

# PRESENTATION OF INTERNSHIP AND DESCRIPTION OF CLINICAL EDUCATION AT GULDBORGSUND REHABILITATION

## ~ FOR PHYSIOTHERAPY STUDENTS ~

### **Address:**

Guldborgssund Genoptræning (Guldborgsund Rehabilitation)  
Møllebakken 5  
4800 Nykøbing F  
Phone: 5473 2230

### **GENEREL INFORMATION**

*Guldborgsund Genoptræning* (Guldborgsund Rehabilitation) belongs to *Center for Sundhed og Omsorg* (the Health and Care Department) in the municipality of Guldborgsund. We are organized in two units: *Genoptræningen* (the Rehabilitation Unit) and *Center for Hjerneskaderehabilitering* (Center for Brain Injury Rehabilitation [CHR]). A Director leads Guldborgsund Rehabilitation and three general managers are responsible for the Rehabilitation Unit, the CHR and the Secretariat respectively. The secretariat serves administration tasks related to the Rehabilitation Unit and to the CHR.

The Rehabilitation Unit employs about 30 physiotherapists, six occupational therapists, one nurse, two therapists responsible for the quality and the development of rehabilitation and health promotion programs, four training assistants, and five secretaries. Further, the CHR employs about three physiotherapists, four occupational therapists, and several other health care professionals such as speech pathologists, neuropsychologists, and social and healthcare assistants. Guldborgsund Rehabilitation provide internships for both Danish and foreign physiotherapy and occupational therapy students.

Therapists in the Rehabilitation Unit undertake outpatient treatment and rehabilitation within the following seven specific areas: geriatric, medical, cancer and palliative treatment, pediatric, orthopedic surgery and musculoskeletal conditions/, urinary/gynecology and lymphedema, and assessments related to the job center. Within each area, a coordinating therapist is responsible for planning daily tasks among therapists within the area.

At Guldborgsund Rehabilitation, we treat citizens suffering from various conditions according to *Sundhedsloven* (the Danish Health Care Act) § 119 (i.e., health

promotion and prevention) and § 140 (i.e., rehabilitation) and according to *Servicebogen* (the Danish Social Service Law) § 86.1 (i.e., rehabilitation), § 86.2 cf. § 44 (i.e., pediatric), and § 122 (i.e., palliative treatment). Further, we treat citizens referred from the job center. For citizens with acquired brain injury in need of 24-hour care and rehabilitation, the CHR has facilities for seven citizens. The CHR also undertakes outpatient rehabilitation of citizens suffering from acquired brain injuries. Furthermore, Guldborgsund Municipality has 10 smaller decentralized care and rehabilitation centers, of which our training assistants frequently visit five. According to the Danish Social Service Law § 86.2, our training assistants provide weekly training sessions for citizens in need of assistance to maintain their skills. On a yearly basis, some 4500 citizens in the municipality of Guldborgsund are treated and rehabilitated at Guldborgsund Rehabilitation.

At Guldborgsund Rehabilitation working hours are between 7.30 am and 5.00 pm. Clinical education for students will be minimum 30 hours a week. Your specific working hours will vary between days – your clinical supervisor will help you coordinate this. You must expect 8-10 hours of preparation (including written assignments) at home each week.

Students must wear uniforms. However, depending on size, you might have to wear private pants. Nevertheless, you must bring your own footwear suitable for indoor use. Hair below shoulders must be set up in e.g., a ponytail. Wearing rings, watches or perfume it is not allowed.

As a student, you will participate in meetings relevant for all employers at Guldborgsund Rehabilitation and in meetings relevant for therapists within your specific working areas.

We expect all students at Guldborgsund Rehabilitation to be committed to daily tasks during their internship.

## **FRAMEWORK OF GULDBORGSUND REHABILITATION**

The Rehabilitation Unit, the CHR and the secretariat are all located at Møllebakken 5 in Nykøbing F. There is a parking area at the location. City busses drive from the station and stop at Fjordvej just outside the CHR.

The Rehabilitation Unit has seven indoor training areas with new training equipment, an outside training area, 11 individual examination rooms, a fully equipped kitchen for training activities of daily living, and a class- and conference room for meetings and courses.

All employers have their personal office desk along with a computer. Likewise, students have their own office equipped with disks and computers.

Even though Guldborgsund Rehabilitation is located at Møllebakken in Nykøbing, we treat citizens in the whole area of Guldborgsund Municipality. Thus, for citizens unable to come to Møllebakken, we drive to citizens' private homes or care center for treatment.

As it is not possible to buy any food at Møllebakken 5, you will have to bring your own lunch. However, a fully equipped kitchen with e.g., refrigerator, freezer and microwave is available.

At Møllebakken we have a small library of limited literature within physio- and occupational therapy.

## **PHYSIOTHERAPEUTIC TASKS**

Physiotherapists in the Rehabilitation Unit undertake treatment and rehabilitation within all seven specific areas. Citizens suffering from various conditions are referred from hospitals (the Danish Health Care Act § 119 and § 140), general practitioners (the Danish Health Care Act § 119), or the administration at the Center for Social Service (the Danish Social Service Law § 122). Citizens can also apply for treatment themselves or with help from their relatives or other health care professionals (the Danish Social Service Law § 86.1 and 2) e.g., in pediatric parents, other relatives, institutions, nurses and doctors can apply for treatment to a child (the Danish Social Service Law § 86.2 cf. § 44).

As physiotherapists, we work interdisciplinary with other health care professionals focusing on the individual citizen.

All citizens referred to Guldborgsund Rehabilitation will first meet a health care professional (most often a physiotherapist) individually. The therapist and the citizen will plan further procedures based on findings of examination and the citizen's reports. Treatment and exercise can be either group-based or individual at center, or home-based with center-based follow-up. Some citizens also attend patient education courses at the Rehabilitation Center.

The physiotherapeutic tasks include e.g., examination, diagnostics, treatment and rehabilitation, conducting patient education, health promotion, and disease prevention. Administration tasks include e.g., clinical documentation of examinations/interventions and results, epicrisis, statuses, development of training programs, preparing patient educational sessions and contacting interdisciplinary collaborators.

## **GENERAL**

Daily tasks of physiotherapy students are located at Møllebakken. In collaboration with your clinical supervisor - and possibly other therapists or occupational therapy students - you will plan workshops and educational sessions as needed.

In all semesters, Guldborgsund Rehabilitation provides internship for at least two physiotherapy students from *Absalon* at University College Zealand in Næstved and Roskilde.

To match expectations, students are encouraged to consider their learning needs and personal goals for internship. The student and the clinical supervisor have a joint responsibility for working with and focusing on the goals of the prepared learning. However, the student is primarily responsible for achieving personal goals.

During internship, the clinical supervisor (and other therapists) will provide guidance continuously and as needed, and prepare and conduct educational sessions and workshops. Clinical reasoning of the performed practice will be an important focus point. We strive to plan and conduct guidance based on the students' wishes and needs, and support the student in daily tasks working with the citizens. The internship intends to support the academic foundation and integrate theory into practice.