

## Advanced Practice Recognition Application Package Template

### Exercise-based Rehabilitation - Vocational Recognition Pathway

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## Introduction and Background

Advanced Practice Recognition exists to provide osteopaths with the opportunity to be recognised for their continued professional and educational attainment of advanced clinical skills in their chosen focus area.

The Advanced Practitioner Recognition model follows an industry comparable format where titling is awarded to members who undergo a peer review performed by an expert panel both internal and external to the osteopathy profession. A recognised candidate will possess an equivalent level of skill gained through a tertiary or vocational pathway to other health professionals within their designated advance scope of practice in exercise-based rehabilitation and management recognised by an appropriate professional body and its peer review process.

The Advanced Practice Recognition program aims to create a culture of clinical excellence in the interest of all health stakeholders not only to further quality healthcare but also to promote peer education and mentoring support systems. The Advanced Practitioner Title allows the public, fellow osteopaths, and other health practitioners find highly skilled and knowledgeable osteopaths within exercised-based rehabilitation, providing quality options for all.

## Vocational Pathway

The vocational pathway is for osteopaths who have dedicated significant effort towards developing clinical skills in [focus area] or related fields through professional development but without the attainment of further tertiary qualifications in this area. This pathway exists to recognise the skills and knowledge that particular osteopaths have developed through their professional experience.

## Benefits of Recognition

On achieving Advanced Practice Recognition, exclusive benefits are awarded, including:

- A distinct title for professional use – **Advanced Exercised Based Rehabilitation Osteopath**. The title can be used on websites, in email signatures and on business cards
- A formal certificate of Advanced Practice Recognition for the three - year period in which recognition is granted
- An exclusive listing on “Find an Osteo” as an Advanced Practitioner for the three- year period in which recognition is granted
- An electronic logo for Advanced Practitioners. The logo can be used for digital clinic promotions, on websites, letters, and in email signatures
- A physical logo for Advanced Practitioners. The logo can be displayed at a clinic location for practitioner promotion

- Access to a collegial network of Advanced Practitioner peers for network building and collaboration
- Representation in lobbying work seeking endorsements or recognition for Advanced Practice exercise rehabilitative skills in osteopathy
- Representation in lobbying work seeking access to rebated public programs for Advanced Practitioners in exercise rehabilitation.

Beyond individual benefits, the recognition process enables Osteopathy Australia to create reports and summaries on osteopathic skillsets, their application, and the benefits of osteopathic practice for other health professionals, health funds, and government.

## Application Requirements

Note: Application fees are payable before the review of an application commences

### General Requirements

- A current practicing membership of Osteopathy Australia
- Registration as an osteopath for at least two years, with evidence of practical focus per the exercise rehabilitation specific requirements below
- Current and unrestricted registration with AHPRA and compliance to all codes and guidelines

### Exercise rehabilitation Specific Requirements

- **Part A** – completion of a minimum of 150 hours of demonstrated formal learning, short/medium or other course attainment that focus on the development of skills and reasoning in exercised-based assessment, management, and rehabilitation.
- **Part B** – Completion of a CV highlighting the candidate's role and focus in exercise rehabilitation.
- **Part C** – Professional reference checks completed by two exercise-based health professionals or stakeholders.
- **Part D** – Completion of three case studies based upon exercise-rehabilitative practice scenarios that have been managed by the candidate.
- **Part E** – Candidate Declaration

Please see below for expanded explanation of each part.

Templates for each component are provided as guides.

The Appendix contains expanded information on the application process, assessment benchmarks and general information.

## Lodgement process

Please scan all documents into a single PDF document for submission (except reference reports which are to be sent directly) then email to [cpg@osteopathy.org.au](mailto:cpg@osteopathy.org.au) including the subject line **Exercise-Based Rehabilitation Advanced Practice Recognition application**.

## Application Components

### Part A: Professional Development

Candidates will need to provide evidence of completing a minimum of 150 hours of professional development in formal courses relevant to musculoskeletal exercise-based assessment, functional assessment, exercise-based management, and rehabilitation.

If a medium to long course was completed seven or more years ago that equates to 150 hours, you will need to provide evidence of ongoing professional development in [focus area] over the last three years.

Please see the template – Professional Development recording form for competition

Refer to the Appendix for the minimum benchmarks applied when validating professional development.

### Part B: CV

Provide a CV (Please use the provided template) outlining your clinical objectives and role in clinical exercise-based rehabilitation practice, the services you provide to patients, locations, and time periods in which the services have been provided through your career history.

The curriculum vitae should be no more than four pages in length. Please refer to the appendix for the minimum benchmarks that will be used in validating your CV.

## Part C: Professional Referee Nomination

Please nominate two health professionals with whom you have has a clinical relationship with, they may work in the same clinic as you or externally but must not be from the same profession (must be non-osteopaths). Any referees will have worked in a referral, coordination, or contractual relationship with you for multiple patients. Referees should have no less than one year of exposure to your clinical reasoning and approach.

Referees will have some exposure to your clinical reasoning through:

- Clinical reports drafted and shared
- Commercial arrangements as a treating practitioner to groups or individuals
- Consultancy and education given to groups or individuals
- Referral letters or notes
- Case conferencing
- Patient or other health professional feedback
- Clinical mentorship/supervision in managing specific patients.

Referees will need to complete the *Professional Referee Recording Form* and return the form directly to Osteopathy Australia to mitigate any biased reports. Lodgement instructions are included within the form.

Please provide the details of your references below:

<b>Referee One</b>	
Nominated Referee name	
Profession	
Has the referee agreed to provide a reference?	
Approximate reference lodgement date	
<b>Referee Two</b>	
Nominated Referee name	
Profession	
Has the referee agreed to provide a reference?	
Approximate reference lodgement date	

Refer to the **Appendix** for minimum benchmarks applied in validating professional references.

**Note:** Osteopathy Australia may develop summary reports of skills and capabilities of Advanced Practitioners for overall benchmarking and advocacy, with the use of deidentified referee data. Only key quantitative and qualitative trends within the data will be reported with no individual referee or candidate details disclosed.

## Part D: Clinical Exercise Case Studies

Candidates will need to lodge three cases for clinical experience demonstrating the candidate's role and clinical reasoning in exercise-based rehabilitative management.

Candidates must pick three of the following four case study scenarios and explain their role, reasoning, and approach:

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**Option 1:** In assessing and managing a patient post-injury for return to function and activity.

**Option 2:** In assessing and managing a pre-surgical patient to optimise surgical outcomes and maintenance of function.

**Option 3:** In assessing and managing a post-surgical patient to optimise return to activities of daily living, improve function and independence.

**Option 4:** In assessing and managing a patient with a chronic orthopaedic condition needing community- based management without surgery.

**Please indicate the scenario of each case study in the heading.**

Each case study must be:

- a minimum of 1000 words,
- sufficiently detailed
- concern three different patients from different age groups
- concern separate musculoskeletal injuries or condition
- deidentified, please ensure the patient cannot be identified by the information supplied. Refer to the *Deidentifying Advanced Practice Recognition (vocational) Pathway application case studies* for more information.
- Obtain written consent from any third parties subjects involved in the case studies in addition to deidentification (this is to be kept by the candidate and not sent to Osteopathy Australia). Please use the *Consent form for Cases studies – vocational pathway* for this.

The inclusion of graphs, photographs, diagrams, outcome measures and progression tables is encourage (continue to ensure these are deidentified).

Refer to the Appendix for minimum benchmarks for the review of case studies.

Please use the provided template to guide the structure and inclusions of your case studies.

## Part E: Candidate Declaration

I.....declare:

- I am a practicing member of Osteopathy Australia
- I have been AHPRA registered as an osteopath for at least two years
- I have no conditions or undertakings on the AHPRA register
- I maintain currency and compliance with all AHPRA codes and guidelines for regulated health professionals.

Further, I declare that all information contained within this application and attached documents is accurate at the time of lodgement. I understand my application is retained on file by Osteopathy Australia for up to three years, if applicable until the triennial revalidation of recognition.

I acknowledge Osteopathy Australia and/or its Advanced Practice Recognition panel may seek to verify details provided in this application or may request additional records. By submitting this application, I consent to this follow-up.

I understand any false or misleading information will render my candidacy invalid, now and potentially in the future.

I acknowledge Osteopathy Australia reserves the right to immediately revoke recognition benefits where they have been awarded based upon false or misleading information.

I declare that I have read, understood, and will abide by the Application Terms and Conditions.

Finally, I recognise an application fee is involved to support system sustainability, remunerate casually appointed reviewers from other professions/bodies, and the osteopathic profession. I recognise that the fee is an individual expense above membership given Advanced Practice Recognition attributes individual promotional privileges.

**Signed:**

**Date completed:** \_\_/\_\_/\_\_

## Appendix: Advanced Practice Recognition Protocols

### Professional Development Standards

Minimum benchmarks include:

- 150 hours of formal courses and training showing dedication to exercise practice
- Evidence of continued professional development if a medium to long term course equating to 150 hours was completed seven or more years earlier

Formal training provision

- Formal training must be delivered by instructors, organisations or training bodies who are appropriately qualified, competent and/or reputable in exercise rehabilitative practice. Self-directed learning and once-off webinars outside of a formal short, medium, or long course will not be accepted.
- Formal seminars or workshops, undertaken as part of an exercise practice forum or conference held by a reputable body are acceptable.

Formal training design

- Training should involve a range of learning formats and activities, for example, verbal instruction, active learning, workshops, demonstrations, and assessment tasks. If multiple short courses are completed the variance needs to be shown across the courses, however, if one longer course is taken, the variance needs to be shown within that course.

Formal training content and validation

- Courses must be clearly relevant to exercise rehabilitative practice. Courses that concern general manual therapy approaches will not be considered.
- Courses need to encourage skill growth in a diversity of exercise rehabilitative issues. For example, **exercise - based assessment** (movement, exercise, and imbalance identification, functional capacity evaluation and functional skills identification, gait, advanced gait and stability assessment), **exercise programming** (exercise programming theory, static, functional and proprioceptive exercise in musculoskeletal rehabilitation, exercise prescription, pre and post- surgical considerations, exercise rehabilitative protocols and activity guidelines by age, sex, functional status, stage of rehabilitation or injury, exercise coaching, patient motivation and compliance, exercise program evaluation and modification, **exercise and the evidence base** (research, critical appraisal and evidence synthesis in exercise-based rehabilitation).

Formal training transparency

- Course outlines and descriptions of content which support the rationale for relevancy will need to be submitted alongside applications.

Formal training completion

- Evidence of course completion (such as certificates) must be supplied for all courses claimed



## Professional Referee Reports

Minimum Requirements for quality practice in referee reports:

- Reports must outline the range of issues that the candidates manages in exercise-based rehabilitation demonstrating a level of diversification.
- Reports must demonstrate that a candidate satisfies all essential indicators with no less than an 'agree' for each individual criterion
- Referees must include comments to justify ratings given

## Case studies Requirements

To be acceptable, each of the three case studies will need to meet the following minimum benchmarks:

General length, presentation, and format

- Minimum of 1000 words and must be sufficiently detailed for candidate reasoning
- Use of graphs, examples, outcome measures, and/or photographs may be included to support the approach and reasoning applied (ensure deidentification)
- Each study should be supported by interdisciplinary clinical exercise guidelines, clinical or research evidence and fully referenced. Intext references followed by a summary citation list, footnotes or endnotes are acceptable

Exercise rehabilitative case study specifics

- Provide an overview of the patient's personal biopsychosocial context, including deidentified demographics:
  - For pre- or post-surgical case studies, describe the purpose of the referral
  - For non-surgical case studies, describe the reason for initial referral
- Describe the initial patient verbal history taking process and information gathered, including exercise based, functional movement fields, occupational or disability status fields, in meeting the referral purpose or initial reason for intake
- Reflect on findings from the verbal history, outlining remarkable or significant factors. The candidate will reflect on what they determined their role to be in further evaluating patient functional or exercise-based capacity
- Outline and explain any objective pre-suitability assessments, exercise- based assessments and/or functional capacity assessments and specific standardised outcome measures used. Candidates will outline how the assessments and measures had been applied, detail measurement frequency and reflect on why the assessment approaches and outcome measures had been used

- Outline findings from objective assessments performed and subsequent functional, movement or rehabilitative goals determined as appropriate and achievable with the patient.
  - For pre- or post-surgical case studies, outline the management goals established to manage or optimise surgical outcomes, and in maintaining or preventing functional decline
  - For non-surgical case studies case, outline the differential diagnosis reached following objective testing and management goals appropriate for the diagnosis
- Describe overall patient management plan and justify appropriateness. Candidates will outline the specific exercise and movement-based program prescribed for goal achievement. Candidates will outline program phases, exercise repertoires incorporated, progressions and variations in overall program prescription. Candidates will justify the appropriateness of exercise programs given in the evidence base
- Explain how compliance, independence and empowerment was encouraged in program delivery
- Explain how the candidate sought to work within an interdisciplinary clinical team for patient rehabilitation and optimal outcomes. If an interdisciplinary role was not assumed, candidates will explain why
- Reflect on and detail the outcomes of the exercise program, objective testing reperformed and the significance of changes in health indicators and outcomes achieved. Candidates will explain whether clinical outcomes had been adequate, otherwise, any further functional interventions applied in response and their appropriateness.

## CV Requirements

Minimum requirements for candidate CV's are:

- CV must demonstrate a sustained focus on exercise rehabilitative clinical practice over the candidate's employment history
- CV must demonstrate that a candidate performs a diversity of appropriate clinical management functions in clinical exercise practice for functional assessment, management and rehabilitation
- The panel of reviewers must be satisfied that the objectives and roles of a candidate in exercise rehabilitation are reasonable and appropriate in neuromusculoskeletal practice

- The panel reviewers must be satisfied of consistency between referee feedback and a candidate's outlined clinical role and description of issues managed in exercise rehabilitation clinical practice.

## Candidate assessment procedure

On receiving an application:

1. Osteopathy Australia checks all components have been completed and all required documents attached or returned. Incomplete applications, or applications that do not follow lodgement advice, are returned to the candidate for amendment.
2. When a complete application is received, Osteopathy Australia reviews the membership and AHPRA records of the candidate
  - If the criteria is not met, application will be returned and candidate will be advised on what action needs to be taken.
3. When general eligibility requirements are met, the name of a candidate is forwarded to all available panel reviewers.
4. Reviewers declare a "Conflict of Interest" if they have a personal relationship beyond professional practice, clinical instruction or formal education.
5. The application is forwarded to two reviewers indicating "no Conflict of Interest" via email.
6. Each reviewer blindly reviews an application in isolation from other reviewers and returns an individual determination to Osteopathy Australia.
7. Reviewers refer to the recognition benchmarks in the review process.
8. Candidate advised of review outcome

## Review Outcomes

- i) Recognition based on the application submitted*

Osteopathy Australia will recognise a candidate when both reviewers on a panel recommend recognition and there are no major conflicts or divergences in reviewer opinion.

- ii) Request further information pending determination*

When a reviewer requests more information, the candidate will be contacted for additional information. A request for more information is neither a decision to recognise nor decline recognition.

*iii) Moderated decision*

When two reviewers do not agree, a third reviewer will be asked to make a moderated decision based upon the points and concerns of both initial reviewers.

*iv) Recognition declined*

When both reviewers do not recommend recognition, or a third declines recognition following a moderated decision, Osteopathy Australia will write to the candidate explaining why the application was unsuccessful and offer advice, strategies, or support for reapplication.

## Candidate rights

Candidates have rights, guaranteed by Osteopathy Australia.

### **Privacy and record security**

All documents, records, or information lodged is protected and kept secure.

Applications are retained by Osteopathy Australia for up to three years and are periodically compared to prevent submission of the same application by different candidates.

### **Transparency and advice for reapplication**

The recognition panel documents reasons for determinations made. Candidates are offered deidentified feedback and/or advice on review completion, however, are not under any circumstance provided with copies of referee reports.

### **Appeals**

Candidates can appeal a review outcome if two conditions have not been met.

- A subsequent review can be sought if a panel determination is unreasonable or unsupported by evidence provided.
- A subsequent review can be sought if an aspect of the review process- whether for general or clinical specific requirements is undertaken inadequately, components overlooked or omitted.

To appeal, email any grounds to: [CPG@osteopathy.org.au](mailto:CPG@osteopathy.org.au). Please **highlight Exercise Based Rehabilitation Advanced Practice Recognition appeal** in the email subject line. Requests will be acknowledged via return email.

When an appeal request is accepted, an application is forwarded to new independent reviewers for a determination.

### **Feedback**



Candidates are welcome to provide feedback or suggestions for how the Advanced Practice Recognition application process can be improved.

To give feedback, please email: [CPG@osteopathy.org.au](mailto:CPG@osteopathy.org.au).

Feedback is shared with Osteopathy Australia's Executive, Board of Directors, and when needed, with the recognition panel. Candidates can choose not to have their name included with relayed feedback.