REHB90007 Musculoskeletal Rehabilitation

Credit Points:	12.5
Dates & Locations:	2016, Parkville This subject commences in the following study period/s: Term 4, Parkville - Taught online/distance.
Time Commitment:	Contact Hours: Approximately 32 hours (8 weeks x 4 hrs). This is a fully online subject that is delivered over 8 weeks with a combination of guided and independent learning. There will be a mix of didactic instruction (videos and texts) and facilitated synchronous (3 x 1 hr webinars) and asynchronous activity (weekly discussion board tasks), which will equate to approximately 4 hours per week. Total Time Commitment: Approximately 140 hours, (9 weeks x 12 hrs + approximately 32 contact hours). The final assessment task will be submitted at the end of week 9. Students will be expected to complete independent learning activity equivalent to approximately 12 hours a week over the 9 weeks.
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:	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. 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
Coordinator:	Dr Doa El-Ansary, Dr Sonya Jean Moore
Contact:	Dr Doa ElAnsary **d.el-ansary@unimelb.edu.au (https://owa.unimelb.edu.au/owa/redir.aspx?REF=WCYhAfSv5eKAdN9JCGxVuqhjeJLrnCGJnvy3LXI9nGEvZDa-b1XTCAFtYWlsdG86ZC5lbC1hbnNhcnlAdW5pbWVsYi5lZHUuYXU.)** Dr Sonya Moore **sonya.moore@unimelb.edu.au (mailto:sonya.moore@unimelb.edu.au)**
Subject Overview:	This wholly online subject explores core theory and frameworks that underpin Musculoskeletal Rehabilitation in specific and diverse practice contexts. The subject will provide students with the opportunity to gain knowledge and develop skills that enable them to implement musculoskeletal assessment and management models in their practice context. Biomedicaland biopsychosocial paradigms are examined; alongside an emphasis on contemporary structure and function and developing movement and task analysis skills. With consideration of relevant services, systems & policies, these are applied to the clinical reasoning, decisions and evaluation of patient-centred musculoskeletal rehabilitation plans. There is an opportunity to select **modules** to allow flexibility for students to choose areas of musculoskeletal rehabilitation practice that best match their disciplinary interests or work context. These include hospital, community and sports & exercise contexts. Similarly, students will be given options to tailor case-examinations and assessment tasks according to their specific area of practice. Following an introduction to musculoskeletal rehabilitation, movement analysis and exercise therapy, students can choose ***two from three modules*** that best meets their learning needs. In

	the relevant area of practice, each of these modules explores service models, strategic policies and practice standards that inform therapeutic interventions and features of comprehensive care in priority areas. These modules are: 1 **Hospital based musculoskeletal rehabilitation** 2 **Musculoskeletal rehabilitation in the community** 3 **Musculoskeletal rehabilitation for Sports & Exercise** Students will develop the skills to identify literature and clinical guidelines related to case management. It is envisaged that study within these modules will underpin case selection for the integration and application of evidence informed musculoskeletal rehabilitation practice, culminating in a case-presentation assessment task. On completion of this subject, students will demonstrate skills in developing and justifying an evidence-informed rehabilitation program for an individual with a neuro-musculoskeletal condition. There is structured opportunity for peer review of the rehabilitation program design, critical review of the context and reflection on practice.
Learning Outcomes:	The curriculum is designed around three elements, which provide integration throughout the course **Theory and Practice:** 1 Apply knowledge of musculoskeletal assessment and management models to demonstrate critical and advanced clinical reasoning skills enabling effective assessment and management of patients with neuro-musculoskeletal disorders 2 Demonstrate critical use of a comprehensive knowledge base of the biomedical, biopsychosocial and clinical sciences in Musculoskeletal rehabilitation 3 Demonstrate critical use of a comprehensive knowledge base of behavioural science and communication in Musculoskeletal rehabilitation 4 Compare and contrast functional and dysfunctional neuro-musculoskeletal movement patterns with sensitivity and specificity, enabling effective assessment and management of patients with musculoskeletal disorders **Evidence and Innovation:** 1 Identify, critically appraise and interpret current research knowledge evaluating Musculoskeletal rehabilitation practice and service models 2 Select and justify appropriate approaches to assessment and management in Musculoskeletal rehabilitation at the person and service level **Clinical Practice in Context:** 1 Propose and justify Musculoskeletal rehabilitation programs with explicit consideration of biomedical, clinical, behavioural and environmental factors that can influence selection of an appropriate plan 2 Apply knowledge of movement analysis and exercise therapy to develop, explain and justify an appropriate rehabilitation intervention within your setting
Assessment:	Weekly contribution to online discussion (equivalent to 1,000 words) (10%) Reflection on practice 1 (750 words) due Week 3 (15%) Reflection on practice 2 (750 words) due Week 7 (15%) Written Assignment (Movement analysis) (1,000 words) due Week 5 (20%) Case Presentation (2,000 words) due Week 9 (40%)
Prescribed 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:	On completion of this subject, students will have had the opportunity to develop the skills associated with: # Applying knowledge, analytical and clinical reasoning skills to design patient-centred multi-factorial neuro-musculoskeletal interventions # Seeking and utilising available professional and clinical practice models as components of evidence based and best practice

	# Reflecting on their personal skills, practice experience and limitations; identifying learning opportunities to build on their knowledge and skills to promote best practice # Engage in and recognise the value of seeking peer review and expanding the community of practice to extend own learning and patient outcomes # Confidence in their approach to designing and justifying unique rehabilitation programs for Musculoskeletal condition
Notes:	There is a one week pre-teaching period during which students can choose to: 1) View a video presentation of an overview of the subject, assessment requirements and student expectations 2) Engage with discussion board to meet their tutors and colleagues enrolled in the program 3) Become familiar with the library by completing a small task that requires navigation of library resources and 4) Complete one online task that will familiarise them with online learning requirements. This task can involve a quick quiz, reading a newspaper piece on a contemporary debate or reading a seminar paper on the subject. These activities serve to familiarise the students with the online learning environment and prepare the students for commencing in their learning fully informed about the requirements of the subject.
Related Course(s):	Graduate Certificate in Rehabilitation Science Graduate Diploma in Rehabilitation Science Master of Rehabilitation Science