

WOMENS HEALTH PLACEMENT

Placement coordinators:

Carolyn Lindsay (Wed/Thurs)	carolynlindsay@nhs.net
Lynda Morgan-Jones (Mon/Tues)	l.morgan-jones@nhs.net
Physio reception:	01246 512173

Clinical Educators:

Carolyn Lindsay	carolynlindsay@nhs.net
Lynda Morgan-Jones (Mon/Tues)	l.morgan-jones@nhs.net
Jenny Horrigan	Jenny.horrigan@nhs.net
Sarah Wright	sarah.wright35@nhs.net

Normal student hours

Monday – Thurs: 8.30am – 4.30pm

Friday: 8.30am – 4.15pm

Please note these hours may vary in accordance with your clinical educator's working hours. We work:

Monday 8am-5.30pm, Tuesday 8am-4.30pm, Wednesday 8am-6pm,
Thursday 8am-4.30pm and Friday 8.30am-4.15.

Day 1 and Preparation

Please contact your clinical educator by telephone **at least two weeks prior to commencement of the placement** in order to discuss specific details.



Day 1 will consist of an induction and initial introduction to team/ speciality and unit.

Uniform requirements: Full uniform is worn (polo shirt if preferred) and university ID Badge required to be displayed at all times. Tracksuit

bottoms/shorts may only be worn if you are taking/participating in gym classes/exercise groups. You will need to bring swimming costume / trunks to participate in hydrotherapy

Directions: Click [here](#) or visit www.chesterfieldroyal.nhs.uk for directions and map of the hospital. The site is accessible via public transport.

Parking: Parking is available on site, a fee is charged for all patients, visitors and members of staff using these facilities. On your first day please use the car parks indicated for patients/visitors and pay accordingly. A parking pass is available to be purchased for future uses. Click [here](#) for more information.

General Information

This placement is mainly outpatient clinics and classes but there is an element of ward work on the birth centre and postnatal ward. It will be possible to gain experience in the assessment and treatment of women of all ages, referred by GPs, midwives and Consultants (Obstetric, Gynaecology and Urology).

The caseload comprises obstetric and gynaecological conditions, some of which are listed below:

Common Conditions

- [Pregnancy-related Pelvic Girdle Pain](#)
- [Back pain in pregnancy](#) including [spinal nerve root irritation](#)
- [Diastasis rectus abdominis](#)
- [Carpal tunnel syndrome](#)
- Pelvic Floor dysfunction –including perineal trauma, [urogenital prolapse](#)
- Urogynaecological problems such as [urge incontinence](#), [stress urinary incontinence](#), frequency, [nocturia](#), pre and post-surgical

Knowledge And Skills Required

Knowledge:

- The physiological changes that occur throughout pregnancy; common musculoskeletal problems in pregnancy; and an overview of labour and delivery.
- Knowledge of the anatomy of the musculoskeletal system – in particular the Lumbar spine and pelvic girdle, and to be able to link this to patients' symptoms and presentations.
- The anatomy of the female reproductive system.
- An understanding of pelvic floor anatomy and function and common dysfunctions



Skills:

- Be able to undertake subjective and physical examination, demonstrating the application of appropriate communication skills and using appropriate manual assessment techniques.
- Identify appropriate diagnosis, problems, treatment goals and outcome measures to support the implementation of suitable treatment plans and progressions
- Liaise with and refer to other team members and a knowledge of own limitations

- Demonstrate the safe and effective application of appropriate treatment techniques, which may include:
 - Exercise therapy – individual and group
 - Manual therapy skills
 - Posture re-education
 - Group education skills
 - Patient education and advice
 - Hydrotherapy

Students will be expected to attend and contribute to bi-monthly in-service training. This may take the form of presentation, case review or journal article critical appraisal.

Learning Outcomes

On completing this module you should be able to:

- Justify appropriate assessment procedures with reference to evidence-based knowledge of anatomy and physiology in relation to dysfunction of the musculoskeletal system in pregnancy and dysfunction of the pelvic floor.
- Understand the role of the MDT
- Be able to plan, carry out, modify, progress and evaluate the therapeutic management of patients, both obstetric and gynaecological.
- Able to write concise and accurate records
- Manage time and caseload effectively, showing appropriate prioritisation skills
- Plan and execute interventions in groups (both educational and exercise-based)
- Communicate effectively and appropriately, both verbally and in writing, with patients, carers and other professionals

Learning Opportunities

Experience may also be gained in other aspects of the service:

- Gynaecology Education
- Postnatal and Perineal Trauma classes
- Core Exercise Classes
- Pregnancy-related Pelvic Girdle Pain
- Hydrotherapy for Ante- and Postnatal Pelvic Girdle and Back Pain
- There may also be the opportunity to shadow midwives on the ward and attend normal/caesarean births or watch gynaecological surgery.

