



# 2019 ESSA INNOVATION & PRACTICE FORUM

4 - 5 MAY 2019. MELBOURNE, VIC

207

## Promoting client-centred and evidence-informed practice in workplace assessments and beyond

**Mr Nathan Reeves**  
*Griffith University*

The provision of workplace assessments (the on-site assessment to determine a worker's ability to perform the roles, activities, tasks and physical, psychological and/or cognitive demands required in relation to the work context) has been a key component of the service provision remit of an exercise physiologist for a number of years. They can be executed in the context of injury prevention and injury management alike and often need to serve multiple masters, are conducted on a compensable and often adversarial stage, and like many service offerings need to meet, if not exceed, customer expectations.

Notwithstanding the jurisdictional nuances of compensable regulatory authorities across Australia, facilitating the marriage of a worker to an occupation is a desirable competency for the modern exercise scientist and physiologist. Skills useful in the provision of a workplace assessment are just as valuable in the occupational rehabilitation setting as they are across the breadth of the exercise scientist and exercise physiologist scope of practice.

Using a deconstruction case study pedagogical approach, this presentation will utilise two workplace assessment case studies to illustrate key areas of a practitioner's focus: observation, task description/analysis, interviews, imaging and checklists. Final workplace assessment findings and recommendations for the case studies will be presented to the delegates at the commencement of the session. The presenter will then progressively deconstruct the recommendations throughout the session, unveiling the techniques used to arrive at the key points of counsel. Delegates will be encouraged to develop their skills and acuity to provide enhanced client-centred and evidence-informed intervention during a number of lightning tutorials throughout the presentation.

Whilst the presentation will focus on the provision of the workplace assessment, the key learning outcomes of enhancing client-centred treatment and improving evidence-informed practice will have utility across the contemporary and future service provision spectrum of the exercise scientist and exercise physiologist.