



# PHTY806

## Physiotherapy Practice B

S1 Day 2016

*Department of Health Professions*

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#### **Disclaimer**

Macquarie University has taken all reasonable measures to ensure the information in this publication is accurate and up-to-date. However, the information may change or become out-dated as a result of change in University policies, procedures or rules. The University reserves the right to make changes to any information in this publication without notice. Users of this publication are advised to check the website version of this publication [or the relevant faculty or department] before acting on any information in this publication.

## General Information

Unit convenor and teaching staff

Unit Convenor

Kathryn Mills

[kathryn.mills@mq.edu.au](mailto:kathryn.mills@mq.edu.au)

Contact via [kathryn.mills@mq.edu.au](mailto:kathryn.mills@mq.edu.au)

Casual Tutor

Lauren Cain

[lauren.cain@mq.edu.au](mailto:lauren.cain@mq.edu.au)

Contact via [lauren.cain@mq.edu.au](mailto:lauren.cain@mq.edu.au)

Casual Tutor

Daniel Vukovic

[daniel.vukovic@mq.edu.au](mailto:daniel.vukovic@mq.edu.au)

Contact via [daniel.vukovic@mq.edu.au](mailto:daniel.vukovic@mq.edu.au)

Lecturer

Mark Hancock

[mark.hancock@mq.edu.au](mailto:mark.hancock@mq.edu.au)

Contact via [mark.hancock@mq.edu.au](mailto:mark.hancock@mq.edu.au)

Catherine Dean

[catherine.dean@mq.edu.au](mailto:catherine.dean@mq.edu.au)

Credit points

4

Prerequisites

PHTY800 and PHTY801 and PHTY802 and PHTY803

Corequisites

PHTY804 and PHTY805

Co-badged status

### Unit description

This is the second of two units on the development of 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 peripheral joints in the upper and lower limbs. 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 upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these conditions in primary care.

Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.

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

Demonstrate competency in communicating with people with disorders of the upper limb and lower limb 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 physiotherapy treatments for musculoskeletal conditions of the upper limb and lower limb based on current evidence and demonstrate competence in implementing these treatments with peers

Develop 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 Convener.

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.

### Extension 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>

### Late Submission of Work

All assignments which are officially received after the due date, and where no extension has been granted by the course convener 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 17th	3	30%	75	45

## Assessment Tasks

Name	Weighting	Due
<a href="#"><u>Mastery of Clinical Skills</u></a>	10%	Due Week 13
<a href="#"><u>Clinical Simulation Exam 1</u></a>	20%	Week 6
<a href="#"><u>Clinical Simulation Exam 2</u></a>	30%	End of Session Exam Period
<a href="#"><u>Written Examination</u></a>	40%	End of Session exam period

### Mastery of Clinical Skills

Due: **Due Week 13**

Weighting: **10%**

There will be ten critical practical skills that each student needs to demonstrate proficiency in by the end of semester. It is the student's responsibility to ask their tutor to assess their skill performance and record when the required level of proficiency has been attained.

On successful completion you will be able to:

- Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Demonstrate competency in communicating with people with disorders of the upper limb and lower limb 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 physiotherapy treatments for musculoskeletal conditions of the upper limb and lower limb 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 6**

Weighting: **20%**

Students will simulate physiotherapy management of a peripheral musculoskeletal condition of the upper limb, with a student colleague who will simulate the patient.

On successful completion you will be able to:

- Describe common musculoskeletal conditions of the upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these conditions in primary care.
- Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Demonstrate competency in communicating with people with disorders of the upper limb and lower limb 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 physiotherapy treatments for musculoskeletal conditions of the upper limb and lower limb based on current evidence and demonstrate competence in implementing these treatments with peers
- Develop 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

## Clinical Simulation Exam 2

Due: **End of Session Exam Period**

Weighting: **30%**

Students will simulate physiotherapy management of a peripheral musculoskeletal condition of the lower limb, with a student colleague who will simulate the patient.

On successful completion you will be able to:

- Describe common musculoskeletal conditions of the upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these conditions in primary care.
- Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Demonstrate competency in communicating with people with disorders of the upper limb and lower limb 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 physiotherapy treatments for musculoskeletal conditions of the upper limb and lower limb based on current evidence and demonstrate competence in implementing these treatments with peers
- Develop 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

## Written Examination

Due: **End of Session exam period**

Weighting: **40%**

This written examination will cover all content from this unit.

On successful completion you will be able to:

- Describe common musculoskeletal conditions of the upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these conditions in primary care.
- Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Demonstrate competency in communicating with people with disorders of the upper limb and lower limb 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 physiotherapy treatments for musculoskeletal conditions of the upper limb and lower limb based on current evidence and demonstrate competence in implementing these treatments with peers
- Develop 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

## Delivery and Resources

### Technology and Equipment

Teaching rooms are equipped with state of the art audio-visual and ICT equipment, including:

- iPads
- Wireless internet connection
- High quality video cameras
- Multiple LCD screens

Videos of assessment and treatment techniques have been prepared by the teaching team and

will be available on iLearn.

**Textbooks:** It is recommended that you purchase the following textbook for this unit: Brukner & Kahn "Clinical Sports Medicine", 4th Edition. Copies are available in the MQ library and in the Co-op bookshop.

Other books that may be useful references for this unit are:

1. Magee "Orthopaedic Physical Assessment", 5th Edition.
2. Richert B. "Palpation Techniques: Surface Anatomy for Physical Therapists". 2011. Thieme.

### **Consultation with Staff**

All staff will be available for individual consultation. See iLearn for contact details and times

### **Teaching and Learning Strategy**

**Lectures** will provide foundation knowledge and also incorporate large group discussions and demonstrations.

**Tutorials** will focus on the development of technical skills and clinical reasoning. Tutorial content will be based on case studies and situated in authentic learning environments to optimally prepare students for their clinical placements the following semester.

**iLearn:** This unit's iLearn site will provide weekly resources for students, including:

- lecture notes
- tutorial worksheets
- preparation and consolidation material
- videos
- other teaching resources
- assessment details

## **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)

**New Assessment Policy in effect from Session 2 2016** [http://mq.edu.au/policy/docs/assessment/policy\\_2016.html](http://mq.edu.au/policy/docs/assessment/policy_2016.html). For more information visit [http://students.mq.edu.au/events/2016/07/19/new\\_assessment\\_policy\\_in\\_place\\_from\\_session\\_2/](http://students.mq.edu.au/events/2016/07/19/new_assessment_policy_in_place_from_session_2/)

Assessment Policy prior to Session 2 2016 <http://mq.edu.au/policy/docs/assessment/policy.html>

Grading Policy prior to Session 2 2016 <http://mq.edu.au/policy/docs/grading/policy.html>



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

Complaint Management Procedure for Students and Members of the Public [http://www.mq.edu.au/policy/docs/complaint\\_management/procedure.html](http://www.mq.edu.au/policy/docs/complaint_management/procedure.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://www.mq.edu.au/about\\_us/offices\\_and\\_units/information\\_technology/help/](http://www.mq.edu.au/about_us/offices_and_units/information_technology/help/).

When using the University's IT, you must adhere to the [Acceptable Use of IT Resources 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

- Describe common musculoskeletal conditions of the upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these conditions in primary care.
- Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Demonstrate competency in communicating with people with disorders of the upper limb and lower limb 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 physiotherapy treatments for musculoskeletal conditions of the upper limb and lower limb based on current evidence and demonstrate competence in implementing these treatments with peers
- Develop 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

- 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 upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these conditions in primary care.
- Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Demonstrate competency in communicating with people with disorders of the upper limb and lower limb 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 physiotherapy treatments for musculoskeletal conditions of the upper limb and lower limb based on current evidence and demonstrate competence in implementing these treatments with peers
- Develop 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 upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these conditions in primary care.
- Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Demonstrate competency in communicating with people with disorders of the upper limb and lower limb 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 physiotherapy treatments for musculoskeletal conditions of the upper limb and lower limb based on current evidence and demonstrate competence in implementing these treatments with peers
- Develop a person-centred physiotherapy plan that addresses the individual's goals, utilises evidence-based treatment and is evaluated using appropriate outcome measures.

## **Assessment tasks**

- Mastery of Clinical Skills
- Clinical Simulation Exam 1
- Clinical Simulation Exam 2
- 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 upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these conditions in primary care.
- Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Demonstrate competency in communicating with people with disorders of the upper limb and lower limb to provide appropriate information about their diagnosis and prognosis and to select a treatment with consideration of the individual's preferences and expectations.
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- Develop 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

- Clinical Simulation Exam 1
- Clinical Simulation Exam 2
- 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

- Describe common musculoskeletal conditions of the upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these

conditions in primary care.

- Plan and conduct an assessment of people with musculoskeletal disorders of the upper and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.
- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
- Demonstrate competency in communicating with people with disorders of the upper limb and lower limb to provide appropriate information about their diagnosis and prognosis and to select a treatment with consideration of the individual's preferences and expectations.
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- Develop 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 - 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

- Describe common musculoskeletal conditions of the upper limb and lower limb and understand the principles of surgical interventions and physiotherapy treatment of these conditions in primary care.
- Plan and conduct an assessment of people with musculoskeletal disorders of the upper

and lower limbs including a comprehensive history and physical examination and screening for predictors of persistent pain and disability.

- Analyse assessment findings to form a diagnosis and a prioritised list of problems in impairments, activity limitations and participation restrictions.
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- Develop 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**

- Clinical Simulation Exam 1
- Clinical Simulation Exam 2

## **Changes from Previous Offering**

Feedback regarding this unit in 2015 was overwhelming positive. The only change that have been made to the unit is the teaching order of topics in order to accommodate the clinical simulation exam timing in week 6.