# Pre-Placement Information 2017-2018

**ST JOSEPHS CARE CENTRE**  
**LONGFORD**  

<table>
<thead>
<tr>
<th>Address</th>
<th>Physiotherapy Department, St. Joseph’s Care Centre, Dublin Road, Longford</th>
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</thead>
</table>
| Contact Person | Aisling Reynolds or Catherine Brady Phone: 043 3350112  
Longford.Physio@hse.ie  
Kate Plunkett (Practice Tutor) Phone: 044 9394654 kate.plunkett@hse.ie |
| Where to Check In | Main Physiotherapy Department |
| Preferred Contact Method | Aisling Reynolds or Catherine Brady 043 3350112  
Kate Plunkett (Practice Tutor) 044 9394654 |
| Email | Longford.Physio@hse.ie; kate.plunkett@hse.ie |
| How to Get Here | Dublin to Ballina or Sligo bus-route [www.buseireann.ie](http://www.buseireann.ie)  
Longford town is on the Dublin-Sligo rail-line [www.irishrail.ie](http://www.irishrail.ie) |
| Working Hours | Monday: 11:30am – 5pm  
Tuesday – Thursday: 9am – 5pm  
Friday: 9am – 4pm (34 hours total) |
| Breaks | Break: 11am – 11:30am  
Lunch: 1pm – 1:30pm |
| Uniform Policy (if differs from TCD policy) | As per Student Uniform Policy  
Students must not travel to and from placement in uniform. You must change if leaving the hospital grounds for lunch.  
Infection Control guidelines are available on-site |
| Accommodation (if applicable) | Please check with Lucy Alpine if required |

## Student Facilities

<table>
<thead>
<tr>
<th>Access to Staff Room</th>
<th>None available</th>
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<tbody>
<tr>
<td>Canteen</td>
<td>Staff Canteen</td>
</tr>
<tr>
<td>Changing Facilities</td>
<td>Changing area, locker for valuables</td>
</tr>
<tr>
<td>Car/Bicycle Parking</td>
<td>Yes</td>
</tr>
<tr>
<td>Library</td>
<td>No hospital library.</td>
</tr>
<tr>
<td>Study Areas</td>
<td>Physiotherapy Department</td>
</tr>
<tr>
<td>Internet</td>
<td>Access available, some sites blocked</td>
</tr>
<tr>
<td>On-site Reading Resources</td>
<td>Some reference literature is available on site.</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 TCD physiotherapy facilities available in preparation for all placements.

<table>
<thead>
<tr>
<th>Specialty Area</th>
<th>OUTPATIENT PLACEMENT</th>
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</table>
| Conditions Seen | • Acute and chronic neck, back and shoulder complaints  
                 • Hip/knee/ankle complaints  
                 • Treatment post fractures  
                 • Treatment post TKR, ACL reconstruction, shoulder stabilisation |
| Assessment Procedures Used | • Manual Handling  
                             • Joint mobilisation techniques – Maitlands, Mulligans Nags/Snags  
                             • Spinal and Peripheral joint assessment  
                             • Observe and assist at foot biomechanics and orthotic assessment |
| Treatment Options | • Treatment post fractures  
                     • Treatment post TKR, ACL reconstruction, shoulder stabilisation  
                     • Core stability training  
                     • Soft tissue/myofascial/trigger point release  
                     • Use of traction  
                     • Designing home exercise programme, use of Physio Tools |
| MDT Opportunities | |
| Outcome Measures | • Goniometry  
                    • Jamar Hand Dynamometer  
                    • Visual Analogue Pain Scale  
                    • Rowland-Morris Disability Questionnaire  
                    • Falls Risk Assessment Tool  
                    • Berg Balance Scale  
                    • Rivermead Mobility Index  
                    • Various Post Surgery Protocols e.g. ACL reconstruction |
                            • McRae R: Practical Fracture Treatment (Churchill Livingstone 1994) |

Useful Additional Information