

Physiotherapy students' pre-clinical stress prior to an outpatient placement - triggers and remedies

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INTRODUCTION

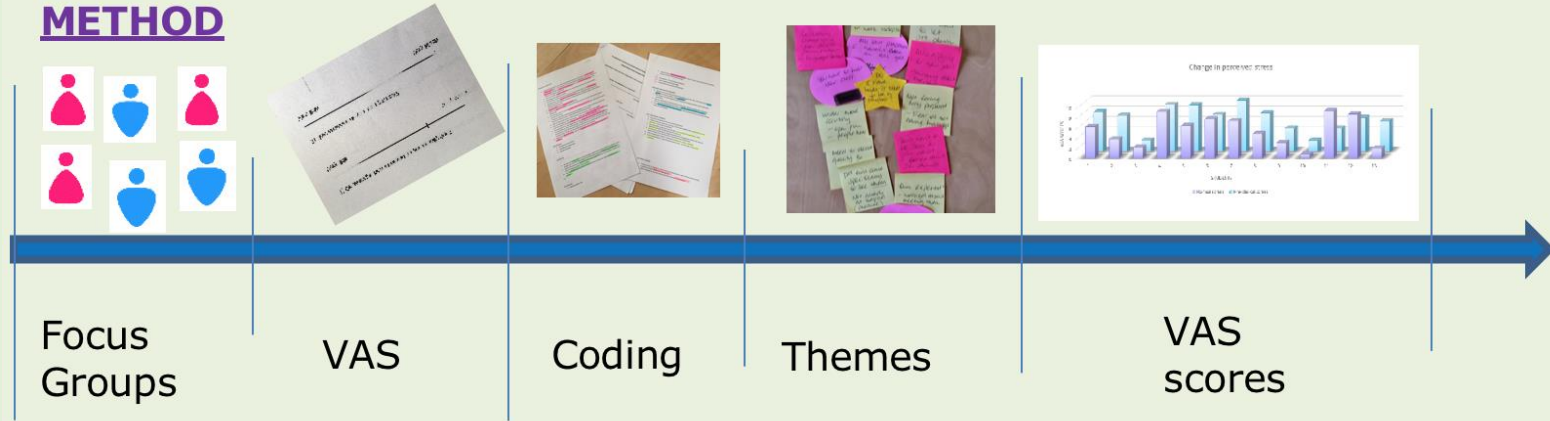
Physiotherapy(PT) students frequently report stress prior to an outpatient clinical placement. As stress can have a negative impact on students' ability to learn, understanding the triggers and seeking to modify them may have value.

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TRIGGERS

- Outpatients is a complex and challenging area
- Clinical placement challenges student's perception of readiness to become a physiotherapist
- Negotiating a new workplace can induce uncertainty and stress
- Environmental stresses

METHOD



REMEDIES

- Provide an overview of a typical day
- Send information on classes/groups
- Complete a simulation week prior to attending
- Share a breakdown of type of patients
- Suggest relevant research/references
- Information on transport/accommodation

Special thanks to the staff and students of Westmead Hospital PT OPD Dept.