



Position Description

Position Identification			
Position Title:	Exercise Physiologist		
Direct Reports	0	Indirect Reports:	0
HRIS Position Number:	1505	Effective Date:	Sept 2022
Location:	Bell Street, Coburg & Glenlyon Rd Brunswick/ Dependent on client demand		
Agreement/Classification: *HR Use Only	Victorian Stand-Alone Community Health Centres, Health Professionals Multi-Employer Agreement <ul style="list-style-type: none">Exercise Physiology, Grade 2		
Organisational Context			
Divisional:	Aged & Primary Care		
Program:	Active and Health Aging	Unit: Independent Living	
Organisational Chart	<div><div>Manager, Active and Healthy Aging</div><div>Team Leader, Independent Living</div><div>Exercise Physiologist</div></div>		
Position Summary			
<p>The Grade 2 Exercise Physiologist position is funded under the Commonwealth Home Support Program (CHSP) and is responsible for providing expert clinical assessment and management for clients 65 years and older (50 and older for Aboriginal and Torres Strait Islander people) under CHSP, and to those in receipt of a home care package.</p> <p>Merri Health’s Exercise Physiology service is underpinned by a wellness approach, which focuses on clients’ strengths, is goal-directed, and aims to maximise independence and autonomy. The Exercise Physiology service also embraces principles of reablement and restorative care which are time limited and goal-oriented approaches that support older adults to manage their chronic health conditions in order to improve/regain their function. This role will work closely with other Allied Health and Aged Care services across Merri to ensure an integrated and coordinated provision of services. Exercise Physiology services may be provided in either a centre or home-based setting and involves individual and/or group-based modes of delivery.</p> <p>To maintain currency of professional knowledge and advanced clinical skills, they will participate in on-going professional development and maintain close links with their professional association and peer networks.</p> <p>This role sits within a larger Aged and Primary Care Exercise Physiology service with access to clinical support and development by the grade 3 Exercise Physiologist.</p>			



Position Description

Position Accountabilities

Responsibilities

Clinical

- Deliver independent, high quality Exercise Physiology services for client presentations utilising evidence-based practice.
- Ensure compliance with all relevant legislation, funding guidelines, service standards and contractual obligations.
- Provide high quality education and information to patients about the management of their health issues, involving clients and carers in decision making and negotiating agreed plans and arranging appropriate medical and allied health follow up where required.
- Utilize communication and negotiation skills with patients and their families, other health professionals, external organizations, referrers, and students to facilitate cooperation, positive relationships and effective service delivery.
- Participate in developing and implementing service improvement activities that enhance the delivery of Exercise Physiology services.
- Prescribe an evidence-based management plan incorporating education and /or exercise prescription as required for clients that are suitable to apply within a home or community-based setting.
- Promote self-management and ensure health education is a significant component of each client contact.
- Undertake any reasonable additional tasks as directed by Merri Health.

General

- Ensure that services are provided in a manner respectful of the languages, literacy levels, cultural beliefs, and practices of our clients.
- Accurately record data as required by agency and funding bodies, and ensure timely follow up on data quality reports as requested by the Team Leader.
- Support Aged Care program staff in facilitating multidisciplinary student placements.
- Adhere to Occupational Health and Safety standards within the organisation to ensure a safe work place.
- Adhere to the Organisational and Program policies and procedures.
- Support the practice of Allied Health Assistant staff.
- Participate in project work in conjunction with other relevant health professionals as agreed with the Team Leader.
- Undertake professional development activities to maintain and enhance skills.
- Participate in the Individual Performance Review (IPR) process including the development of annual work plan, ensuring activities are carried out as outlined.
- Attend service unit meetings, staff meetings and other organisational meetings as required.
- Utilise self-reflection, supervision and client feedback to identify and address individual training and development needs, particularly with regards to clinical skills development.
- Manage time and prioritise competing demands so that clinically appropriate care is delivered in a timely fashion, and non-clinical deadlines and responsibilities are met.
- Develop effective and productive professional relationships with external and internal stakeholders, demonstrating highly developed communication, negotiation and conflict resolution skills.



Position Description

	<ul style="list-style-type: none"> Contribute to a positive culture within the Aged & Disability program and foster a multi- disciplinary approach. Practice complies with ESSA and delegated scope of practice. <p>Key Performance Measures</p> <ul style="list-style-type: none"> Achieve targets set by funding agreements. Initial clinical assessment of client documented in Client Information Management System (CIMS) within 24 hours. Goal Directed Care plan developed, reviewed and updated as per Work Practice, and finalised prior to discharge of client. Appropriate and timely communication with GPs and referrers within 48 hours of initial assessment. Client documentation to be made on the day of contact or up to 24 hours after client contact when it is not possible to record on the day of contact as per the Privacy & Consent Policy & Procedure. 100% compliance with Merri Health policies and procedures.
Safety and Risk	<p>Occupational Health & Safety (OHS)</p> <ul style="list-style-type: none"> All employees have a duty to take reasonable care for the health and safety of themselves and others affected by their actions at work, and to comply with Merri Health's OHS Frameworks. <p>Physical Inherent requirements (PIR)</p> <ul style="list-style-type: none"> Involves sedentary tasks requiring a low level of physical activity and alternation between seated and standing positions Incorporates computer based activities, where employees are required to maintain a slight to moderate degree of cervical flexion for periods of several minutes at a time, occasionally sitting for periods in excess of 20 minutes Sound upper limb joints, with the ability to withstand repetitive upper limb activity May be required to occasionally lift and carry items weighing up to 10kgs <p>Quality & Risk</p> <ul style="list-style-type: none"> Be proactive in risk identification, notification and management. Comply with Merri Health's policies and procedures Participate in quality improvement activities and engage clients in these activities when relevant. <p><i>Merri Health is an equal opportunity employer and committed to ensuring a safe environment for children and young people. We encourage individuals of diverse backgrounds including but not limited to those from the Aboriginal and Torres Strait Islander, Culturally and Linguistically Diverse and the GLBTIQ community to join our workforce.</i></p>
Capabilities	<p>All employees are expected to align their behaviours and utilise capabilities (or 'soft skills') in line with our organisational values and the level of responsibility of the position. The capabilities for this position can be found within Merri Health's Capability Matrix.</p>
Key selection criteria	
Essential	<ul style="list-style-type: none"> ESSA Exercise Physiologist Accreditation Proven experience in completion of physical assessments, development of care plans and implementation of evidence based clinical interventions for clients in the aged population.



Position Description

	<ul style="list-style-type: none">• Experience with development, implementation, and evaluation of group programs.• Demonstrated interpersonal and communication skills both written and verbal.• Ability to support clinical education of Exercise Physiology students.• Experience in client self-management strategies, motivational interviewing, and health coaching and lifestyle modification.• High level organisational skills and computer literacy.
Desirable	<ul style="list-style-type: none">• Experience in working with the over 65 cohort.• Experience with communities with low health literacy and socioeconomic disadvantage.• Experience working in a multidisciplinary team.
Checks, Licences and Registration	<ul style="list-style-type: none">• National Police Check (NPC)• Current full or probationary drivers licence• Current registration as an Accredited Exercise Physiologist with ESSA• Immunisation Category A• Statutory Declaration• Covid-19 vaccination• Current first aid and CPR