

The clinical exercise physiology practicum within the School of Human Movement & Nutrition Sciences (SHMNS) is completed by students enrolled in the Bachelor of Clinical Exercise Physiology (Honours) and the Master of Clinical Exercise Physiology in their final year of study whom have successfully completed their theoretical foundations in exercise science, physiological screening and assessment; and delivered on-campus exercise-based lifestyle and behavioural interventions for a range of clientele. Clientele including at high-risk of developing, or with existing, chronic and complex medical conditions. We consider practicum an integral part of the degree, providing students the opportunity to apply and extend their knowledge and skills in real world settings.

## What sites are eligible to take students for their clinical practicum?

Eligible sites should be able to provide students with hands-on opportunities to deliver exercise, health & behaviour change interventions to populations with or at high risk of complex or comorbid chronic disease. Sites should also be able to provide appropriate supervision<sup>1</sup> to enable students to be guided and reviewed in their progression toward autonomous practice. Overall the learning experience on offer should facilitate the well-rounded professional development of the student and meet minimum ESSA Exercise Physiology accreditation guidelines.

1. Provide the student a minimum of 140 hours of practicum experience within ESSA target pathology domains:
  - a. cardiovascular
  - b. musculoskeletal
  - c. metabolic
  - d. cancer
  - e. kidney
  - f. mental health
  - g. neurological
  - h. respiratory/pulmonary
2. Provide students the opportunity to undertake a variety of the following activities:
  - Screening, risk assessment or triage of clients prior to prescribing exercise;
  - Physiological assessment of a client prior to prescribing exercise;
  - Planning & evaluation of exercise interventions;
  - Leadership, delivery & monitoring of exercise interventions;
  - Group and individual education regarding exercise, health & behaviour change
  - Case preparation and planning;
  - Research & professional development relative to case load;
  - Relevant administration duties i.e. record keeping and data input, using practice management software, setting up referral forms, booking appointments etc.
3. From 1/1/2019, hours can be broken into **face to face** (e.g. Exercise delivery, Assessment etc.); **professional practice** (*Up to 60hrs* e.g. researching, writing exercise program, phantom reports, and briefing/debriefing with supervisors', filing, bookings, account reconciliation etc.); and/or **simulation** (*Up to 40hrs*). In order to be used as a substitute for practicum experience simulation must have clear learning objectives, problem solving components built into the scenarios, structured debriefing and be high fidelity).

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<sup>1</sup> An AEP or a qualified and experienced professional who holds a qualification (recognised or endorsed by a regulating authority, such as a national association or AHPRA for the activity they are supervising, and relevant to the client condition they are servicing, for the remaining hours. Hours that are not supervised by an AEP must have AEP oversight of the activities and assessment of the learning outcomes, and the competency must be co-signed by an AEP.

4. From 1/1/2019 Supervision must be by an AEP at least 200 of the 360 hours. Student ratios may be up to 1:5, with the proviso that there must be some 1:1 supervision of each student across the placement. The amount of hours requiring 1:1 supervision will be determined by:
  - The practicum supervisor; and
  - The student's individual knowledge, skill set, self-efficacy and competency in demonstrating AEP scope of practice.

## Who is legally liable for the student during their clinical practicum?

If you agree to take on student(s) you will be provided **two** copies of a Practicum Deed also known as a Clinical Placement Deed that will document requirements and provide information as to legal liability insurance. To summarise, the University of Queensland indemnifies the site for any claim (personal injury (including death), or damage to property) as a consequence of any negligence on behalf of the student. The University co-signs these agreements and a copy is returned to the site. The agreement is between the site and the university and is not individual to a particular student; therefore this paperwork only needs to be signed once.

The insurances covered by the university for students undertaking practicum are for:

- Public liability
- Personal accident
- Professional indemnity
- Travel insurance

## What are the desired learning outcomes of clinical practicum?

1. Demonstrate the skills and competencies required to work competently and confidently with people who are affected by a variety of conditions as described within the ESSA AEP Professional Standards (e.g. Musculoskeletal, Cardiovascular, Metabolic, Cancer, Kidney, Respiratory, Mental Health & Neurological pathology domains). This includes risk stratification & assessment, determining safe exercise limits, designing and adhering to treatment plans and the ability to monitor clients at rest, exercise and recovery (including signs and symptoms of disease progress).
2. Demonstrate professional conduct that is sensitive to client diversity and equity, and is consistent with the ESSA code of Professional Conduct and Ethical Practice
3. Demonstrate an understanding of allied health and medical practitioner scope of practice and the ability to work collaboratively with colleagues, as part of the allied health team, and independently, as necessary.
4. Demonstrate the ability to use research skills to critically evaluate specific areas of client treatment to determine whether research evidence indicates that current practice should be maintained or modified. Interpret data and create solutions/innovate including critical analysis of literature to justify interventions.
5. Demonstrate effective written, verbal & electronic communication skills relevant to the profession and working within an allied health and/or medical team. Including appropriate note taking and clinical documentation compilation, ceasing exercise where indicated for a client, engaging in motivation and leadership during exercise, and counselling clients through behaviour change.

## When are students available for their clinical practicum?

Students are eligible to start their clinical practicum after successful completion of their clinical pre-requisite courses. Stream A: July – November Annually; Stream B: February – June Annually. In some cases students may choose to enrol in practicum over summer semester.

It is preferred students undertake practicum hours in a manner similar to a full-time employee at your site (e.g. Business hours, maximum 8 hours/day 5 days per week) over a six week block.

Most students undertake their clinical practicum without extra study load, which allows practicum hours to be uninterrupted by class attendance. However, there may be circumstances, at the discretion of the site, whereby an alternate/flexible work schedule is developed for the benefit of the site and/or the student.

## **What are the requirements of the clinical practicum & assessment?**

Students are required to undertake a total minimum 360 hours practicum experience within ESSA target pathology domains.

In most cases UQ students will have approximately 300 hours to accrue across multiple pathologies as part of their external practicum. In order to complete their accreditation requirements, the UQ clinical practicum program typically splits placement into block periods of 6 weeks 140-220hours. However, we can be flexible depending on the needs of the supervisor, organisation & student.

Students complete the following assessment items as part of their placement.

**Assessment 1:** Student self-assessment

**Assessment 2:** Site supervisor's assessment (Interim)

**Assessment 3:** Professional Reflection

**Assessment 4:** 2x Case Studies

**Assessment 5:** Log Books

**Assessment 6:** A) Supervisor Reference Form & B) Site supervisor's assessment (Final)

## **What does a Supervisor's Assessment (Interim) involve?**

Early in the placement the course staff will be in contact with the supervisor and student, to organise an interim assessment for a mutually appropriate time. The purpose of the interim assessment is to provide an early indication of how the student is performing, make sure the student feels they are properly oriented with the site and have professional goals they are working towards for the remainder of the placement. Also, in the case of any early difficulties with a student, strategies can be implemented ASAP to rectify performance deficit. The feedback helps students to better understand your expectations and provides enough lead time for students to be able to adjust their practice and improve where necessary.

Where the site is new to the UQ practicum program this provides an opportunity for UQ course staff to establish better links/relationships with the site & supervisors, assist with education processes, ensure students are aware of all organisation policies & procedures and that the experience being provided to the students is suitable for accreditation purposes.

Once a yearly site visit has been conducted, if the site prefers future contact via phone or email, this can be arranged to reduce time pressure on site supervisors and organisations. N.B. At this time travel outside South East Queensland is not possible for site visits. So assessments and discussions will be held over the phone or via video call as per site preference.

## **What payment/bursaries are available for providing clinical practicum?**

Unfortunately, the organisation, supervisor and/or student cannot be paid for allowing, supervising or participating in practicum respectively.

## **What documentation/paperwork will I need to complete as a supervisor?**

**Preparation For Practicum:** Placement Deed & Sign-off students' individual prac plan

**Assessment 2:** Site supervisor's assessment (Interim) - 20-40mins

**Assessment 6:** A) Supervisor Reference Form & B) Site supervisor's assessment (Final) - 20-40mins

# Clinical EP Practicum Information for Potential Sites

## What is the next step?

If you would like to be involved in the UQ HMNS Practicum Program please contact Meagan Crabb via:  
**+61 (7) 3365 6441, +61 (7) 407946694 or [hmns.exsciprac@uq.edu.au](mailto:hmns.exsciprac@uq.edu.au)**

On behalf of the School of Human Movement & Nutrition Sciences at the University of Queensland thank you for your consideration of supervising a student during their clinical practicum.