

# SUBJECT OUTLINE



Subject Name:

## Myotherapy Clinical Practicum 1

Subject Code:

## MSTC212

### SECTION 1 – GENERAL INFORMATION

Award/s:

Bachelor of Health Science (Myotherapy)

Total course credit points:

96

Level:

2<sup>nd</sup> Year

Duration:

1 Semester

Subject Coordinator: Taylor-Jane Sharouni (Sydney campus)

Subject is: Core

Subject Credit Points: 2

### Student Workload:

No. timetabled hours per week:

3

No. personal study hours per week:

2

Total hours per week:

5

Delivery Mode:

Face to face

3 hours practicum

Intensive Delivery

Details:

Summer School - contact hours are delivered over 6 weeks with 1 x 6.5 hour days delivered per week.

Assessment: Mid-semester and Final Practical reviews are completed in class in Weeks 3 & 6 of the intensive.

Reflective logs for intensive delivery are due to be uploaded by Sunday on the week assigned throughout the Summer School period (Weeks 3 & 5).

Full Time

Part Time

Pre-requisites: MSTC121 , MSTF121

Co-requisites: Nil

Special resource requirements:

Working with Children Check (varies by State)

Current Provide First Aid (HLTAID003) competency

Endeavour College approved attire

Endeavour College Teaching Clinic Handbook

Mandatory online clinic induction

### SECTION 2 – ACADEMIC DETAILS

#### Subject Rationale

This subject provides students with supervised clinical practice in delivering myotherapy techniques such as neuromuscular, myofascial release and stretching relevant to postural dysfunctions of the body. These skills will be utilised to care for a range of clients within a supervised clinic environment. It aims to consolidate and support the students' development of myotherapy practice while continuing to develop and apply their knowledge, proficiencies and desirable personal attributes gained from previous learning experiences.

#### Learning Outcomes

1. Record and evaluate verbal data collection and apply critical thinking to musculoskeletal examination, implement a suitable treatment plan for client care in a clinical setting.
2. Communicate effectively and appropriately with clients, the general public and the health care team in a clinical setting.
3. Demonstrate ethical behaviour with all clients presenting for treatment and follow all aspects of informed consent.
4. Demonstrate proficiency with all aspects of management and administration of a professional myotherapy practice.

- Demonstrate proficiency in the management of client care and the application of skills appropriate for client care and scope of practice.

### Assessment Tasks

Type	Learning Outcomes Assessed	Weeks Content Delivered	Week Due	Weighting
<b>Attendance</b> (100% required)	N/A	N/A	1-13	Pass/Fail
<b>Mid-semester Progressive Clinical Assessment</b> (rubric-based)	1-5	1-6	7-9	30%
<b>Reflective Logs (2 in total)</b> (750 words each)	1,4	1-9	6,10	20%
<b>Final Progressive Clinical Assessment</b> (ongoing rubric-based clinic assessment)	1-5	8-13	13	50%

#### Prescribed readings:

- Andrade, C. K. (2014). *Outcome-based massage* (3rd ed.). Philadelphia, PA: Wolters Kluwer Health.

#### Recommended readings:

- Biel, A. (2015). *Trail guide to movement*. Boulder, CO: Books of Discovery.
- Granger, J. (2011). *Neuromuscular therapy manual*. Sydney, NSW: Lippincott Williams & Wilkins.

### Subject Content

Week	Clinical practicum
<b>1.</b>	Clinic orientation Assessment and treatment technique review for relaxation and seated massage
<b>2.</b>	Client assessment, including postural assessment. Incorporating myotherapy techniques into treatment. Mock clinic - putting consultation and treatment into practice.
<b>3 - 13.</b>	Clinic practicum extends from Week 3 to Week 13 with a one week non-teaching week break (in Semester 1 this break aligns with the week after Easter so it may fall between weeks 6 to 8, in Semester 2 it falls between weeks 7 & 8). Make-up clinics may be scheduled during the non-teaching week.  Students begin conducting relaxation massage sessions from week 3, while a rotating roster of seated massage will occur during the unit from week 4. Students will be scheduled to complete a total of twelve 30-minute seated massage sessions during the semester, though client numbers may alter the total number of sessions completed by the student.  Mid-semester reviews are conducted in weeks 7-9 and students are presented with both written and verbal feedback about their performance in clinic.  Final reviews of clinical practicum are conducted in week 13 and students are presented with further written and verbal feedback regarding their performance in clinic in relation to specified rubrics.

	<p>In clinical practicum students are evaluated on their ability to apply their knowledge and skills in a safe, professional manner. Therefore students should note that, although helpful, previous success in academic subjects does not guarantee success in clinical practicum.</p> <p>During myotherapy clinical practicum students will practice under supervision:</p> <ul style="list-style-type: none"> <li>• relaxation massage (1 hour bookings) and seated massage (30 minute bookings)</li> <li>• conducting clinical consultations and observations</li> <li>• using good client-practitioner communication</li> <li>• demonstrating effective case taking and clinical examination skills</li> <li>• developing individualised treatment plans</li> <li>• identifying and completing appropriate referral</li> <li>• presenting to supervisor to obtain approval for treatment plan</li> <li>• office management skills and reception duties</li> <li>• observing all clinic policies and procedures</li> <li>• participating in debriefing sessions at the conclusion of each clinical practicum to identify any important issues.</li> </ul>
<b>14.</b>	<b>Non-Teaching Week/Practical Exam Week: note that make-up clinics may be scheduled in this week.</b>
<b>15.</b>	<b>Non-Teaching Week/Practical Exam Week: note that make-up clinics may be scheduled in this week.</b>
<b>16-17.</b>	<p><b>Final Exam Weeks 1 &amp; 2</b></p> <p>This subject has no final exam.</p>