## Pre-Placement Information 2016 -2017

### Address
Cavan General Hospital  
Cavan, Co Cavan.

### Contact Person
Marian McGuinness  
(Practice Tutor – 0.75WTE part time)

### Where to Check In
Physiotherapy Reception,  
Cavan General Hospital

### Preferred Contact Method
<table>
<thead>
<tr>
<th>Method</th>
<th>Email</th>
</tr>
</thead>
</table>
| Phone | Hospital: 049 4376000  
Direct Line Physio: 049 4376208  
Fax: 049 4376080 |
| Email | marian.mcguinness@hse.ie |

### How to Get Here
**Car**
From the Cavan Bus Eireann station on Farnham street, take the exit onto the Farnham road at the roundabout, continue almost 2km then exit right onto the golf links road. The hospital is on the right hand side. (2.1km total)

**Bus**
(Hourly Service)

**Luas/Dart**
NA

### Working Hours
Monday - Friday 08.30 – 16.30  
(This can vary between departments)
**First Day:** 09.00 start, report to Cavan General Physiotherapy Department.

### Breaks
13.00 - 13.30/13.30 - 14.00  
(Varies between departments)

### Uniform Policy
TCD Physiotherapist Tunic and navy trousers.  
Bare below the elbows policy.

### Accommodation
Accommodation is provided at a house for students, 30-35 minutes walk from the hospital. Please talk to the Practice Tutor 1 week prior to going on placement to arrange collection of keys.  
Accommodation: 11 Earlsvale Road, Drumalee, Cavan.

**NB** Students may be placed in Monaghan Hospital or outlying sites in Cavan and Monaghan for primary care or care of the elderly/neurology placements. You will be notified of this in advance. Free shuttle bus transport can be arranged from Cavan General Hospital to Monaghan Hospital. It is approx a 45 minute drive to Monaghan Hospital.

You will still report to Cavan General Hospital Physiotherapy reception on the first day.
Student Facilities

<table>
<thead>
<tr>
<th>Access to Staff Room</th>
<th>Yes</th>
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</thead>
<tbody>
<tr>
<td>Canteen</td>
<td>07.00 - 18.00</td>
</tr>
<tr>
<td>Changing Facilities</td>
<td>Yes</td>
</tr>
<tr>
<td>Car/Bicycle Parking</td>
<td>Free car parking</td>
</tr>
<tr>
<td>Library</td>
<td>Yes (closes at 5pm)</td>
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<tr>
<td>Study Areas</td>
<td>Yes</td>
</tr>
<tr>
<td>Internet</td>
<td>Yes</td>
</tr>
<tr>
<td>On-site Reading Resources</td>
<td>Yes</td>
</tr>
</tbody>
</table>

- COE/Neuro
- Falls
- Respiratory
  - “Litmann Quality” stethoscope important
  - Good knowledge of cardiovascular equipment necessary
  - Listen to breath sounds CD if possible

Clinical Information

It is suggested that students familiarise themselves with the following pathologies, assessment procedures and treatment options prior to the beginning of placement.

Students are expected to utilise the physiotherapy facilities available in preparation for all placements.

<table>
<thead>
<tr>
<th>Specialty Area</th>
<th>OPD (including primary care)</th>
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</thead>
<tbody>
<tr>
<td>Conditions Seen</td>
<td>Fractures: spinal, upper and lower limb (out pts)</td>
</tr>
<tr>
<td></td>
<td>Soft tissue injuries</td>
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<td></td>
<td>Dislocations</td>
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<tr>
<td></td>
<td>Nerve root and peripheral nerve lesions</td>
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<td></td>
<td>Multiple trauma</td>
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<tr>
<td></td>
<td>OA/ RA</td>
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<td></td>
<td>Hand Injury and Repairs Tendon &amp; Nerve</td>
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<tr>
<td></td>
<td>Spinal Problems</td>
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<tr>
<td></td>
<td>Respiratory OPD</td>
</tr>
<tr>
<td></td>
<td>Elderly Care</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Assessment Procedures Used</th>
<th>Cyriax, Maitland and McKenzie Assessments.</th>
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</thead>
<tbody>
<tr>
<td>Treatment Options</td>
<td>Peripheral and spinal joint mobilisation techniques</td>
</tr>
<tr>
<td></td>
<td>Soft tissue stretching techniques</td>
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<tr>
<td></td>
<td>Strengthening exercises and prescription of exercise</td>
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<td></td>
<td>Manual therapy / mobilisation</td>
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<tr>
<td></td>
<td>Discharge planning</td>
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<tr>
<td></td>
<td>Maitland Mobs</td>
</tr>
<tr>
<td>Specialty Area</td>
<td>Respiratory</td>
</tr>
<tr>
<td>----------------</td>
<td>-------------</td>
</tr>
</tbody>
</table>
| Conditions Seen | • Asthma  
• COPD  
• Pneumonia,  
• LRTI  
• Bronchiectasis  
• Type II respiratory conditions  
• Post Surgery Respiratory Conditions  
• Post fracture ribs/sternum  
• ICU ventilated pts.  
• Paediatric conditions- Brochiolitis, CF, Pneumonia |
| Assessment Procedures Used | • Good basic respiratory assessment & treatment  
• Pulmonary rehab  
• Assessment of ward and ICU patient  
• X Ray reading  
• ABG/ PFT interpretations |
| Treatment Options | • Respiratory assessment & treatment – ICU – general wards  
• Management of the ICU patient  
• Percussion/Vibes  
• ACBT, FET, IPPB  
• Bi PAP  
• Pulmonary Exercise Testing  
• Development and Progression of Exercise Programmes  
• Positioning  
• Patient Handling and Education |
| MDT Opportunities | OT and SLT |
| Outcome Measures | 6 Minute Walk Test. |
### Specialty Area: Neurology /Gerontology / Acute Mobility

#### Conditions Seen

- OA/ RA
- Orthopaedics
- Parkinson’s Disease
- MS
- Immobility/Falls
- Head injuries
- Stroke
- Spinal conditions – laminectomy / discectomy
- General Elderly Immobility
- Amputees

#### Assessment Procedures Used

- Good basic full neurological examination
- Handling Skills
- Care of the elderly assessment including outcome measures such as Berg Balance and Elderly Mobility Scale

#### Treatment Options

- Basic neurological treatment
- Handling Skills
- Transfers
- Passive Movements
- Bobath/Normal Movement
- Neuro-rehab strategies
- Balance re-education
- OTAGO programme
- Cueing strategies for Parkinsons Disease
- Development and Progression of Exercise Programmes

#### MDT Opportunities

Rehab team meetings, OT and SLT.

#### Outcome Measures

BERG, Timed-up-and-Go, Dynamic Gait Index, 10MWT.

#### Useful References

- Physical Management in Neurological Rehabilitation, M Stokes
| (3 max) | • OTAGO falls programme  
• NICE guidelines on falls; Parkinsons disease; Multiple Sclerosis  
• Irish heart foundation guidelines for Stroke  
• Bobath Adult Hemiplegia,- Evaluation and Treatment  
• Davies P Steps to Follow |
| Useful Additional Information | • Bobath Facilitation Techniques can be useful  
• Falls |