

# Advanced Practice Recognition Tertiary Pathway Application Pack

## Exercise-Based Rehabilitation

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## Introduction

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, 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 exercise-based rehabilitation, providing quality options for all.

## Tertiary Pathway

The tertiary recognition pathway is for osteopaths who have further academic degrees in exercise rehabilitation, exercise science or related fields and evidence of continuing dedication to professional development in the field. In addition, candidates will need to demonstrate quality clinical reasoning through professional reference reports completed by two third parties and a comprehensive CV outlining clinical experience in this area.

## Benefits of Recognition

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

- A distinct title for professional use – **Advanced Exercise Rehabilitative 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
- Access to CPD events, conferences, and forums for Advanced Practitioners
- Representation in lobbying work seeking endorsements or recognition for Advanced Practice exercise rehabilitation 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

Payment of application fee is due before application will be reviewed.

### 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** – Tertiary qualification in exercise-based rehabilitation, exercise science or related field covering core domains of advanced reasoning in musculoskeletal rehabilitative practice.
- **Part B** – Demonstrated effort to remain current and diversify knowledge in exercise-based rehabilitation through CPD post tertiary education completion.
- **Part C** - Lodging a current CV outlining candidate focus and role in musculoskeletal exercise rehabilitation.
- **Part D** – Completion of two professional reference checks by exercise-based health professionals or stakeholders.

- **Part E** – Candidate Declaration

Please see expanded explanation below.

Templates for the application components are provided on the tertiary pathway application forms webpage.

The **Appendix** contains expanded information on the recognition process, assessment benchmarks for all assessable components, and candidate rights.

### Lodgement process

Please lodge your application by sending all components and evidence in pdf format via email to [CPG@osteopathy.org.au](mailto:CPG@osteopathy.org.au) (Part D will be lodged individually by the referee). Please highlight in the subject line “Exercise-based Rehabilitation Advanced Practice Recognition application”.

## Part A – Proof of Tertiary Educational Attainment

Please provide evidence of the type of university qualifications you have attained in exercise-based rehabilitation, exercise science or related field by:

- Filling out the below information
- Providing an academic transcript
- Providing unit outlines for subjects completed including learning outcomes

As a minimum requirement, the qualification must be classified as an Australian Qualification Framework Level 7 or above tertiary award for recognition review purposes.

Level 7	Bachelor Degree
Level 8	Bachelor Honours degree, Graduate Certificate, Graduate Diploma, Professional Certificate
Level 9	Masters Degree
Level 10	Doctoral Degree

Please refer to the appendix for minimum benchmarks applied in validating tertiary qualifications.

Candidates with an international university qualification will attach a letter from the university of attainment attesting to its equivalence against the Australian Qualification Framework. All letters must be drafted in English or be accompanied by a certified translation.

Awardee Name	
Name of University	
Name of Qualification	
Year commenced qualification	
Year of completion	

## Part B – Evidence of relevant continued professional development

Please fill out the *Continued Professional Development Recording form* referring to the Appendix for minimum benchmarks applied when validating courses.

Candidates who have:

- Completed their university qualification three or more years ago should provide evidence of relevant CPD for the past three years.
- Completed their university qualification one to two years ago should provide evidence of relevant CPD for the post tertiary completion period.

## Part C – CV

Provide a CV (Please use the provided template) outlining your clinical objectives and role in exercise rehabilitative 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 D – Professional Referee Nomination

Please nominate two health professionals (non-osteopaths) with whom you have has a clinical relationship with, they may work in the same clinic as you or externally. 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 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: Advance Practice Recognition Protocols

### Benchmarks for assessable components

#### Tertiary Qualification Benchmarks

An Australian Qualification Framework Level 7 or above award will cover the following minimum learning outcomes:

<b>Exercise - based assessment</b>
Movement, exercise and imbalance identification
Functional capacity evaluation and functional skills identification
Gait, advanced gait and stability assessment
<b>Exercise programming</b>
Exercise programming theory
Static, functional and proprioceptive exercise in musculoskeletal rehabilitation
Exercise prescription, pre and post- surgical considerations
Exercise rehabilitative protocols and activity guidelines (i.e. age, sex, functional status, stage of rehabilitation or injury)
Exercise coaching, patient motivation and compliance
Exercise program evaluation and modification
<b>Exercise and the evidence base</b>
Research, critical appraisal and evidence synthesis in exercise-based rehabilitation

#### Maintaining currency in exercise-based rehabilitation

To satisfy the minimum requirement, any continuing professional development records will demonstrate that a candidate has:

- Made exercise rehabilitation and related educational topics a focus post tertiary attainment.
- Accessed learning to diversify, consolidate or build on clinical reasoning skillsets imparted in the completed tertiary qualification.
- Accessed learning to grow clinical reasoning relevant to a range of exercise-based rehabilitation issues or musculoskeletal rehabilitation patient needs.

- Not completed the same educational course or courses annually, or courses with a similar focus year on year.

## Quality in exercise rehabilitative practice

### Minimum requirements for quality practice in referee reports:

- Referees must fully complete the form, providing comments and descriptions in all information fields to the best of their knowledge.
- Referees must qualify any ratings given with an explanation or reason.
- Reports, taken together, must validate capacity for a level of diversified practice in exercise-based rehabilitation.
- Reports must demonstrate that a candidate satisfies all essential indicators of quality practice with no less than an 'agree' for each individual criterion.
- The panel of reviewers must be satisfied that all comments provided by referees give support to, and do not contradict, ratings given.
- The panel of reviewers must be satisfied that any suggestions for improvement do not outweigh the strengths of a candidate. Reviewers will especially be satisfied that areas for improvement do not highlight potential for significant clinical risk, danger, or harm.

## CV

### Minimum requirements for the CV are:

- The CV must demonstrate a sustained focus on musculoskeletal exercise-based rehabilitation overtime, over the career journey, whether in one or more practice locations
- The CV must demonstrate that a candidate performs a diversity of appropriate clinical management functions in musculoskeletal exercise-based rehabilitation
- The panel of reviewers must be satisfied that the objectives and roles of a candidate are reasonable and appropriate in exercise rehabilitative practice
- The panel of reviewers must be satisfied of consistency between referee feedback and a candidate's outlined clinical role and description of issues managed in exercise-based rehabilitation.

## 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 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.