



MSc/ PGDip Awards – Laura Bunn 2018

I was fortunate to receive a £500 bursary towards the Mentored Clinical Practice (MCP) module towards my Masters qualification in Manual Therapy. As a self-employed Physiotherapist, funding post-graduate education can be challenging and therefore this bursary made completion of this module possible.

This MCP module consisted of 12 days of clinical placement alongside a Specialist Physiotherapist in order to further develop current knowledge, refine handling techniques and develop communication skills within the MSK setting. I carried out this placement with another MSc student, both of us with similar previous experience, with a thirst for improving our practice.

The placement provided a great opportunity to reflect on our approaches and particularly in reference to our communication skills and the impact this had on the clients we were treating. It was a very non-judgemental, safe environment in which we were able to discuss what worked well and what didn't work so well within our patient contacts. It stimulated a lot of discussion about the current literature around communication within Physiotherapy practice and the importance of pitching this at the right level for the patient in order to build a rapport and consequently a successful treatment outcome.

Throughout the placement we used informal discussion, written reflections and audio-recordings to help develop our skills. The placement was also a great opportunity for us to look at treatment options for specific MSK conditions and how we were implementing current research in to practice. We reflected on how these approaches have changed since we qualified and the importance of being able to accurately critique the literature available when developing our evidence-based treatments.

The module assessment was based on a clinical exam with a new patient assessment and a patient follow-up and then with a 2,500 word written assignment. The written piece was a critical reflection on an aspect of our professional practice relevant to the clinical placement.

Thank you to the MACP for helping fund this module as I can honestly say it has improved my practice! I have certainly become a more reflective practitioner and feel much more confident in delivering appropriate, patient-centred practice, particularly when challenging unhelpful beliefs around pain. This topic I am going on to research further in my dissertation!