

Rotations Overview

Skill Development Pathway	Site	Rotation
Cardiorespiratory	Alfred	ICU General
	Alfred	ICU Cardiothoracic
	Alfred	Respiratory AM (General resp/transplant)
	Alfred	Respiratory PM (Cystic Fibrosis)
Musculoskeletal	Alfred	Acute Inpatient AM
	Alfred	Acute Inpatient PM
	Caulfield	Musculoskeletal Rehabilitation
Neurology and Progressive Illness	Alfred	Haematology/Oncology
	Alfred	Infectious Diseases
	Caulfield	Neuro Rehab
Community	Sandringham	Sandringham 8
	Caulfield	Community Rehabilitation Program
Complexity	Alfred	General Medicine
	Caulfield	Aged Care inpatients
	Caulfield	Better at Home
	Caulfield	Caulfield Leave cover
Selective	Alfred	Burns
	Alfred	Acute Neuro
	Alfred	Orthopedics outpatients
	Alfred	Trauma
	Alfred	Trauma (BeFIT)
	Caulfield	Acquired Brain Injury Rehabilitation
	Caulfield	Amputees
	Caulfield	Spinal rehabilitation
	Alice Springs	Alice Springs

Skill Development Pathway	Rotation	Roles & Responsibilities
Cardiorespiratory	ICU General	<ul style="list-style-type: none"> ▪ Involves treating a wide variety of critically ill patients (both ICU and HDU patients) under various units. ▪ Caseload is variable but common conditions seen are burns, general surgery and cardiothoracic surgery, haematology, multi-trauma and neurosurgery. ▪ Become competent in advanced techniques including MHI, VHI and NIV as well and developing skills in early rehabilitation and assisting with respiratory weaning critically ill patients. <p><i>“A really challenging rotation where there is so many opportunities to learn and develop new skills. It enables you to become really competent in independently managing critically ill patients with the assistance of wonderful senior support”</i></p>
	ICU Cardiothoracic	<ul style="list-style-type: none"> ▪ Mixed caseload between CTHR ICU/HDU and wards. ▪ CTHR: Cardiothoracic surgery- CAGS, valve replacements, pleurodesis, lobectomy, heart transplant. Potentially some exposure to lung transplantation. ▪ CAGE (General Cardiology) ▪ CAHF: (Cardiology- heart failure, ventricular assist devices (VAD) and ECMO) ▪ Heart transplant assessments ▪ Competency in advanced techniques MHI, VHI, NIV, VADs and ECMO <p><i>“Well supported rotation with the opportunity to master skills under fantastic guidance. Opportunities to become familiar with life saving treatments including ECMO and VADs.”</i></p>
	Respiratory AM (General resp/transplant)	<ul style="list-style-type: none"> ▪ State-wide Lung Transplantation Service ▪ Lung transplant pre and post - opportunity to go into ICU ▪ COPD, Bronchiectasis, Emphysema, Asthma ▪ 1-2 times daily treatments ▪ Assisting with running pre and post transplant and VAD exercise groups for inpatients and outpatients on Mon, Wed and Fri. ▪ Assisting with running Pulmonary Rehab exercise groups for outpatients on Tues and Thurs. <p><i>“Many exciting opportunities to treat patients who are extremely unwell, then witnessing lung transplants and the amazing recovering post op and through the 3 month outpatient rehab.”</i></p>
	Respiratory PM (Cystic Fibrosis)	<ul style="list-style-type: none"> ▪ State-wide Adult Cystic Fibrosis Service ▪ Cystic fibrosis ▪ 1-9:30 pm - Free car parking pass ▪ Completing exercise assessments and musculoskeletal assessments ▪ 1-2 times daily treatments; airway clearance and exercise ▪ Great learning opportunities <p><i>“Challenging experience working with a primarily young population, with emphasis on health promotion. Working alongside an amazing CF physio guru.”</i></p>

Musculoskeletal	Acute Inpatient AM/PM (x 2)	<ul style="list-style-type: none"> This involves both AM and PM shifts which are shared between the two rotators throughout the 4 month rotation. AM work hours: 8am - 4:30pm PM work hours: 9:30am - 6pm Cover Alfred Centre (elective orthopaedic) including THR, TKR, Shoulder replacements, foot corrective surgery Cover pre/post-operative reviews of day cases. Small Ortho Trauma caseload. Help to cover # clinic- seeing out pts weeks to months post op. Attend Thursday/Friday Orthopaedic Virtual Grand Round (7am education session with the ortho medical team: Residents through to the Surgeons) <p><i>“Opportunity to work in a large team of experienced physios in elective surg to complex trauma. Pre & post op Mx of young to elderly pts.”</i></p>
	Musculoskeletal Rehab	<ul style="list-style-type: none"> Case load of approximately 10 patients seen 1-2 x daily in ortho physiotherapy gym and on the ward. Supported primarily by G2 in ortho rehab and G3 in neuro rehab Fast stream rehab with a variety of orthopaedic presentations including total hip and total knee replacements, trauma and multi-traumas, amputees and general rehabilitation Be involved in the multidisciplinary team to work in a dynamic rehab environment, trial and script equipment, and contribute to NDIS planning The opportunity for student supervision <p><i>“Fast paced and dynamic work environment, great team support with good mix of patient types”</i></p>
Neurology and Progressive Illness	Haematology/Oncology	<ul style="list-style-type: none"> Medical Oncology (MONC): all solid tumours, lung/breast/prostate/GBM/ spinal tumours. <u>Radiotherapy Oncology (RONC)</u>: similar as above but having radiotherapy, will see as inpatient and occasional outpatients <u>Renal</u>: chronic kidney failure/disease, inpatients on dialysis, work up or post amputations. Post-transplant patients <u>Haematology</u>: occasionally. PML, AML <p><i>“Working within a well set up and wonderful multi-disciplinary team to facilitate optimal recovering and improved quality of life.”</i></p>
	Infectious Diseases	<ul style="list-style-type: none"> State-wide service for Infectious diseases and HIV. <u>Infectious disease</u>: HIV, TB, septic arthritis, H1N1, viral infections, endocarditis, discitis/osteomyelitis <u>Endo</u>: usually admitted for unstable BSL’s. Referred generally for mobility review, foot debridements and trans/metatarsal or foot amputations. <u>Urol</u>: post-op patients <u>Derm</u>: very occasionally- sometimes treat in conjunction with burns physio. Generally referrals regarding cellulitis. <u>HIV service</u>: <ul style="list-style-type: none"> Assessment of all inpatients Running outpatient exercise groups, on and off site including, circuit, tums and bums, pilates Outpatient exercise assessments Outpatient musculoskeletal assessments and treatments (hip/knee/shoulder pain).

		<p><i>“Exciting and interesting rotation with many different aspects. Opportunity to run high level exercise groups.”</i></p>
	Neuro Rehab	<ul style="list-style-type: none"> ▪ Case load of approximately 7 inpatients ▪ Mixture of stroke, hypoxic brain injury, GBS, neurosurgery, brain tumors, progressive neurological diseases and ABIs. Mix of high and low level patients. ▪ Intensive rehabilitation - see patients daily ▪ Opportunity to run groups including circuit group and heavy metal (strength) group ▪ Opportunity for student supervision <p>“Fantastic opportunity to work with and learn from some amazing Neuro physios. Well supported rotation with heaps of skills to master.”</p>
Community	Sandringham	<ul style="list-style-type: none"> ▪ Fantastic opportunity to work in various physiotherapy roles. ▪ Working together with the small and dedicated team of physiotherapists at Sandringham, supported by grade 2 staff. ▪ The majority of caseload in subacute / wards with a mixed case load of ortho, medical and occasionally neurological subacute patients. ▪ Day surgery (referrals, exercises, education) ▪ Acute surgical (ortho and general surgery) ▪ E.D. (acute spinal, mobility post trauma, falls screening/discharge planning for aged care) ▪ Women’s health (postnatal, antenatal classes, outpatients, inpatient gynae surgery/obstetrics)
	Community Rehabilitation Program	<ul style="list-style-type: none"> ▪ Outpatient (centre-based and home-based) community rehabilitation for clients in the city of Glen Eira and parts of Stonnington and Bayside. ▪ Multi-disciplinary team environment with strong interdisciplinary approach. ▪ Varied physiotherapy rehabilitation caseload including orthopaedic (fractures & replacements), neurological (strokes, PD, GBS, ABI, MS etc), and general medicine (frail elderly, post falls, deconditioning). ▪ Patient centred care with strong goal achievement focus. ▪ Responsibility for conducting group therapy classes. ▪ Well supported by Grade 2 and 3 staff in the department.
Complexity	General Medicine	<ul style="list-style-type: none"> • Patient cohort involves aged patients, patients with significant comorbidities and patients awaiting formal diagnosis. • Main referrals for physiotherapy include mobility decline, safety concerns, as well as physiotherapy treatment for respiratory conditions such as pneumonia, exac COPD and tracheostomy management. • Work closely with the multidisciplinary team and often involved with complex D/C planning
	Aged Care inpatients / Cardiac Rehabilitation	<ul style="list-style-type: none"> • 2 Aged Care inpatient roles per rotation, split over aged care and cardiac rehabilitation <p><u>Aged care inpatients</u></p> <ul style="list-style-type: none"> ▪ Slow stream rehab / GEM ▪ + 15 beds dementia specific on ward ACG ▪ Mixed case load – ortho (trauma/fractures), neuro (stroke/ABI/Parkinson’s) and general medicine (COPD, deconditioning, falls) ▪ Student supervision opportunities <p><u>Cardiac</u></p> <ul style="list-style-type: none"> ▪ 1, 2 or 3 mornings per week depending on rotation

		<ul style="list-style-type: none"> ▪ OP cardiac rehab program – duties include bike assessments, running exercise groups, education lectures, setting discharge programs, discharge reviews ▪ Combination of face to face and telehealth skills <p><i>“Great mentoring and skill development”</i></p>
	Better at Home	<ul style="list-style-type: none"> • Inpatient substitution model to provide rehab in the home for a variety of patients; including GEM/neuro/musculoskeletal/trauma • Patient centred and functional approach to rehab • Well supported by senior staff and AHA • Homebased multidisciplinary approach to healthcare and rehab • Focus on home set up, equipment provision and safety for patients in ADLs and mobility • Ability to provide intensity of intervention to work towards patients goals • Patients can attend musc gym on site if appropriate to work toward their goals • Must have Victorian Drivers Licence
Selective	Burns	<ul style="list-style-type: none"> ▪ The Alfred is the state-wide Adult Burns Service ▪ Blanket referral all Burns patients and Plastics patients by referral. ▪ In stream cover for orthopaedics, rheumatology, haemophilia and psychiatry as required. ▪ Responsible for co-ordinating ortho gym group Mon, Tues, Thurs and Fri 13:30 – 14:30 (with AHA). ▪ Management of pts post split skin graft and muscle flap reconstructive surgery ▪ Wound review and joint ranging whilst patient is under sedation, in conjunction with anaesthetics surgical and nursing staff ▪ Opportunity to treat in ICU setting. ▪ Outpatient follow-up via clinic as required, including scar management, exercise and garment prescription.
	Acute Neuro	<ul style="list-style-type: none"> ▪ Involves the management of Stroke, Neurosurgery and Neurology patients ▪ <u>Stroke</u> – TIA, infarct/haemorrhagic CVA, TPA management ▪ <u>Neurosurgery</u> – TBI, tumours (GBM, metastatic lesions), aneurysm, ACDF, laminectomy and microdiscectomy, SAH (vasospasm/EVD management), SDH. Tracheostomy management. Brace/# management – HALO, Aspen, Miami JTO, TLSO ▪ <u>Neurology</u> – MS, GBS, PD, FND ▪ Patient functional levels vary from minimal neurological deficits (high level balance) to major deficits involving complex manual handling. <p><i>“A very enjoyable and well supported rotation from experienced senior staff. Exposure to with a variety of interesting neurological presentations. A chance to develop complex manual handling skills and post surgical management.”</i></p>
	Orthopaedics outpatients	<ul style="list-style-type: none"> ▪ Varied orthopaedic caseload of acute and subacute outpatients, i.e. #UL/LL, ACL reconstructions, RC pathologies, LBP and neck pain, OA knees/hips, post joint replacement, acute soft tissue injuries etc ▪ Supported by grade 2, 3 and 4 Orthopaedic physiotherapists ▪ Cover fracture clinic ▪ Responsible for running the OP Ortho gym group
	Trauma	<ul style="list-style-type: none"> ▪ Senior Rotation: ideally have previous ICU and Ortho experience.

		<ul style="list-style-type: none"> ▪ Mixture between ICU and wards. ▪ Supported by Grade 2 and 3 Trauma physios ▪ Complex patients with multiple orthopaedic, neurological (Including SCI) and chest injuries eg. Patients post MVA, MBA, assault, high falls, near drowning etc ▪ Includes management of tracheotomies, NIV, IPPV, Halo’s, spinal orthoses and collars, UL/LL braces/splints, manual handling equipment, tilt tables etc <p><i>“An excellent opportunity to work with a diverse group of challenging and sometimes critically ill patients from ED to starting rehab on the ward. Often fast paced but well supported by senior staff”</i></p>
	Trauma (BeFIT)	<ul style="list-style-type: none"> ▪ Alfred site rotation - Initiative funded by TAC ▪ Working in a multidisciplinary team to provide increased intensity allied health to complex orthopaedic and trauma patients ▪ 7 day a week service (working 9 days on 5 days off per fortnight) to provide improved continuity of care. ▪ Opportunity to conduct group exercise classes ▪ Contribute to ward and nurse education and initiatives
	Acquired Brain Injury Rehabilitation	<ul style="list-style-type: none"> ▪ The Caulfield Acquired Brain Injury Rehabilitation unit is the state-wide brain injury rehabilitation service ▪ Work with a case load of up to 10 in patients with Brain injury – seen depending on need/tolerance for rehab ▪ Traumatic and non-traumatic brain injury patients ▪ Complex behavioural management including PTA management experience ▪ Work closely with very experienced and skilled senior clinicians ▪ Work very closely with other disciplines to implement holistic patient centred treatment plans
	Amputees/Burns Rehabilitation	<ul style="list-style-type: none"> ▪ Mixed inpatient & outpatient caseload of amputee, burns, general and orthopaedic patients. ▪ Supported by G2/3 PT. ▪ Split between AC1, AC2 and OPs ▪ Experience working with above knee, below knee, hip disarticulations and through ankle amps. ▪ Mixture of prosthetic and non-prosthetic rehab. Opportunity to work closely with the prosthetics team and excellent experience in gait analysis. ▪ Includes seating and wheelchair prescription and maintenance. “Unique experience in Victoria’s largest amputee rehab centre. Really well supported and lots of opportunity for skill development” <p><i>“Unique experience in Victoria’s largest amputee rehab centre. Really well supported and lots of opportunity for skill development”</i></p>
	Spinal rehabilitation	<ul style="list-style-type: none"> ▪ Part of the neurological physiotherapy team ▪ Mixed case load of non-traumatic spinal cord injuries (mixture of complete and incomplete injuries) and general rehabilitation ▪ Supported by Gd 2/3 ▪ Intensive rehabilitation based on rehab A ▪ Includes seating and wheelchair prescription and maintenance. ▪ Progression of transfers/ambulation, prescription of intensive strengthening programs <p><i>“Spinal is a very rewarding rotation as you have the opportunity to assist your patients’ in their journey towards regaining independent function. It is a steep learning curve but you are very supported by senior staff”</i></p>

	<p>Alice Springs</p>	<ul style="list-style-type: none"> ▪ This is a 4-month rotation in a rural hospital working mainly with the indigenous population. ▪ 180 bed hospital with maternity, paediatrics, surgical ward, medical ward, renal ward, ICU/HDU, emergency department and continuing care ward (rehab ward), outpatients. ▪ Work in a supportive allied health team with receptionist, allied health manager, speech pathology, OT, dietetics, podiatry, social work and aboriginal liaison officers. EFT of 7 senior physiotherapists and 1 physiotherapy assistant and the rotations (may vary) include: <ul style="list-style-type: none"> ▪ Medical + Men’s Exercise Group +/- Pulmonary Rehabilitation ▪ Renal + Women’s Exercise Group ▪ Inpatient rehabilitation + Amputee Group ▪ Orthopaedics ward ▪ Surgical ward ▪ ICU/HDU (senior) ▪ Paediatrics ▪ Palliative Care ▪ ED/outpatients ▪ Basic accommodation supplied by the hospital in the nurse’s quarters. ▪ Flights paid for in and out. ▪ You will take 1 week of acquired annual leave and 4 ADOs whilst in Alice and have the opportunity to do many trips around the beautiful red centre including visiting Uluru, King’s Canyon and the MacDonnell ranges.
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