

Spring 2005

# Articulations

## Chair Report

Hello again all members! We decided to publish a paper copy of the BC Section Orthopaedic Division newsletter to inform you of some changes to the executive membership and other important news.

First and foremost, the person most members have associated with the BC Section, Janet Lundie, will be leaving her position on the executive to return to full time work. For 10 years, Janet has been a tremendous asset to both the BC Section and the National Orthopaedic Division. She has

been an integral part of transitioning from the old system of orthopaedic division courses to the new system. Also, with her years of experience, she has been a great resource for our current executive. Further, our co-teachers reps Sherrill Rutherford and Christine Balkwill, who have contributed greatly to improving teacher communication, have also stepped down. We are looking to fill both positions. The course coordinator paid position is posted on the PABC

website and the National Orthopaedic Division website ([www.orthodiv.org](http://www.orthodiv.org)).

Finally, the BC Section will hold its AGM in Victoria in May during Congress. We invite all members to attend. There will be a guest speaker following the meeting - read on for more details.

If you haven't already done so, please visit the BC Section website at [www.bcortho.org](http://www.bcortho.org).



## Medical Library Service

Members of CPA are eligible to apply for membership with the Medical Library Service of the College of Physicians and Surgeons of BC.

Services include:

- Unlimited literature searches
- Postage-free loan of books (including UBC and A-V materials)
- Journal article photocopies
- Computer consulting
- Cites and Bytes Newsletter

The fee is:

- \$125 per year for Ortho Div members

Renewal is due **May 1 2005**. Notices will be sent in the mail.

For more information contact Travis Wolsey

## Preceptorship hours: one physio's experience

In anticipation of the prerequisite supervised clinical hours for the Intermediate and Advanced Exams, I have been asked to write about how I have collected some of the required hours. Supervision was arranged last spring with two Part B therapists, Dana Ranahan at 8 Rinks Sports Therapy, and Kate Kennedy at Treloar Physiotherapy.

As an associate therapist at 8 Rinks, I was fortunate to have my colleague, Dana Ranahan, supervise me as I treated my own clients at the clinic. Dana was available to answer questions and demonstrate techniques during my shifts. I booked 2 clients per hour, for 1 hour sessions and forwarded the billing of these clients to Dana for compensation.

My second experience was at

Treloar Physiotherapy where I worked as a locum under the supervision of Kate Kennedy one day a week for four consecutive weeks. Again, two clients an hour were scheduled, as well as having time at the end for discussion. As I was the only candidate, the client billing went to Kate, as well as an extra fee to offset the cost of not having a second candidate seeing clients.

There were advantages and disadvantages of both situations. Being supervised where I work was convenient and it was helpful to learn techniques that directly benefited clients on my caseload. However, my clients appeared to lack confidence in my abilities with the presence of a supervising therapist. It was necessary to reassure

clients that I was a qualified therapist and was working to obtain advanced manual therapy skills.

Receiving supervision at another clinic was not as convenient, but being a visitor/locum helped to decrease the issue of client non-confidence. I also found this situation to be more cost effective as I was not reducing my pay or my caseload at 8 Rinks. Having discussion time at the end of the shift was a great way to consolidate my newly acquired skills.

Both situations were valuable learning opportunities for me. I was fortunate to have Dana and Kate share their expertise with me in a clinical setting.

- Stephen Barclay

## BC SECTION EXECUTIVE

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## Clinical Preceptorship Requirements

The National Division has clarified preceptorship hour requirements.

### Definition of clinical hours:

Supervision must be a minimum ratio of 1:1 to a maximum of 1:4. These hours must be direct time with a qualified supervisor, teleconferencing is not permitted. If students choose to complete their clinical hours using a 1:1 ratio, a minimum of 20 minutes per hour is required.

### Clinical hours can be:

- direct patient care with the supervisor observing
- a controlled learning situation between students and a qualified supervisor (not exceeding the 1:4 ratio)
- practicing techniques on each other, clinical reasoning sessions in a direct patient care or mock patient scenarios.

### Definition of non-clinical hours: hours spent in small

study groups or prep courses.

These hours must be documented by the group members (later submitted with their exam application) or peer presentations (i.e. case study presentations)

### Intermediate Exam

Requirements: prior to applying for your exam, the student must complete 90 hours of preparatory preceptorship work. A minimum of 55 clinical hours AND a maximum of 35 non-clinical hours must be completed.

### Guideline for Clinical Hours:

a maximum of 5 clinical supervised hours can be logged after completion of a Level 1 course. A maximum of 20 clinical supervised hours can be logged after completion of the Level 2 courses. A minimum of 30 clinical supervised hours can be logged after completion of the Level 3 courses.

### Example

5 clinical hours logged after successful completion of Level 1 course

20 clinical hours logged after successful completion of Level 2 courses

30 clinical hours logged after successful completion of Level 3 courses

35 hours of non clinical time

### Advanced Examination

Requirements : prior to applying for the exam the student must complete 60 hours of preparatory preceptorship work. A minimum of 30 clinical hours AND a maximum of 30 non-clinical hours must be completed.

### Guideline for Clinical Hours :

15 clinical hours must be accumulated after Level 4 and 15 clinical hours must be accumulated after Level 5. A list of supervisors can be found on the National Orthopaedic Division website.

## Journal Club

The Journal Club continues to run quarterly. Physios across the province participate in local meetings and are giving positive feedback on their experiences. As a reminder your journal club hours

count towards continued professional development and enhance your evidence-based practices. The next Journal Club week is May 16 – 20. The article is: Hip Muscle Weakness and Overuse Injuries in Recreational

Runners by Paul E. Niemuth, Robert J Johnson, Marcella J Myers, Thomas j. Thieman in *Clinical Journal of Sports Medicine* – Volume 15(1) Jan 2005. Contact Becky Maranda via email if you have questions.

## AGM & Speaker

Attention all members!!! We invite everyone to the BC Section Orthopaedic Division AGM. It will be held on May 29 at 9:30am. Conveniently, it corresponds

with the location of Congress in Victoria at the Fairmont Empress Hotel. We will be having a speaker at 10:00am so mark your calendar for this event! A note to all teachers -

there will be a teachers meeting at 11:00am so please attend to voice your opinions and discuss issues affecting teachers.

