

**Physiotherapist/Physical Activity Specialist**  
**Full time/Part time**  
**Job Description**

Croí is a registered Irish Heart & Stroke Charity based in Galway. Its mission is to prevent cardiovascular disease, save lives and promote recovery and wellbeing. Over the past decade, Croí have developed an expertise in cardiovascular disease prevention, early detection and intervention which has achieved national recognition through a variety of healthcare and innovation awards.

We are seeking to recruit a Physiotherapist/Physical Activity Specialist to develop and deliver the physical activity and exercise components of a wide range of Croí health programmes.

**Primary Role**

To develop and deliver a physiotherapy/physical activity service to Croí health programme participant, offering exercise prescription and supervision, in accordance with Croí standards and professional best practice adhering to both national and international guidelines. The post holder will work as part of a multidisciplinary team and will be based at Croí Heart & Stroke Centre, Newcastle, Galway.

**Croí Health Programmes & Initiatives**

- **CLANN** (Changing Lifestyle with Activity and Nutrition) - an eight-week structured lifestyle modification programme designed specifically for patients who attend the bariatric medicine service at University Hospital Galway
- **Specialist Cardiac Fitness Assessments** - provision of personalised exercise assessment and prescription
- **1:1 Assessment** - designed for individuals with co-morbidities (e.g. severe arthritis, post-surgery, stroke, functional limitations etc.) which are preventing them from achieving healthy levels of physical activity and exercise.
- **Croí Back to Fitness Programmes** - supervised exercise sessions in a safe environment, providing an effective cardiovascular workout specific to individual needs
- **Croí MyAction™** - an innovative cardiovascular disease prevention programme, targeting high-risk individuals and providing them with intensive risk factor management and lifestyle modification over a 12-16-week period

**Principle Duties and Responsibilities**

- Effectively and efficiently manage and deliver a wide range of physical activity programmes for patients with a range of conditions, including post cardiac event, those at high risk of developing CVD, those with CVD, stroke and diabetes.
- Work cohesively as part of the expert MDT to ensure programme delivery and development is co-ordinated across professions, for effective patient management and subsequent excellent outcomes.
- Ensure the service delivery model facilitates behaviour change utilising evidence based theoretical principles including techniques such as motivational interviewing, brief intervention and goal setting
- Monitor and evaluate patient and programme outcomes, to contribute to on-going patient and service improvement.

- Co-ordinate and deliver health promotion information sessions and interventions to programme participants
- Participate in teaching related activities to both general public, patients and health professional audiences
- Participate in research and clinical governance audit
- Actively participate as part of a multi-disciplinary team in service delivery, development and programme promotion
- Be professionally accountable for all aspects of own work, working to best practice guidelines of the Irish Society of Chartered Physiotherapists (ISCP) and/or the British Association for Cardiovascular Prevention and Rehabilitation (BACPR) and the Croí Health Programme protocols.
- Be responsible for your own continuing professional development.

### **Skills and Competencies**

The post holder will be required to demonstrate:

- A proficient knowledge of current developments in cardiology, stroke, cardiac rehabilitation and the prevention and management of cardiovascular disease
- Ability to apply core physiotherapy/exercise prescription skills across a range of clinical conditions using a client-centred, goal-setting approach
- Excellent interpersonal and communication skills, including oral and written presentations with service users and professionals.
- High levels of motivation with an innovative approach to service delivery and development, and managing the functions of the post
- Experience in motivational interviewing and key behaviour change facilitation techniques
- Ability to communicate complex/sensitive information to patients/carers and health professionals
- Effective time management and clinical prioritisation skills
- Ability to work autonomously and as part of a multidisciplinary team in service delivery, development and programme promotions, to achieve key performance outputs
- Enthusiasm and a commitment to the development of the Croí Health Programmes
- Highly effective planning and organisational skills with an aptitude for effective time management, problem solving, project planning, delivery and execution
- Advanced clinical reasoning within own scope of practice.
- A commitment to quality measurable through audit and research
- A commitment to continuing professional development.

### **Essential Requirements**

The post holder **must** be suitably qualified as follows:

- Possess a BSc (Honours) in Physiotherapy or Diploma in Physiotherapy or hold a qualification in Physiotherapy equivalent to these. All qualifications must be validated by CORU Health and Social Care Professionals Council.

**Or**



West of Ireland Cardiac Foundation

*Fighting Heart Disease & Stroke*

- Possess a British Association for Cardiovascular Prevention and Rehabilitation (BACPR) qualification;

**Or**

- Degree or Diploma in relevant subject area, or equivalent knowledge and experience gained through working in a specialised physical activity role

**And**

- Have at least 18 months' satisfactory post qualification experience with at least 6 months of this having been specific to the cardiovascular area including experience of cardiac patients/CCU/Cardiac Rehabilitation
- Have experience in the design, delivery and management of exercise programmes to high risk populations/patients post cardiac event and/or stroke
- Demonstrate evidence and experience in exercise assessment and prescription to a complex patient population presenting with multiple co-morbidities.

### **Desirable Requirements**

It is **desirable** that the post holder has the following:

- Experience in the area of Stroke, Cardiac / Pulmonary Rehabilitation, Obesity Management and Health Promotion
- A postgraduate qualification
- Previous teaching or lecturing experience

### **Remuneration**

This appointment will be offered initially as a fixed term contract for 12 months, with potential for extension subject to funding. Salary will be commensurate with experience.

To apply, please send your CV with a cover letter to [careers@croi.ie](mailto:careers@croi.ie) before **Friday, 22 March 2019**. Please indicate on your cover letter your preference for a full time or part time position.

**This job profile will be subject to review in accordance with service developments and is neither restrictive nor definitive, but rather a guide to the general range of duties required.**