Journal Entries to Faculty Liaison

Seminar
Journal #1 Term #1

It was great to get introduced to you on Wednesday and start to hear about other students placements.

My placement is with Advance Care Planning/Goals of Care, with some involvement in the Grief and Loss program.

I am currently in a grief and loss group for people who have lost a sibling. There is a facilitator (counselor from the Grief and Loss program), myself and community volunteers. I have facilitated a small group session and I am preparing to instruct a model of grief in this week's session.

Last week I met the Advance Care Planning team and was attended a presentation at TBCC - palliative grand rounds re: the results from the ACCEPT study that was completed. This is a national research project that I will be more involved with in the winter term of my placement.

All the staff have been welcoming and excited to see a student.

I have reviewed the learning agreement and I am now just trying to figure out how to fit everything in! My placement will not be a typical clinical placement- I will be doing some macro level social work practice.

Please let me know if you have any questions, otherwise see you next session.

Journal #2 Term #1

Here is my weekly update.

It was a busy week. I attended the "How to Care, What to Say" Workshop from AHS put on by staff from the Grief and Loss program.

With the grief and loss group I am involved in, I taught Ken Doka- grief styles to the larger group and facilitated a small group discussion.

Tuesday- was more of a reading and supervision day.

Wednesday- I attended Geriatric Grand Rounds at RGH- as part of the Advance Care Planning team.

I further discussed the learning agreement with my supervisor and in the evening attended Primary care network meeting- re: Advance Care planning- implementation of the policy to community.

It was a good but exhausting week!
Journal #3 Term #1

Here is what I was up to this week at placement:

I completed some reading on Advance Care Planning in Canada, which was interesting as province to province systems are at different stages of engaging and implementing this in their health care systems.

I had some supervision with my supervisor and reviewed the learning agreement.

I attended group supervision for the grief anf loss program- a case study was presented, much as you are expecting in our seminars.

It was memento night for the grief anf loss program I am involved with, powerful night for the clients to share mementos of their siblings that they have lost.

I attended a provincial zone committee meeting to discuss the working policy document for Advance Care Planning and Goals of Care designation- it will be a provincial policy- taken from Calgary's model. It was an interesting conversation to hear different professionals perspectives as well as different areas of the province perspectives.

I met with the educators of the Advance Care planning program to set up times to observe their education and public presentations.

I also, met with the Quality Improvement Specialist to discuss developing an audit tool that I will be taking to inpatient units to audit the accessibility of the new Advance Care Planning materials.

Wednesday was an official orientation to the Richmond Road site, discussion with Kim (the other student) and our supervisor re: a social work lens in both programs.

Then finished off the week with Seminar, which was an engaging evening, some good discussion.

As, I look at these, I realize it was a very busy week and makes sense why I am tired!

Journal #4 Term #1

This week was another busy week, I think this will be the theme every week. I was able to read through the Advance Care Planning programs business plan in regards to further engagement with the community, integration of materials, education etc.
While I was reading the business plan, I realized that our learning agreement is basically the exact same process. Both documents consist of goals, performance measures/targets/objectives, what are the resources/supports required to achieve goals, who will complete what and the outcome measures.

Looking at the learning agreement through a business plan lens, gave more purpose to the exercise then just completing it for the university. I saw more value to it after reading the other document.

**Journal #5 Term #1**

This week was once again busy at placement and busy with school work and assignments. It's been difficult to try to balance everything.

Of significance at my placement this week, I have been involved in meetings re: engaging other aspects of AHS and discussing the potential to work with community organizations to promote advance care planning. Lot's of macro based work, which is new and excited for me.

I have also been giving some thought to a case/clinical discussion for this coming seminar. I am just sorting out the best way to word the issue for discussion...I do not have a clear one on one clinical situation, as I am involved in group work, but I have reflected on some of my practice with the group and I am curious what other students have to say re: their engagement and to think about their termination with clients, as my group is ending next week.

**Journal #6 Term #1**

Another good week. I started an audit that will be completed at all 3 AHS acute care sites. I am completing the audit in regards to the presents and accessibility of Advance Care Planning resources on the units. It has been interesting to see how each unit in the same building does things somewhat differently.

I also had the final evening of my grief and loss group. I feel that I have grown with the group in my comfort level of facilitating a small group in particular.

I really enjoyed this week’s seminar and I am happy that my case study went over well. I had some hesitation, did not know if the group would be willing to engage. I felt comfortable bringing up my doubts with the group at this point in my career. If it have been 5 years ago, I don't know if I
would have been so honest with myself, my supervisor or with bringing it up in a group situation.

**Journal #7 Term #1**

Another week and I am not sure what to say...

Over the last 2 weeks I developed an audit tool and completed the audit of 3 hospitals regarding the use of the new advance care planning resources. I have completed a quick review of the results that was used in a presentation to clinical leaders at FMC. I plan on completing a more thorough report and making recommendations as how to increase the use of the resources and attempt to implement the recommendations by the end of placement. The initial report was well received.

I also had the opportunity to debrief and receive feedback from a counselor of the grief and loss program regarding the group I co-facilitated with her. The feedback was very good and she did not have any specific suggestions for improvement other then suggested that if I were facilitating a group on my own I would have to take more of a lead. I do feel that I have the skills to lead a group, but allowed the lead facilitator to fill this role on this group as I was asked to present educational material and lead a small group only.

**Journal #8 Term #1**

Thank you for the site visit this week. Your visit encouraged me to think a little deeper about my practice as a whole. I find it difficult to articulate and talk about myself. Hence, why I do not think I would be a good one on one clinical counselor. Bev and I plan to try and have more conversations that will encourage me to reflect/dig more about myself.

**Journal #9 Term #1**

It was nice to have a short week to recharge a bit as we all in the midst of papers! This week’s case presentations reminded me that I have more skills and tools as a social worker then it seems at times. I think that with the constant demands of school work, placement and life it is hard to sit back and reflect on the experiences we have had and what we bring to our clients.

3 more weeks to go!!!
Journal #10 Term #1

As the term continues and we have only a couple of weeks left, I can see the light at the end of the tunnel re: my papers!!!

I have started to look at my learning agreement to prepare for the midterm evaluation. I have completed or started to work on the majority of my goals.

I am recognizing that the area of work that I currently am in is about process and everything takes time. I am used to the rat race of acute care where things happen "now" for the most part. I have had to adjust my mind set, however I have still maintained a busy schedule.

I guess a bit of my crossroads is that some of the things I would like to get involved in next term might not happen. There is just not enough time to get involved in ideas/projects that will take time when a good portion of my semester next term will be focussing on the National ACCEPT research study.

I feel that my supervisor is over ambitious with some of the projects she would like me to get involved and lead over the next term...see what happens??

Journal #11 Term #1

The half way point!!! My final paper has been submitted and I am looking forward to a couple of weeks to rest my mind, absorb and reflect on the last 13 weeks.

Reviewing my learning agreement emphasized how much I have been exposed to and have completed over the first term. I do feel that I have learned or used my social work skills in a different arena then my previous work experience and it has been a positive experience. It has been a different experience working with nurses not on a unit and I have continued to be able to identify differences between the professions. I feel nurses have a more black and white lens compare to social workers who need to think outside the box on a regular basis.

I am looking forward in the new year to furthering my group facilitation skills and research skills by participating in the national study under the advance care planning program.
Journal #1 Term#2

Term 2 has started full steam ahead. Over the holidays my supervisor arranged some engagements with community partners for me to get involved with.

This week I presented the results and my plan for intervention from my audit completed in the fall re: resource for advance care planning in acute care. I have developed a resource manual for the units and will be returning to encourage units to provide and make resources accessible to patients on the unit and provide a staff guide to explain more about how to engage patients in the process of these discussions.

I also had the opportunity to meet with the Kerby centre to promote the advance care planning program and the grief and loss program. The team is looking forward to working together...however, most of the plans will take place after my placement is complete. Regardless the engagement with a community organization was a good experience.

To finish the week I started co-facilitating a grief and loss group.

Off to the races for the final stretch.

Journal #2 Term #2

Having the cold/flu that is going around put a wrench in a lot of plans I had and goals of things to accomplish this week at placement. In turn, I spent the week doing a lot of self care!

I was able to attend my group session Thursday evening. We broke out into our small groups this week. I have more confidence in this forum compare to how I felt leading a group in the fall. I feel that my knowledge in grief and loss and group facilitation have increased in level of skill to make for a smoother feeling practice.

Journal #3 Term #2

I worked on completing and compiling the Advance care planning resource guide for the units that were part of my audit in the fall to address the awareness and encourage health care staff to initiate conversations around this topic. I have distributed these and talked with unit managers, clinical educators and charge nurses re: the guide and additional education that can be presented if needed or wanted.

I also attended and presented the above information to a unit at FMC that
is working with the hospitalist Dr. on a pilot project- to have Dr. chart these advance care planning conversations as a standard of practice. The pilot will be for 1x month and the unit staff will have the resource guide and a work flow process sheet that I developed to guide the use of advance care planning/goals of care materials from admission to discharge. I have also compiled a pre pilot survey for the unit staff and Dr's to complete. I have been designated as the advance care planning program contact for this pilot.

This week was also spent preparing for a public presentation that I will be presenting to seniors in the community.

**Journal #4 Term #2**

This week involved preparation and the presentation to a group of seniors at a community centre that was organized through the Primary Care Network. There were 12 people in the audience and the presentation was well received. A bonus was that I had no technical issues with our videos which tends to happen on a regular basis! The primary care network staff had participants complete an evaluation of the presentation and it was all great feedback. It was a great experience to present the material I have been working with since the placement started and to recognize that I have gained knowledge and was able to answer participants questions with confidence.

The week continued with more meeting about the ACCEPT research study and how myself and Kim as students can be of more assistance to the project.

My grief and loss group is in it's 4th week. I have also gained confidence in presenting educational material about grief and in the small group interactions.

**Journal #5 Term #2**

Placement has been extremely busy, therefore lack of detail in the previous journal emails.

I appreciated supervision last week as it gave me time to stop and think. I am finding listening to other students cases as a valuable part of the learning experience. I know that I assisted with creating a space for students to be open and vulnerable to whatever degree they feel comfortable. I am happy I was able to do this as it has enriched the session. The issues is I have a hard time with accepting positive feedback, always have, something I need to work on.

I have had some interesting and positive interactions with other students,
clients and colleagues at my placement over the last week.

First, another student in a different program at RRDTC asked me if she could run a case by me as she was feeling stuck and did not know where to go. I was flattered that she asked me, as I do not work in her area and that she felt comfortable approaching me, as we know each other from class but do not socialize otherwise. We had a great conversation and I suggested an approach that I would use, she seemed to appreciate my suggestions and appeared more relaxed leaving my office as she went to go meet with the family.

Second, I had a member from the grief and loss program approach me after the session to inquire more about my schooling. This participant has been looking at jobs and noticed that the ones that interest her fall within the social work realm. I explained the program and suggested she look into Mount Royal as well, as she does not want to be in school for 4 years. This interaction was great as she valued my education and knowledge I have. Again, she also felt comfortable to approach me.

The group interactions have been going well. As I mentioned before my confidence level in running education and small groups has improved. I think that just comes with experience, feeling more knowledgeable about grief and loss and having a better understanding of the grief participants are experiencing.

At my placement we also had a meeting with the Office of the Public Guardians office. It was a great discussion around how both teams can work collaboratively. I was able to add to the conversation by providing examples and information re: front line social workers and the use of forms and logistics of working with government policies and procedures.

**Journal #6 Term #2**

Last week was the final session of the grief and loss group. Throughout this 6 week session I have felt and recognized that my skills in group facilitation have increased. I felt more comfortable presenting educational material, answering group members questions and facilitating the sessions. I received good feedback through conversations with group members, by members expressing that they have enjoyed the program and have benefited especially from our small group discussions. The group also completed written evaluations that were positive. I am still awaiting my evaluation from the program counsellor. The group experience amazes me by the comfort and bond that a group can have in only 6 weeks. The program is designed well and is facilitated well to open and create that environment, truly amazing to see the progress participants make quickly.

As I continue to grow as a professional, I have been viewing the program
through another lens. I have noted that the program participants are mainly "white". I have taken on a diversity project to gain an understanding of the counselors impressions and thoughts about the diversity or lack of diversity they work with. I will be completing further research about the cultural diverse ways of grieving and looking at 4 major cities in Canada and how they address/offer grief support to a culturally diverse population- this portion will be for my diversity class project.

My supervisor and I have started to meet weekly to discuss leadership in sw practice. As this is an area of interest for me and since she has worked her way to a leadership role. It has generated some good discussion, interesting reading for me to look at and most of all I am trying to challenge myself to look at and be able to articulate my qualities and strengths that I bring to practice, not an easy thing for me to talk about.

My placement is coming to a close over the next couple of weeks and I am starting my termination phase of practice. First was ending with the group and now I am starting to work on some reports re: the work I completed over the placement.

**Journal #7 Term #2**

This past week I attended placement through reading week. I had the opportunity to interview counsellors at the grief and loss program in re: to diversity they identify and how that effects their practice, challenges they face, support they require from management etc. These interviews are providing a general impression for my diversity project in re: to cross cultural grief and loss support. The counsellors have identify issues in their practice and are happy that I am taking the time to research literature and best practice in this area.

I had a great day of also interacting with unit clerk and nursing staff re: the advance care planning project that I am a liasion for. The staff have been receptive to the project and are willing to go out of their way to provide me with more extensive feedback on the project. I think my continued contact and once a week face to face exposure on the unit has made for a good working relationship and engaged all parties in this process.

I also had the opportunity to work with the research coordinator at FMC this week. My involvement with this project has been minimal. I feel that the coordinator has not done an effective job of utilizing myself and the other student with the research. I feel that the coordinator has been preoccupied with other projects and has not been invested or organized
enough to have a plan in place to have assistance. We have 3 more weeks to go before this project is over....curious if we will hit our target number of interviews.

Journal #8 Term #2

I enjoyed the discussion in seminar this past week. I appreciate that the termination phase of our work goes over looked at times. I know that in my practice with clients in the hospital it is short term and discussing the end of the working relationship is easier as we anticipate a discharge date. The groups I have been involved in have also been an easy transition again, as group members are aware prior to group starting that this is a 6 week program, however we encourage the group to meet after the 6 sessions as they see fit. When the last group was terminating we prepared them specifically for this for 2 weeks. The group members wanted to include the facilitators in their after group plans and some good discussion was had that as facilitators our work here is complete and the group now is your support system.

I have 2 more weeks of placement and have been having conversations with staff re: wrapping up in anticipation of my last day.

I feel that with wrapping up my placement it is allowing me time to actually stop and reflect on my experiences. The one thing I can comment on at this point in time is that the program has reminded me to look at issues/aspects of work through a different lens and I can see myself doing that. I know your next question will be but how do you see that?? I am still working on articulating my learning!

Journal #9 Term #2

This week has gone by very quickly and I don't really even know what I have done. I continue to wrap up projects at my placement. I wrote up my involvement on behalf of the advance care planning team with a pilot project in acute care. I provided my synopsis to the physicians writing up a quality improvement report and received excellent remarks from my supervisor on my contribution. Writing this synopsis and receiving feedback was a positive experience as I now feel I have the ability to write reports moving forward to make proposal or to support the work I am doing or work I would like to propose.

Next week is my last official placement week. I am excited to have this portion of my education completed so that I can reflect on my experience. I am also looking forward to 3 extra days a week to work on my final papers, project and capstone.
Journal #10 Term #2

This was my last week of placement. I have continued to have great conversations with my supervisor re: my growth throughout the program and in leadership. I had the opportunity to compile some reports and present them to the advance care planning team in conclusion to my work with the team.

I am now taking the time to reflect and work on my capstone project. I feel that this educational experience will be difficult to express and that continued reflection and growth will come even after the capstone presentation.