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PRACTICAL PLACEMENT IN PHYSIOTHERAPY – FEEDBACK

Students: Tea Paunović, Elena Dragišić, Stefan Obradović, Njgoš Živković Šljivić

Responsible: Marcela Míková (mmikova@zsf.jcu.cz)

Practical placement was organised at these clinical sides of the Faculty:

- Physiotherapy Centre at Faculty of Health and Social Sciences, „URAN“
- Physiotherapy Centre Borovany
- Arpida, Centre for Rehabilitation of disabled persons, České Budějovice
- Spa Třeboň (Berta Spa House, Aurora Spa House)
- Regional Hospital České Budějovice - Rehabilitation Department
- Physiotherapy Centre at Faculty of Health and Social Sciences, „URAN“

The internship of all 4 students was carried out at workplaces providing various types of physiotherapy. They had the opportunity to get acquainted with outpatient and hospital rehabilitation practice in the Czech Republic. A specific opportunity and experience was a week spent with physiotherapists and occupational therapists at the Centre for Rehabilitation of People with Disabilities. We were in regular contact during the entire internship and the cooperation was completely without complications.

Detailed program of the traineeship period including tasks carried out by the trainee:

- workplace of individual physiotherapy in outpatient practice, in the inpatient part of the Rehabilitation Department, in the spa facility
- basic myofascial techniques and mobilization techniques
- acquaintance with kinesiotherapy methodologies used in the Czech Republic
- physical therapy - electrotherapy, ultrasound, magnetotherapy, thermotherapy etc.
- fitness exercises group exercises in the pool, group exercises in the gym

Jana Redinová
Faculty Erasmus Coordinator
(On behalf of Dr. Marcela Míková)

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Evaluation of the trainees:

Here are presented reactions and evaluation of colleagues from individual workplaces:

"We rate all 4 students above average. They deserve praise for their active cooperation and communication in internships with patients, when they raised questions and also actively participated in therapies. We also evaluate their theoretical and practical knowledge, as well as knowledge of the English language, very positively. Communication between us and between patients went smoothly and in a very friendly atmosphere. We especially appreciate their interest and effort to be helpful in the operation of the Physiotherapy Centre (Z. Širůčková, J. Jarošová, Physiotherapy Centre at the Faculty of Health and Social Sciences)."

"The students were interested in the issue of outpatient physiotherapy. They looked at working with patients - they were especially interested in working with patients after spinal cord lesions and strokes. Due to the language barrier of our patients, they did not perform the therapy themselves, however, during the therapy, a short-term and long-term therapy plan was explained to them according to current possibilities. They evaluate their approach positively (L.Brůhová, Physiotherapy Centre Borovany)."

"Within two weeks, all 4 students from Bosnia completed their internship abroad at the rehabilitation department. During their internship, they had the opportunity to see a wide range of patient therapies in both inpatient and outpatient areas. They participated in therapy on individual devices, including the Zebris Rehawalk posturographic walkway for stroke patients, as well as, for example, individual therapy according to Václav Vojta's concept in an adult patient with quadraparesis. They encountered these approaches for the first time. They were very interested in the course and scheme of the entire treatment process during the patient's stay. Reciprocally, it was an interesting experience for us with the work of a physiotherapist from another state (Ž.Táborská, J.Dvořák, Regional Hospital)."

During the internship at our Arpida Centre, students participated in therapies in two of our health areas: physiotherapy and occupational therapy. They were divided into pairs and took turns with individual therapists, while they had the opportunity to see the use of two main concepts for the therapy of patients with DMO, namely the Vojtov method and the Bobath concept. They had the opportunity to actively participate in this therapy. At the occupational therapy workplace, within the language possibilities, they were also directly involved in the therapy and tried to lead the therapy unit themselves. They also got acquainted with the method of sensory integration. I rate very positively their approach to practice at our facility, I appreciate their friendly and kind behavior in therapy with our clients (K. Čížková, Arpida, Arpida Centre for Rehabilitation of disabled persons)."

"The students were communicative, they tried to actively use the basic conversational phrases in Czech (greetings, thanks, etc.). They actively participated in the therapy, independently managed manual forms of therapy, ultrasound therapy, remote electrotherapy and high-induction magnetotherapy. In other forms of therapy, they have tried the described techniques and methods. Language skills very good in English, well understood by all staff. They spoke to patients in English and non-verbally (similar to exercises and instructions), their manual skills were very positively evaluated. They were conscientious and careful. They were able to effectively use the acquired knowledge and expertise, they were very positively evaluated by the staff for their professional approach (M. Zeman, Berta Spa House, Třeboň)."