STUDENT OUTLINE

Subject Name: Myotherapy Clinical Skills
Subject Code: MSTC121

SECTION 1 - GENERAL INFORMATION

Award/s: Bachelor of Health Science (Myotherapy)  Total Course Credit Points: 96  Level: 1st Year
Duration: 1 Semester
Subject Coordinator: Rebecca Malon (Brisbane campus)
Subject is: Core  Subject Credit Points: 2

Student Workload:

<table>
<thead>
<tr>
<th>No. timetabled hours per week</th>
<th>No. personal study hours per week</th>
<th>Total hours per week</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>2</td>
<td>5</td>
</tr>
</tbody>
</table>

Delivery Mode:

Face to Face (On campus)  1 x 3 hour lecture
Intensive Delivery (Summer School)  Contact hours are delivered over 1 week with 5 x 8 hour days
Content: Lectures
Assessment: Mid-semester Written Exam - Week 1; Written Assignment - Week 1; Final Written Exam - Week 6
Full Time
Part Time

Pre-requisites: SOCF111
Co-requisites: MSTF121
Special Resource Requirements:

HLTAID003 Provide first aid (VET unit of competency)

SECTION 2 – ACADEMIC DETAILS

Subject Rationale

This subject enables students to contextualise myotherapy clinical therapy in relation to clinical practice, and enables confidence with all aspects of clinic and client management. This subject is fundamental to students entering clinical practice in the Endeavour Teaching Clinics and will contribute to their understanding of state and federal WHS legislation in relation to infection control, risk and hazard identification, risk management and other aspects of Work, Health and Safety.

Learning Outcomes

1. Explore the legislative responsibilities regarding work, health and safety and infection control for a clinic setting.
2. Develop a working knowledge of the Risk Management Tool in identifying workplace hazards and assessing, prioritising and controlling risks associated with these hazards.
3. Demonstrate an understanding of effective history taking, referral writing and written documentation.
4. Demonstrate an understanding of ethics, legal and regulatory issues of relevance to conducting a practice as a business.
5. Develop an understanding of effective practice administration including marketing, insurance, knowledge of resources and support systems, and professional communication with clients.
### Assessment Tasks

<table>
<thead>
<tr>
<th>Type</th>
<th>Learning Outcomes Assessed</th>
<th>Session Content Delivered</th>
<th>Due</th>
<th>Weighting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mid-semester Written Exam</td>
<td>1-2</td>
<td>1-4</td>
<td>Session 5</td>
<td>30%</td>
</tr>
<tr>
<td>(2 hours)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Written Assignment</td>
<td>3</td>
<td>6-10</td>
<td>Week 12</td>
<td>30%</td>
</tr>
<tr>
<td>(1000 words)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Final Written Exam</td>
<td>3-5</td>
<td>6-13</td>
<td>Final Examination Period</td>
<td>40%</td>
</tr>
<tr>
<td>(2 hours)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

All written assessments and online quizzes are due at 11:55 p.m. and submitted through the LMS.

### Prescribed Readings:


### Recommended Readings:


### Subject Content

<table>
<thead>
<tr>
<th>Week</th>
<th>Lectures</th>
</tr>
</thead>
</table>
| 1.   | **Introduction** (Subject Outline / Subject Aims / Assessment / Teaching Resources)  
Work health and safety: Principles, objectives and importance  
National and state-based Work Health and Safety (WHS) legislation |
| 2.   | The risk management tool  
Hazardous substances  
Plant and equipment |
| 3.   | Ergonomics and manual handling  
Incidents and accidents: Prevention, response, investigation, analysis and reporting  
Emergency situations: Fire, security threat, natural disasters and other emergencies |
| 4.   | Overview of infection control in a clinical setting  
The infection cycle: Disease reservoirs, methods of transmission, portals of entry and susceptibility  
Infection control principles  
Housekeeping: cleaning and maintaining the clinic environment and equipment  
Waste categorisation, disposal and management  
Management of body fluid spills, needle stick injuries and other body fluid-related incidents |
| 5.   | Mid-semester Written Exam |
| 6.   | Ethical practice and codes of ethics  
Dual relationships  
Boundaries and professional language  
Efficiency of treatment, reassessment as an ethical tool |
7. Legislation relating to manual therapies and natural health practitioners
   - Confidentiality
   - Informed consent
   - Duty of care and negligence
   - Client record keeping responsibilities

**NON-TEACHING WEEK** (note that make-up classes may be scheduled in this week)

**Semester 1** - This aligns with the week after Easter so it may fall between Weeks 6 to 8
**Semester 2** - The non-teaching week falls between Weeks 7 and 8

8. Physical self-care
   - Assertiveness, setting expectations, scope of practice and boundaries
   - Taking client history: theory and practice
   - Red-flag identification and decision-making

9. History-taking review, practice and case studies
   - Time management during history-taking, assessment and treatment
   - Writing case notes

10. Referral rationale, process and documentation
    - Written communication with clients
    - Medico-legal reporting
    - Self-reflection, self-inquiry and self-development

11. Myotherapy in the Australian health industry
    - Types of insurance: Public liability, professional indemnity, product liability, business protection
    - Legal and insurance boundaries: Scope of practice, clarification of role and boundaries
    - Legal and insurance boundaries: Mobilisation vs manipulation; dry needling vs acupuncture
    - Professional associations and regulation of the profession

12. Minimum wages and conditions, Modern Awards, and superannuation
    - Australian Tax Office classifications: Contractor vs employee
    - Pricing, percentages and employment circumstances

13. The therapist as a business manager/owner
    - Client-driven environmental factors
    - Marketing: self-marketing, niche marketing, social media and ethical advertising
    - Revision

14. **Non-Teaching Week/Practical Examination Week 1**
    - Note that make-up classes may be scheduled in this week

15. **Non-Teaching Week/Practical Examination Week 2**
    - Note that make-up classes may be scheduled in this week

16. **Final Examination Week 1**
    - Please refer to the Examination Timetable for your local campus for the exact day and time of exam

17. **Final Examination Week 2**
    - Please refer to the Examination Timetable for your local campus for the exact day and time of exam