



PHTY806

Physiotherapy Practice B

S1 Day 2018

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

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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

Information concerning Macquarie University's assessment policy is available at <https://staff.mq.edu.au/work4/strategy-planning-and-governance/university-policies-and-procedures/policies/assessment>. Grade descriptors and other information concerning grading requirements are contained in Schedule 1 of the Macquarie University Assessment Policy.

To pass this unit, students must demonstrate sufficient evidence of achievement of the learning outcomes and attempt all assessment tasks

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 Schedule 1 of the Assessment Policy.

Extensions for Assessment Tasks Applications for assessment task extensions must be submitted via www.ask.mq.edu.au. For further details please refer to the Disruption to Studies Policy available at <https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policies/disruption-to-studies>

Late Submission of Work All assignments which are officially received after the due date, and where no extension has been granted by the unit convenor, 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	Hurdle	Due
Mastery of Clinical Skills	0%	Yes	Week 13
Clinical Simulation Exam 1	30%	No	Week 7
Clinical Simulation Exam 2	30%	No	End of Session Exam Period
Written Examination	40%	No	End of Session exam period

Mastery of Clinical Skills

Due: **Week 13**

Weighting: **0%**

This is a hurdle assessment task (see [assessment policy](#) for more information on hurdle assessment tasks)

A hurdle requirement is an assessment task mandating a minimum level of performance as a condition of passing a unit of study. The mastery register for PHTY806 is a list of 10 skills in which competence is considered to be a requirement for the assurance of quality physiotherapy practice for registration. Students must demonstrate a minimum level of competence in these skills as a condition of passing this unit. For PHTY806, there are 5 mastery items related to both the upper limb and lower limb learning modules. Students are required to achieve **60% completion** of the mastery register **for upper and lower limb** (that is to achieve completion of **3/5 items for each module**) by the date stipulated by the Unit Convenor in order to successfully complete the unit.

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 7**

Weighting: **30%**

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

In the Faculty of Medicine and Health Sciences professionalism is a key capability embedded in all our programs. As part of developing professionalism, Faculty of Medicine and Health Sciences students are expected to attend all small group interactive sessions including tutorials, clinical and laboratory practical sessions. In most cases lectures are recorded; however, lecture recordings cannot be guaranteed and some discussion or content may not be available via the recording system.

All lectures and tutorials are scheduled in your individual timetable. The timetable for classes can be found on the University web site at: <http://www.timetables.mq.edu.au/>. You may make a request to your unit convener to attend a different tutorial on a one-off basis for extenuating circumstances.

Failure to attend any learning and teaching activities, including lectures and tutorials, may impact your final results. It is the responsibility of the student to contact their unit convenor and tutor by email to inform them if they are going to be absent.

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

Technology and Equipment

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

- iPads
- Wireless internet connection
- Multiple LCD screens

Videos of some 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 P, Khan K, Clarsen B, Cook J, Cools A, Crossley K, Hutchinson M, McCrory P, Bahr R, eds. *Brukner & Khan's clinical sports medicine. Volume 1: injuries.* 5th ed. Sydney: McGraw-Hill; 2017.

Copies are available in the MQ library and in the Co-op bookshop.

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

Magee DJ. *Orthopedic Physical Assessment.* 6th ed. London: Elsevier Health Sciences; 2014.

Cook CE, Hegedus EJ. *Orthopedic physical examination tests: an evidence-based approach.* 2nd ed. Boston: Pearson; 2013.

Reichert B. *Palpation techniques: surface anatomy for physical therapists.* 2nd ed. Stuttgart: Thieme; 2011

Consultation with Staff

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

Policies and Procedures

Macquarie University policies and procedures are accessible from [Policy Central \(https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central\)](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central). Students should be aware of the following policies in particular with regard to Learning and Teaching:

- [Academic Appeals Policy](#)
- [Academic Integrity Policy](#)
- [Academic Progression Policy](#)
- [Assessment Policy](#)
- [Fitness to Practice Procedure](#)
- [Grade Appeal Policy](#)
- [Complaint Management Procedure for Students and Members of the Public](#)
- [Special Consideration Policy](#) (**Note:** *The Special Consideration Policy is effective from 4 December 2017 and replaces the Disruption to Studies Policy.*)

Undergraduate students seeking more policy resources can visit the [Student Policy Gateway \(https://students.mq.edu.au/support/study/student-policy-gateway\)](https://students.mq.edu.au/support/study/student-policy-gateway). It is your one-stop-shop for the key policies you need to know about throughout your undergraduate student journey.

If you would like to see all the policies relevant to Learning and Teaching visit [Policy Central \(https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policy-central\)](https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/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/study/getting-started/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.

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) 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

IT Help

For help with University computer systems and technology, visit 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.
- 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 - 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.

- 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 - 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.
- 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

Changes from Previous Offering

The assessment weighting for Mastery of Clinical Skills was reduced from 5% to 0% and is now a hurdle assessment. The assessment weighting for the Clinical Simulation Exam 1 increased from 25% to 30%.