



# PHTY805

## Physiotherapy Practice A

S1 Day 2015

*Department of Health Professions*

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#### **Disclaimer**

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## General Information

### Unit convenor and teaching staff

Unit Convenor

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See iLearn site

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Credit points

4

Prerequisites

PHTY800 and PHTY801 and PHTY802 and PHTY803

Corequisites

PHTY804 and PHTY806

Co-badged status

Unit description

This is the first of two units to develop knowledge, skills and attributes required by physiotherapists to assess and treat clients of all ages with disorders of the musculoskeletal system. The focus of this unit is on common musculoskeletal conditions of the spine. This unit builds on knowledge and skill attained in session 1 and integrates with the concurrent unit PHTY804 Evidence-based Health care. Students will develop the ability to select and implement interventions based on clinical reasoning, principles of evidence-based practice and safety in preparation for clinical placements next session.

## 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:

Describe common musculoskeletal conditions of the cervical, thoracic and lumbosacral spine and understand the principles of physiotherapy treatment of these conditions in primary care.

Demonstrate competency in screening for serious spinal pathologies and understand the appropriate course of action for those suspected of having such pathology.

Plan and conduct an assessment of people with musculoskeletal conditions of the spine, in the framework of the biopsychosocial model, including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.

Analyse assessment findings to form a diagnosis using the model of diagnostic triage and a prioritised list of problems in impairments, activity limitations and participation restrictions.

Demonstrate competency in communicating with people with spinal pain to provide appropriate information about their diagnosis and prognosis and to select a treatment with consideration of the individual's preferences and expectations.

Describe the efficacy of treatments for musculoskeletal conditions of the spine based on current evidence and demonstrate competence in implementing these treatments with peers.

Develop and implement a person-centred physiotherapy plan that addresses the individual's goals, utilises evidence-based treatment and is evaluated using appropriate outcome measures.

Demonstrate competency in performing technical skills for both assessment and treatment

## General Assessment Information

Grade descriptors and other information concerning grading are contained in the Macquarie University Grading Policy, which is available at: <http://www.mq.edu.au/policy/docs/grading/policy.html>

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes.

Further details for each assessment task will be available on iLearn including marking rubrics.

All final grades in the Department of Health Professions are determined by a 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 SNG that are awarded reflect the corresponding grade descriptor in the Grading Policy.

### **Extensions for Assessment Tasks**

Applications for assessment task extensions must be submitted via [www.ask.mq.edu.au](http://www.ask.mq.edu.au). For further details please refer to the Disruption to Studies Policy available at [http://mq.edu.au/policy/docs/disruption\\_studies/policy.html](http://mq.edu.au/policy/docs/disruption_studies/policy.html)

### **Late Submission of Work**

All assignments which are officially received after the due date, and where no extension has been granted by the course convenor or tutor, will incur a deduction of 10% for the first day, and 10% for each subsequent day including the actual day on which the work is received. Weekends and public holidays are included. For example:

Due Date	Received	Days Late	Deduction	Raw Mark	Final Mark
Friday, 14th	Monday, 17 <sup>th</sup>	3	30%	75%	45%

## **Assessment Tasks**

Name	Weighting	Due
<a href="#">Mastery of Clinical Skills</a>	10%	5th June
<a href="#">Clinical simulation exam 1</a>	20%	Week starting 20th April
<a href="#">Clinical simulation exam 2</a>	30%	End of semester exam period
<a href="#">Written examination</a>	40%	End of semester exam period

### **Mastery of Clinical Skills**

Due: **5th June**

Weighting: **10%**

The unit will have 10 key clinical skills. Students are responsible for getting the tutor to mark these off during the semester when they have achieved the standard required. Further details are available on ilearn.

On successful completion you will be able to:

- Describe the efficacy of treatments for musculoskeletal conditions of the spine based on

current evidence and demonstrate competence in implementing these treatments with peers.

- Demonstrate competency in performing technical skills for both assessment and treatment

## Clinical simulation exam 1

Due: **Week starting 20th April**

Weighting: **20%**

Students will perform a practical exam involving assessment of a person with spinal pain. Further details are available on ilearn.

On successful completion you will be able to:

- Demonstrate competency in screening for serious spinal pathologies and understand the appropriate course of action for those suspected of having such pathology.
- Plan and conduct an assessment of people with musculoskeletal conditions of the spine, in the framework of the biopsychosocial model, including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.

## Clinical simulation exam 2

Due: **End of semester exam period**

Weighting: **30%**

Students will perform a practical exam involving treatment of a person with spinal pain. Further details are available on ilearn.

On successful completion you will be able to:

- Demonstrate competency in communicating with people with spinal pain to provide appropriate information about their diagnosis and prognosis and to select a treatment with consideration of the individual's preferences and expectations.
- Describe the efficacy of treatments for musculoskeletal conditions of the spine based on current evidence and demonstrate competence in implementing these treatments with peers.
- Develop and implement a person-centred physiotherapy plan that addresses the individual's goals, utilises evidence-based treatment and is evaluated using appropriate outcome measures.

## Written examination

Due: **End of semester exam period**

Weighting: **40%**

Final written examination covering all content from this unit. Sample questions from previous years are available via the library reserve.

On successful completion you will be able to:

- Describe common musculoskeletal conditions of the cervical, thoracic and lumbosacral spine and understand the principles of physiotherapy treatment of these conditions in primary care.
- Demonstrate competency in screening for serious spinal pathologies and understand the appropriate course of action for those suspected of having such pathology.
- Plan and conduct an assessment of people with musculoskeletal conditions of the spine, in the framework of the biopsychosocial model, including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis using the model of diagnostic triage and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Demonstrate competency in communicating with people with spinal pain to provide appropriate information about their diagnosis and prognosis and to select a treatment with consideration of the individual's preferences and expectations.
- Describe the efficacy of treatments for musculoskeletal conditions of the spine based on current evidence and demonstrate competence in implementing these treatments with peers.
- Develop and implement a person-centred physiotherapy plan that addresses the individual's goals, utilises evidence-based treatment and is evaluated using appropriate outcome measures.

## **Delivery and Resources**

### **Assumed knowledge**

This unit assumes that you have a good understanding of all content delivered in semester A. In particular this unit will draw from your previous knowledge on spinal anatomy, history taking, performing a physical examination and exercise prescription.

### **Teaching and Learning Strategy**

Lectures will provide foundation knowledge and also use large group demonstrations and discussion, enabling students to use tutorial time efficiently to develop technical skills and clinical reasoning. The teaching approach will be based on students developing a deep understanding of the principles and the ability to independently solve problems. The expectation is therefore that students can then translate this knowledge to different scenarios (e.g. patients with slightly

different presentations).

## **Unit Organisation**

This is a four credit point unit run over a 13 week session. There is an average of one hour of lecture content each week but some weeks the lecture is two hours while in other weeks there is no lecture. Each week there are two tutorials of two hours each. Further information is available in iLearn.

## **Attendance**

All lectures and tutorials are scheduled in your individual timetable. You may make a request to your tutor to attend a different tutorial on a one-off basis for extenuating circumstances. In most cases lectures are recorded; however, attendance is expected at both lectures and tutorials, as this is where the majority of learning occurs. Failure to attend may impact your final results. It is the responsibility of the student to contact their tutor by email to inform tutors if they are going to be absent. The timetable for classes can be found on the University web site at: <http://www.timetables.mq.edu.au/>.

## **Unit materials and readings**

There is no compulsory textbook for this unit. Weekly readings will come from journal articles and a range of text book chapters. Most weekly readings will be available on e-reserve or as full text articles through the library. Where this is not possible a hard copy will be placed in the library reserve. Weekly readings will be listed on ilearn.

## **Technology and equipment**

### On-campus

Teaching rooms are equipped with state of art audio-visual and ICT equipment including ipads,laptops, internet connection, high quality video cameras 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.

### Off-campus

To study optimally when off campus you will need to have access to a reliable internet connection to retrieve unit information & at times to submit assessment tasks via iLearn.

Videos of many of the assessment and treatment skills will be available on the ilearn site.

**Consultation with staff:** All staff will be available for individual consultation. See ilearn for contact details and times.

## **Unit Schedule**

## **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/)

## Results

Results shown in *iLearn*, or released directly by your Unit Convenor, are not confirmed as they are subject to final approval by the University. Once approved, final results will be sent to your student email address and will be made available in [eStudent](#). For more information visit [ask.mq.edu.au](http://ask.mq.edu.au).

## 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 - 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

- Demonstrate competency in screening for serious spinal pathologies and understand the appropriate course of action for those suspected of having such pathology.
- Demonstrate competency in communicating with people with spinal pain to provide appropriate information about their diagnosis and prognosis and to select a treatment with consideration of the individual's preferences and expectations.
- Develop and implement a person-centred physiotherapy plan that addresses the individual's goals, utilises evidence-based treatment and is evaluated using appropriate outcome measures.

#### Assessment tasks

- Clinical simulation exam 1
- Clinical simulation exam 2
- Written examination

### 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

- Describe common musculoskeletal conditions of the cervical, thoracic and lumbosacral spine and understand the principles of physiotherapy treatment of these conditions in

primary care.

- Demonstrate competency in screening for serious spinal pathologies and understand the appropriate course of action for those suspected of having such pathology.
- Plan and conduct an assessment of people with musculoskeletal conditions of the spine, in the framework of the biopsychosocial model, including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis using the model of diagnostic triage and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Describe the efficacy of treatments for musculoskeletal conditions of the spine based on current evidence and demonstrate competence in implementing these treatments with peers.
- Develop and implement a person-centred physiotherapy plan that addresses the individual's goals, utilises evidence-based treatment and is evaluated using appropriate outcome measures.
- Demonstrate competency in performing technical skills for both assessment and treatment

## Assessment tasks

- Mastery of Clinical Skills
- Clinical simulation exam 1
- Clinical simulation exam 2
- Written examination

## 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

- Describe common musculoskeletal conditions of the cervical, thoracic and lumbosacral spine and understand the principles of physiotherapy treatment of these conditions in primary care.
- Demonstrate competency in screening for serious spinal pathologies and understand the appropriate course of action for those suspected of having such pathology.

- Plan and conduct an assessment of people with musculoskeletal conditions of the spine, in the framework of the biopsychosocial model, including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis using the model of diagnostic triage and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Develop and implement a person-centred physiotherapy plan that addresses the individual's goals, utilises evidence-based treatment and is evaluated using appropriate outcome measures.

## **Assessment task**

- Written examination

## **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**

- Describe common musculoskeletal conditions of the cervical, thoracic and lumbosacral spine and understand the principles of physiotherapy treatment of these conditions in primary care.
- Demonstrate competency in screening for serious spinal pathologies and understand the appropriate course of action for those suspected of having such pathology.
- Plan and conduct an assessment of people with musculoskeletal conditions of the spine, in the framework of the biopsychosocial model, including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis using the model of diagnostic triage and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Develop and implement a person-centred physiotherapy plan that addresses the individual's goals, utilises evidence-based treatment and is evaluated using appropriate outcome measures.

## **Assessment task**

- Written examination

## 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

- Demonstrate competency in communicating with people with spinal pain to provide appropriate information about their diagnosis and prognosis and to select a treatment with consideration of the individual's preferences and expectations.
- Describe the efficacy of treatments for musculoskeletal conditions of the spine based on current evidence and demonstrate competence in implementing these treatments with peers.

### Assessment tasks

- Clinical simulation exam 1
- Clinical simulation exam 2

## 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

- Demonstrate competency in screening for serious spinal pathologies and understand the appropriate course of action for those suspected of having such pathology.
- Demonstrate competency in communicating with people with spinal pain to provide appropriate information about their diagnosis and prognosis and to select a treatment with consideration of the individual's preferences and expectations.
- Develop and implement a person-centred physiotherapy plan that addresses the individual's goals, utilises evidence-based treatment and is evaluated using appropriate outcome measures.

## Assessment task

- Written examination

## Changes from Previous Offering

No substantial changes are planned for this unit in 2015