

Position Description - Exercise Physiologist

Position	Exercise Physiologist
Classification	Grade 1 or Grade 2, based on experience
Award	Allied Health Professionals (Victorian Public Health Sector) Single Interest Enterprise Agreement 2021 - 2026
Reports to	Allied Health Team Leader/Community Health Manager
Direct reports	NA
Key relationships	Allied health team members, General Practitioners, Yarriambiack Shire, and Consumers
Hours of Work	As per individual contract of employment in line with rosters or hours of operation.

About Rural Northwest Health

Rural Northwest Health employs 290 team members across the campuses of Warracknabeal, Beulah and Hopetoun. The organisation has a total of 90 residential aged care (RAC) beds, including 15 in the award-winning memory support unit, 16 acute beds and all three centres have a broad range of community health services keeping our community well at home. The population of the communities served by Rural Northwest Health is about 5000 people within the Yarriambiack Shire.

Rural Northwest Health is committed to achieving optimal health and wellbeing outcomes for all residing in the Wimmera Mallee community. We believe that our consumers are entitled to quality health care that respects their dignity, beliefs and rights regardless of their cultural, spiritual or socio-economic background.

We have two significant strategic areas which are:

- Build business capability
- Respond bravely and innovatively to opportunities that improve local health outcomes

Position summary:

The Exercise Physiologist is responsible for providing a range of evidence-based physical activity interventions with the aim to optimise the health and wellbeing of the consumer. Services are provided across the multiple Rural Northwest Health campuses in the areas of Community Health, Aged Care and inpatient rehab. The clinical caseload is diverse and can include but not limited to chronic disease management, orthopaedic surgeries and other musculoskeletal conditions.

Key responsibilities:

- Complete function and needs assessments based on subjective and objective information.
- Facilitate goal-directed care planning.
- Develop exercise interventions based on client's level of function and goals.
- Facilitation of both individual and group based interventions in clinical, hydrotherapy and community gym settings.

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- Implementation of recognised rehabilitation programs (cardiac rehabilitation), which may also involve collaboration with other health services in the region.
 - Provide correspondence to general practitioners and other health professionals as required.
 - Develop and maintain a close working relationship with other health professionals to maintain an integrated approach to service provision.
 - Maintain accurate and timely documentation through forms and online notes.
 - Generate and process referrals as required both internally and externally.
 - Regular evaluation and improvement of services to meet community needs or service gaps.
 - Assist with the health promotion, marketing and recruitment of participants for programs.
 - Active participation in Rural Northwest Health Discharge Planning and Case Management meetings.
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Key position accountabilities:

Leadership, Communication and Stewardship

- Influences other team members to bring their best by providing encouragement and being thankful.
 - Speaks with others respectfully and in a way they can understand.
 - Acts in a way that values diversity.
 - Takes care when using physical resources and environment.
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Health and Safety:

- Acts in a way that maintains health and safety for self and others.
 - Adheres to safe work practices relevant to context.
 - Guides, monitors and maintains health and safety for others.
 - Promptly reports issues that might put self or others at risk, incidents & near misses and responds appropriately to risks and reports from others.
 - Cares for others by speaking in a courteous and respectful manner at all times.
 - Knows what to do in an emergency relevant to role.
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Personal and professional development:

- Maintains practice within framework established by legislation, national and state policy.
 - Adheres to Exercise Sport Science Australia accreditation standards for continuing professional development.
 - Completes mandatory education requirements for the role.
 - Recognises areas of strength and areas for development.
 - Takes part in personal development plans with manager and/or educator.
 - Manages own continuing professional development portfolio and contributes to the development of learners and other team members.
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Information management:

- Communicates accurate and relevant information to appropriate people in line with the organisational policy and procedures.
 - Complies with legislative requirements related to documentation and information pertaining to consumers, team members and the operations of all Rural Northwest Health facilities.
 - Uses social media responsibly and respectfully at all times.
 - Utilise information technology as appropriate in the performance of the role.
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Key selection criteria:

Qualifications and relative experience

1. Graduate diploma or Masters in Clinical Exercise Physiology (or equivalent) with ESSA accreditations (AEP).
2. An understanding and commitment to the principles of primary care and chronic disease management.
3. Demonstrated client focus in the process of assessment, monitoring and evaluation of individual clients and groups.
4. Experience working with adults and older adults in a group exercise setting.
5. Ability to work both independently and as a member of a multidisciplinary team in the delivery of services.
6. An understanding of, and a commitment to, the needs of a rural community.
7. Excellent communication, organisational and time management skills.
8. Strong computer literacy.
9. Commitment and willingness to participate in further training and education related to area of employment.

Certificates, licences and registrations

- ESSA Accreditation (AEP)
- Current level 2 First Aid and CPR
- Current satisfactory Employee police check (dated within 12 months of commencement date)
- Current Employee Working with Children Check, or willingness to obtain one
- Current driver's license
- Current NDIS Check, or willingness to obtain one

Other requirements:

Must provide current evidence of immunisation history and/or serology results (COVID19 vaccination and influenza vaccination)

Employee declaration:

I declare that I understand the position description and the requirements of this position. I declare that I have the capabilities to fulfill the key responsibility areas of this position.

I understand that the information provided in this document is a general outline and does not encompass all aspects of the position.

Employee signature _____ Date ____/____/____

Employee name (please print) _____