

Rotations Overview

| Skill Development Pathway | Site | Rotation |
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| Cardiorespiratory | Alfred | ICU General (x2) |
| | Alfred | ICU Cardiothoracic + Cardiology (includes cardiac wards) |
| | Alfred | Respiratory AM (General resp/transplant) |
| | Alfred | Respiratory PM (Cystic Fibrosis) |
| Musculoskeletal | Alfred | Acute Inpatient AM/PM (x2) |
| | Caulfield | Musculoskeletal/Orthopaedic Rehabilitation |
| | Sandringham | Acute Orthopaedics / General Surgery & Emergency Department |
| Neurology and Progressive Illness | Alfred | Haematology/Oncology |
| | Alfred | Infectious Diseases/Gastro/Endocrinology/Urology |
| | Alfred | Acute Neuro |
| | Caulfield | Neuro Rehab |
| | Caulfield | Community Rehabilitation Program (x4) |
| Complexity | Alfred | General Medicine |
| | Sandringham | General Medicine |
| | Caulfield | Health of Older Person/Slow stream Rehabilitation |
| | Caulfield | Better at Home |
| Selective | Alfred | Burns and Plastics |
| | Alfred | Orthopaedics Outpatients |
| | Alfred | Trauma |
| | Alfred | Trauma (BeFIT) |
| | Caulfield | Acquired Brain Injury Rehabilitation |
| | Caulfield | Amputees |
| | Caulfield | Spinal Rehabilitation |
| | Alice Springs | Alice Springs |
| Sale Hospital | Sale Hospital (Central Gippsland Health Service) | |

| Skill Development Pathway | Rotation | Roles & Responsibilities |
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| Cardiorespiratory | ICU General | <ul style="list-style-type: none"> ▪ There are two grade ones for this rotation ▪ 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, mobilising the complex patient, 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 cardiac wards. ▪ CTHR: Cardiothoracic surgery - CABG, valve replacements, pleurodesis, lobectomy, heart transplant. Potentially some exposure to lung transplantation in the ICU setting. ▪ CAGE (General Cardiology) ▪ CAHF: Cardiology - heart failure, ventricular assist devices (VAD) and ECMO. Opportunity for exposure to complex ICU cardiac patients including LVADs and other cardiac support devices ▪ 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> |

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| 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 grade 1 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> |
| | Sandringham (Acute Musc) (Inpatient Ortho/ESSU/Gen Surg) | <ul style="list-style-type: none"> Fantastic opportunity to work in various physiotherapy roles based at the Sandringham site. Working together with the small and dedicated team of physiotherapists at Sandringham, supported by grade 2 staff. As a grade 1, the majority of what you will cover is Acute orthopaedics and Emergency short stay unit admissions (ESSU), while you will occasionally see some general surgery & general medicine patients. In addition, Sandringham Hospital supports a Women’s health service. The orthopaedic case load consists of acute orthopaedic surgeries (referrals, exercises, education & Discharge planning) where you will see a variety of upper limb and lower limb fractures. The ESSU case load is to facilitate discharge planning (With a mixed case load of vestibular dysfunction/mobility post trauma, gait aid & orthosis prescription, falls screening/discharge planning and determining admission) Patients under a General Surgery and General medicine bed card are also seen during this rotation. Women’s health (postnatal, antenatal classes, outpatients, inpatient gynae surgery/obstetrics) |
| | Musculoskeletal Rehab | <ul style="list-style-type: none"> Case load of approximately 8 patients seen 1-2x daily with support from allied health assistance, on the wards, ward gym and physiotherapy gym. Supported by primarily a grade 2 in musc/amps OP, and grade 3 in musc/Better at Home Fast stream rehab with a variety of orthopaedic and general musc presentations including upper limb and lower limb fractures, trauma and multi-traumas, amputees, vascular and haematology patient Be involved in the multidisciplinary team to work in a dynamic rehab environment, trial and script equipment, and contribute to NDIS planning Build your knowledge and skillset with complex discharge planning in an experienced MDT <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. Radiotherapy Oncology (RONC): similar as above but having radiotherapy, will see as inpatient and occasional outpatients Renal: chronic kidney failure/disease, inpatients on dialysis, work up or post amputations. Post-transplant patients Haematology: 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> |

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| | <p>Infectious Diseases (Gastroenterology/Endocrinology/Urology)</p> | <ul style="list-style-type: none"> ▪ A very well supported acute rotation where you will develop a variety of musculoskeletal, neurological and cardiorespiratory physiotherapy skills. ▪ You will be involved in a 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, progressive resistance training, 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> |
| | <p>Acute Neuro</p> | <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. Spinal # management including braces – 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> |
| | <p>Neuro Rehab</p> | <ul style="list-style-type: none"> ▪ Case load of approximately 7 inpatients ▪ Mixture of stroke, hypoxic brain injury, GBS, neurosurgery, brain tumours, progressive neurological diseases and ABIs. Mix of high and low level patients. ▪ Intensive rehabilitation - see patients daily ▪ Opportunity to run and prescribe programs for groups including circuit group and heavy metal (strength) group\ <p><i>“Fantastic opportunity to work with and learn from some amazing Neuro physios. Well supported rotation with heaps of skills to master.”</i></p> |
| <p>Community</p> | <p>Community Rehabilitation Program</p> | <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. |

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| Complexity | Alfred (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 • Opportunity to learn from and work with experienced General Med seniors, and build skills working with patients in bigger bodies and utilising appropriate equipment and alternative strategies for their rehab and progression |
| | Sandringham (General Medicine) | <ul style="list-style-type: none"> ▪ Working together with the small and dedicated team of physiotherapists at Sandringham, supported by grade 2 staff. ▪ As a grade 1, the majority of what you will cover is Acute General Medicine patients. In addition, Sandringham Hospital supports a Women’s health service. ▪ The acute patient cohort involves aged patients, patients with significant comorbidities and patients awaiting formal diagnosis. ▪ Main referrals for physiotherapy include mobility decline, falls reviews, some orthopaedic conditions, as well as physiotherapy treatment for respiratory conditions. ▪ Work closely with the multidisciplinary team and often involved with complex D/C planning ▪ Women’s health (postnatal, antenatal classes, outpatients, inpatient gynae surgery/obstetrics) |
| | Health of Older Persons/Slow Stream Rehab | <ul style="list-style-type: none"> ▪ An aged care ward split into two teams with a grade one covering each side. Overseen by a grade 2. ▪ You will be a part of the well supported Health of the Older Persons (HOP) stream. ▪ You will be on a slow stream rehab ward providing care to GEM patients. ▪ It involves a mixed case load – subacute ortho (trauma/fractures), neuro (stroke/ABI/Parkinson’s) and general medicine (Chronic Respiratory conditions, deconditioning & falls) ▪ Involves complex Discharge planning and developing an understanding of various community health services. |
| | ACE | <ul style="list-style-type: none"> • 2 Aged Care inpatient roles per rotation, split over aged care and cardiac rehabilitation ▪ ACE is an acute care ward specialising in the care of GEM patients. ▪ Split between another +15 beds dementia specific on ward ACG-D ▪ Mixed case load – subacute ortho (trauma/fractures), neuro (stroke/ABI/Parkinson’s) and general medicine (Chronic Respiratory conditions, deconditioning, falls) ▪ Involves complex Discharge planning and developing an understanding of various community health services ▪ This rotation also gives you an opportunity to have exposure to a cardiac rehabilitation which involves working with cardiac patients pre/post heart procedure in a primary group setting with individual assessments for admission and discharge |

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| | 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. |
| | 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. ▪ 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 |

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| | <p>Acquired Brain Injury Rehabilitation</p> | <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 |
| | <p>Amputees/Burns Rehabilitation</p> | <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> |
| | <p>Spinal rehabilitation</p> | <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> |

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| | <p>Alice Springs</p> | <ul style="list-style-type: none"> ▪ This is a 4-month rotation in a rural hospital where you will work with an Indigenous Australian 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. | | |
| | <p>Sale Hospital (Central Gippsland Health Service)</p> | <ul style="list-style-type: none"> ▪ This is a brand new 4-month rotation in a Victorian regional hospital ▪ 62 acute bed hospital ▪ Work in a supportive allied health team consisting of 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: <p>Rotations/clinical work areas available:</p> <table border="0" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <ul style="list-style-type: none"> • Acute medical ward • Surgical ward • Acute orthopaedic THR/TKR • Rehabilitation • Women’s health </td> <td style="vertical-align: top;"> <ul style="list-style-type: none"> ▪ Paediatrics ▪ Aged Care ▪ Group Outpatient Rehabilitation ▪ Community Outpatients ▪ Hand Therapy </td> </tr> </table> <p>* Option for caseloads are available for those interested in wider exposure to regional physiotherapy</p> <p>Other perks:</p> <ul style="list-style-type: none"> • Basic accommodation will be provided in a fully furnished house in Sale, shared with other rotating allied health staff from Alfred Health! • Opportunity to explore beautiful environment in regional Gippsland, with mountain ranges, rainforests, beaches (including 90 mile beach), and rivers • Explore beautiful wineries and breweries in the local area! | <ul style="list-style-type: none"> • Acute medical ward • Surgical ward • Acute orthopaedic THR/TKR • Rehabilitation • Women’s health | <ul style="list-style-type: none"> ▪ Paediatrics ▪ Aged Care ▪ Group Outpatient Rehabilitation ▪ Community Outpatients ▪ Hand Therapy |
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