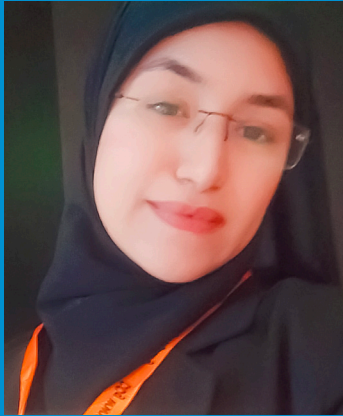


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What advice would you give to prepare pre-registration P&O learners to help them prepare for their first experience in a clinical environment?

- Understand the basics
 - Review anatomy and biomechanics: ensure a solid understanding of anatomy, biomechanics, and the basic principles of P&O devices
- Study the typical journey of a P&O patient, from referral to treatment and follow-up
- Learn practical skills
 - Observation skills: practice observing gait patterns, postures, and patient behaviours
 - Documentation: familiarise yourself with clinical documentation practices including SOAP notes
 - Technical skills: revisit the practical skills learned in the lab, such as casting, modifying, and fitting devices
- Be proactive in learning
 - Seek feedback: actively ask for constructive feedback from mentors and peers
 - Set goals: identify what you hope to achieve during your placement
 - Participate actively: observe procedures, take notes, and volunteer to assist when appropriate
- Prepare logistically
 - Know the location: familiarise yourself with the clinic's layout and facilities
 - Understand the workflow: learn the typical daily schedule and processes in the clinic
 - Bring necessary tools: have your notebook, pen, and any essential equipment
- Stay ethical and respectful
 - Confidentiality: adhere to patient confidentiality and data protection regulations

What advice could you give pre-registration P&O learners on receiving feedback?

- Approach feedback with the right mindset: be open-minded, stay positive and avoid defensiveness
- Actively listen: give your full attention, take notes, and ask for clarification if needed
- Separate the feedback from personal feelings: don't take it personally and stay calm
- Be proactive: ask for specifics and seek feedback regularly
- Reflect and act: reflect on feedback, track progress and make a plan
- Stay professional: show gratitude, respect different perspectives and follow up
- Use feedback to build confidence: balance your focus and recognise your strengths
- Develop resilience: embrace challenges and learn from your mistakes

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What are your top tips for pre-registration P&O learners that would help them stand out on placement?

- Stay adaptable: be flexible, handle pressure well and learn from your mistakes
- Reflect and follow up: seek feedback, keep in touch and show gratitude
- Pay attention to detail: document accurately, maintain quality and observe closely
- Go beyond expectations: research topics, demonstrate passion and share insights
- Build strong relationships: engage with team members
- Show a learning attitude: be receptive to feedback
- Build rapport with patients: practice empathy
- Demonstrate professionalism: punctuality

What advice would you give to pre-registration P&O learners who may be feeling anxious about being in a clinical environment?

- Acknowledge your feelings: be mindful of perfectionist thinking and know that you won't know everything
- Prepare in advance: revise fundamentals and familiarise yourself
- Focus on small wins: set manageable goals and celebrate progress
- Build supportive relationships: connect with peers and engage with supervisors
- Practice mindfulness and stress management: take deep breaths and visualise success
- Start with observation: watch, learn and ask questions
- Remember your why, focus on impact, embrace growth
- Be kind to yourself: practice self-compassion and take breaks
- Seek feedback and reflect: welcome constructive criticism and journal your journey
- Lean on resources: utilise educational tools and access support systems

And final advice to all learners, is to believe in yourself, love your life, enable service users, engage in conferences, projects and research in P&O, to help yourself and others to progress.