

# Position Description

## Grade 2 Exercise Physiologist, Inpatient Rehabilitation

<b>Classification:</b>	EP67-EP70
<b>Business unit/department:</b>	Physiotherapy
<b>Work location:</b>	Austin Hospital <input type="checkbox"/> Heidelberg Repatriation Hospital <input type="checkbox"/> Royal Talbot Rehabilitation Centre <input checked="" type="checkbox"/> Other <input type="checkbox"/> (please specify)
<b>Agreement:</b>	Allied Health Professionals (Victorian Public Sector) (Single Interest Employers) Enterprise Agreement 2021-2026
<b>Employment type:</b>	Part-Time
<b>Hours per week:</b>	24 hours per week - 0.6 EFT
<b>Reports to:</b>	Stream Leader, Royal Talbot Rehabilitation Centre
<b>Direct reports:</b>	None
<b>Financial management:</b>	Budget: \$0
<b>Date:</b>	June 2026

Austin Health acknowledges the Traditional Custodians of the land on which we operate, the Wurundjeri Woi Wurrung People of the Kulin Nation. We pay our respects to Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples.

### Position purpose

- To safely and effectively manage an individual exercise physiology clinical caseload of mixed inpatient rehabilitation wards, including delivering evidence-based care to patients with stroke, acquired brain injury spinal cord injury, amputation, post liver transplant, critical illness survivors, orthopaedic injury and general deconditioning. This includes delivery of 1:1 and group interventions.
- To safely and effectively manage and provide an evidence-based aquatic therapy service to this inpatient population
- To actively promote the role and expertise of exercise physiology within the Physiotherapy Department and organisation as a whole
- To develop and foster an exercise physiology community of practice at Austin Health
- To provide clinical supervision to exercise physiology students
- To maintain the safe operation of all equipment used in the programs

## About the Physiotherapy Department

This position is based within Austin Health's Physiotherapy Department. This department forms part of the Division of Allied Health, which comprises the following services:

- Allied Health therapies: Physiotherapy, Social Work, Speech Pathology, Occupational Therapy, Nutrition and Dietetics, Orthotics & Prosthetics, Podiatry, Clinical and Neuropsychology (Royal Talbot site) and Creative and Leisure Services
- Tracheostomy Review and Management Service
- Spiritual Care
- Language Services
- Ngarra Jarra (Aboriginal Health) Program

The Physiotherapy Department comprises about 92 EFT staff at the Austin Hospital, Heidelberg Repatriation Hospital and the Royal Talbot Rehabilitation Centre. It provides seven days per week, 12 hours per day services to acute and aged care areas. There is also a seven day a week primary care service for soft tissue injuries in the Emergency Department.

The Royal Talbot Rehabilitation Centre (RTRC) physiotherapy stream provides a comprehensive and coordinated range of services to clients with a wide range of needs. These include programs for people with spinal cord injury, neurological conditions, acquired brain injury, orthopaedic conditions, amputations, and multi-trauma.

Our department is focused on providing high quality evidence-based care to all patients and clinical research is a priority of the department. Austin Health is a major clinical school for the University of Melbourne with responsibility for about 180 students from 1<sup>st</sup> through to 3<sup>rd</sup> year for the Doctorate of Physiotherapy (DPT) course. In addition, the department is also a major clinical school for Swinburne University. The Department is also responsible for supervising exercise physiology students from Deakin University.

## Position responsibilities

### Role Specific:

#### Patient Care

Inpatient rehabilitation – Mellor, Acquired Brain Injury & Spinal Cord Injury wards, Royal Talbot Rehabilitation Centre

- Provide evidence-based, best patient care including assessment, exercise prescription and management
- Routinely undertake relevant outcome measures, including patient reported outcome measures, to monitor patient performance
- Progress or regress exercise prescription as indicated by assessment
- Provide comprehensive evidence-based strength and conditioning programs, balance exercise and high-level mobility exercises
- Manage an inpatient caseload including coordinating and timetabling sessions across the week
- Liaise appropriately with patients' families, caregivers and/or relevant others to promote patient care
- Appropriately document and provide detailed clinical handover of patient management



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- Communicate / liaise with other health professionals within the treating team regarding patient progress / issues
- Liaise with and refer to other personnel and/or institutions as appropriate
- Act as a resource for physiotherapists, nursing, allied health and medical staff as required
- Assess and treat patients referred from physiotherapy and other staff as appropriate. This may include 1:1 patient treatment or group exercise programs
- Provide education on physical fitness and exercise to other patient groups as indicated

### **Administration/Management**

- Participate actively in Physiotherapy Department and senior staff meetings
- Maintain accurate clinical documentation / statistics as directed
- Complete discharge summaries and TAC or NDIS paperwork for patients under your care
- Deliver clear and consistent messages that can stimulate valuable discussion amongst your team
- Ensure maintenance of gym and equipment, advising the Business Manager and /or Manager of Physiotherapy on relevant issues and concerns e.g. resource needs or maintenance requirements

### **Quality Improvement:**

- Review and update clinical resources including relevant policies, procedures, guidelines, and patient information in line with the National Standards for Safety and Quality in Healthcare
- Identify and lead exercise physiology and sub-department quality improvement activities as appropriate
- Assist with annual auditing of interventions against clinical practice guidelines for dedicated patient populations (such as ABI, SCI or stroke).

### **Training and Development - Self:**

- Complete annual mandatory training requirements as specified by Austin Health
- Participate in regular supervision according to the Austin Health Allied Health Clinical Supervision Guideline
- Maintain a current knowledge of relevant clinical literature and clinical developments for best practice in rehabilitation and adult education theory and practice
- Undertake regular professional development external to the organisation to broaden your knowledge of current practice
- Maintain a current knowledge of relevant literature and developments in adult education theory and practice
- Participate in department in-services and activities
- Participate in other internal / external continuing education activities as appropriate e.g. ESSA, ACCRA, TSANZ, hospital lectures and courses.
- Participate in relevant local and organisation wide orientation programs on commencement
- Take regular annual leave to help maintain work-life balance

### **Training and Development - Others:**

- Contribute to the orientation, training and development, and supervision of Grade 1 exercise physiologists or Allied Health Assistants
- Contribute to the planning and development of clinical placements for exercise physiology students
- Plan, orientate, provide supervision, feedback and assessment for exercise physiology students
- Provide multidisciplinary in-services/education as requested by the department



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**Research:**

- Assist in identifying, developing and conducting research activities as appropriate

**All Employees:**

- Comply with Austin Health policies and procedures, as amended from time to time, which can be located on the intranet (The Pulse)
- Participate in Austin Health's annual Performance Review and Development (PRD) program as required
- Engage in processes to monitor service delivery and participate in improvement activities
- Undertake not to reveal to any person or entity any confidential information relating to patients, employees, policies, and processes and not make public statements relating to the affairs of Austin Health without prior authority of the Chief Executive Officer
- Report incidents or near misses that could have impact on safety and participate in the identification and prevention of risks
- Participate in the emergency incident response activities as directed
- Undertake other duties as directed by department / hospital management
- Support staff under management to comply with policies, procedures and mandatory training and continuing professional development requirements

**Selection criteria****Essential knowledge and skills:**

- Exercise Physiologist currently accredited with ESSA
- A commitment to Austin Health values: Our actions show we care, we bring our best, together we achieve, we shape the future
- Minimum 3 years of relevant clinical experience
- Experience in the exercise management of patients with neurological injury, including stroke, non-traumatic spinal cord injury, traumatic brain injury acquired brain injury, functional neurological disorder and patients with behaviours of concern. This includes 1:1, group-interventions and aquatic therapy.
- Experience in the exercise management of patients with a wider variety of health conditions, including post amputation, pre/post organ transplant, orthopaedic conditions and chronic health conditions.
- Strong knowledge of best-practice evidence and commitment to its translation into effective clinical practice
- Proven capacity to successfully work as part of a multidisciplinary team
- Strong commitment to ongoing education/postgraduate education
- Demonstrated initiative, problem solving skills and flexibility
- Experience and proficiency in keyboarding and computer skills
- Strong understanding and experience in NDIS

**Desirable but not essential for performance in the position:**

- Experience in the supervision of exercise physiology students
- A sound understanding of information technology including clinical systems, applications relevant to risk management reporting as required for the role
- Experience in QI and/or research projects
- Experience in clinical supervision and mentorship of Grade 1 exercise physiologists and Allied Health assistants
- Experience with traumatic spinal cord injured patients
- Experience in teaching advanced manual wheelchair skills



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## Quality, safety and risk – all roles

All Austin Health employees are required to:

- Maintain a safe working environment for yourself, colleagues and members of the public by following organisational safety, quality and risk policies and guidelines.
- Escalate concerns regarding safety, quality and risk to the appropriate staff member, if unable to rectify yourself.
- Promote and participate in the evaluation and continuous improvement processes.
- Comply with the principles of person-centered care.
- Comply with requirements of National Safety and Quality Health Service Standards and other relevant regulatory requirements.

## Other conditions – all roles

All Austin Health employees are required to:

- Adhere to Austin Health's core values: *our actions show we care, we bring our best, together we achieve, and we shape the future.*
- Comply with the Austin Health's Code of Conduct policy, as well as all other policies and procedures (as amended from time to time).
- Comply with all Austin Health mandatory training and continuing professional development requirements.
- Provide proof of immunity to nominated vaccine preventable diseases in accordance with Austin Health's immunisation screening policy.
- Work across multiple sites as per work requirements and/or directed by management.

## General information

### Cultural safety

Austin Health is committed to cultural safety and health equity for Aboriginal and/or Torres Strait Islander People. We recognise cultural safety as the positive recognition and celebration of cultures. It is more than just the absence of racism or discrimination, and more than cultural awareness and cultural sensitivity. It empowers people and enables them to contribute and feel safe to be themselves.

### Equal Opportunity Employer

We celebrate, value, and include people of all backgrounds, genders, identities, cultures, bodies, and abilities. We welcome and support applications from talented people identifying as Aboriginal and/or Torres Strait Islander, people with disability, neurodiverse people, LGBTQIA+ and people of all ages and cultures.

### Austin Health is a child safe environment

We are committed to the safety and wellbeing of children and young people. We want children to be safe, happy and empowered. Austin Health has zero tolerance for any form of child abuse and commits to protect children. We take allegations of abuse and neglect seriously and will make every effort to mitigate and respond to risk in line with hospital policy and procedures.



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