

# Position Description

<b>Position Title:</b>	Exercise Physiologist – Grade 2
<b>Reports to:</b>	Coordinator Chronic Pain Clinic
<b>Department:</b>	Chronic Pain Clinic
<b>Directorate:</b>	Health independence Programs
<b>Cost centre:</b>	F0602
<b>Code &amp; classification:</b>	Exercise Physiologist Grade 2 (EP67 – EP70)
<b>Employment conditions:</b>	Allied Health professionals (Victorian Public Sector) (Single Interest Employers) Enterprise Agreement 2021-2026 and GV Health Policies and Procedures (and as varied from time to time)

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**GV Health is an equal opportunity employer and continually strives to build a diverse, equitable and inclusive workforce that reflects our community. We encourage applications from people of all backgrounds.**

Statements included in this position description are intended to reflect in general the duties and responsibilities of the position. It is not intended to be an exhaustive list of responsibilities, duties and skills required. GV Health may alter the duties of this position description if and when the need arises. Any such changes will be made in consultation with the affected employee(s).

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## POSITION SUMMARY

The Exercise Physiologist (EP) is responsible for providing their clinical expertise to Chronic Pain Clinic (CPC) clients and to the multidisciplinary team.

The EP will assess, plan, recommend and apply current, individualised and evidence based therapeutic interventions for clients with complex, chronic pain. The delivery of which will occur in the setting of one-on-one client consultations in the clinic, and / or as well as in the facilitation of group programs.

The EP will collaborate with the multidisciplinary team; contribute to Case Conference and client's Agreed Care Planning and Case Review processes. The EP, as part of the multidisciplinary team, will also participate in service planning and development and quality activities.

Chronic Pain is a specialty clinic within the Health Independence Program: Subacute Ambulatory Care Services (SACS) stream.

SACS programs are person-focussed and operate within an integrated service delivery model utilising interdisciplinary team-based care with an emphasis on flexible service delivery. They aim to facilitate improved health outcomes and enable a better client journey across the care continuum. SACS includes Community Rehabilitation Centre (CRC), Geriatric Evaluation and Management in the Home (GEMITH), Victorian Paediatric Rehabilitation Program (VPRS), and the specialist clinics: CDAMS, Chronic Pain Management, Continence, Falls and Balance. The role will also liaise with community-based services to ensure a smooth transition and discharge process for clients moving from outpatient to community settings. The specialty clinics provide specialised assessment & recommendations for management within a model of care which operates within the Victorian Subacute Service Capability Framework (2009).

The CPC provides clinical assessment and where indicated, provision of treatment on a time-limited basis, for clients experiencing prolonged pain and moderate disability and for those who have entrenched chronic pain and high levels of disability. The aim is to reduce the risk of long-term disability, enable clients to gain an

improved ability to self-manage their condition and develop strong links to support continuing management in a primary care setting following discharge from a specialist service.

The CPC clinicians at GV Health include a medical specialist, psychologist, occupational therapist, physiotherapist, registered nurse, enrolled nurse, exercise physiologist, dietitian and allied health assistant.

The position supports GV Health's clinical governance framework in the quality and safety domains of clinical effectiveness, risk management, effective workforce and consumer participation, ensuring optimal outcomes for patients, their carers and community.

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## **RESPONSIBILITIES AND DUTIES**

**The following duties are inclusive of but not limited to the following:**

- This position is supported by the Coordinator of the Chronic Pain Clinic and the Grade 2 EP and/or Physiotherapist in the area of leadership, management and quality improvement. The EP will apply current evidence-based practice and develop effective methods of client management, communication and information sharing with internal and external services and health professionals.
- The role includes but is not limited to;
- Work collaboratively with the multidisciplinary team and external service providers to offer specialist EP liaison, consultation, education and clinical practice, towards the goals of optimum client assessment and person-centred care planning and delivery.
- Provide high quality (discipline-specific) clinical services across clients' care trajectory: assessment, care planning, therapy (including self-management skill building), review and discharge planning, aiming to maximise clients' functional outcomes and assist them to meet their goals. The EP's primary tasks are:
  - Pain Education
  - Subjective and objective examination
  - Exercise prescription, including the establishment of home exercise programs
  - Modification of exercise programs
  - Identifying fear in clients attempting exercise and focus on functional, goal orientated movements
  - Functional improvement
  - Pacing and energy conservation strategy
  - SMART goal setting and monitoring for activity and exercise.
- Ensure that all practice is within the philosophy, intent and standards prescribed by the relevant allied health professional body clinical and ethical guidelines and that practices are consistent with policies, procedures and evidenced-based research.
- Continue to establish the role of the EP and the evidence-based, best practice approach of this allied health discipline, both within the CPC and more widely across GV Health.
- Establish and maintain networks with local, regional and state-wide EP's, especially those practicing in pain services.
- Other tasks as directed by the CPC Clinical Coordinator.
- Supervision of AHA's and being available to help other disciplines with clients active in the CPC program.
- Provide a high-quality service to internal customers and consumers that reflects best practice and adds value to GV Health
- Assist the organisation in achieving clinical effectiveness by providing the appropriate systems, information or services to clinical areas

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## KEY SELECTION CRITERIA

### Formal Qualification(s) and Required Registration(s):

- An accredited Exercise & Sports Science degree with current registration through ESSA and eligibility for AEP accreditation.

### Essential:

- Demonstrated skills and knowledge in health promotion, program development, exercise prescription and practical experience working with people with complex and chronic disease, to assist them to manage their own health
- Demonstrated skills and knowledge of best practice in chronic pain management, as well as an understanding of health coaching or motivational interviewing principles
- Experience in developing & delivering group therapy and education programs.
- Proven organisational and time management skills with an ability to prioritise and manage a diverse caseload.
- Excellent interpersonal, written & verbal communication skills including problem solving ability & computer literacy
- The ability to work collaboratively as an individual practitioner within an interdisciplinary team environment
- Current drivers licence

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## KEY PERFORMANCE INDICATORS

### Your performance will be measured through your successful achievement of:

- Demonstrating of GV Health CREATE values and behaviours and being a role model for living the values of Compassion, Respect, Excellence, Accountability, Teamwork and Ethical Behaviour;
- Actively participate in quality improvement activities within the Chronic Pain Clinic
- Participate in team reviews of practice and processes
- Ensure that referrals for EP are prioritised and seen within a timely manner
- Assist in the Evaluation of EP service delivery to ensure best practice
- Deliver EP services in line with established Chronic Pain Clinic program guidelines and processes.
- Submit required data in a timely manner
- Registration is maintained and working within scope of practice
- Attendance and active participation at meetings as required
- 100% compliance with core competencies and training requirements as outlined in the GV Health Education Framework
- Active participation in the Performance and Development review process

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## ALL GV HEALTH STAFF ARE REQUIRED TO

- Demonstrate GV Health's CREATE values and behaviours and being a role model for living the values of Compassion, Respect, Excellence, Accountability, Teamwork and Ethical Behaviour;

- Maintain an understanding of individual responsibility for consumer safety, quality and risk and adhere to the relevant policies, procedures and guidelines;
- Develop and maintain collaborative relationships with all other teams and professionals;
- Promote and enable efficient teamwork and service provision both within the department and/or organisation and with other service providers;
- Contribute to a safe working environment and ensure compliance with legislative requirements concerning Occupational Health and Safety, anti-discrimination, and equal opportunity;
- Identify, report and manage risks and ensure actions are taken to prevent and minimise harm to consumers and the GV Health workforce;
- Contribute to organisational quality and safety initiatives;
- Observe and comply with child safe principles, standards and expectations of appropriate behaviour toward and in the company of children;
- Complete and maintain all mandatory training requirements as defined by GV Health and actively engage in the Performance Development Review process;
- Minimise the risk of infection to consumers, residents, employees, visitors, contractors and the general public;
- Comply with requirements of the National Safety and Quality Health Service Standards and other relevant standards, regulations and legislative requirements;
- Comply with the principles of patient and family centred care;
- Not smoke or vape on GV Health premises;
- Comply with immunisation requirements as per the Victorian Department of Health Victoria;
- Comply with all applicable position pre-employment checks that are relevant to the role, which may include but is not limited to; police checks, Working with Children's Check (WWCC), National Disability Insurance Scheme (NDIS) and Aged Care screening requirements;
- In this role you may occasionally interact with distressed, anxious or upset consumers or members of the public. GV Health is committed to the physical and psychosocial safety of our staff. All staff are required to comply with all safety related training, look after the safety and well-being of themselves and each other, and actively foster a safe working environment.

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## **ACCEPTANCE:**

I acknowledge and accept that this Position Description represents the general outline of duties, responsibilities and accountabilities that are expected of me in my employment in the position, and may not encompass every aspect of the position. I understand that GV Health reserves the right to modify position descriptions as required, however I will be consulted when this occurs.

I acknowledge and accept that I must complete and maintain all relevant pre-employment screening and checks for successful employment.

I acknowledge and accept that that I have read and fully understand this Position Description. I agree that I have the ability to fulfil the inherent requirements of the position, and accept my role in fulfilling the responsibilities, activities, duties and generic position requirements.

I acknowledge I will be required to undertake the duties as set out in the position description (and any other duties as requested in accordance with my skills and experience) to the best of my ability and, at all times follow lawful direction.

By accepting the contract of employment, I am agreeing to duties and obligations within the Position Description.

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**Health Independence Programs**

**Exercise Physiologist Chronic Pain Clinic**

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**Reviewed by:**

Operations Manager HIP Specialist Clinics

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**Issue Date:**

April 2026

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## ABOUT US

Goulburn Valley (GV) Health is a Regional Public Hospital and Health Service for the Hume Region of Victoria, with main campuses located at Shepparton, Tatura, Rushworth and Euroa. The main campus in Shepparton is the major acute referral hospital for the sub region. Additional satellite sites are also located in Shepparton, Seymour, Benalla, Cobram, Echuca and Wodonga. GV Health provides a range of acute, subacute, mental health, aged, primary health and community services.

## OUR PURPOSE

To significantly improve the health and wellbeing outcomes and experiences of the people and communities in our care.

## OUR VALUES

GV Health's culture centres around our CREATE values and behaviours. Through these values and behaviours we commit to delivering ongoing quality healthcare for our community:



GV Health Vision and Values: [Values and Vision - GV Health](#)

## OUR STRATEGIC PLAN

The **Goulburn Valley Health Strategic Plan 2024-2026** provides the direction for GV Health with our five strategic pillars being:

- Health and Wellbeing Outcomes: Improve health and outcomes for the population in our region
- Community and Consumer Experience: Ensure everyone has an outstanding personalised experience
- Our Staff Experience: Our people feel connected, supported, safe and well
- Responsible Workplace: Be sustainable and efficient
- Health Equity: Embrace differences in how we design and deliver healthcare

GV Health Strategic Plan: [Strategic Plan 2024-2026 - GV Health](#)

## FOR MORE INFORMATION

**Application tips:** [Application Tips - GV Health](#)

**GV Health:** <https://www.gvhealth.org.au/about/>

**Child Safety and Wellbeing:** [Child Safety and Wellbeing - GV Health](#)

**Living in Goulburn Valley:** [Goulburn | Regional Living Victoria](#)

**GV Community Connector:** [Community Connector Program for Businesses](#)