

**Position Description**

Position Title:	Exercise Physiologist		
Position Number:	Various	Division:	Day Therapy
Classification:	As per EBA	Responsible To:	Gilburn Manager
Mode of Employment*:		Hours of Employment*:	
Agreement:	Euroa Health Inc. Nurses & Health and Allied Services Collective Agreement 2016		

*At commencement of employment, may be varied during employment with mutual agreement between employee and EHI.

Position Summary:

The position works collaboratively as part of a multidisciplinary team which includes other members of the Allied health team, the Manager and clinical staff of the environment in which they are working. This will occur across the range of care settings including inpatient, centred based individual and group programs, home based services and in the residential aged care setting.

Services are provided to all age groups, typically older adults and children.

This position is based at the day therapy centre.

All staff of Euroa Health Inc. are guided by the organisations values, policies and guidelines and are required to abide by the relevant National Competency Standards and Code of Conduct.

Key Accountabilities:

- Provide clinical care within the Exercise Physiologist scope of practice, which includes:
 - Screening and risk stratifying to ensure the safety and appropriateness of exercise and physical activity interventions;
 - Assessing a person's 'movement' capacity in people of all ages and levels of health, well-being or fitness;
 - Development of safe, effective individualised exercise interventions;
 - Provision of health education, advice and support to enhance health and well-being;
 - Provision of exercise intervention and advice for those at risk of developing a chronic condition or injury
 - Provision of clinical exercise prescription, for those with existing chronic and complex medical conditions;
 - Provision of rehabilitation and advice for patients following the acute stage of injury, surgical intervention, or during recovery to restore functional capacity and well-being.
- Manage a clinical caseload, which encompasses the acute, rehabilitation, community and residential aged care settings as well as conducting home visits and covering other clinical areas where necessary.
- Lead and facilitate group therapy programs.
- Contribute to the review of weekly timetabling as required.
- Develop, conduct and evaluate individual and group exercise physiology assessments and intervention.
- Participate in care coordination, encompassing remedial, compensatory, educational and preventative strategies.
- Maintain knowledge of current clinical developments and research findings in order to provide evidence based best practice exercise physiology services.

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- Provide clear and concise documentation related to service delivery – including client/patient notes and reports.
- Attend and participate in relevant committees, clinical team meetings, case conferences and family meetings.
- Contribute to the establishment and maintenance of strategic relationships with other departments, other professionals and community agencies.
- Comply with guidelines and requirements of funding and compensable bodies, including statistical data collection requirements.
- Actively promote and participate in maintaining the safety, orderliness, and appearance of physiotherapy facilities and equipment.
- Maintain an awareness of budgetary and funding issues with guidance from the line manager.
- Provide support and facilitation of learning opportunities to undergraduate students from all disciplines

The incumbent can expect to be allocated duties, not specifically mentioned in this document, but within the capacity, qualifications and experience normally expected from persons occupying positions at this classification.

Key Selection Criteria:

1. Appropriate tertiary qualifications in Exercise Physiology
2. Post graduate experience in exercise physiology
3. Demonstrated experience in facilitating client programs and activities including health promotion
4. High level verbal and written communication skills.
5. Willingness to undertake a mandatory police records check prior to commencement.
6. Knowledge and attention to clinical assessments and care planning.
7. Ability to prioritise tasks to ensure a safe and efficient patient experience.
8. Ability to work in a team environment.

Key Relationships:

Internal: CEO/Executive Nursing Officer, Volunteers, EHI staff, other allied health care providers.

External: Patients, families, carers, Euroa community, External service providers including General Practitioners.

Key Organisational Requirements	
Best Care at EHI	<p>EHI is committed to “Best Care”, which includes:</p> <ul style="list-style-type: none"> • Achieving the Best Outcomes – Care that is Effective and Safe • Working together to provide the Right Care – Care that is Appropriate and Integrated • For Every Person, Every Time – Care that is Person-centred <p>Our purpose is to provide a consumer experience that is Personal, Connected and Right and Safe for every person, every time.</p>
Quality & Clinical Risk Responsibilities	<p>You are required to understand, apply and implement the organisation’s clinical governance framework and to ensure the provision of high quality health care through continuous improvement. Through:</p> <ul style="list-style-type: none"> • Demonstrating a commitment to best practice, • Taking responsibility for their own practice and sharing responsibility for creating and

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Key Organisational Requirements	
	<p>maintaining systems that provide safe, high quality health care,</p> <ul style="list-style-type: none"> • Participating in quality improvement activities aimed at improving patient outcomes and maintaining accreditation standards, • Being responsible for ensuring familiarity with Health Service-wide and specific Department Policies & Protocols. • Understand the importance of patient safety, clinical risk management and consumer participation within the organisation. • Appreciate the particular risks associated with vulnerable patients/clients e.g. Elderly, persons and children, ensuring commitment to and compliance with relevant obligations.
Privacy and Confidentiality	<ul style="list-style-type: none"> • Ensure that the affairs of Euroa Health Inc., its patients, clients and staff remain strictly confidential are not divulged to any third party except where required for clinical reasons or by law. Such confidentiality shall extend to the commercial and financial interests and activities of Euroa Health Inc..
Workplace Safety Responsibilities	<ul style="list-style-type: none"> • Perform role in a safe manner by adhering to EHI Occupational Health and Safety policies, regulations and agreed safe work procedures and report immediately any potential hazards and/or incidents occurring in the workplace. • Adhere to infection control policies and procedures and dispose of waste promptly and in accordance to EHI Policies and practices. • Adhere to emergency procedures as detailed in the EHI Emergency Procedures Protocol. • Ensure compliance with No-lift policies and practices.
Code of Conduct/ Behaviour/ Professional Practice	<ul style="list-style-type: none"> • Demonstrate practice within the Vision, Mission and Values of EHI and where applicable in accordance with the intent and standards prescribed by the relevant professional body, e.g. AHPRA, Australian Nursing and Midwifery Council or other professional association. • Assist in establishing and maintaining effective communication systems within the organization and promote and maintain an environment of teamwork and professionalism. • Work in accordance with relevant legislation, Standards and Polices (as applicable to role), e.g. Charter of Human Rights, Privacy Act & Principles, Equal Employment Opportunity, Bullying and Harassment, Bereavement and Support Standards for Specialist Palliative Care. • Represents EHI in a positive and professional manner and is supportive and fully engaged with the development of students undertaking placement.
Education	<ul style="list-style-type: none"> • Demonstrate commitment to personal and professional development. • Ensure educational opportunities are relevant, practical and timely according to the identified needs of the staff member and the department. • Participate in the review of one's own professional development annually, with the department manager, identifying key areas for professional and personal growth. • Complete all compulsory education requirements annually as per EHI Policies and procedures.
Organisational Expectations	<p>Facilities and Equipment</p> <ul style="list-style-type: none"> • Maintain surrounds and equipment used within the role, ensuring that cleanliness and

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Key Organisational Requirements

safety are adhered to at all times.

- Responsible for the reporting of any malfunctioning equipment and /or facility to the appropriate line manager.
- Ensure the safety and economical use of all resources both clinically and organisationally.

General Responsibilities

- Individual assessment of clients
- Develop care plans, monitoring progress, report and review
- Conduct home visits for eligible clients to assess exercise capability and develop an individual home based exercise program
- Maintain gym equipment in clean tidy order and report maintenance
- Set up equipment for exercise classes/programs
- Facilitate exercise classes for eligible clients including individual and group sessions
- Collate activity data as required and report to manager
- Monitor progress and reduction in falls
- Report to referrers regarding client progress
- Safety assessment and induction for new gym members
- Develop an annual health promotion plan in consultation with manager
- Identify any ongoing problems or concerns and referring clients to the relevant health service provider
- Identify and implement new initiatives and activities to improve physical and mental health and wellbeing of clients in consultation with the manager
- Maintain client records and documentation, including secure storage and integrate into Gilburn records when the client is discharged from that episode of care/program
- Assist and facilitate a falls prevention program for Euroa Health including its community based clients as required
- Liaison with key community groups, services, GP practices etc to further enhance services provided by Euroa Health

Manual Handling Risk Rating: Moderate

It is a requirement of this position to complete No Lift Education on commencement and undertake annual competency assessments

Security Check

All employees of Euroa Health are required to obtain a current police check and appointment will be subject to new staff meeting the requirements of Health Service Policy and the relevant legislation prior to commencement of employment.

Endorsement: I have read and understand the requirements of this role.

Employee Signature: _____ Date: _____

Manager: _____ Date: _____

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