

POSITION DESCRIPTION

Date	May 2022
Position Title	Exercise Physiologist / Physiotherapist
Division	Mental Health
Reports to	Wellness and Recovery Centre – Bethesda Clinic

SECTION 1

Mission, Vision and Values

Mission: - To deliver the highest quality healthcare experience for patients

Vision: - To be the preferred choice of Doctor's, Staff and Patients, recognised for the provision of high-quality medium acuity surgical services and palliative care.

Values: Bethesda Health Care is committed to and promotes the following values:

- Teamwork – we create an environment of unity and togetherness
- Respect – we recognise and acknowledge the uniqueness and value of every individual
- Integrity – we demonstrate honesty and trust
- Compassion – we work to express God's love through a caring expression of kindness, tolerance and tenderness
- Excellence – we excel in all that we do so that we can promote the mission of our hospital
- Professionalism – we have pride in the high level of care and service we offer

Staff are expected to demonstrate these values in the way they work and to live the positive behaviours as described in the Bethesda Health Care Code of Conduct and to contribute to and promote the positive working culture of the organisation.

SECTION 2

Position Summary and Role Purpose

Works as part of the multi-disciplinary team and within their scope of practice to optimise the health and wellbeing of the consumers of Cockburn Clinic. Assessing the overall wellbeing of our consumers taking into consideration lifestyle factors and utilising behavioural change and self-management concepts. Supporting our consumers through the collaborative development of programs to increase activity and decrease sedentary behaviours. Programs may be delivered within and outside the facility.

SECTION 3

Key Working Relationships

INTERNAL	EXTERNAL
General Manager	Private Psychiatrists
Wellness and Recovery Centre Coordinator	General Practitioners
Inpatient Service Manager	Contractors
Multi-disciplinary Team	Suppliers
All staff	

SECTION 4

Key tasks, Responsibilities, Outcomes and Activities

Preventing and Controlling Health Care associated Infection

- Perform hand hygiene as per Hand Hygiene Australia

Clinical

- Utilises evidence based, best practice to guide assessment, interventions, consultancy, referral and discharge of consumers serviced by Bethesda Clinic which may include inpatients, same day and Hospital in the Home (HiTH)
- Undertakes evaluation of interventions to measure effectiveness and reports as required by Bethesda Health Care and private health funds
- Maintains high standards of clinical documentation within the electronic health record (EMR) for all consumer interventions including but not limited to assessment, care planning, treatment and evaluation in accordance with Bethesda Health Care policies and procedures and the National Safety Quality and Health Service Standards (NSQHSS) 2nd edition
- Develops individual and group-based programs to meet the needs of the consumer group and delivers same both within the facility and at external venues
- Works collaboratively with the Therapy Coordinator to timetable group sessions within the overall Bethesda Clinic therapy program
- Contribute to the development of education relative to area of expertise
- Contributes to the development of policies and procedures relative to area of expertise
- Provides consultancy to a broad range of customers and health professionals
- Participates in the development of service agreements as required
- Develops quality improvement initiatives using the quality cycle
- Performs a public relations function
- Participates in the maintenance of accurate data collection as required by the organisation
- Undertakes and initiates ongoing professional development to maintain professional and technical skills at an advanced level
- Undertakes other responsibilities and duties as appropriate, within level of knowledge, expertise and scope of practice, as directed by the Wellness and Recovery Centre or delegate

SECTION 5

Health, Safety and the Environment

- Contributes as far as possible to provision of a safe work environment
- Adhere to policies, procedures and standard operating procedures
- Report incidents, hazards and injuries
- Use personal protective equipment as required and directed
- Raise OSH issues with OSH representative/s
- Promote a safe work environment by assessing the work environment and not misusing or bypassing systems of equipment

SECTION 6

Quality and Risk

- Record initiatives and issues in Risk Management System - Onevault
- Abide by Bethesda Health Care's Code of Conduct, Occupational Health and Safety legislation, Equal Opportunity Act and all other relevant legislation
- Complete mandatory training and participate in development reviews

SECTION 7
Partnering with the Consumer

- | |
|---|
| <ul style="list-style-type: none"> Working in partnership with consumers to develop holistic, trauma informed and recovery-oriented care, in a genuine and collaborative way |
|---|

SECTION 8
Selection Criteria

Qualifications
<p>Essential</p> <ul style="list-style-type: none"> Bachelor degree in Exercise Physiology / Physiotherapist OR health degree with masters / graduate diploma in exercise physiology Full member of Exercise and Sports Science Australia (ESSA) <p>Desirable</p> <ul style="list-style-type: none"> Post-graduate qualifications or progress towards same in Mental Health
Knowledge
<p>Essential</p> <ul style="list-style-type: none"> Demonstrated ability to work within the code of conduct and ethical principles as outlined by ESSA Knowledge of contemporary best practice within Exercise Physiology <p>Desirable</p> <ul style="list-style-type: none"> Knowledge of quality improvement and risk management processes
Skills
<p>Essential</p> <ul style="list-style-type: none"> Demonstrated ability to work independently and within a team Demonstrated well developed written and verbal communication skills, including computer literacy Demonstrated ability to form and maintain positive working relationships with both the clinical team and consumers Demonstrated ability to motivate others to achieve identified goals <p>Desirable</p> <ul style="list-style-type: none"> Knowledge and experience in working with consumers at risk of developing metabolic syndrome
Experience
<p>Essential</p> <ul style="list-style-type: none"> Recent experience working in the field of Exercise Physiology Determining and exceeding consumer expectations Use of outcome measures to evaluate effectiveness of interventions and reporting of same <p>Desirable</p> <ul style="list-style-type: none"> Experience delivering intervention both the 1:1 and group context

SECTION 9



Acceptance of Position Description

Employee

Date

Manager

Date