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|  | **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/>.

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| 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.** |

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| Date: | 13.02.2020 |
| Group or individual with whom I worked: | Mick Smirthwaite |

**BEFORE my placement …**

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| 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’? |
| Ensuring that I am looking after clients when they arrive and during their treatments such as providing support for the client’s neck when they are in supine position on the couch. Ensuring clients are comfortable.During each treatment, thinking about the phase of tissue healing of the injury that is being treated.Understand why specific treatments and modalities are used in treatment of the injury.Observing and understanding new cases that I haven’t seen before and asking questions when I don’t understand why Mick is applying a specific treatment or using a technique I haven’t seen before. |

**DURING my placement …**

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| 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 particular 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? |
| My role the majority of the time is observational, with the occasional invitation to palpate soft tissue and apply soft tissue massage. I also meet and greet clients and ensure that they are comfortable and relaxed. I feel very honoured when clients are happy for me to be present during their treatment. I feel more confident in my communication with clients, sensing when they want to talk and when they just want peace and quiet during their treatment. I enjoy helping clients and talking to them. Nothing happened today, that made me want to change what I had planned to do. Each week I don’t always see the same clients, as they change their appointments depending upon what is happening in their lives. I do often ask Mick how those clients are progressing, however, as I am interested in their progress. I have never found myself in a situation that I felt the need to intervene or change. Each week there is always a new client with an injury that I have not seen before. It makes each placement visit very interesting. |

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

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| Describe the activities you undertook whilst on placement today. Set the context, what you did and what happened. |
| During this afternoon’s placement I listened to each client’s description of the MSK dysfunction that they were experiencing that required treatment and I observed each treatment applied. I asked questions when I did not understand why Mick chose to apply a specific soft tissue technique or to confirm that my understanding was correct.**Client 1** – The first client of the afternoon is a retired dentist. He is a very active man e.g. plays golf regularly, runs and hikes and snowboards. He asked for a soft tissue massage today to ease tension in upper and lower back and hamstrings. With the client in prone position, Mick palpated the spinous processes and transverse processes in the lower and thoracic spine. He also palpated the muscles checking for tension. Soft tissue massage was applied to the erector spinae, rhomboids, upper fibres of the trapezius both on the right and left side of the upper back. Mick applied NMT to ease trigger points in the upper fibres of the trapezius. He applied mobilisations to the hips and lumbar spine. At the time I made a mental note to ask Mick whether the mobilisations were a modification of the McKenzie Technique. He moved to the hamstrings and calves applying soft tissue massage on both the left and right legs to just to ease muscle tension. There were no MSK issues.In supine position STM was applied to the quads and NMT and STR was applied to the left quad to ease out a trigger point. Mick also massaged the client’s neck and shoulders clearing trigger points in the first rib of the neck. He completed the treatment applying a traction stretch on the neck.**Client 2** – was a female who was training for her first marathon. She sees Mick regularly during her training to ease tension the muscles in her legs during her training. Due to the recent stormy weather and family commitments she has had to change the timing of her scheduled runs this week and has run on four consecutive days. Soft tissue massage and deep tissue massage was applied to the hamstrings and calf muscles on both the left and right legs. The soleus muscle and Achilles was tight on both legs. Soft tissue massage was also applied to the quads on the left and right legs. NMT was applied to the rectus femorus, on the left leg to ease out a trigger point. The massage was standard treatment for tight muscles.**Client 3** – was an elite, competitive power lifter and a regular client. During the subjective assessment the client asked Mick to massage her upper back and both shoulders. On the left side a rotator cuff muscle was a bit niggly and her left shoulder, forearm and triceps were also tight. Also her right hamstring and adductor muscles were tight. I observed Mick as he applied STM and STR to the right hamstrings and gluteus maximus muscle. Mick worked deep into the tendons of the semitendinosus and semimembranosus both at the insertion and attachment sites. On the Left side, Mick applied NMT and STR to the gluteus maximus and STR to the gluteus medius. He palpated the lumbar spinous processes and applied mobilisation to the SIJ on both the left and right side of the body.STM was applied to the left upper back and NMT to the trigger point in the Rhomboid muscle close to the medial border of the scapular. Mick also stretched the shoulder and mobilised the scapular. PA was applied to the upper thoracic vertebrae T2-T3. Deep tissue massage of Teres Minor. Mick gently massaged the right upper back but there were no issues. Mick did mobilise the right Glenohumeral joint and applied STR to the triceps. The client was turned on the couch into supine position so that Mick could work on her right arm. STM and STR was applied to the Extensor Carpi Radialus and biceps muscles. Mobilisations were carried out on the wrist. The treatment concluded with a traction stretch of the neck.**Client 4** – is a regular client and has treatment to manage the muscle spasms and cramping which are symptoms of Parkinson’s disease. He sees Mick for massage to help manage his condition. He also switched to a Keto diet as part of that management after researching the condition. He recently buried his mother so there were additional factors regarding his psychological well-being as well as the symptoms of Parkinson’s. Mick applied soft tissue massage to the hamstrings and calves on both legs. Although the client is an older gentlemen is an older client his skin seemed unusually dry probably due to not drinking enough water. Mick used a massage cream rather than massage oil on this occasion. |
| Document how you felt through-out your placement today. Were you anxious, confident, pleased or disappointed? |
| I enjoyed this afternoon’s placement experience particularly talking to clients. I would like to think talking and looking after them enhanced their experience. |
| Evaluate today’s placement activity. What went well, what went badly, what would you have done differently?  |
| The treatments today were management of tense musculature with the application of soft tissue massage. There were no MSK injuries. I felt relaxed and enjoyed helping and talking with the clients, some of whom I have seen before. I feel more comfortable assisting Mick with his clients. |
| 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.  |
| After Client 4’s previous visit, I did read up about Parkinson’s disease and the symptoms to inform myself as I really didn’t know very much about it. I also searched the research literature to find out if there was evidence of the benefits of soft tissue massage in managing the condition.  |
| Draw conclusions. What have you learnt from today’s activities and your reflections? |
| My thoughts about today’s placement are:How important it is to establish a good relationship with our clients, making them feel comfortable and providing a positive experience. |
| 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 plan to read more material regarding the management of the symptoms of Parkinson’s disease.  |
| Have any questions arisen today that I need to discuss with my Placement Supervisor or University Placement Tutor (UPT)? |
| I asked Mick whether the mobilisations applied to client 1’s hips were a modification of the McKenzie Technique. He said that he wasn’t sure whether it was specifically a McKenzie Technique. He had seen it used during a training course and thought it would be an effective and appropriate technique to use when working on an imbalance in the symmetry of the hips and to ease tension in the muscles of the lumbar region due to the imbalance.I asked Mick about the progress of a couple of his clients that I had seen him treat in previous weeks and he provided an update.We discussed the importance of professional appearance and maintaining hygiene in our practice especially when working outside. For example – pre and post event massage at an off-road running race. |

**RETURNING to my reflections …**

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

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| 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?

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| * Imagination/creativity
 | * Adaptability/flexibility
 | * Willingness to learn
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| * Working autonomously
 | * Working in a team
 | * Planning/self-management
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| * Working under pressure
 | * Oral/written communication
 | * Numeracy
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| * Attention to detail
 | * Time management
 | * Coordination/organisation
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| * Sector/business awareness
 | * Ethical/sustainable practice
 | * Problem solving/initiative
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| * Self-awareness
 | * Technical ability
 | * Resilience
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|  | 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.
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| **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. |

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**Reference:**

Gibbs, G. (1988) *Learning by doing. A guide to teaching and learning methods*. Oxford Brookes University: FEU.