



## **Words of Advice from Previous Students**

The comments below reflect advice and ideas from previous O.T. students at UMMC.

### **1. Things to review prior to starting: (if you are unsure of a topic below, please ask your CI during the first week to review with you)**

- Common hospital lines and tubes
- Discharge planning- know the differences between subacute rehab, acute rehab and home therapy services
- Review assessment tools and patient precautions (ie: spinal, sternal, etc)
- Common surgical and medical procedures
- Patient handling- transfers, bed mobility
- Weightbearing precautions- full weightbearing, weightbearing as tolerated, foot flat weightbearing, non weightbearing, partial weightbearing
- Different assistive devices and adaptive equipment
- Medical abbreviations and terminology
- Lab values- norms and critical with implications for rehab
- Roles of the members of the medical team including: case manager, attending, fellow, resident, NP/PA, social worker, nutritionist, respiratory tech
- Ask your CI which patient population and diagnosis to specifically review

### **2. Advice to an incoming student:**

- Develop a script for your initial evaluations
- Maintain patient modesty, dignity, and respect
- Be open to the challenge and fast pace
- Take the opportunity to learn as much as you can, including other opportunities within the hospital, in-services and shadowing other disciplines
- Do thorough chart reviews and look up things you don't know
- Improve organizational and time management skills
- Be creative with bedside treatments
- Take initiative and responsibility with self-management. Be willing to put in extra time and willing to learn on your own time.
- Be confident in what you know
- Don't be afraid to ask questions, maintain open communication with CI, and accept feedback
- Learn the basics first then expand to advanced knowledge and skills
- Be flexible and realize things may not go according to plan
- Do a "trial run" prior to the first day to know where to park and where to go so that you are prepared and feel comfortable with the area
- Safety first

