Welcome to the Albury campus of Albury Wodonga Health, it is also referred to as the Albury Hospital and occasionally Albury Base Hospital. It’s a great place to work so we hope you enjoy your placement with us!

The Allied Health department of Albury Hospital is located off East St.

Free parking staff is available off East St in the staff parking or on Keene St.

Hospital Main Reception Phone: (02) 60584444

AWH Allied Health Student Coordinator: Anna Sullivan Phone 0428 907 612

The Allied Health Department at Albury Campus is mostly structured on a discipline basis rather than a program base. Refer to the end of the document for more information about the different wards, services and teams at Albury Campus.

Click here for maps of the AWH Albury and Wodonga campuses

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Physiotherapy placements (Albury campus)

Click here to see a diagram of the Physiotherapy team in Albury

1st, 2nd and 3rd year placements

These placements can be in a variety of areas of the hospital depending on where your supervisor is placed. Areas of practice include medical ward, intensive care, surgical wards, community rehabilitation, inpatient rehabilitation and outpatients. Please see below for descriptions of these areas. Placements may also involve time with various groups such as cardiac rehabilitation, exercise groups and pulmonary rehabilitation. Multidisciplinary experiences are also integrated into your timetable and there is the opportunity to observe surgery cases if possible. Please contact the physiotherapy manager (or other provided contact) prior to your placement for details of your placement and determine any pre-reading requirements.

In general before coming on placement (1st year):

1. Consider what questions you might like to ask while you are on placement
2. Refresh your subjective assessment skills
3. Review gait and goniometry assessment

In general before coming on placement (2nd and 3rd year):

1. Research the common conditions you are likely to see on your allocated ward/area of practice
2. Refresh your subjective and objective assessment skills
3. Review gait and balance assessment
4. Consider what exercises might be appropriate for patients you are likely to see
5. Review progress notes SOAP format
4th year placements
Fourth year placements are usually in a speciality area but may involve time in other areas to broaden your clinical experience.

Notes are written in the SOAP format so please revise this format before you arrive.

Acute Care placement
Fourth year physiotherapy acute care placements take place on the Albury Campus of Albury Wodonga Health. The placements typically run for 4 or 5 weeks depending on the specific requirements of the tertiary institution. The major areas of practice are the surgical wards, medical ward and intensive care/high dependency units. Depending again on the university requirements, your experience may be split across general surgery and orthopaedic surgery or may concentrate purely on cardiorespiratory physiotherapy. Pulmonary and cardiac rehabilitation are not typically included however attendance at a session may be negotiated with supervisors. During the acute care placement, you may also be required to provide physiotherapy to paediatric patients and to patients in the emergency department.

Most commonly you will be seeing patients post-surgery (abdominal or orthopaedics), patients with respiratory illnesses (both acute and chronic), patients with functional decline and impaired mobility with complex discharge planning issues and patients whose condition requires a higher level of monitoring and support in the intensive care setting.

Your principle supervisors will be Sarah White (Cardiorespiratory) and Nicole Humphreys (Orthopaedics). It is much appreciated if you contact the supervisors via the physiotherapy department on (02) 6058 4566 at least one week prior to placement commencing to discuss any questions/concerns and to confirm attendance and start times.

You will be required to have sound working knowledge of the theory of physiotherapy in the acute setting and as such should revise the prescribed texts from your university relating to acute care physiotherapy and should revise lecture and practical notes in preparation for the placement. All students are required to bring a stethoscope to placement.
Musculoskeletal Placement
Staff - Senior physiotherapists: Jackson Boyd, Alana Wilson, Rachelle Lowe, Nicole Humphreys (inpatients) plus rotating Level 1-2 Physiotherapist.

This placement will involve work in the outpatient department, fracture clinic, hydrotherapy pool, Community Rehabilitation Centre (CRC) and possibly the inpatient orthopaedic ward.

The Outpatient Physiotherapy Department is a busy and dynamic environment that provides physiotherapy to a vast range of referred clients, in addition to managing fracture clinic and aquatic physiotherapy programs.

Students would be likely to have exposure to any of the following:

- Post surgery including TKR, THR, rotator cuff repairs, anterior cruciate ligament reconstruction and Achilles tendon repairs.
- Post fracture
- Back and neck pain
- Shoulder pain, RC tears and impingement
- Acute soft tissue sprains and strains
- OA, RA and joint assessments
- Deconditioning following long hospital stay
- Aquatic physiotherapy (up to four times per week, so please bring your swimmers)
- Neurological deficits
- Application and removal of plaster with supervisor or AHA

Prior to commencing placement, it would be advised that students revise the following:

- Basic goniometry, strength, length and special orthopaedic tests
- Stages of bone and soft tissue healing
- Principles of aquatic physiotherapy and effect of immersion
- Anatomy
- Best practice management of some common presentations (as listed above)

Click here to read the Aquatic Physiotherapy Brochure
**Rehabilitation placement**

Your placement will occur on the 21 bed mixed inpatient rehabilitation ward.

Case load includes stroke, SCI, MS, other neurological conditions, orthopaedics, amputees and deconditioning.

On a neurological core competency placement we will endeavor to give you predominately a neurological case load.

Senior physiotherapy staff are trained in the Bobath concept so a good introductory text to review would be "Steps to Follow" by Patricia Davies and chapter 14 "Out of Line" is a great resource on Pusher syndrome. Also be familiar with outcome measures in the "Manual of Clinical Outcome Measurement in Adult Neurological Physiotherapy" by Keith Hill.

During your placement you may be involved in hydrotherapy (bring your bathers), group programs, interdisciplinary treatment sessions, team meetings, family meeting and goal setting.
**Generic Information**

**Supervisors**
For each placement you will be allocated a primary supervisor, who will be co-located with you at your placement site. This is the person who coordinates your placement and is responsible for your mid placement and final evaluation. During your placement you are likely to work with a range of other health professionals both within and outside your discipline, with a range of professional experiences.

It is important to remember that your supervisor(s) continue to carry a full workload during your placement, and you will need to be sensitive to his/her other responsibilities. This will also mean that you may be required to work more autonomously and independently during your placement.

Throughout your placement you will receive a mix of direct and indirect supervision. A range of facts such as the complexity of the activity/roles you are undertaking and your level of skills and knowledge determine the degree of supervision. Discuss with your supervisor early the types of supervision that will be provided, considering both the capacity of your supervisor and your own supervision requirements.

**Weekly student sessions (IPL)**

Each week a student interprofessional learning (IPL) session is offered at each campus. These are offered to allied health and nursing students and it is strongly suggested you attend. The sessions cover various topics including simulation, case studies and topics of interest designed to help you get to know the other students and their disciplines. The sessions are great fun and we hope you can come along!

Please let Anna Sullivan (Allied Health Student Coordinator) know if you are not able to attend.

**Albury IPL – Tuesday 3-4pm in the Allied Health Group Room**

**Lunch**

There are lots of lovely places to eat lunch. Most of us congregate in the allied health courtyard; please come and join us.

**Computer access:**

Generic access to computers will be provided for access to your discipline drive, student drive and other useful applications. This login will have internet available for work related purposes.

**Lockers:**

There are student lockers available in the student room or in your discipline department. A locker will be assigned to you during orientation; the key must be returned on your last day.

**Photocopying:** The photocopier is located near Allied Health Reception.

If you have any concerns or questions during your placement please do not hesitate to ask one of us (if we don’t know, we can’t help!).

Allied Health Fax Number: (02) 6058 4520
Allied Health Teams at Albury Hospital
The Allied Health Department is mostly structured on a discipline basis rather than a program base.

Surgical Ward two
- Surgical ward two is a 30 bed unit. The ward mostly consists of surgical patients particularly minor and major abdominal surgery.
  - Phone: 4414

Surgical Ward One
- Surgical ward one is a 20 bed unit. The ward is mostly acute orthopaedic however it has 5 designated AGEM beds.
  - Phone: 4420

Medical Ward
- Medical Ward has 30 beds. Care is provided to acute neurological, cardiorespiratory, and oncology patients. Patients may also be admitted with general medical or functional decline. Aged care planning is provided in this setting.
  - Phone: 4410

Rehabilitation Ward
- The rehabilitation ward is a 21 bed, inpatient sub acute service that uses a team approach when working with patients to achieve optimal independence and quality of life. People are commonly admitted to the rehab ward following an acute hospital admission however direct admissions from the community also occur.
- Mid 2015 the rehabilitation ward will be moving to Wodonga Campus
  - Phone 4424

Intensive Care Unit (ICU)
- The unit consists of 6 ICU/HDU beds, 4 coronary care beds and 2 single rooms to be used as required.
  - Phone: 4470

Emergency Department
- The Emergency Department consists of 12 beds and 2 resus bays. Single cubicle and a plaster room are also available.
  - Phone: 4454

Children’s Ward
- Children’s ward is an 18 bed unit. The ward is for paediatrics with a wide range of medical and surgical conditions.
  - Phone: 4404
**Acute Geriatric Evaluation Management (AGEM)**

- AGEM is a multidisciplinary rehab service specializing in the care of patients over the age of 65 years with age related conditions. This is a 10 bed service however patients can be located anywhere in the hospital. Patients are most commonly admitted from an acute ward within Albury Wodonga Health.
- This is a goal based program with the aim to achieve optimal independence and quality of life.

**Community Rehabilitation Centre (CRC team)**

- The CRC is an outpatient service for people who have a physical disability, are frail, chronically ill, or are recovering from traumatic injury. CRC also helps people who have newly emerging chronic symptoms that require assessment, diagnosis and treatment. This service aims to improve and maintain a person’s optimal independence in the community or in their daily life.
  - Phone: 4830

**Cognitive Dementia and Memory Service (CDAMS)**

- The memory clinic is a multidisciplinary team that assesses changes in memory and thinking. They assess early memory changes and provide an accurate diagnosis and individual management plan. Advice to families and carers regarding strategies to improve or cope with memory problems is also available.
  - Phone: 4830

**Outpatient Physiotherapy Services**

- Provide outpatient physiotherapy service which includes:
  - Individual physiotherapy
  - Aquatic physiotherapy
  - Lymphoedema
  - Exercise groups
  - Tai Chi
  - Women’s health
  - Phone: 4566

**Completing the orientation package**

Reading this annexe was Step 2 in a 3 step orientation package

Please now return to the generic orientation package in Survey Monkey which you should still have open on your computer.

This is the final step of the orientation package.