



THE PROPRIOCEPTION

02 ADIÓS 29TH
03 TRIMESTER 2 HAPPENINGS
04 CLINICAL PLACEMENTS, EXPLAINED
07 HOTLINE: 1800-FYP-CLINICALS
09 LIFE AFTER UNIVERSITY

ADIÓS 29TH



29th SPASC

[Edit Profile](#)



29th_SPASC

- Coming together is a beginning
- Staying together is a process
- Working together is a success



PT Essentials



NHS



Newsletter



IG P.O.M



SPA Webinars



WPTD 2021



Mentorship Programme





29th_SPASC

...



29th_SPASC In the past year, the 29th SPASC worked closely as a team of 12 to implement multiple initiatives and aid students in their journey to becoming Physiotherapists (PTs).

With the aim to bridge the gap between the students and the working PTs, your constant support and encouragement has contributed to the success of our initiatives. We hope that the content and events designed were enjoyable and helpful in your PT journey.

Lastly, the 29th SPASC would like to thank all students, staff and the Singapore Physiotherapy Association for giving us the opportunity to serve you. We hope you will continue to support the 30th SPASC and their future initiatives!



TRIMESTER 2 HAPPENINGS

01



P.O.M

Professor / professional officer of the month (P.O.M) is a monthly series exclusive to our Instagram page, where we feature a teaching staff to answer the students' burning questions about them. Started in September 2021, this brand new initiative aims to connect the students with the faculty members beyond academic pursuits.

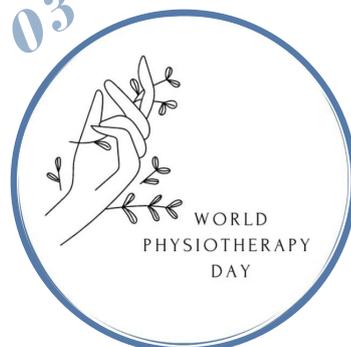
02



SPA WEBINARS

Singapore Physiotherapy Association (SPA) engages many physiotherapists worldwide to organise various webinars. These webinars aim to educate the Physiotherapy community on various topics, including latest developments and practices in the Physiotherapy scene. Look forward to a whole array of webinars coming your way in 2022!

03



WPTD'21 COLLECTION

The long awaited WPTD'21 shirt and merchandise collection is happening in the first week of trimester 2! Look forward to collecting your WPTD'21 shirts, lucky draw prizes and pocketbooks! Time to kickstart the new year with new clothes and work on that new year resolution to become a better Physiotherapy student!

04



NHS VOLUNTEER RECRUITMENT

Neighbourhood Health Screening (NHS) is a local community health service project, in collaboration with NUS, NTU and NP healthcare students. It aims to bring free basic health screening for residents living in rental blocks and reconnect residents-in-need back to the healthcare system to receive prompt attention. Keep a look out for the recruitment drive to be part of this meaningful project!

**Note: subjected to changes based on COVID-19 restrictions*

CLINICAL PLACEMENTS, EXPLAINED

ANSWERED BY SPA COUNCIL'S CLINICAL EDUCATORS



QUESTIONS ADDRESSED

1 WHAT ARE YOU
LOOKING OUT FOR
IN STUDENTS?

2 WHAT SETS AN
AVERAGE AND GOOD
STUDENT APART?

3 WHAT GUIDANCE
WILL BE OFFERED
TO FACILITATE
LEARNING?

4 SHARE ABOUT YOUR
PAST CLINICAL
EXPERIENCE AS A
STUDENT!

5 ANY FINAL TIPS /
POINTERS?

1 WHAT ARE YOU LOOKING OUT FOR IN STUDENTS?

- Open-mindedness, proactivity, flexibility and **positive learning attitudes**
- **Compassion** and individualisation of treatments to meet patients' biopsychosocial needs
- Problem-solving abilities, analytical skills, **evidence-based application** and consistency

2 WHAT SETS AN AVERAGE AND GOOD STUDENT APART?

Average student

- **Learn over the course of the placement** and apply learning as instructed by supervisors
- Implement high levels of evidence-based care with **close supervision**
- Require **significant mentor support** to formulate treatment plans and interpret evidence-based care

Good student

- Show competency in **incorporating high levels of evidence-based care early on**
- **Analyse gaps** in higher levels of evidence-based care and **apply emerging evidence-based care under supervision**
- Demonstrate ability to **make a difference** to their patients and value-add to the department
- Display willingness to learn, **openness to discussion** and proactivity in searching for answers
- **Connect with patients** using good communication and soft skills

CLINICAL PLACEMENTS, EXPLAINED

ANSWERED BY SPA COUNCIL'S CLINICAL EDUCATORS



3 WHAT GUIDANCE WILL BE OFFERED TO FACILITATE LEARNING?

- Usual mentoring and **case discussions** with CEs
- CEs expectation of students is to have a **solid foundation** and understanding of basic theories
- Take reference from the **framework by SIT** as a guide

4 SHARE ABOUT YOUR PAST CLINICAL EXPERIENCE AS A STUDENT!

A good learning attitude is important to conquering placements. Be **receptive** to feedback, **critically reflect** on your own mistakes and **strive to be better everyday!**

I always anticipated clinical placements as it allowed me to apply the skills and knowledge taught. Additionally, it was fascinating to **learn new techniques from my supervisors**, be it interpersonal, communication or clinical skills.

Clinical placements were moments that I dreaded the most as a student. It meant adapting into a new environment, and trying to put what had been taught in school into practice within a real world situation. It was daunting initially because there was so much to learn **and absorb whilst processing the information.**

Nevertheless, the journey was made palatable as the expectations laid upon us were **gradual and guided.** The learning contract and pre-readings provided before each clinical placement set the expectations and laid the foundation needed. Orientation and supervision provided by clinical educators gave the **assurance of being ushered into the clinical environment.**

CLINICAL PLACEMENTS, EXPLAINED

ANSWERED BY SPA COUNCIL'S CLINICAL EDUCATORS



5 ANY FINAL TIPS / POINTERS?

LEARNING IS LIFELONG and never stops until we decide to do so. Everyone will go through a learning curve as we try to adapt to the different things we have been exposed to.

EMBRACE THESE EXPERIENCES positively, pick up from the slacks where we lack and improve on ourselves. Always stay humble and reflect on why you want to be a physiotherapist. Use it as a motivation to excel in your journey.

POSSESSING A GOOD UNDERSTANDING of the macro-view of Singapore's healthcare system would help you appreciate the micro-work carried out within each sector.

TAKE REFERENCE from the updated literature about evidence-based practices while keeping in mind the standard organisational operating procedures and navigate through it as needed.

THINK of yourself as a sponge to absorb as much as you can. Be accountable, organised, proactive and teachable. Keep an open mind and approach to the different teaching styles.

DO NOT BE AFRAID to make mistakes. If in doubt, seek help and guidance from your team members / seniors to share the load of this learning journey. Work towards good communication as the rapport and relationships built will go a long way.

HOTLINE: 1800-FYP-CLINICALS

ANSWERED BY Y4 SENIORS



WITH THE OVERWHELMING THEORY THAT WE HAVE LEARNT FROM Y1 TO Y3, HOW DO WE PREPARE WELL FOR CLINICALS AND THE DIFFERENT SPECIALISATIONS?



Having a strong grasp on Anatomy and Kinesiology would be great for any placement setting. Revision of basic practical skills including mobility aids, handling drips and drains would smoothen out your future sessions with patients.



Do not just go through the motions of subjective and objective assessments. Instead, start questioning yourself on the purpose of performing special tests. Create scenarios in your head and practice how you will make sense of the findings.



Revisit your practicals again!

MSK: be well-versed with ROM, special tests, exercise prescription and progression

CP: enhance your knowledge on the anatomy of vessels, Physiotherapy problems and techniques; familiarise yourself with the vitals and biochemistry values

Neuro: revise the brain vessels and its relations to different types of strokes; review the implications of stroke, neuroplasticity principles, exercise prescription and progression.



HOW ARE THE WORKING HOURS? WHAT ARE SOME EXPECTATIONS THAT MUST BE MET?



The standard working hours are 8am - 5pm.

However, some of the students stay back to finish their documentation and revision! Do not be afraid to talk to other members of the team for help.



Different hospitals have different working hours and some students may need to work OT depending on your CE and time management.

It is expected for students to come earlier than the working hours to screen initial/follow up cases.



Brush up on your basics and enter clinical placements with an open mind! The truth is that 80% of the learning happens on-the-job.

Y3 HOTLINE: 1800-FYP-CLINICALS

ANSWERED BY Y4 SENIORS



HOW MUCH GUIDANCE WILL BE GIVEN BY THE CES TO HELP PREPARE US FOR ASSESSMENTS?



In the first week, the CEs may provide extensive guidance. By the second and third week, the students are expected to be more independent. Do not expect the CEs to spoon feed you with information.



Some CEs love to teach and share knowledge while others advocate for a self-directed learning culture. However, most will practice both styles. If you ever feel that your learning is not well-supported, communicate with your CE/FS to discuss what can be done to optimise the learning experience.



The teaching styles of each CEs differ. Some students are tasked to explain their treatment approach and the CEs will suggest modifications if necessary. Some CEs may also conduct a one-on-one teaching on the ideal way to perform assessments.



ANY ADVICE ON JUGGLING BETWEEN CPES AND FYP?



Ensure that communication within the group is efficient. For e.g., workload can be spread out such that students with more manageable placements can be tasked with more effortful tasks. Remember that your mental and physical rest is just as important!



Find a schedule that works for you. It differs for every individual. I find that consistent effort goes a long way and did an hour of thesis work on weekend mornings. With that being said, each project is different so see what best fits your group!



Plan your time well during the 2 weeks break between clinical placements! Aim to make progress on your FYP in the first week and focus on CPE revision in the second week. Pace yourself well, otherwise you will be too fatigued to juggle both CPE and FYP simultaneously.

LIFE AFTER UNIVERSITY...

ADVICE FROM 2021 GRADUATES

How did you decide which setting to venture into?

ACUTE

I did not have a specific interest but was keen on learning from each specialisation. The acute setting offers a variety of specialties, ranging from Musculoskeletal, to Neurological Rehabilitation, Post-operative Care and Acute Cardiopulmonary Management. The exposure to a myriad of cases in terms of demographics and complexity of patient conditions develops my clinical reasoning skills, allowing me to provide better care for my future patients. Therefore, I chose to practice in the acute setting.

COMMUNITY

I have been inclined towards working in a community setting since Year 1. I like the idea of following a patient through their journey to maximize their rehabilitation and prepare or improve their lifestyles outside of institutionalization. With a vast variety of patients with different conditions and social backgrounds, this provides me with interesting challenges on a daily basis.

PRIVATE

I knew I wanted to be a Musculoskeletal and Sports physiotherapist since the age of 15. I was an athlete and was inspired by my physiotherapists who have helped me on my road to recovery. I have considered doing Paediatrics and Women's Health Physiotherapy as they were part of my area of interest. Ultimately, I find myself the most passionate about Musculoskeletal and Sports Physiotherapy.

EXPECTATIONS VS. REALITY

ACUTE

I pictured myself to be able to work highly independently without any issues. However, being in an acute setting involves a lot of teamwork and coordination between colleagues. Additionally, clinical placements only provide you with a glimpse into what Physiotherapy has to offer. In reality, the work environment requires a wide breadth of knowledge, both medically and Physiotherapy-related, to adequately address issues from a holistic perspective. Independent and proactive learning is required to fill in the gaps in knowledge and skills that one (or I) might encounter during work.

COMMUNITY

Some perceive working in the community hospital as drearier compared to acute settings. While you may not see as many patients daily, you must tailor your treatments with the goal of ensuring that they are safe upon discharge. Some considerations include the patient's pre-morbid status, the availability & competency of their caregiver, their home & community setup, and availability of relevant equipment. In a community hospital, planning a patient's discharge is a collaborative effort involving the entire care team, the patient's family, and the patient. As such, the reality of working in this setting involves managing not only their prescribed exercises but their overall quality of life.

PRIVATE

By the end of my clinicals, I felt confident and workforce-ready. However, when I first joined the private practice, the demands were starkly different from my clinical placements. As a fresh graduate, no one knew of my existence. Thus, it was challenging to build up my list of patients. This made me realise that there was so much more to being a physiotherapist in private practice. On top of honing my craft in Physiotherapy, refining my soft skills and marketing skills were just as important to develop strong relationships with my patients.

IF YOU HAVE THE CHANCE TO GO BACK IN TIME, WHAT WOULD YOU TELL YOUR YOUNGER SELF?

Work hard but not too hard! Enjoy your time with your friends in university and make the most out of it while you are able to. Grades do not define who you are after you graduate. There is no replacement for the time that could have been spent with family or friends. Also, make friends with one another within your cohort and across batches, we will all be colleagues in the future!

Learn how to study smart before diving in to study hard. Next, don't be harsh on yourself when you feel like you have failed to live up to your own expectations – it is only human to make mistakes. Lastly, always be ready to help your peers or juniors in need. In stressful environments and situations, you really need to look out for each other regardless of which study group or clique you are from. You can do it!

I would tell my younger self to embrace my university days and enjoy campus life! Most of us live by the hustle culture and burn out before the end of each trimester. Looking back, there were numerous opportunities where lectures, practical sessions and peer-study sessions could have been stress-free and fun! Ultimately, the Physiotherapy community is amazing and everyone is there to help one another. You are never alone!

– Mitchell Neo

– Christophe Joel Chuah

– Tan Yan Ni

ACUTE

COMMUNITY

PRIVATE



Mitchell Neo

@neomitchell

Sengkang General Hospital

Christophe Joel Chuah

@christophejoel

Thye Hua Kwan Moral Charities and St Luke's Hospital

Tan Yan Ni

@theninjaphysio

City Osteopathy & Physiotherapy Pte Ltd



PROPRIOCEPTION

/ˌprə(ʊ)prɪəˈsɛpʃn/ | noun

*bringing to you timely updates on the latest happenings
in the Physiotherapy environment*

WRITTEN BY
29TH SPASC PUBLICITY TEAM

 @spa.sc  <https://t.me/SGphysiostudents>