

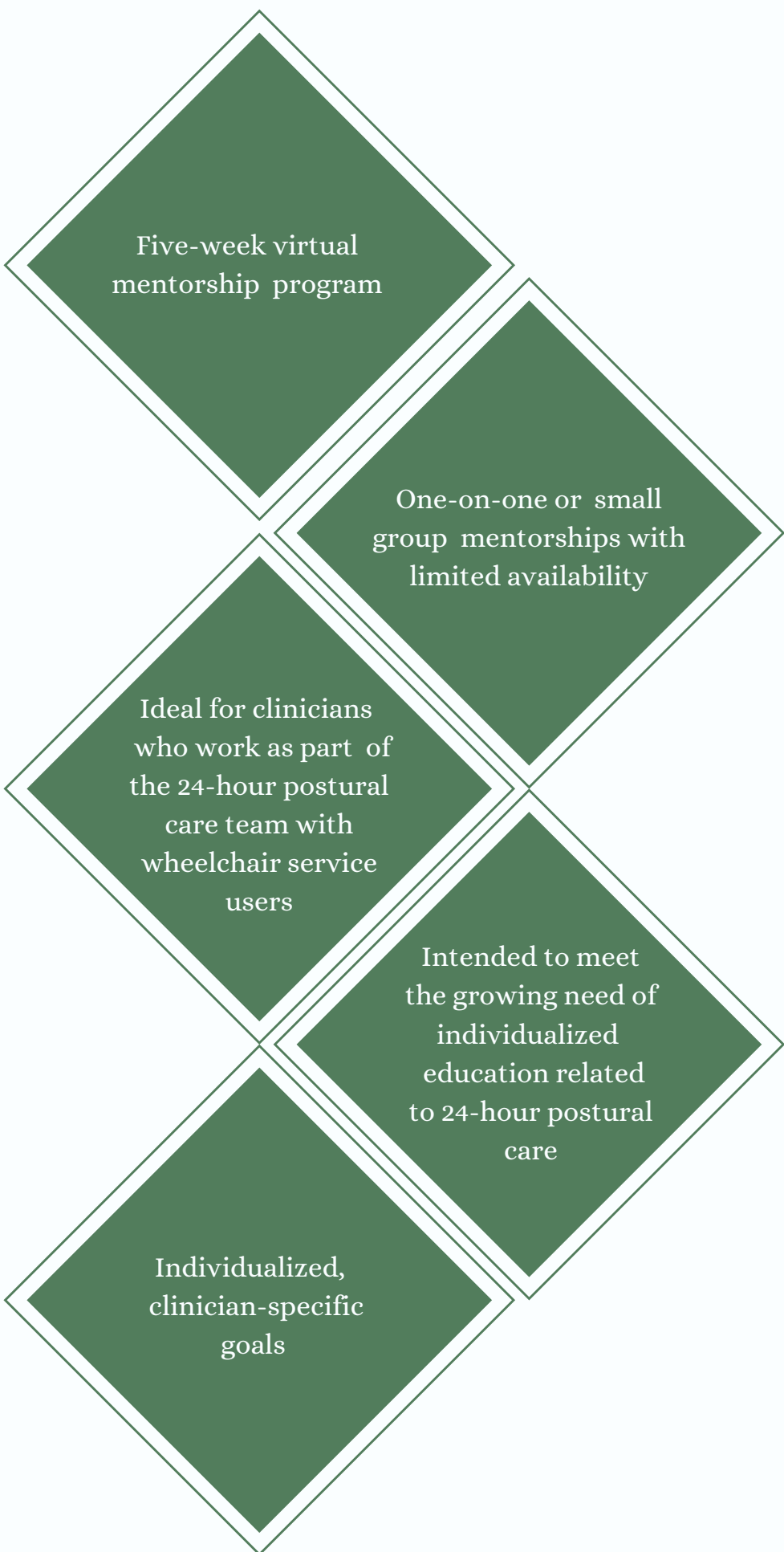


# **24 Hour Postural Care**

## **Mentorship with Sharon Sutherland**

**2023 Mentorship Information Packet**

# OVERVIEW





# Purpose

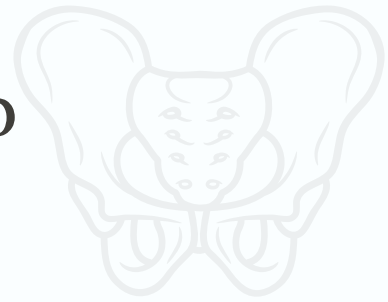
The purpose of this 24-Hour Postural Care Mentorship Programme with Sharon Sutherland is to mentor/coach clinicians who are responsible for prescribing wheelchairs, seating systems, and/or supported lying/night-time positioning for individuals with physical or intellectual disabilities.

Through weekly virtual meetings with Sharon and accessing resources for developing critical clinical skills across a five-week time frame, clinicians have a structured process of implementing material from sessions while in clinical practice with feedback provided at future sessions.

By participating in this mentorship programme, mentees increase their appreciation for the wheelchair, seating and postural support systems provision process, gain and reinforce the skills and knowledge necessary for an effective comprehensive evaluation, investigate strategies for communicating findings and recommendations to team members, and understand and justify the why behind each product being recommended when speaking in essential/key features.

# Goals of This Mentorship

## for Mentee



The goal of this mentorship programme is to facilitate greater skills and knowledge of the wheelchair , seating and postural support service provision process with emphasis on the hands-on assessment and selection of appropriate products based on essential key features identified through translating the key findings from the assessment.

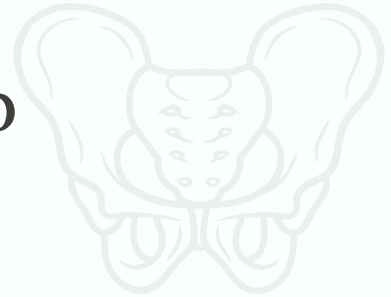
Strategies for effectively communicating with clients, families, caregivers and other team members will also be stressed, as will the role of the suppliers/manufacturers and the development of realistic expectations when working as part of a multidisciplinary team.

### **The overarching goals of this mentorship programme include the following:**

- To develop a better understanding of the wheelchair ,seating and postural support provision process
- To recognize the family as the expert to facilitate family-centred services
- To appreciate the value of an interdisciplinary team approach to 24-hour postural care ,pressure care and mobility for all populations
- To increase understanding of the wheelchair, seating and lying evaluation
- To develop leadership in advocating for the key features necessary for a wheelchair, seating system and/or supported supine/night-time positioning system
- To recognize the positive and negative consequences of each possible solution and to hold ourselves accountable through documentation

# Goals of This Mentorship

## for Mentor



**The goals of this mentorship programme for Sharon include the following:**

- To share knowledge gained throughout my career from working in various sectors globally related to 24-hour postural care and wheelchair provision (you can read my professional story [here!](#))
- To be linked to a network of clinicians nationally who share a passion for making positive change in the postural care world
- To influence positive change to the way postural care/seating services are executed by:
  - Ensuring all mentees are up to date with current related best practices
  - Increasing confidence in essential hands on skills that have not been a key focus area in undergraduate PT/OT programs
  - Personalizing the learning experience such that it is immediately applicable to the population groups being served by each mentee
  - Demonstrating the value of outcome measures and holding ourselves professionally accountable in this specialized scope of practice
  - Overall making a positive difference in postural care and wheelchair service provision for our service users

# Expectations for Mentee

It is expected that mentees will attend each two-hour virtual session with Sharon Sutherland on a weekly basis during the mentorship period starting on **Week 2**.

At least one virtual mentorship meeting is required to include a hands-on assessment with a patient, allowing Sharon to observe and provide input as needed as well as feedback.

An estimated 3-5 hours/week will be expected from mentees participating in this program. This time will include Virtual meetings with Sharon, reviewing resources, prepping cases, and debriefing post- assessments.

Additionally, mentees are expected to complete any questionnaires, tests, case studies, assignments, and/or readings recommended during the mentorship program.

This is a fully virtual mentorship. All hands-on training will be conducted in this virtual format.

# Example Schedule

## WEEK ONE

Prior to the first virtual meeting, mentees are expected to:  
Review material in participant  
Review email attachments including assessment form, outcome measures and journal article  
Complete questionnaires

## WEEK TWO

Initial virtual meeting (2 hour)  
Review questionnaires  
Address questions & goals  
  
Topics that can be addressed:  
Reviewing Anatomy and related biomechanics.  
Partnering with supplier; Role of team members; Communication; Framework for assessment; Measurement standards

## WEEK THREE

Virtual Meeting (2 hour)  
Virtual Hands on Assessment & Feedback

Topics that can be addressed:  
Observational assessment/screen  
In-depth hands on assessment  
Translating the findings  
Key features of seat cushion relative to translation of findings  
Overview of available products as applicable

## WEEK FOUR

Virtual Meeting (2 hours)  
Virtual Hands on Assessment & Feedback  
  
Topics that can be addressed:  
Key features of back support; secondary support surfaces; Overview of available products; Considerations for activities/participation; Documentation and outcome measures

## WEEK FIVE

Virtual Meeting (2 hours)  
  
Topics that can be addressed:  
To custom mold or not to mold; Product preparation and fitting; Product delivery and follow up; Discuss questions that are still remaining

# Testimonials

*Sharon was so kind with her time and sharing her extensive knowledge. Sharon pushed my thinking and clinical reasoning to encourage me to look beyond "band aid" solutions in seating and really look at the persons body structures...it was challenging but has further ignited my passion for Seating.*

*The virtual assessments I completed with Sharon hugely benefitted me. I was completing the assessment with Sharon guiding me to complete a very thorough assessment. Case study presentation was also very beneficial when we could not see clients together. I have learned a huge deal in the past 10 weeks which I hope to continue to expand.*

*Sharon's patience and "no question is too simple" attitude was also very conducive to high level learning.*



# Investment

**Each mentorship slot can be filled by 1-4 mentees**

Cost per slot for 5-week mentorship + resources:

One-on-one: €1300

Two-on-one: €2000 (€1000/person)

Three-on-one: €2700 (€900/person)

Four-on-one: €3000 (€750/person)

Cost for ongoing mentorship following this 5-week program: Discounted rate €100/hour

Mentees will also receive a discount on webinars hosted on [www.postureandmobility.com](http://www.postureandmobility.com) for a 6 month period



Contact Sharon at  
[sharon@postureandmobility.com](mailto:sharon@postureandmobility.com)  
with questions about this  
mentorship programme

Apply for a place on this  
programme at  
[www.postureandmobility.com](http://www.postureandmobility.com)