# Pre-Placement Information 2017 -2018

**Clontarf Hospital**

<table>
<thead>
<tr>
<th><strong>Address</strong></th>
<th>Blackheath Park, Clontarf, Dublin 3</th>
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<tbody>
<tr>
<td><strong>Contact Person</strong></td>
<td>Grainne O’Hara, Physiotherapy Manager</td>
</tr>
<tr>
<td><strong>Where to Check In</strong></td>
<td>Physiotherapy Department</td>
</tr>
<tr>
<td><strong>Preferred Contact Method</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Phone</strong></td>
<td>(01) 8333799 (from 9:00 am)</td>
</tr>
<tr>
<td><strong>Email</strong></td>
<td><a href="mailto:physio@ioh.ie">physio@ioh.ie</a></td>
</tr>
</tbody>
</table>

## How to Get Here

<table>
<thead>
<tr>
<th><strong>Car</strong></th>
<th>The hospital main entrance is approached via Blackheath Park.</th>
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<tbody>
<tr>
<td><strong>Bus</strong></td>
<td>130 Abbey Street (National Lottery Office) to Blackheath Park</td>
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<tr>
<td></td>
<td>29A Abbey Street (Irish Life Centre) to Howth Rd./Castle Ave.</td>
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<tr>
<td></td>
<td>31, 31A, 32 Talbot Street/Gardiner St. to Howth Rd./Castle Ave.</td>
</tr>
<tr>
<td></td>
<td>104 from DCU/Beaumont Hospital to Blackheath Park</td>
</tr>
<tr>
<td><strong>Luas/Dart</strong></td>
<td>DART to Killester Train Station</td>
</tr>
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</table>

### Working Hours
- 8.00 to 16.00 Monday-Thursday
- 8.00 to 15.30 Friday

#### Breaks
- 12.30 – 13.00

## Uniform Policy
- Navy trousers and white polo shirt/blouse or tunic with navy trim.
- Name badge to be worn at all times on duty.

## Accommodation
- None available

## Student Facilities

<table>
<thead>
<tr>
<th><strong>Access to Staff Room</strong></th>
<th>There is no staff room unfortunately</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Canteen</strong></td>
<td>Yes but no longer supplemented</td>
</tr>
<tr>
<td><strong>Changing Facilities</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Car/Bicycle Parking</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Library</strong></td>
<td>No</td>
</tr>
<tr>
<td><strong>Study Areas</strong></td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Internet</strong></td>
<td>Physiotherapy department has limited access to computers</td>
</tr>
<tr>
<td><strong>On-site Reading Resources</strong></td>
<td>Small amount held locally in Department</td>
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</table>
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>In-patient Orthopaedic Rehabilitation – Elective and trauma orthopaedics and Care of the Elderly Rehabilitation</th>
</tr>
</thead>
</table>
| Conditions Seen | • Upper limb and lower limb fractures  
• Joint Replacement surgeries Hip, Knee, Shoulder  
• Revision surgeries  
• Joint Arthrodesis  
• Spinal Surgery – discectomy, spinal fusion  
• TA repairs, Quads repairs  
• Frailty  
• Falls  
• Immobility  
• Parkinson's Disease  
• General medical and general surgery patients  
• Cardiac surgery  
• COPD and cardiac conditions i.e. Congestive Cardiac/Heart failure, Atrial fibrillation  
• Lower limb amputees  
• Osteoarthritis and Rheumatoid Arthritis  
• Dementia  
• Osteoporosis |
| Assessment Procedures Used | • Joint assessment  
• Moving and handling skills  
• Falls prevention  
• Balance re-education  
• Gym based exercise groups  
• Ward based exercise groups  
• Application of orthopaedic braces and supports  
• Communication skills  
• Exercise therapy  
• Techniques to improve ROM and muscle power  
• Post-op protocols  
• CPM  
• Respiratory assessment  
• Patient and carer education  
• Functional rehabilitation – transfers, gait and stairs  
• Application of hot/cold packs  
• Joint mobilisation  
• Walking aid prescription |
| MDT Opportunities | Present in-service/article review  
Multidisciplinary team meetings and case conferences  
Occasionally home visits with OT |
|-------------------|---------------------------------|
| Outcome Measures  | Elderly Mobility Scale  
Oxford Scale for muscle strength grading  
Berg Balance Scale  
Rockwood Clinical Frailty Scale  
Goniometry  
Timed Up and Go test (TUAG)  
Tinetti Gait and Balance Scale  
10m walk test  
6 minute walk test  
Visual Analogue Scale (VAS)  
Self-reported Quality of Life scales i.e. Oswestry Disability Index (ODI), Roland Morris Disability Questionnaire |
| Useful References (3 max) | Orthopaedics:  
Clinical Orthopaedic Examination – Ronald Mc Rae  
Physiotherapy in Orthopaedics- a problem solving approach – Atkinson, Coutts and Hassenkamp  
Essential Orthopaedics and Trauma – Dandy & Edwards  
Care of the Elderly:  
Physical Management in Neurological Conditions - Stokes 2011  
Physiotherapy with Older People - Pickles et al 1995 |
| Useful Additional Information | Orthopaedic surgery protocols:  
[www.cappagh.ie/patientservices/physiotherapy](http://www.cappagh.ie/patientservices/physiotherapy)  
Cochrane Review: Interventions for preventing falls in older people in care facilities and hospitals (2012)  
Fit for Frailty  
European Physiotherapy Guideline for Parkinson's Disease, KNGF 2014  
Strategy to Prevent Falls and Fractures in Ireland's Ageing Population, HSE 2008 |