

## APPENDIX 3 – Examples of PD Topic Area

(For use on PD Record Form - Formal Activities and PD Record Form – Informal Tasks and Activities)



### Group 1 – Practitionership

Code	Topic Area	Code	Topic Area
1001	Clinical Assessment (e.g. biomedical- auscultation, BP, temp, HR etc, biopsychosocial, movement, neurological and orthopaedic)	1008	Health Education
1002	Clinical Communication, Interviewing, Motivational Interviewing	1009	Infection Control
1003	Clinical Documentation and Record Keeping, including written communication	1010	Mentorship / Preceptorship (including Peer development, review and supervision, supervision of students)
1004	Consent processes	1011	Neurological Assessment
1005	Contingency Planning (incident response, risk assessment, risk management)	1012	Practice Management (incl business development, marketing, ethical use of social media)
1006	Critical Appraisal	1013	Quality Assurance
1007	Evidence-based practice / Research Literacy	1099	Practitionership - Other

### Group 2 – Treatment Skills

Code	Topic Area	Code	Topic Area
2001	Electro-therapeutic techniques (TENS, STIM, US, LLLT etc)	2006	Myofascial Dry Needling
2002	Exercise prescription	2007	Thermo-therapeutic techniques
2003	First aid ( <i>excludes CPR and First Aid certification required for ongoing membership</i> )	2008	Taping techniques (K-tape, sports tape etc)
2004	Instrument assisted therapies (cupping, IASTM etc)	2009	Use of assistive aids and equipment
2005	Manual Therapy skills (joint mobilisation, traction / distraction, soft tissue skills etc)	2099	Treatment Skills- Other

### Group 3 – Specific Clinical Presentations

Code	Topic Area	Code	Topic Area
3001	Acute MSK injuries (sprains, strains, sports injuries)	3008	Peripheral Neuropathies
3002	Arthropathies (OA, RA etc)	3009	Pre/Post Natal presentations
3003	Back Pain	3010	Respiratory / Thoracic presentations
3004	Chronic pain including fibromyalgia	3011	Post-Operative Rehabilitation
3005	Headache, Jaw and Cervical pain	3012	Tendinopathy
3006	Neurodegenerative disorders	3099	Specific Clinical Presentations- Other
3007	Peripheral joint presentations		

### Group 4 – Applied Knowledge

Code	Topic Area	Code	Topic Area
4001	Bioethics	4012	Neurophysiology of Pain
4002	Biomechanics	4013	Nutrition
4003	Common Dermatological Pathologies including recognition of suspicious lesions	4014	Pathology testing
4004	Common medical interventions (e.g. joint injections)	4015	Pharmacology
4005	Common surgical procedures (e.g. joint replacement)	4016	Principles of evidence-based medicine
4006	Epidemiology	4017	Privacy and confidentiality
4007	Ergonomics	4018	Radiology /Imaging
4008	Gerontology	4019	Sleep hygiene
4009	Health System Literacy	4020	Socio-cultural determinants of health
4010	Medical Law	4099	Applied Knowledge - Other
4011	Mental Health		

## Group 5 – Underpinning Biosciences Knowledge

Code	Topic Area	Code	Topic Area
5001	Anatomy	5008	Immunology
5002	Basic Chemistry	5009	Medical Physics
5003	Basic Microbiology	5010	Neuroanatomy
5004	Cardiac Function and Physiology	5011	Renal function and physiology
5005	Cellular biology and metabolism	5012	Respiratory function and physiology
5006	Embryology	5099	Underpinning Biosciences Knowledge -Other
5007	Endocrine systems and pathways		

## Group 6 – Health System Literacy

Code	Topic Area	Code	Topic Area
6001	Aged Care / Disability Services (Aged Care Assessment Team (ACAT). Home and Community Care (HACC) Services, NDIS, RDNS)	6007	Rehabilitation Hospitals
6002	Function and role of the different allied health professions	6008	Sexual and Reproductive Health Services (Continence Programs, Sexual Health Clinics, Women's Health Physiotherapists)
6003	Medicare Funding Initiatives (General Practice Management Plans (GPMPs). GP Mental Health Plan (MHP), Team Care Arrangements (TCAs)	6009	Sub-Acute Care (Rehabilitation Hospitals, Pain Management Clinics)
6004	Medical Involvement (Ambulance Victoria, Home-Visiting GP, Nurse on Call, GP on Call)	6010	Substance Use Services (Drug and Alcohol Services, Quitline)
6005	Mental Health Issues (Beyond Blue, Crisis Assessment and Triage Teams (CATI). Lifeline, Suicide Prevention Services)	6011	Violence and Assault (Domestic Violence Services, Sexual Assault Services, Victims of Crime Assistance Services)
6006	Referral pathways for diagnostic testing and interventions (pathology, imaging, specialist opinions)	6099	Health System Literacy - Other

## Group 7 – Special Situations

Code	Topic Area	Code	Topic Area
7001	Chest pain	7006	Seizure / loss of consciousness
7002	History of incontinence	7007	Suspected stroke
7003	History of sexual dysfunction	7099	Special Situations- Other
7004	Pregnancy: Pre/Post Natal Depression		
7005	Needle-stick injury		

## Group 8 – Special Populations

Code	Topic Area	Code	Topic Area
8001	Amputees	8013	Mental Illness
8002	Anti-coagulated patients	8014	Metal Allergy (including Nickel Allergy)
8003	Catheterised patients (e.g. PICC line)	8015	Organ Transplant Recipients
8004	Children	8016	Pacemakers
8005	Dementia	8017	Patients on Oxygen
8006	Elderly, frail or infirm patients	8018	Patients undergoing treatment for cancer
8007	Elite athletes	8019	Post-traumatic stress disorder
8008	Immunocompromised patients	8020	Postural hypotension
8009	Impairment: speech, visual, hearing	8021	Pre- and Post- natal
8010	Intellectual Disability	8022	Recently discharged from hospital
8011	Joint Replacements	8023	Stoma patients
8012	Latex Allergy	8099	Special Populations - Other

## APPENDIX 4 – Examples of Recommended Podcasts

<b>Imaging Podcasts</b>	Reach MD- Advances in Medical Imaging
<b>Musculoskeletal Medicine Podcasts</b>	Archives of Physical Medicine and Rehabilitation Podcast Reach MD - Musculoskeletal Disorders Reach MD - Rheumatology Senior Rehab Podcast: Physical Therapy   Rehabilitation/Geriatrics
<b>Neurology and Neuroscience Podcasts</b>	Brain Matters Podcast Brain Science Podcast Brain Talk Podcast Brainwaves Podcast NeuRA Podcasts Neurology in Primary Care Reach MD- Neurology and Neurosurgery Reach MD - Focus on Neurology and Psychiatry
<b>Orthopaedics Podcasts</b>	Orthopaedics This Week Reach MD- Orthopaedics The Ortho Podcast
<b>Pain Management Podcasts (including Pain Science)</b>	Beyond Mechanical Pain Pain Reframed Podcast Pain Science and Sensibility
<b>Physiotherapy and Related Manual Therapies Podcasts</b>	APT A Podcast CPD Health Courses Healthy, Wealthy and Smart Podcast JNPT Podcast Mechanical Care Forum PhysioEdge Podcast Physio Matters Podcast PT Inquest PT Podcast PTTalker PTJ Podcasts Strength Physiotherapy Podcast The Bret Contreras Podcast The NAF Physio Podcast The Sports Physiotherapist Podcast
<b>Running Podcasts</b>	Healthynomics Podcast: Running Fitness and Nutrition RunFit 365
<b>Science and Medicine (general) Podcasts</b>	TEDTalks Health TEDTalks Science and Medicine
<b>Sports Medicine Podcasts</b>	British Journal of Sports Medicine Podcasts Clinical Journal of Sports Medicine Podcasts Dr Andy Franklin-Miller Sports Medicine Podcasts Journal of Science and Medicine in Sport Reach MD - Focus on Sports Medicine Sports Medicine Broadcast Sports Medicine Research Podcast Sports Medicine Weekly
<b>Swimming Podcasts</b>	Swimming Science Podcast
<b>Women's and Men's Health Podcasts</b>	Reach MD- Focus on Women's and Men's Health  Reach MD- OB/GYN and Women's Health

## APPENDIX 5 - Examples of Online Learning for Allied Health Professionals

Online Learning	
American College of Sports Medicine (ACSMceOnline)	<a href="http://acsm.ideafit.com/">http://acsm.ideafit.com/</a>
Australian Psychological Society - APS Institute E-Learning Courses	<a href="http://psychology.org.au/APSinstitute/eLearning/">http://psychology.org.au/APSinstitute/eLearning/</a>
Australian Physiotherapy Association (Accredited Online Activities)	<a href="http://apacpdguide.com.au/tags/online%20course">http://apacpdguide.com.au/tags/online%20course</a>
Beyond Blue Professional Education to Aged Care (PAEC) (free)	<a href="http://peac.beyondblue-elearning.org.au/">http://peac.beyondblue-elearning.org.au/</a>
Bounce Back e-learning	<a href="http://bounceback.physio/elearning/">http://bounceback.physio/elearning/</a>
Brookbush Institute- Human Movement Science	<a href="https://brentbrookbush.com/">https://brentbrookbush.com/</a>
CE Connection for Allied Health (subscription-based learning)	<a href="http://alliedhealth.ceconnection.com/default">http://alliedhealth.ceconnection.com/default</a>
COCA Online Education	<a href="https://coca.com.au/professional-development/">https://coca.com.au/professional-development/</a>
CPD 4 Physios	<a href="https://cpd4physios.com.au/">https://cpd4physios.com.au/</a>
Dr Alison Grimaldi	<a href="https://dralisongrimaldi.com/">https://dralisongrimaldi.com/</a>
EBSCO Host Rehabilitation Reference Centre Education Modules	<a href="https://health.ebsco.com/products/rehabilitation-reference-center">https://health.ebsco.com/products/rehabilitation-reference-center</a>
Evidence for Exercise	<a href="https://evidenceforexercise.org/">https://evidenceforexercise.org/</a>
FIFA Diploma in Football Medicine (free)	<a href="http://fifamedicinediploma.com/">http://fifamedicinediploma.com/</a>
Kinetic Link Training Online Courses (Wayne Rodgers)	<a href="https://klt.talentlms.com/catalog/index">https://klt.talentlms.com/catalog/index</a>
Medbridge Education (subscription-based learning)	<a href="https://medbridgeeducation.com/">https://medbridgeeducation.com/</a>
Online Physio Training Australia (subscription-based learning)	<a href="https://opta.com.au/">https://opta.com.au/</a>
Physiopedia Plus (subscription-based learning)	<a href="https://members.physio-pedia.com/">https://members.physio-pedia.com/</a>
RAP-el (free)	<a href="http://www.rap-el.com.au/">http://www.rap-el.com.au/</a>
Rehab Training	<a href="http://www.rehabtrainer.com.au/">http://www.rehabtrainer.com.au/</a>
Stroke Foundation InformMe	<a href="https://informme.org.au/Learning-and-Resources/Movement">https://informme.org.au/Learning-and-Resources/Movement</a>

Webinars and Online Video	
Beyond Mechanical Pain	<a href="http://beyond-mechanical-pain.usefedora.com/">http://beyond-mechanical-pain.usefedora.com/</a>
Complementary Health Seminars	<a href="http://www.comphs.com.au/wordpress/">http://www.comphs.com.au/wordpress/</a>
Clinical Edge (subscription-based learning)	<a href="https://clinicaledge.co/">https://clinicaledge.co/</a>
Move Muscle and Bone Health	<a href="http://www.move.org.au/Health-Professionals">http://www.move.org.au/Health-Professionals</a> <a href="https://events.move.org.au/event">https://events.move.org.au/event</a>
Osteopathy Australia Webinars (live broadcasts only)	<a href="http://www.osteopathy.org.au/webinars-latest.php">http://www.osteopathy.org.au/webinars-latest.php</a>
Pain Cloud (free)	<a href="https://www.paincloud.com/">https://www.paincloud.com/</a>
San Diego Pain Summit	<a href="https://sandiegopainsummit.com/education-videos/">https://sandiegopainsummit.com/education-videos/</a>

American Journal of Physical Medicine and Rehabilitation	Journal of Science and Medicine in Sport
American Journal of Sports Medicine	Journal of Sport Rehabilitation
Anaesthesiology (open)	Journal of Sports Sciences
Annual Review of Neuroscience	Journal of Strength and Conditioning Research
Applied Ergonomics	Medical Journal of Australia
Archives of Physical Medicine and Rehabilitation	Medicine and Science in Sports and Exercise
BMJ open	Molecular Pain
Bone and Joint Journal	Musculoskeletal Science & Practice (formerly Manual Therapy)
British Journal of Anaesthesia	Nature Neuroscience
British Journal of Pain	Nature Reviews Neuroscience
British Journal of Sports Medicine	Neurorehabilitation and Neural Repair
Clinical Journal of Pain	Pain
Clinical Journal of Sports Medicine	Pain Medicine
Clinical Rehabilitation	Pain Physician
Clinics in Sports Medicine	Pain Practice
Current Pain and Headache Reports	Pain Research & Management
European Journal of Pain	Physical Education and Sport Pedagogy
Ergonomics	Physical Therapy
Exercise and Sport Science Reviews	Physical Therapy in Sport
Journal of Athletic Training (open)	Physical Therapy Reviews
Journal of Biomechanics	PLOS Medicine
Journal of Bone and Joint Surgery	Qualitative Research in Sport, Exercise and Health
Journal of Hand Trauma Rehabilitation	Rehabilitation Psychology
Journal of Headache and Pain	Research in Sports Medicine
Journal of Neurologic Physiotherapy	Scandinavian Journal of Medicine and Science in Sports
Journal of Occupational Rehabilitation	Scandinavian Journal of Pain
Journal of Orthopaedic and Sports Physical Therapy	Spine
Journal of Pain	Sport, Education and Society
Journal of Pain and Symptom Management ""	Sports Health
Journal of Physiology	Sports Medicine
Journal of Physiotherapy (open)	Sports Medicine and Arthroscopy Review
Journal of Rehabilitation Medicine	

American College of Sports Medicine (ACSM)  
 Australian Pain Society (APS)  
 Australian Pilates Method Association (APMA)  
 Australian Physiotherapy Association (APA)  
 Australian Strength and Conditioning Association (ASCA)  
 Chiropractic & Osteopathic College of Australasia (COCA)  
 Exercise & Sports Science Australia (ESSA)  
 International Association for the Study of Pain (IASP)  
 Massage & Myotherapy Association (MMA)  
 Move Muscle Bone and Joint Health  
 Occupational Therapy Australia (OTA)  
 Osteopathy Australia (OA)  
 Sports Medicine Australia (SMA)

## APPENDIX 8 – Examples of Useful Websites and Web Resources

Bandolier	<a href="https://www.bandolier.org.uk/">https://www.bandolier.org.uk/</a>
BioMed Central	<a href="https://www.biomedcentral.com/">https://www.biomedcentral.com/</a>
CASP UK	<a href="https://www.casp-uk.net/">https://www.casp-uk.net/</a>
Centre for Evidence-Based Medicine	<a href="https://www.cebm.net/">https://www.cebm.net/</a>
Complementary Health Seminars	<a href="http://www.comphs.com.au/wordpress/">http://www.comphs.com.au/wordpress/</a>
Cite-U-Like	<a href="https://www.citeulike.org/">https://www.citeulike.org/</a>
Google Scholar	<a href="https://scholar.google.com.au/">scholar.google.com.au/</a>
Medscape	<a href="https://www.medscape.com/">https://www.medscape.com/</a>
National Library of Medicine	<a href="https://www.nlm.nih.gov/">https://www.nlm.nih.gov/</a>
National Library of Medicine Bookshelf	<a href="https://www.ncbi.nlm.nih.gov/books/">https://www.ncbi.nlm.nih.gov/books/</a>
Neuro Orthopaedic Institute (NOI)	<a href="http://www.noigroup.com/">http://www.noigroup.com/</a>
PeDRO	<a href="https://www.pedro.org.au/">https://www.pedro.org.au/</a>
PloS [Public Library of Science]	<a href="https://www.plos.org/">https://www.plos.org/</a>
PubMed	<a href="https://www.ncbi.nlm.nih.gov/pubmed/">https://www.ncbi.nlm.nih.gov/pubmed/</a>
PubMed Central	<a href="https://www.ncbi.nlm.nih.gov/pmc/">https://www.ncbi.nlm.nih.gov/pmc/</a>
Trip Database	<a href="https://www.tripdatabase.com/">https://www.tripdatabase.com/</a>