

# Real-life story - Yannicca Chang

Read about Yannicca's first placement.

## Yannicca Chang

### Physiotherapy student

#### Employer or university

York St John University

Yannicca Chang

Confidence comes with time and the more patients you see, the more confident you will feel.

### How did it go?

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My first placement was in cardiac rehabilitation. I really didn't know what to expect particularly as I had no previous experience of working in a hospital. I was excited because it was something I had been waiting to do.

My placement started with an orientation session followed by IT training. On my second day I helped out at a rehabilitation class by playing the role of patient. It was useful to see things from the patient's perspective and gain a fuller understanding of how to do exercises correctly.

To be honest I felt out of my comfort zone. I was nervous about approaching patients and members of staff because I was really unsure of what to say.

## **How much support did you get?**

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My clinical educator was really good and gave me a lot of support. When we reviewed my progress I was able to express my concerns that I felt I didn't know enough and didn't want to bluff my way through things. She was able to reassure me that I was not expected to know everything and that it was better to ask if not sure. This gave me a lot more confidence. I was also visited by my university tutor.

## **What was the best part of your first placement?**

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I really enjoyed helping out with rehabilitation classes. I felt I connected well with the patients and fairly quickly was able to lead warm-up sessions and the relaxation at the end.

## **And what was the most difficult part?**

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A lack of confidence hindered me at first but after observing a qualified physio at work I soon realised that patients often asked the same questions and I began to gain confidence. I also learned that it was alright to check with my clinical educator if I wasn't sure how to answer.

## **What are your tips for others?**

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Don't be afraid to ask questions.

As you go through the placement do some reading each evening to fully understand and consolidate what you have learned.

Try to get a variety of experiences. Ask your clinical educator for opportunities to experience other hospital wards or other hospital roles, for example shadowing an occupational therapist for a day.

If you find your first placement a bit overwhelming, don't worry. Confidence comes with time and the more patients you see, the more confident you will feel.

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