

REHB90006 Rehabilitation for Women's Health

Credit Points:	12.5
Level:	9 (Graduate/Postgraduate)
Dates & Locations:	2016, Parkville This subject commences in the following study period/s: Term 3, Parkville - Taught online/distance.
Time Commitment:	Contact Hours: Wholly online subject Total Time Commitment: 170 hours
Prerequisites:	None
Corequisites:	None
Recommended Background Knowledge:	Graduate level knowledge of the health care system and professional role consistent with a bachelor program in a health care science.
Non Allowed Subjects:	None
Core Participation Requirements:	<p><p>For the purposes of considering request for Reasonable Adjustments under the Disability Standards for Education (Cwth 2005), and Student Support and Engagement Policy, academic requirements for this subject are articulated in the Subject Overview, Learning Outcomes, Assessment and Generic Skills sections of this entry.</p> <p>It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability may impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and Student Equity and Disability Support: http://services.unimelb.edu.au/disability</p></p>
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Subject Overview:	<p>This online subject provides students with the opportunity to build a deep understanding of the safe and effective application of rehabilitation principles to meet the health needs of women. Attention is focused on conditions affecting women specifically from young adulthood through to their reproductive and older years. Students will develop an extended knowledge of pathophysiology and clinical presentations that typically affect women's experience of women's health. Students will use an evidence-informed framework for their analysis as well as synthesis of recent literature and contextual factors that influence clinical practice across the lifespan.</p> <p>All students will complete a Foundational module that will explore the typical physiological changes occurring in women from young adulthood through to the reproductive and older years. Students will then choose 2 from 3 modules that best meets their learning interests and/or practice needs. These modules are:</p> <ol style="list-style-type: none"> 1 The female adolescence module focuses on a deeper exploration of the physical, psychological and cultural expressions of adolescent development and the rehabilitation of clinical conditions associated with adolescence e.g. dysmenorrhea, female triad. 2 The Fertile years module comprises an exploration of fertility and infertility. There will be a focus on physical and psychological changes occurring during the childbearing year and post-natal recovery and appropriate rehabilitation. 3 The Older Woman module will focus on the physiology and psychology of the maturing woman including the effects of physical activity on the ageing musculoskeletal system, and the management of conditions associated with advancing age e.g. incontinence, bone health.
Learning Outcomes:	<p>The curriculum is designed around three elements which provide both horizontal and vertical integration throughout the program. These elements are:</p> <p>Rehabilitation Theory and Practice</p>

	<p>1. Describe the structures and functions unique to the female body, with particular reference to the maturation of body systems from young adulthood to older age</p> <p>2. Explain the pathophysiology of common conditions that influence women's health experience and critically discuss how rehabilitation can ameliorate these conditions</p> <p>3. Critically assess and analyse the health-related needs of individuals, groups and/or health populations for exercise interventions, recognising the personal and environmental circumstances that influence functional capability and participation preferences.</p> <p>4. Analyse and synthesise literature to address the rehabilitation needs of individuals and groups of women with common conditions.</p> <p>Evidence and Innovation</p> <p>5. Select and critically justify appropriate outcome measures to evaluate the efficacy of rehabilitation interventions for women at all life stages from young adulthood to older years.</p> <p>6. Critically evaluate emerging therapies, technologies and innovations that are designed to assist women to maintain their health and wellness.</p> <p>Clinical Practice in Context</p> <p>7. Discuss how contextual factors including societal values, ethics and policy, influence clinical practice and how these factors can be managed to promote 'best practice' rehabilitation in women's health.</p> <p>8. Design and deliver an evidence-informed program for a specific women's group within your practice context.</p>
Assessment:	Online quiz (1 hour - 1,000 word equivalent), due Week 3 (20%) Contribution and reflection on online discussion (1,000 word equivalent), ongoing throughout term (20%) Individual Presentation (10 minutes), due Week 7 (20%) Written assignment (2,000 words), due Week 9 (40%)
Prescribed Texts:	None
Recommended Texts:	Students will have access to electronic copies of prescribed readings
Breadth Options:	This subject is not available as a breadth subject.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	<p>On completion of this subject, students will have had the opportunity to develop the skills associated with:</p> <ul style="list-style-type: none"> # Applying knowledge and reasoning skills to complex problems in a range of contexts # Effective oral and written communication skills # Inquiry and creative solutions to challenges in their practice context # Awareness of and appropriate responsiveness to the social and cultural diversity in their practice and ensuring cultural safety for rehabilitation consumers and workers from diverse linguistic and cultural backgrounds. # Self-assurance and confidence in their knowledge, yet flexible, adaptable and aware of their limitations <p>Additionally, Australian students will have an understanding of and deep respect for Indigenous knowledge, culture and values.</p>
Related Course(s):	Graduate Certificate in Rehabilitation Science Graduate Diploma in Rehabilitation Science Master of Rehabilitation Science