



PHTY805

Physiotherapy Practice A

S1 Day 2019

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

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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 the first semester of the program, and integrates with the concurrent unit PHTY804. 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 the pelvis; 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 of musculoskeletal conditions of the spine and pelvis.

General Assessment Information

Information concerning Macquarie University's assessment policy is available at <https://staff.mq.edu.au/work/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 have:

- Attempted all assessment tasks; **AND**
- Demonstrated sufficient evidence of achievement of the unit 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 the Faculty of Medicine and Health Sciences Assessment Committee, and are approved by the Faculty Board. They are not the sole responsibility of the Unit Convenor. Students will be awarded an Assessment Grade 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.

Mastery - Hurdle Requirement

In this unit mastery is a hurdle requirement. 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 PHTY805 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 by achieving 60% completion of the mastery register (that is to achieve completion of 6/10 items) by the date stipulated in order to successfully complete the unit.

Extensions for Assessment Tasks

Applications for assessment task extensions may be considered for short-term, unexpected, serious, and unavoidable circumstances affecting assessment. Applications must be submitted via www.ask.mq.edu.au . For further details please refer to the Special Considerations Policy available at <https://staff.mq.edu.au/work/strategy-planning-and-governance/university-policies-and-procedures/policies/special-consideration>

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, may incur a deduction of 10% of the overall assessment weighting for the first day, and 10% for each subsequent day, including the actual day on which the work is received. Assessments received 5 days or more beyond the due date, without an approved extension, will be awarded a maximum of 50% of the overall assessment marks. Weekends and public holidays are included. For example:

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

Assessment Tasks

Name	Weighting	Hurdle	Due
<u>Clinical simulation exam 1</u>	30%	No	Week 7
<u>Clinical simulation exam 2</u>	30%	No	Week 14-16 exam period
<u>Written examination</u>	40%	No	Week 14-16 exam period
<u>Mastery of Clinical Skills</u>	0%	Yes	7th June

Clinical simulation exam 1

Due: **Week 7**

Weighting: **30%**

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:

- Describe common musculoskeletal conditions of the cervical, thoracic and lumbosacral spine, and the pelvis; 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.
- 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.
- Demonstrate competency in performing technical skills for both assessment and treatment of musculoskeletal conditions of the spine and pelvis.

Clinical simulation exam 2

Due: **Week 14-16 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:

- Describe common musculoskeletal conditions of the cervical, thoracic and lumbosacral spine, and the pelvis; 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.
- 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 of musculoskeletal conditions of the spine and pelvis.

Written examination

Due: **Week 14-16 exam period**

Weighting: **40%**

Final written examination covering all content from this unit.

On successful completion you will be able to:

- Describe common musculoskeletal conditions of the cervical, thoracic and lumbosacral spine, and the pelvis; 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.

Mastery of Clinical Skills

Due: **7th June**

Weighting: **0%**

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

Students will be required to attempt mastery of 10 specified key clinical skills. It is the student's responsibility to ask a peer to review their performance prior to asking the tutor to assess the clinical skill. When a student demonstrates competency in a skill the tutor will sign their mastery registry.

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.
- 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.
- Demonstrate competency in performing technical skills for both assessment and treatment of musculoskeletal conditions of the spine and pelvis.

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

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 tutor 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 tutor or the unit convenor by email to inform tutors if they are going to be absent.

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, internet connection 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.

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 published on platform other than [eStudent](#), (eg. iLearn, Coursera etc.) 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 or if you are a Global MBA student contact globalmba.support@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

If you are a Global MBA student contact globalmba.support@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

- 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 of musculoskeletal conditions of the spine and pelvis.

Assessment tasks

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

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 the pelvis; 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 of musculoskeletal conditions of the spine and pelvis.

Assessment tasks

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

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 the pelvis; 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.
- 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
- Mastery of Clinical Skills

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 the pelvis; 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.

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 cervical, thoracic and lumbosacral spine, and the pelvis; 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.
- 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 of musculoskeletal conditions of the spine and pelvis.

Assessment tasks

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

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.
- 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.
- 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 of musculoskeletal conditions of the spine and pelvis.

Assessment tasks

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

Changes from Previous Offering

There are no substantive changes to this unit since the last delivery other than updating of content based on the latest evidence. There will be one new tutorial to help students better assess and modify functional activities that patients commonly list as their key problem.