Experiences from physical events:
2016 in Lund
2017 in Southampton
2018 in Galway

LISA EKSTAM, SARAH MCGINLEY, SINEAD HYNES & ELLIE HORGAN
| Number of students taking part in total | 111  
|                                          | (29 LU; 47 UoS; 35 NUIG) |
| Number of organisations                 | 10  |
| Number of stay at home students         | UoS 13  
|                                          | NUIG 1  |
| Number of participating staff           | LU 10  
| (number of staff at home)               | UoS 2 (2)  
|                                          | NUIG 3 (1)  |
Focus in year 1, 2016 Lund

This event focussed upon frameworks and models to support the identification of occupational issues for socially excluded individuals, groups and communities.
The Keynote lectures

• Associate Professor Lena-Karin Erlandsson, presented on: Occupational science-fertilizer or position for Occupational therapy

• Occupational Therapist Catherine Svalenius, shared her experiences from working in mental health

• Associate Professor Dennis Persson presented on: Ecopation - a new concept on sustainable development

• Christina Chuckman from TillväxtMalmö presented: "Same but different - experiences from working as an OT in new arenas"

Students evaluation: "Very powerful and inspiring lectures. It has opened new horizons on how OT can be practiced in novel fields."
The learning experiences….

• Engage and participate in group work
• Exchange experiences… about the programmes, health care systems, occupational therapy….
• Engage with a community organisation, do a site visit and collect information.
• Identify occupational needs and with the use of occupational therapy theory and models interpret the needs and propose solutions
• Write an abstract
• Present the work at the final conference
The 10 organisations in Lund

- **Lunds Fontänhus** (mental health)
- **Horse riding club in Malmö**, integrating immigrants
- **Skåne Stadsmission** (people living in vulnerable life situations, such as with mental illness, homelessness and poverty)
- Gambling addiction, **Casino Cosmopol**, Malmö
- **Tamam**, Lund (focusing on children and young adults for diversity, anti-racism and young people's social commitment.)
- **Sheltered housing** for people with mental health conditions in Lund
- **Habo Gård**, Träffpunkt (meeting place for senior citizens)
- **Vardaga nursing home** for people with dementia
- **ComUng**, Lund (helping young unemployed people finding a job or a meaningful occupation)
- **Red cross and Migration office**
Social programme
Students evaluation – the group work

• “I enjoyed working with the students from Lund and Southampton, it was an amazing experience and I really benefited from our collaborations during group work.”

• “Our group collaborated with fellow students from Southampton mostly via Skype. At times this proved difficult due to technical issues.”
Describe your overall impression of the exchange. What was good, what do you take with you from this week?

• The exchange was a brilliant and exciting opportunity to meet other OT students and to learn about education and health care in other cultures.

• Quite tiring and full-on. Mind blowing and brain expanding! Very very valuable. The time flew too fast.

• We got to know each other very well and my group became quite close and are still in touch. It was great to be able to collaborate with other students and gain different knowledge from what they have learned e.g. Valmo model in Sweden, and also to be able to share our knowledge.
Comments to “This exchange has contributed to develop my professional identity”

• I feel OT is becoming a well-respected area of expertise and in time, this will be highlighted especially with international trips like MIROTS.

• Since coming back from Sweden I have reflected a lot over the whole experience and what I have learned has shaped and developed how I think about OT and how I see the world in general.
UoS & NUIG reflections of the Lund exchange
The team in Lund paved the way and provided inspiration for the 2017 and 2018 physical exchanges.

Students valued the opportunity to learn and explore:
- Swedish culture – food, language, social activities
- Exposure to new theoretical Occupational Therapy models – ie VaLMO model
- Development of lasting international links and partnerships
- Engagement with a broad range of community organisations within the context of a different health and social care system to their home country – similarities and differences.
Focus: Development of role emerging placements for Occupational Therapy students

Aims: How can role emerging placements enhance the understanding of how occupational therapists may contribute to services that support socially excluded individuals, groups and communities?

Project: Students worked with community organisations to prepare written proposals for a practice placement learning opportunity.
<table>
<thead>
<tr>
<th></th>
<th>2017, Host: University of Southampton</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Number of students taking part in total</strong></td>
<td>93</td>
</tr>
<tr>
<td></td>
<td>(41 UoS; 28 LU; 24 NUIG)</td>
</tr>
<tr>
<td><strong>Number of organisations</strong></td>
<td>10</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Number of stay at home students</strong></td>
<td>LU 1</td>
</tr>
<tr>
<td></td>
<td>NUIG 1</td>
</tr>
<tr>
<td><strong>Number of participating staff (number of staff at home)</strong></td>
<td>UoS 5</td>
</tr>
<tr>
<td></td>
<td>LU 2</td>
</tr>
<tr>
<td></td>
<td>NUIG 4</td>
</tr>
</tbody>
</table>
The Keynote Lectures

- Professor Jo Adams (Professor of Musculoskeletal Health, Professional Lead, UoS) - Including harder to reach populations: why health literacy is important for occupational therapists.

- Dr Claire Ballinger (Strategic Lead Wessex Public Involvement Network) and Mark Stafford-Watson (Patient and Public Involvement Champion) – Coproduction: What is it and why does it matter?
The Keynote Lectures

• Rebecca Burgos (Lead Occupational Therapist, Solent NHS Trust) - *Working with Role emerging placements to redesign and develop statutory services*

• Eleanor Fox, Kosiwa Lokuso & Claire Walker (UoS graduates) -
  - *preparing for role emerging placements*
  - *opportunities and challenges of role emerging placements*
  - *impact of role emerging placements on your professional career*
The 10 organisations in Southampton

- **St James Society** (Homeless Charity)
- **Southampton Sight/Macular Society** (Visual Impairment)
- **Macmillan** (Cancer Survivorship)
- **Homestart** (Under 5s)
- **Portsmouth City Council** (Looked-after-children)
The 10 organisations in Southampton

- The Practice, Lymington (General Practice)
- Southampton Primary Care Ltd (General Practice)
- City Life Education and Action for Refugees (CLEAR)
- Inclusion (Substance Misuse)
- Mayfield Nursery (Horticultural Project)
The learning experience.....

• The Proposal

1. Set the Scene – mission, population(s) served, drivers, professional guidelines

2. Occupational Injustices and Perspectives – critically appraise literature/evidence, consider underpinnings of OT and the “added value” the profession may bring

The learning experience.....

• The presentation
  - what can you bring, what will you implement and what will you leave behind for the future?
### The social experience

<table>
<thead>
<tr>
<th>Wednesday</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>17.30-19.30 Room 02/3041</strong></td>
<td>Booked for a crafts session: teabag making, friendship bracelets and bath salts.</td>
</tr>
<tr>
<td><strong>17.30-19.30</strong></td>
<td>Rock climbing at the <strong>Boulder Shack, Portswood, SO14 0JW - £11</strong></td>
</tr>
<tr>
<td><strong>17.30-19.30</strong></td>
<td>Trip to <strong>Scoops and Sprinkles, Portswood Road, SO17 2NG</strong></td>
</tr>
<tr>
<td><strong>19.30-22.00</strong></td>
<td>Drinks, snacks and games</td>
</tr>
<tr>
<td><strong>22.00 onwards</strong></td>
<td>Trip to <strong>Popworld</strong>,</td>
</tr>
</tbody>
</table>
The student experience.....

Building an OT Network
Extending our global understanding of OT, building friendships and a professional network

Growing with MIROTS
Kellice Tedjo, 2017, Southampton

Shaping my OT Journey
To be mindful to deliver occupational-focused practice as an occupational therapist

Daring to Dream
Beyond our current scope of OT practice, to develop an OT role in emerging settings
LU & NUIG reflections of the UoS exchange

Cancer Survivorship
An emerging role placement proposal for Occupational Therapy

EU Erasmus+
LU & NUIG reflections of 2017

Role emerging was a new area for students in NUIG and LU
- Opened new possibilities in terms of areas of future practice

Working on proposals made it possible to give something concrete back to the organisations

"The ideas of working with an unknown community organisation and developing a proposal offered a welcome prospect of new experiences. It was foreseeable that the schedule to complete project tasks alongside social activities would be pressurised."

"I've gained a more rounded view of occupational therapy and outside the Irish picture, these students have provided us with great initiatives and ideas for future in Irish development."

The social programme, food and welcome package was appreciated
<table>
<thead>
<tr>
<th><strong>Host: NUI Galway</strong></th>
<th><strong>2018</strong></th>
</tr>
</thead>
</table>
| Students taking part in total | 95  
(27 NUIG; 40 UoS; 28 LU) |
| Number of organisations | 10 |
| Number of stay at home students | UoS 3  
LU 5 |
| Number of participating staff (number of staff at home) | NUIG 5  
UoS 1 (2)  
LU 5 (1) |
Preparation

• Each university partner had a number of preparatory sessions:
  - Provide reading lists and watch Occupational Justice video (Dr Hocking)
  - Allocate student groups
  - Discuss expected workload for the week.

• A handbook for the week was compiled and sent to all students (40 pages):
  - Welcome & Travel Information including useful maps
  - Information about Project Work
  - Reading List
  - Consent Forms and Information for Organisations and Interviewees
  - Schedule for Week including visits, group work, presentations and room bookings
Theme 2018

- Overall theme was “Dissemination”.
- **Capturing the voices** of populations in Ireland who we may not be listening to in our practice as occupational therapists.
- The service user voice was central to this final physical exchange.
- Using existing community partnerships and developing new relationships, students recorded the voices of local people with a wide variety of experiences:
  - The voices of those experiencing illness/disability,
  - social exclusion
  - or those who care for those with these experiences.
"Capturing voices"

We asked the students to:

1. listen as closely as possible to the narratives of their partners,
2. find means to listen to marginalised voices, using interpreters or trusted intermediaries where necessary
3. produce a 5-minute podcast that would be captivating, informative and useful and
4. disseminate this podcast back to the community organisations for use in their future work.
**Partner organisations in Ireland**

- Access for All, Galway
- Age Action, Ireland
- Chime (formerly Deaf/Hear)
- COPE Galway
- Cuan Mhuire Treatment Centre, Ireland
- Cumann na BhFear Men’s Shed, Galway
- Fairgreen Homeless Shelter, Galway
- Galway Autism Partnership
- Galway Dyspraxia Support Group

**Galway Migrant Service**
- Galway Speeders (Wheelchair Basketball)
- Madra (Animal Rescue), Ireland
- National Council for the Blind, Ireland
- Quest Galway
- Saol Café, Galway
- Shantalla Men’s Shed, Galway
- Western Traveller Development and Intercultural Centre

**Organisations**
Focus of the interviews

- What are the issues that you would like health professionals to know about?

- How would you like health professionals to communicate with you?

- What do you feel is important for future health professionals to know about your experiences, that will help them best work with you in the future?

Consent and confidentiality discussed in preparatory sessions as well as in the handbook and in small group sessions during the week.
Learning Activities

Keynote speakers
- Dr Ruth Mc Menamin – PPI in Research.
- Ms Áine Gallagher- Using Comedy to Disseminate Research and Promote Health.
- Dr Martin Power – Irish Health and Voluntary Services
- Dr Lorraine McIlrath- Civic Citizenship, Engagement and Democratic Knowledge Sharing.
- Dr Juliette Truman- Moving Beyond Traditional Erasmus: Internationalising the Curriculum.

- Podcasting- creating and editing
- Site visits to community organisations
- End of week presentations
Practicalities

- Pre-travel information
- NUIG students as hosts
- Accommodation and food
- Wifi and access to library and sports facilities
- Dictaphone, recording and confidentiality
- Social events
Student feedback

• Timing during semester- students reported feeling under pressure and could have been able to engage better if earlier in the semester.

• Graph: Extent to which you engaged in the exchange
  - Not at all 0
  - A little 2
  - More than a little 1
  - Adequate amount 4
  - Much 25
  - Very much 25
To what extent did the following teaching/learning activities facilitate your learning?

Site Visits (n=57)

Creating podcasts (n=56)
Feeling part of a global OT community?

Yes 52
No 4
Informal Learning?

Yes 53
No 4
Learning Points

• Relationship with other modules - consider how the exchange will be physically accommodated into the timetable

• Grading or marks awarded - there can be differing levels of engagement depending on whether marks are awarded.

• Clear communication and instructions between partners

• Balance of workload - during the week and around the time of the exchange

• Consider burden of new learning (e.g. software such as Audacity)
What We Gained

- **Students**
  - Personal and professional confidence
  - Willingness to work in diverse/emerging areas of practice
  - Understanding of contextual factors in society

- **Partners**
  - Opportunities for issues to be highlighted
  - Have a tangible outcome of the collaboration e.g. an awareness-raising video, an information leaflet or advocacy
  - Opportunities for practice placements
What we gained

**Staff**

- Academic opportunities in teaching and publication
- Skills in project management, technology and collaborative working
- Deepening our own knowledge of the occupational perspective of health
LU & UoS reflections of the NUIG exchange
Students felt well-prepared, appreciating the additional training and technical support for Audacity.

Student expectation remained high, with the quality of the podcasts demonstrating this but the "just right challenge" was also evident allowing students to enjoy a greater balance of academic and social benefits of the exchange.

The theme capturing voices was strong and made the student really listen to what the community partners had to say instead of "forcing" OT concepts on them.

The exchange offered a lot of fun and laughter in terms of Comedy Clubs, Silent discos, different culture mixed with hard work.
Student Reflection 2018/2019
Irish student experience of MIROTS 2018/2019
-Theme: Patient Voices

Issues with Audacity
Laptop problems
Dictaphone problems
Cutting down content

A new skill learned and a new way to disseminate information

Relevance to current OT practice

Cope Galway
Access Group
Galway Titans: Wheelchair basketball
Men’s Shed
Travelling Community
Galway Autism Alliance
Older Adults
Quest: Brain injury Ireland
Presentations & Social Events

- Interview guest
- Key points discussed
- Comparison across countries
- Reflections

- River Corrib, Salthill promenade, Latin Quarter
- Irish dancing classes, comedy clubs, silent disco, live trad music
- Bowling, shopping on shop street, film screenings and pubs.
- Monroes
Practicalities & Student committee

Distance from campus & Public transport
Google maps
Practicalities
Editing software
Size of groups

Activity leaflet
Student Committee
Gave out documents
Met students at bus station
Guide to hostel

Erasmus+
Thank you!