



# PHTY814

## Health and Wellbeing Across Lifespan B

S1 Day 2014

*Department of Health Professions*

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## General Information

Unit convenor and teaching staff

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Unit Convenor

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Credit points

4

Prerequisites

PHTY808 and PHTY809 and PHTY810 and PHTY811

Corequisites

Co-badged status

Unit description

This unit has an integrated clinical component and focuses on the role of physiotherapy in promoting and enhancing health and wellbeing in individuals with chronic diseases, persistent pain and long-term disability. Students will build on and integrate material from their clinical placements, and the core areas of cardiorespiratory, musculoskeletal and neurological physiotherapy as well as foundation sciences.

## Important Academic Dates

Information about important academic dates including deadlines for withdrawing from units are available at <https://www.mq.edu.au/study/calendar-of-dates>

## Learning Outcomes

On successful completion of this unit, you will be able to:

Understand the epidemiology and impact of chronic disease, persistent pain and disability on individuals and society, including an understanding of the mechanisms underlying chronic pain.

Plan and conduct an assessment of people across the lifespan who have chronic diseases affecting multiple systems.

Interpret and analyse assessment findings of people with chronic diseases, including persistent pain, to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.

Build on prior units to develop a physiotherapy treatment plan for people with chronic diseases, persistent pain and long-term disability, that address the individual's goals and is based on the best available evidence.

Demonstrate safe and effective physiotherapy interventions used to treat complex multisystem problems, encourage self-management and minimise long term consequences of chronic disease, pain and disability across the lifespan, including cognitive behavioural approaches.

Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment and treatment of chronic disease, persistent pain and disability.

Demonstrate sound knowledge of interprofessional health care resources available for those with chronic disease, persistent pain and disability, with a specific understanding of the different roles a physiotherapist can play in urban and rural/remote community settings as well as when referral for specialist care is appropriate.

## Assessment Tasks

| Name                                      | Weighting | Due             |
|---|-----------|-----------------|
| <a href="#"><u>ePortfolio</u></a>         | 20%       | 6th June        |
| <a href="#"><u>Written assignment</u></a> | 50%       | 20th June       |
| <a href="#"><u>Case Presentation</u></a>  | 30%       | Assessment week |

### ePortfolio

Due: **6th June**

Weighting: **20%**

Students will design and justify a physical activity plan for a volunteer in the Health and Wellbeing Collaboration (HAWC). Approximately 1500 words or equivalent.

On successful completion you will be able to:

- Understand the epidemiology and impact of chronic disease, persistent pain and disability on individuals and society, including an understanding of the mechanisms underlying chronic pain.
- Plan and conduct an assessment of people across the lifespan who have chronic

diseases affecting multiple systems.

- Interpret and analyse assessment findings of people with chronic diseases, including persistent pain, to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Build on prior units to develop a physiotherapy treatment plan for people with chronic diseases, persistent pain and long-term disability, that address the individual's goals and is based on the best available evidence.
- Demonstrate safe and effective physiotherapy interventions used to treat complex multisystem problems, encourage self-management and minimise long term consequences of chronic disease, pain and disability across the lifespan, including cognitive behavioural approaches.
- Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment and treatment of chronic disease, persistent pain and disability.

## Written assignment

Due: **20th June**

Weighting: **50%**

Students will prepare a resources and services package for management and prevention of a complex condition.

On successful completion you will be able to:

- Understand the epidemiology and impact of chronic disease, persistent pain and disability on individuals and society, including an understanding of the mechanisms underlying chronic pain.
- Interpret and analyse assessment findings of people with chronic diseases, including persistent pain, to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Build on prior units to develop a physiotherapy treatment plan for people with chronic diseases, persistent pain and long-term disability, that address the individual's goals and is based on the best available evidence.
- Demonstrate safe and effective physiotherapy interventions used to treat complex multisystem problems, encourage self-management and minimise long term consequences of chronic disease, pain and disability across the lifespan, including cognitive behavioural approaches.
- Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment and treatment of chronic disease, persistent pain and disability.

- Demonstrate sound knowledge of interprofessional health care resources available for those with chronic disease, persistent pain and disability, with a specific understanding of the different roles a physiotherapist can play in urban and rural/remote community settings as well as when referral for specialist care is appropriate.

## Case Presentation

Due: **Assessment week**

Weighting: **30%**

Students will work in small groups (3-4 people) to prepare a 15 min presentation (including 5 min of questions) on models of care for multiple chronic conditions. Each group will also submit their powerpoint slides.

On successful completion you will be able to:

- Understand the epidemiology and impact of chronic disease, persistent pain and disability on individuals and society, including an understanding of the mechanisms underlying chronic pain.
- Plan and conduct an assessment of people across the lifespan who have chronic diseases affecting multiple systems.
- Interpret and analyse assessment findings of people with chronic diseases, including persistent pain, to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Build on prior units to develop a physiotherapy treatment plan for people with chronic diseases, persistent pain and long-term disability, that address the individual's goals and is based on the best available evidence.
- Demonstrate sound knowledge of interprofessional health care resources available for those with chronic disease, persistent pain and disability, with a specific understanding of the different roles a physiotherapist can play in urban and rural/remote community settings as well as when referral for specialist care is appropriate.

## Delivery and Resources

### Assumed knowledge

This unit builds and integrates material from foundation sciences, clinical placements and the three core areas of cardio-pulmonary, neurorehabilitation and musculoskeletal physiotherapy. It also assumes you have a comprehensive knowledge of anatomy, physiology and pathophysiology.

### Technology and equipment

Teaching rooms are equipped with state-of-the-art audio-visual and ICT equipment including 1 laptop per 2 students, iPads, internet connection, high quality video camera and multiple LCD screens. Students will use a range of physiotherapy specific equipment typically used in the assessment and management of people with a range of health conditions.

### **Textbooks and readings**

There are no specific textbooks for this course. Recommendations about readings specific to each lecture will be listed on iLearn.

### **Assessment**

Further details for each assessment will be available on iLearn.

Macquarie University uses the following grades in the coursework units of study:

HD - High Distinction

D - Distinction

CR - Credit

P - Pass

F - Fail

Grade descriptors and other information concerning grading are obtained in the Macquarie University Grading Policy which is available at: [www.mq.edu.au/policy/docs/grading/policy.html](http://www.mq.edu.au/policy/docs/grading/policy.html).

All final grades in the Department of Health Professions are determined by the grading committee and are not the sole responsibility of the Unit Convenor. Students will be awarded one of these grades plus a Standardised Numerical Grade (SNG). The SNG is not necessarily a summation of the individual assessment components. The final grade and the SNG that are awarded reflect the corresponding grade descriptor in the Grading Policy. To pass this unit, students must complete all assessments and receive a total mark of at least 50%.

### **Extensions for Assessment tasks**

Extensions for assessment tasks will not be considered under normal circumstances. If, due to unavoidable disruption to studies (as defined in the University's Special Consideration Policy), the assessment cannot be submitted on the due date an application for Special Consideration should be submitted online via [www.ask.mq.edu.au](http://www.ask.mq.edu.au). Written assignments submitted after the due date (and without an approved extension) will incur a penalty of 5% per day.

### **Teaching and Learning Strategy**

This unit will have a 2-hour lecture every fortnight; a 2-hour tutorial will be held in the alternate

fortnight. Students will also spend 35 hours across the semester participating in the Health and Wellbeing Collaboration (HAWC) programme. This involves students working in pairs and following the experiences of a volunteer from the community. Note, the ePortfolio is directly linked to reporting and reflecting on experiences during the HAWC.

The timetable for classes can be found on the University website at [www.timetables.mq.edu.au](http://www.timetables.mq.edu.au).

## **Attendance**

Your attendance at lectures and tutorials is essential. You are expected to attend all lectures and tutorials as scheduled in your individual timetable. You may make a request to your Unit Convenor to attend a different tutorial on a one-off basis for extenuating circumstances.

## **Policies and Procedures**

Macquarie University policies and procedures are accessible from [Policy Central](#). Students should be aware of the following policies in particular with regard to Learning and Teaching:

Academic Honesty Policy [http://mq.edu.au/policy/docs/academic\\_honesty/policy.html](http://mq.edu.au/policy/docs/academic_honesty/policy.html)

Assessment Policy <http://mq.edu.au/policy/docs/assessment/policy.html>

Grading Policy <http://mq.edu.au/policy/docs/grading/policy.html>

Grade Appeal Policy <http://mq.edu.au/policy/docs/gradeappeal/policy.html>

Grievance Management Policy [http://mq.edu.au/policy/docs/grievance\\_management/policy.html](http://mq.edu.au/policy/docs/grievance_management/policy.html)

Disruption to Studies Policy [http://www.mq.edu.au/policy/docs/disruption\\_studies/policy.html](http://www.mq.edu.au/policy/docs/disruption_studies/policy.html) *The Disruption to Studies Policy is effective from March 3 2014 and replaces the Special Consideration Policy.*

In addition, a number of other policies can be found in the [Learning and Teaching Category](#) of Policy Central.

## **Student Code of Conduct**

Macquarie University students have a responsibility to be familiar with the Student Code of Conduct: [https://students.mq.edu.au/support/student\\_conduct/](https://students.mq.edu.au/support/student_conduct/)

## Student Support

Macquarie University provides a range of support services for students. For details, visit <http://students.mq.edu.au/support/>

### Learning Skills

Learning Skills ([mq.edu.au/learningskills](http://mq.edu.au/learningskills)) provides academic writing resources and study strategies to improve your marks and take control of your study.

- [Workshops](#)
- [StudyWise](#)
- [Academic Integrity Module for Students](#)
- [Ask a Learning Adviser](#)

## Student Services and Support

Students with a disability are encouraged to contact the [Disability Service](#) who can provide appropriate help with any issues that arise during their studies.

## Student Enquiries

For all student enquiries, visit Student Connect at [ask.mq.edu.au](http://ask.mq.edu.au)

## IT Help

For help with University computer systems and technology, visit <http://informatics.mq.edu.au/help/>.

When using the University's IT, you must adhere to the [Acceptable Use Policy](#). The policy applies to all who connect to the MQ network including students.

## Graduate Capabilities

### PG - Discipline Knowledge and Skills

Our postgraduates will be able to demonstrate a significantly enhanced depth and breadth of knowledge, scholarly understanding, and specific subject content knowledge in their chosen fields.

This graduate capability is supported by:

#### Learning outcomes

- Understand the epidemiology and impact of chronic disease, persistent pain and disability on individuals and society, including an understanding of the mechanisms underlying chronic pain.
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- Interpret and analyse assessment findings of people with chronic diseases, including persistent pain, to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Build on prior units to develop a physiotherapy treatment plan for people with chronic diseases, persistent pain and long-term disability, that address the individual's goals and is based on the best available evidence.
- Demonstrate safe and effective physiotherapy interventions used to treat complex multisystem problems, encourage self-management and minimise long term consequences of chronic disease, pain and disability across the lifespan, including cognitive behavioural approaches.
- Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment and treatment of chronic disease, persistent pain and disability.
- Demonstrate sound knowledge of interprofessional health care resources available for those with chronic disease, persistent pain and disability, with a specific understanding of the different roles a physiotherapist can play in urban and rural/remote community settings as well as when referral for specialist care is appropriate.

## **Assessment tasks**

- ePortfolio
- Written assignment
- Case Presentation

## **PG - Critical, Analytical and Integrative Thinking**

Our postgraduates will be capable of utilising and reflecting on prior knowledge and experience, of applying higher level critical thinking skills, and of integrating and synthesising learning and knowledge from a range of sources and environments. A characteristic of this form of thinking is the generation of new, professionally oriented knowledge through personal or group-based critique of practice and theory.

This graduate capability is supported by:

## **Learning outcomes**

- Understand the epidemiology and impact of chronic disease, persistent pain and disability on individuals and society, including an understanding of the mechanisms underlying chronic pain.
- Plan and conduct an assessment of people across the lifespan who have chronic diseases affecting multiple systems.
- Interpret and analyse assessment findings of people with chronic diseases, including persistent pain, to form a diagnosis and a prioritised list of problems in impairments,

activity limitations and participation restrictions.

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- Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment and treatment of chronic disease, persistent pain and disability.

## **Assessment tasks**

- ePortfolio
- Written assignment
- Case Presentation

## **PG - Research and Problem Solving Capability**

Our postgraduates will be capable of systematic enquiry; able to use research skills to create new knowledge that can be applied to real world issues, or contribute to a field of study or practice to enhance society. They will be capable of creative questioning, problem finding and problem solving.

This graduate capability is supported by:

## **Learning outcomes**

- Understand the epidemiology and impact of chronic disease, persistent pain and disability on individuals and society, including an understanding of the mechanisms underlying chronic pain.
- Plan and conduct an assessment of people across the lifespan who have chronic diseases affecting multiple systems.
- Interpret and analyse assessment findings of people with chronic diseases, including persistent pain, to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
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- Determine a plan of monitoring and evaluation that uses appropriate outcome measures

during the assessment and treatment of chronic disease, persistent pain and disability.

## Assessment tasks

- ePortfolio
- Written assignment
- Case Presentation

## PG - Effective Communication

Our postgraduates will be able to communicate effectively and convey their views to different social, cultural, and professional audiences. They will be able to use a variety of technologically supported media to communicate with empathy using a range of written, spoken or visual formats.

This graduate capability is supported by:

### Learning outcomes

- Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment and treatment of chronic disease, persistent pain and disability.
- Demonstrate sound knowledge of interprofessional health care resources available for those with chronic disease, persistent pain and disability, with a specific understanding of the different roles a physiotherapist can play in urban and rural/remote community settings as well as when referral for specialist care is appropriate.

### Assessment task

- Case Presentation

## PG - Engaged and Responsible, Active and Ethical Citizens

Our postgraduates will be ethically aware and capable of confident transformative action in relation to their professional responsibilities and the wider community. They will have a sense of connectedness with others and country and have a sense of mutual obligation. They will be able to appreciate the impact of their professional roles for social justice and inclusion related to national and global issues

This graduate capability is supported by:

### Learning outcomes

- Build on prior units to develop a physiotherapy treatment plan for people with chronic diseases, persistent pain and long-term disability, that address the individual's goals and is based on the best available evidence.
- Determine a plan of monitoring and evaluation that uses appropriate outcome measures during the assessment and treatment of chronic disease, persistent pain and disability.

- Demonstrate sound knowledge of interprofessional health care resources available for those with chronic disease, persistent pain and disability, with a specific understanding of the different roles a physiotherapist can play in urban and rural/remote community settings as well as when referral for specialist care is appropriate.

## **Assessment tasks**

- ePortfolio
- Written assignment
- Case Presentation

## **PG - Capable of Professional and Personal Judgment and Initiative**

Our postgraduates will demonstrate a high standard of discernment and common sense in their professional and personal judgment. They will have the ability to make informed choices and decisions that reflect both the nature of their professional work and their personal perspectives.

This graduate capability is supported by:

## **Learning outcomes**

- Understand the epidemiology and impact of chronic disease, persistent pain and disability on individuals and society, including an understanding of the mechanisms underlying chronic pain.
- Plan and conduct an assessment of people across the lifespan who have chronic diseases affecting multiple systems.
- Interpret and analyse assessment findings of people with chronic diseases, including persistent pain, to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
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- Demonstrate sound knowledge of interprofessional health care resources available for those with chronic disease, persistent pain and disability, with a specific understanding of

the different roles a physiotherapist can play in urban and rural/remote community settings as well as when referral for specialist care is appropriate.

## **Assessment tasks**

- ePortfolio
- Written assignment
- Case Presentation