

Job Description

Kinesiologist

The North Simcoe Muskoka Specialized Geriatric Services (NSM SGS) Program, a LHIN-wide program under the leadership of Waypoint Centre for Mental Health Care, was established in 2016 to advance the care of frail seniors and caregivers in the NSM region. The North Simcoe Family Health Team (NSFHT) is partnering with the NSM SGS program to offer the Senior's CARE Exercise Program. The Senior's CARE Exercise Program is one service within a larger integrated system of services for frail seniors in the Midland region. The Senior's CARE Exercise Program focuses on frail seniors requiring specialized and targeted exercise and restorative services. Led by Kinesiologists and supported by the NSM SGS Program, this program specifically targets frail seniors: who have experienced a recent decline in functional ability; are at high risk for imminent hospitalization or LTC admission; AND, who have restorative potential. The Senior's CARE Exercise Program includes congregate exercise classes and targeted in-home care.

Roles and Responsibilities:

- Participate in assessing and prioritizing referrals to new name, ensuring clients meet criteria to receive treatment and services
- Perform new client intake assessment; collection and review of relevant health and social history may be required
- Perform and document general fitness, functional assessments and exercise program progress notes for frail seniors within the geriatric population
- In collaboration with the NSM SGS physiotherapist, will identify and refer complex cases to the NSM SGS physiotherapy for intake, assessment intervention consultation
- Develop and facilitate congregate exercise programs; may be required to support short term in home exercise services as a bridge to ensure clients are able to participate in the congregate program
- Utilizing standardized tools, will conduct and document pre and post program functional and performance assessments
- Effectively engage clients in participating in their rehabilitation; collaborate with the client to identify priorities, short-term and long-term goals
- Participate in clinical huddles and communicates client goals and plan of care within an interprofessional team
- In collaboration with the interprofessional team identify and refer to appropriate clinical services within the NSM SGS program
- In collaboration with NSM SGS program operational manager (Manager of Geriatric Medicine) and the NSFHT management, NSFHT will support Senior's CARE Exercise Program - program development, implementation and monitoring; assist in collection and documentation of evaluation measures.

Administrative Duties:

- Assist with administrative duties including scheduling, filing, faxing, client charting and order/stocking supplies and exercise program resources

Professional Accountability:

- Conduct self within the legal/ethical/professional obligations and requirements as set out from the College of Kinesiologists
- Demonstrate knowledge and application of the Health Care Consent Act & Freedom of Information and Protection of Privacy Act

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- Demonstrate professional integrity and commitment to the well-being of all patients
- Able to utilize best practice guidelines, including the interpretation and application of current, evidence-based knowledge
- Prepare quarterly reports and monitor daily statistical data to ensure statistics are reported to the Ministry of Health in a timely fashion
- Other duties as required

Communication and Collaboration:

- Establish and maintain effective verbal and written communication with patients, Primary Care Providers, Clinical Program Teams and Community Health Partners
- Maintain an accurate patient record of health history, assessment, triage, patient education, follow-up and discharge plan through clear, concise notes in the NSM SGS EMR in a timely manner
- Act as communication conduit between NSM SGS and NSFHT EMR ensuring client assessment & treatment plans and discharge summaries are uploaded into the NSFHT EMR system
- Demonstrate effective collaboration and inter-professional teamwork by consulting and sharing information with NSM SGS services/partners, IHP's, Primary Care Providers and other health professionals in a timely manner
- Participate in committee meetings
- Participate in continuous quality improvement
- For the purpose of mandatory reporting, ensure client assessments are completed and documented pre and post treatment; collect and objectively evaluate data on the effectiveness of programs and services

Inter-professional Competencies/Collaboration:

- Describe the Kinesiology role, responsibilities and scope of practice clearly to referred patients
- Recognize and respect the role, scope of practice, responsibilities and competence of other Interprofessional Healthcare Providers
- Demonstrate respect and trust to ensure collaborative relationships are fostered, including those within the NSFHT, NSM SGS program and other community partners
- Practice within own scope of practice, code of ethics, standards and clinical guidelines while ensuring the patient receives best practice treatment in a timely manner
- Demonstrate effective sharing of information and exchanging of ideas
- Participate effectively and appropriately within the interdisciplinary health care team to optimize patient safety
- Develop and participate in delivery of programming in collaboration with NSM SGS program, NSFHT IHP's ; identify appropriate referrals to community partners and/or services within the NSFHT or NSM SGS

Skill/Abilities

- Knowledge and proficiency in current, evidenced-based methods and practices related to Kinesiology
- Able to identify, select, develop, and prescribe intervention strategies to maintain, rehabilitate, or enhance movement and performance based on assessment findings
- Able to design customized exercise prescription for seniors with pathology, including but not limited to flexibility; strength, endurance, balance, and cardiopulmonary training; and corrective movement patterning
- Demonstrate understanding of therapeutic modalities and treatment applications

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- Demonstrated accountability and responsibility
- Demonstrated collaboration and teamwork skills with the patient
- Exemplary work history as demonstrated in current and past employment
- Strong patient focus and ability to build solid patient/practitioner relationships
- Proficiency in the use of computer hardware and software, particularly in Microsoft word, excel, outlook and electronic medical records
- Maintain current knowledge of policies and procedures
- Maintain and upgrade knowledge and skills
- Evidence of continuing education, professional and personal development is required
- Maintain confidentiality in accordance with the Municipal Freedom of Information and Protection of Privacy Act
- Work in compliance with Health and Safety laws adhering to safe work practices and procedures established by the NSFHT

Education/Experience

- Registered Kinesiologist (Recognized member with the Ontario Kinesiology Association) and in good standing
- Annual Cardio-pulmonary Resuscitation certification (BCLS)
- Able to work flexible hours including evenings if required
- Computer skills (e.g. statistics input, word processing, email, etc.)
- Physical capabilities to perform the duties of the position
- Current Ontario Drivers' License and dependable vehicle. Travel may be required within community.
- 1 year experience with rehabilitation exercise and therapy (preferred)