Global Specialist Physiotherapy - Mentoring Induction

Global Specialist Physiotherapy began in 2013. New and recent graduates regularly comment that out of all their personal development endeavours, they often get the most out of one-on-one sessions from a PD and outcomes point of view. This is reflected in recent research that suggests interactive and personal education (e.g. small scale meetings) is more effective than passive education such as large-scale meetings like lectures (Wedsing and Grol 2005).

The plan is that have scheduled in regular one-on-one (or one-to-two physios) 60 minute sessions. Prior to these sessions (ideally at the latest a week before) it's <u>very important</u> that you:

- Book in patients during this time that may be struggling, or want a second opinion so together we can ascertain a diagnosis, classification and plan for management.

<u>In the sessions we will also:</u>

- Look through your patient list and identify at least 3 patients to discuss. These may be patients who are particularly complex, have stagnated in their progress or you just want a 2nd opinion on their care.
- Talk through these patients and try to come up with a structured plan for management.
- Review previously discussed patients and new ones each session.
- Practice manual therapy techniques and exercises if you wish.
- Review Treatment Plans given to patients.

<u>It would also be awesome if you could all:</u>

- Identify 5 each of your clinical strengths and potential growth areas and send them through to me prior to our first session together.
- Also have a think about 5 goals you would like to achieve through the mentoring.

I'm sure the details will get clearer once we get into a routine, however if you want any more information prior to the sessions beginning feel free to email me back. Speak soon

Best regards,

Mr. Kieran Richardson, FACP
Specialist Musculoskeletal Physiotherapist
(as conferred by the Australian College of Physiotherapists 2016)
Master of Clinical Physiotherapy
Director – Global Specialist Physiotherapy