|  |  |
| --- | --- |
|  | **DAILY RECORD OF VISIT TO THE PLACEMENT****REFLECTIVE PLACEMENT LEARNING JOURNAL TEMPLATE 2019/20** |

You will need to keep a regular, detailed record of your time on placement. This process is an important part of experiential learning and will also help with the assessment task. This template is designed to help you reflect on your experiences. Reflection should take place before, during and after your placement. It is also important to return to your reflections after a period of time.

You should decide with your University Placement Tutor (UPT) how you will record your reflections. One way you may wish to do this is by setting up an Edublog. The Marjon eLearning Team have produced comprehensive guidance on how to set up and determine who sees your Edublog accessible via: <http://sites.marjon.ac.uk/elearninghelp/category/help-for-students/edublogs-help-for-students/>.

|  |  |
| --- | --- |
| C:\Users\pelford\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\H3HK9HRP\exclamation[1].jpg | **Please remember confidentiality must be maintained at all times when reflecting on your placement experiences.** |

|  |  |
| --- | --- |
| Date: | 16.01.2020 |
| Group or individual with whom I worked: | Mick Smirthwaite |

**BEFORE my placement …**

|  |
| --- |
| What am I aiming to achieve from my placement today? What do I need to be mindful of? What issues/questions need to be addressed to ensure I achieve my aim? Do I need to be aware of particular theories, or have particular skills? Have I thought about all of the ‘what ifs’? |
| We changed the regular Wednesday afternoon placement to Thursday this week because Mick didn’t have so many appointments on the Wednesday. With this in mind, I anticipated seeing new clients with different musculoskeletal dysfunction to those that I have seen already. Of course there is also the risk that some of the new patients may not wish to have me in the treatment room during their session. Fortunately up until now, this hasn’t presented any problems and all of the clients that I have met, have been more than willing for me to sit in on their treatment sessions. |

**DURING my placement …**

|  |
| --- |
| What did I notice happening around me today? What was I thinking and feeling? How was I involved? Did I do anything to intervene and change the situation that I found myself in e.g. how I conveyed a point or whether I decided not to do something I had planned to do? Did my reflections at the time change the session I had planned or my actions? |
| Generally today my role was observational and most of the treatments were straight forward. Nothing out of the ordinary happened and each appointment was as I expected. |

**AFTER my placement … (based on the Gibbs (1988) Reflective Cycle)**

|  |
| --- |
| Describe the activities you undertook whilst on placement today. Set the context, what you did and what happened. |
| I observed each client as they arrived. I listened to each client when they explained what their musculoskeletal issue was. I observed Mick apply soft tissue massage and other treatments as appropriate.**Client 1** – attended Mick’s clinic last Wednesday. She has issues with her left shoulder and some nerve impingement. Mick massaged the upper fibres of the Trapezius and began to work out a trigger point with a neuromuscular technique (NMT). The trigger point would not release with manual therapy so Mick used acupuncture to release it. He also applied a muscle energy technique (MET) at the point of the trapezius’s attachment in the neck and NMT underneath the muscle fibres to loosen the muscle tissue. He massaged the middle fibres of the Trapezius and Rhomboids and finished the treatment with a deep stretch of the trapezius using traction.**Client 2 –** was a middle-aged male who usually visits the clinic for treatment for musculoskeletal issues in his lower back. Mick checked the client’s lower back and there were no issues. The client mentioned that he had been doing pull ups in the gym and as a result his left shoulder was tight. There was tension in the upper fibres of the trapezius and also in the Long Head of the Biceps muscle in the left arm. Mick applied soft tissue massage (STM) using NMT to work out a trigger point in the Trapezius and STR to ease out tension and stretch the LH of the Biceps.**Client 3** – This client (female) had misalignment in the hips as a result of one of her feet falling into a small pothole. There was misalignment in the right hip. Mick applied mobilisation to the hip. He also massaged the Quadratus Lumborum (QL) on the right and left side of the lower back, carried out mobilisation of the lumbar spine and left hip. He also applied slow tissue release (STR) to the gluteus medius muscle in the left buttock.**Client 4** – the client was a male in his 60s who has Parkinson’s disease. He started visiting Mick’s clinic about 8 months ago. At that time he could hardly walk because his muscles were so tight and they were in spasm and contracting involuntarily. Since receiving weekly soft tissue massage of his legs and changing to a Keto diet, he is now able to walk freely and his muscles are no longer in spasm. I enjoyed watching Mick apply soft tissue massage to the client’s hamstrings and calves. I observed closely how Mick placed his thumbs and hands during each technique that he applied. It was very useful to just observe a professional Sports Therapist. |
| Document how you felt through-out your placement today. Were you anxious, confident, pleased or disappointed? |
| I enjoyed this afternoon – meeting new clients and observing each treatment applied. I feel that I am learning a lot from observing Mick’s practice. |
| Evaluate today’s placement activity. What went well, what went badly, what would you have done differently?  |
| Today’s placement was a very positive experience and nothing went badly. I am learning from Mick all of the time and I will definitely be applying some of the massage techniques that I have observed during the past 10 weeks. |
| Take a deeper, analytical and critical approach to today’s experiences. Can you make connections or apply academic theory or current policy to understand why today’s activities went well or went badly.  |
| I was very interested in the effect that regular soft tissue massage as had on the client with Parkinson’s disease in reducing rigidity and resting and postural tremors. There is currently no evidence-based research that categorically confirms that soft tissue massage is effective and works. I have already researched what Parkinson’s disease is and the signs and symptoms by visiting the Parkinson Society UK website (“What is Parkinson’s? | Parkinson’s UK,” 2020). I will look for research regarding the effectiveness of STM in relieving symptoms, if indeed there is any. |
| Draw conclusions. What have you learnt from today’s activities and your reflections? |
| I always learn practical skills from observing others apply them. I found today very helpful just by observing Mick treating his clients. |
| Action plan. How will you apply what you have learnt from today’s activities to the rest of your placement and your future professional and personal development? Do you need to undertake further research or reading? Are there courses that you need to undertake to fill a skills gap? |
| I will adopt the techniques that Mick uses when applying massage, in my own practice.  |
| Have any questions arisen today that I need to discuss with my Placement Supervisor or University Placement Tutor (UPT)? |
| I had no questions at the end of today’s placement. |

**RETURNING to my reflections …**

|  |
| --- |
| It is often useful to return to your reflections after a period of time. Revisit the experiences you had; think about how you felt (positive and negative feelings) and re-evaluate your experiences. Do you feel differently about the experience now time has passed have your feelings changed in light of the experience or do you now view the experience in a different light?Am I able to complete any actions in my Personal & Professional Development Plan?Are there any actions I need to add to my Personal & Professional Development Plan? |
| The research regarding the effectiveness of soft tissue massage in reducing the symptoms of Parkinson’s is very limited. I did however find a recent case study (Casciaro, 2016) that had positive results in reducing resting and postural tremors, and rigidity to a lesser degree. |

**SAKE - Skills, Attributes/Attitudes, Knowledge and Experience**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Want to secure a graduate level job when you finish your degree? Employers agree that placements are a great way to develop the vital skills, attributes/attitudes, knowledge and experience (SAKE) they are seeking. As a result of your experience can you include any of the following on your CV, an application form or discuss at interview?

|  |  |  |
| --- | --- | --- |
| * Imagination/creativity
 | * Adaptability/flexibility
 | * Willingness to learn
 |
| * Working autonomously
 | * Working in a team
 | * Planning/self-management
 |
| * Working under pressure
 | * Oral/written communication
 | * Numeracy
 |
| * Attention to detail
 | * Time management
 | * Coordination/organisation
 |
| * Sector/business awareness
 | * Ethical/sustainable practice
 | * Problem solving/initiative
 |
| * Self-awareness
 | * Technical ability
 | * Resilience
 |
|  | Use the **STAR technique** to demonstrate your competencies on your CV, in a job application or at interview. |
| **S**ituation  | Describe the situation with which you were confronted, set the context. |
| **T**ask/**T**arget | Explain the task or target you were set (be concise!). |
| **A**ction | This is the most important part and demonstrates **your** competencies:* Explain what **you** did, **your** role and what part **you** played;
* Explain how and why **you** did what you did.
 |
| **R**esult  | Explain what happened, the outcome. Ideally quantify the positive impact you made. You can also demonstrate your reflection skills by reviewing your decisions and making suggestions about how you would do an even better job in the future. |

 |

**References:**

Casciaro, Y. (2016). Massage therapy treatment and outcomes for a patient with parkinson’s disease: A case report. *International Journal of Therapeutic Massage and Bodywork: Research, Education, and Practice*, *9*(1), 11–18.

What is Parkinson’s? | Parkinson’s UK. (2020). Retrieved June 1, 2020, from https://www.parkinsons.org.uk/information-and-support/what-parkinsons