trust policies as follows:** | **It is very important for all students to start the process of gaining IT access at the earliest opportunity, once placement with the Trust has been confirmed. Waiting to set this up when placement has begun will be too late and may mean you have no IT access until well into the placement.**  
**Placements of 4 weeks or less do not need to apply for RIO training** | **Please complete forms and send to Zoe Harvey-Lee at the address above as soon as possible, and ring her if you have any queries. Alternatively these could be given to her on any pre placement visit.** |
| **The Health and Social Care Records Policy**  
**Data Protection Policy**  
**Information Sharing Policy**  
**Safe Haven Policy**  
**Email Policy**  
**Internet/Intranet Policy**  
**The Confidentiality Code of Conduct** | **Please complete forms and send to Zoe Harvey-Lee at the address above as soon as possible, and ring her if you have any queries. Alternatively these could be given to her on any pre placement visit.** | **Please complete forms and send to Zoe Harvey-Lee at the address above as soon as possible, and ring her if you have any queries. Alternatively these could be given to her on any pre placement visit.** |
| 14. | **Reporting point first day**  
**Who to report to if your supervisor is off.**  
**What to bring.** | **Please report at 9am on your first day unless otherwise agreed with Zoe.**  
Go to the main reception in the building. Ask the receptionist to telephone up to Zoe, who will come down to fetch you.  
Should Zoe be unavailable for any reason, then please | **Please report at 9am on your first day unless otherwise agreed with Zoe.**  
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Should Zoe be unavailable for any reason, then please |
Essentials to bring
Student ID Badge.
Please bring any documentation related to the placement and its assessment, including any report forms or those used to set up ½ way Academic tutorials and visits. Trust IT access details
Any formats for preferred reflective logs (if used)
Any learning aids you may need– dictionaries etc
Your university IT access details so you can log on.
Small notepad to carry about, and larger one for general notes

Optional extras
You may find it helpful to bring your COT membership number so you can access their resources.
A copy of any activity analysis checklists you like to use.
Ring binder file with dividers and plastic pockets.
Envelope folder for putting collected leaflets in.
Any articles/information/activities/resources you may wish to discuss

15. Usual working days and hours
   Time of meal breaks
   Study afternoon
Usual working hours are Monday – Friday 9am – 5pm. A ½ hour lunch break is the formal arrangement; however you will need to be flexible about taking this time around appointments. Zoe does not work on Fridays. Study afternoon periods will be discussed when initially looking at the placement timetable.

16. Clinical Information
   - Main diagnosis of clients.
   - Common interventions and activities utilised.
   - Models and approaches to practice
The placement is with an OT based with a Community Mental Health Team for Older People. The clients seen are almost all over 65 years of age and living in a community context.

Conditions experienced by clients seen by the team are across the range of mental health conditions but with an emphasis on dementia illnesses and depression.

The CMHT OT works out in the community in people’s homes. Commonly clients have a dementia illness and are visited by the OT 2 – 4 times. Work is on an individual rather than group basis. The OT model informing assessment and intervention is that of the Model of Human Occupation (MOHO - Keilhofner). Assessment is undertaken through client interview and observation and focuses on looking at their activities of daily living abilities at home or in community situations, and at any associated risks. Carers and other professionals will also be approached to provide collateral information. The assessment is informed by the MOHO MOHOST assessment tool. Intervention is that of an adaptive rather than rehabilitation approach that focuses on providing a more supportive physical and social environment. This is usually achieved by providing advice, signposting/referring to helpful agencies and providing minor aids and adaptations.

A percentage of the OT’s work is undertaken in a more Generic Mental Health worker role, which involves Care Coordinator responsibilities. However were possible this will not form a major focus of the placement, although opportunities to understand these responsibilities will be made available. The OT also has other commitments to staff training, Clinical Audit and Service development and
again this will be explored appropriate to the placement’s requirements.

In addition to time spent with the CMHT OT it is hoped that opportunities will be found for spending time with other members of the MDT, OTs in related areas of practice and visiting relevant community resources.

### 17. Specific reading list for placement

**Good to get a couple of recent journal articles on OT role.**

Books on the following topics would be useful. It is usually best to try to find those that are more recently published.

- Basic text on mental health conditions such as by Jennifer Creek - OT and Mental Health.
- Basic text on physical conditions such as by Anne Turner or Pedretti (as much of the OT input will be informed by physical health needs as well as mental health ones)
- Books that give an outline on dementia illnesses and depression.
- Basic psychology text that describes the brain and memory processes, also OT text such as by June Grieves on Neuropsychology.
- Wilson, G (1999) Living with Alzheimer’s Disease and similar conditions. (basic text)
- Finlay, L (1993) Groupwork in OT.

### 18. Particular areas of knowledge and expertise which you would wish students to prepare for in advance of the placement

**Pre placement reading expectations.**

It would be useful to familiarise yourself with information on the following, but do not worry that you will be expected to be an expert on them:

- The Brain and cognitive processes, particularly memory
- Model of Human Occupation and MOHOST & OCAIRS assessment tools.
- Activity analysis.
- Conditions in mental health, particularly dementia.
- The experience of aging – mental, physical and socio/cultural implications

There is an expectation that prior to starting the placement students will have read the basic fact sheets on common Dementia illnesses and associated topics – Alzheimer’s Disease and Vascular Dementia, available via [http://www.alzheimers.org.uk/site/scripts/documents.php?categoryID=200137](http://www.alzheimers.org.uk/site/scripts/documents.php?categoryID=200137)

And referred to the NHS site too:

[http://cks.nice.org.uk/dementia#topicsummary](http://cks.nice.org.uk/dementia#topicsummary)

**Web resources**

There are also any number of web resources and videos that provide helpful insights into the lived experience for those with Dementia and their families.
| 19. | **Restaurant and onsite facilities**  
    - what do others do for lunch. | There is no formal canteen on site. There is a place where lunch can be eaten and a microwave for heating things.  
        The team all tend to take their lunch on an ad hoc basis, often at their desk. However the site is in the centre of Teddington where there are lots of nice cafes and shops to purchase food. Tesco is also on the Teddington Broad Street, close by. You will need to bring your own tea, coffee and milk.  
        There are shower and changing facilities |
| 20. | **Additional Comments** | It may also be helpful to let Zoe know of any other issues that may impact on your placement such as carer responsibilities, unforeseen health concerns or anything else.  
        Please let Zoe know of any allergies that may impact on your way of working i.e. latex gloves, pets. |

Revised by Zoe Harvey-Lee, October 15