



## Kingston Centre

The Kingston site is an Inpatient Subacute Hospital that consists of the wards listed below:

- South 4: Orthopaedic and General Aged Rehabilitation
- South 2, 5 and 6: Geriatric Evaluation and Management units
- North West 1: Movement Disorder and General Aged Rehabilitation
- North West 2: Neurological Rehabilitation
- Biala: In-patient Aged Persons Mental Health Assessment and Rehabilitation Unit

The Kingston Community Rehabilitation Centre and Specialist Clinics are also located on site.

### **Musculoskeletal**

This placement will take place on South 4. This unit has a combined musculoskeletal and general aged rehabilitation caseload that may include a mixture of fractures of the upper and lower limb, joint replacement surgery, spinal surgery and chronic pain.

Recommended revision includes: Revising musculoskeletal lectures, and have pre-read and have access to Hoppenfeld & Murthy, "Treatment and Rehabilitation of Fractures".

### **Neurological**

This placement will take place on North West 2. This ward combines neurological rehabilitation for the older and younger population. The caseload will primarily be a mixture of patients with strokes and subarachnoid or subdural haemorrhages; however other diagnoses may include brain tumours, incomplete spinal injuries and some progressive conditions such as multiple sclerosis. This placement may offer the opportunity to participate or observe an aquatic therapy session.

All neurological students in the Southern Clinical School will attend a series of combined tutorials and are expected to complete the pre-reading and prepare for these tutorials using the neurology tutorial manual.

### **Cardiorespiratory**

This placement will take place on any of the Geriatric Evaluation & Management units. The caseload will be mixed including a variety of cardiorespiratory, musculoskeletal and general debilitating conditions which have an impact on the patient's potential to return home. Ongoing evaluation of cardiorespiratory status is required for patients, especially those with chronic conditions, with the focus less likely to be on acute or post-operative complications. This placement will also involve cardiac rehabilitation at Kingston CRC one day a week.

### **Gerontology**

This placement will be based on any of the Geriatric Evaluation & Management units with a mixed caseload of patients with a variety of cardiorespiratory, musculoskeletal, neurological and general debilitating conditions. To prepare for this placement students are required to revise common geriatric conditions and syndromes such as falls, frailty, cognitive impairment (including delirium and dementia), mobility limitation and functional assessment. Consideration of the approach to treating the older adult is essential.

Recommended pre-reading:



Hazzard's Geriatric Medicine and Gerontology, 6th Edition, Authors Jeffrey B. Halter, Joseph G. Ouslander, Mary E. Tinetti, Stephanie Studenski, Kevin P. High, Sanjay Asthana.  
Oxford Handbook of Geriatric Medicine

## **Inpatient Movement Disorders**

Parkinson's disease is the most common condition seen in the movement disorders unit. Patients with more uncommon movement disorders such as Multiple System Atrophy, Progressive Supranuclear Palsy and Frontal Gait Apraxia are also seen by this unit. Patients can be admitted to NW1 from acute settings or the community for diagnosis or review of medical management of movement disorders. Patients also undergo reconditioning rehabilitation and strategy training programs while on NW1. The age group of these patients varies significantly from 30-80 years, as does the severity of the disease being treated. The average length of stay is 2-4 weeks depending on responses to medications and rehabilitation. Students will also get the opportunity to attend medical ward rounds.

Recommended pre-reading:

European Physiotherapy Guidelines for Parkinson's Disease:

- Chapter 2.4.2 to chapter 2.6/ Pages 21 to 23
- Chapter 3 Main Management,
- Chapter 5 Physiotherapy
- Chapter 7 Intervention
- Appendix 11.3 BBS and 11.6 FGA/DGI.

## **Aquatic physiotherapy / rehabilitation**

This placement covers the area of Aquatic Physiotherapy for subacute rehabilitation patients. This includes rehabilitation for neurological, orthopaedic, chronic pain and general rehabilitation patients. Students will have the opportunity to apply practical skills in sessions in each of these areas. As part of the placement, students will spend the mornings on one of the rehabilitation wards seeing land-based patients, and the afternoons in the pool. This will provide the opportunity to see how Aquatic Physiotherapy compliments land-based therapy and functional improvements.

Students on this elective will be required to complete an aquatic learning package over the first two weeks of their placement which works through the basic principles and physiology of aquatic therapy.

## **Movement Disorders Clinic (Outpatient Specialist Clinics)**

Monash Health Movement Disorders Clinic provides specialist outpatient services for people with Parkinson's disease and other neurological disorders. Other neurological disorders include Progressive Supranuclear Palsy, Multiple System Atrophy, Lewy Body Dementia and Cortico-basal Syndrome. Patients referred to the clinic are seen by a team comprising a medical consultant and allied health professionals who assess the patient's medical condition and functional problems and advise on appropriate medical and rehabilitative management. Physiotherapist provides assessment and works collaboratively with patients and family/carers to develop a therapy plan to address individual needs relating to a specific movement disorder in our clinic or in their home. Physiotherapy students would have an opportunity to involve in multidisciplinary assessment, physiotherapy assessment, individual treatment, group treatment, home visit, carer's support group, and allied health multidisciplinary meeting.



Recommended pre-reading:

European Physiotherapy Guidelines for Parkinson's Disease:

- Chapter 2.4.2 to chapter 2.6/ Pages 21 to 23
- Chapter 3 Main Management,
- Chapter 5 Physiotherapy
- Chapter 7 Intervention
- Appendix 5.14. Mini-BESTest