STYD01 Clinical Reflections

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| **Date** | **Location** | **Total Amount of Hours** | **Overview of Session** |
| 18.11.19 | Marjon Swimming pool | 2 hours | Providing poolside support for swimming and water polo team members. Involves first aid, taping and massage as required |

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| Reflective Summary | Areas for further Improvement plus action plan |
| I checked with the BUCs Sports Federation office whether there was a kit bag available for the swimming and water polo training sessions. I was assured that there as a first aid bag available.  I provided a copy of my first aid certificate for the BUCS Sports Federation office records.  Before the training session I visited the Sports Therapy and Rehab Clinic and Alex and Michael provided me with a reusable ice pack, scissors, rigid tape and base tape.  When I arrived poolside and talked with the male swim captain and introduced myself to some of the swimmers. I made them aware that I was available for support should they sustain an injury or require massage or taping during the session.  After the swim session I met the coach for the water polo teams and the male water polo captain. They introduced me to both the female and male team members. There were no issues during the training session. One female was sat poolside towards the end of the training session. Her shins were k-taped and she said they were tender after today’s training session. She also plays Lacrosse and said that the condition was aggravated by participating in both the Lacrosse and Water polo training sessions. I did not have any K-tape with me but advised her to elevate and apply the RICE protocol, icing the leg for 10-15 minutes when she returned home.  At the end of the session one of the male water polo players asked me I could massage his biceps on the left arm because they were a bit tender and tense. I palpated the top of the left arm and the biceps brachii did feel very firm.  The following day I emailed the sports therapy and rehab staff and requested a bed booking for 30 minutes at 3.00 p.m. that day. I confirmed the appointment with the male water polo player.  I have also booked an hour slot for 6 p.m. on the Monday training night for the following three weeks (25th November, 2nd December and 9th December). These slots are an opportunity for team members to come and see me before their training sessions for massage or taping as required. I confirmed the booking on the Group’s Facebook Page.  It was good to meet the swimmers and water polo players. It was also good to meet the water polo coach. They seemed very keen and happy to have a therapist to support them. | Continual update of first aid and emergency trauma procedures.  Continual update and revision of functional anatomy  Review and practise rigid and k-taping techniques |
| Returning to reflections at a later date |
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