Multidisciplinary programmes in Singapore in Clinical Rehabilitation

A collaboration between Flinders University and SGH – Postgraduate Allied Health Institute (PGAHI)

Graduate Certificate in Clinical Rehabilitation
Graduate Diploma in Clinical Rehabilitation
Master of Clinical Rehabilitation

- The Department of Rehabilitation and Aged Care offers professionally orientated programs of study for any health care professional seeking to improve their knowledge and understanding of the principles and practice of clinical rehabilitation.
- The articulated three-tier program is embedded within a large clinical service and has a multi-disciplinary focus with teaching contributions from medicine, nursing and allied health.
- Students can choose from a range of topics relevant to their workplace or area of interest.
- Topics use case scenarios supported with a selection of up-to-date readings.
- The program is offered in Singapore.
Course information

Graduate Certificate in Clinical Rehabilitation

The Graduate Certificate in Clinical Rehabilitation aims to provide the opportunity for individuals from any health professional background to enhance their knowledge and skills in the area of clinical rehabilitation.

The 18-unit award comprises 1 core topic and three electives and is studied part-time in a period of up to three years.

Students can expect to gain an understanding of the principles and practice of clinical rehabilitation and will have an opportunity to study specialty areas of rehabilitation practice through undertaking a selection of elective topics of relevance to their workplace or specific field of interest.

Graduate Diploma in Clinical Rehabilitation

The 36-unit Graduate Diploma comprises two core topics (9 units) and six electives (27 units), and is studied part-time in a period of up to three years.

The Graduate Diploma in Clinical Rehabilitation contains a core element of the graduate certificate program by exposing students to the principles and practice of clinical rehabilitation. As in the graduate certificate, students also have the opportunity of studying in an area relevant to their field of clinical practice but in a broader program.

The graduate diploma is fully articulated with the Graduate Certificate in Clinical Rehabilitation meaning that students who have met the requirements of the Graduate Certificate (18 units) can use these units to contribute towards the 36 units for the award of Graduate Diploma in Clinical Rehabilitation.

Master of Clinical Rehabilitation

The 54-unit Master of Clinical Rehabilitation is studied part-time in a period of up to three years.

In addition to the material covered in the Graduate Diploma in Clinical Rehabilitation, students will receive training in research methods and will have the opportunity to develop either research expertise or advanced practical skills in an area of clinical rehabilitation and apply this to a specific project.

The Master of Clinical Rehabilitation (coursework) is fully articulated with the Graduate Diploma in Clinical Rehabilitation meaning that students who have met the requirements of the Graduate Diploma (36 units) can use these units to contribute towards the 54 units for the award of Master of Clinical Rehabilitation.

Entry requirements

GRADUATE CERTIFICATE IN CLINICAL REHABILITATION

Applicants normally must hold an approved degree or equivalent qualification from an approved institution. Diplomas in Allied Health or Nursing awarded in Singapore would generally be acceptable.

GRADUATE DIPLOMA IN CLINICAL REHABILITATION

Applicants who do not hold the Graduate Certificate in Clinical Rehabilitation must normally hold an approved degree or equivalent qualification and have not less than two years’ postgraduate experience in a relevant clinical area.

MASTER OF CLINICAL REHABILITATION

Applicants who do not hold the Graduate Certificate in Clinical Rehabilitation or Graduate Diploma in Clinical Rehabilitation must normally hold an approved degree or equivalent qualification from an approved tertiary institution and have not less than two years’ work experience in a relevant clinical area.

ALTERNATIVE ENTRY: The Faculty Board may, under certain circumstances and subject to specific conditions, admit others who can show evidence of fitness for candidature. If not a graduate, applicants must produce alternative evidence of ‘fitness for candidature’.

Topic outlines

REHB8019 Essential Tools for Rehabilitation Practice 4.5
[Core topic Graduate Certificate, Graduate Diploma and Master of Clinical Rehabilitation]

REHB8020 Principles of Clinical Rehabilitation 4.5
[Core topic Graduate Diploma and Master of Clinical Rehabilitation]

ADDITIONAL CORE TOPICS FOR MASTER OF CLINICAL REHABILITATION

REHB9101 Clinical Rehabilitation Research Project Design 4.5
REHB9102 Clinical Rehabilitation Research Project Implementation and Evaluation 13.5

ELECTIVES [can be selected as part of Graduate Certificate, Graduate Diploma and Master of Clinical Rehabilitation]

REHB8023 Psychosocial Aspects of Clinical Rehabilitation 4.5
REHB8024 Counselling and Education in Clinical Rehabilitation 4.5
REHB8025 Rehabilitation of Traumatic Brain Injury 4.5
REHB8026 Early Rehabilitation Following Stroke 4.5
REHB8027 Rehabilitation of Degenerative Neurological Disorders 4.5
REHB8028A Rehabilitation of Musculoskeletal Disorders A 4.5
REHB8028B Rehabilitation of Musculoskeletal Disorders B 4.5
REHB8031 Rehabilitation Following Spinal Cord Injury 4.5
REHB8033 Stroke Rehabilitation 4.5
REHB8034 Rehabilitation Research Methods 4.5
**Topic outlines**

**REHB8019 Essential Tools for Rehabilitation Practice**
This topic will review key principles and essential tools underlying the clinical practice of rehabilitation. Content includes an exploration of the origins of rehabilitation practice, the defining features of rehabilitation, contemporary delivery of rehabilitation and rehabilitation processes, the application of the International Classification of Functioning (ICF) to rehabilitation and developing the ability to locate and analyse rehabilitation research.

**REHB8020 Principles of Rehabilitation Practice**
This topic will review in detail the underlying concepts and evidence base for contemporary rehabilitation. In particular, students will analyse the holistic assessment of rehabilitation needs with patients and the evidence base for key aspects including motivation, goal setting and teamwork. Students will apply these concepts by analysing the delivery of a rehabilitation service and also in case studies. Students will review key outcome measures for both individual rehabilitation progress and for service delivery.

**REHB8023 Psychosocial Aspects of Clinical Rehabilitation**
This topic explores the sociological and psychological theories relating to impairment, activity and participation in the context of rehabilitation. In particular, the part played by motivation and cultural factors in the rehabilitation process are explored and common social and psychological disorders which arise in rehabilitation are addressed.

**REHB8024 Counselling & Education in Clinical Rehabilitation**
The topic has three content areas: basic counselling skills; key elements of major counselling approaches; and exploration of professional and counselling issues in the clinical rehabilitation setting.

**REHB8025 Rehabilitation of Traumatic Brain Injury**
The topic utilises a problem based learning approach (PBL). Various categories of traumatic brain injury are presented in case scenario form. These scenarios serve as a springboard for learning about epidemiology and incidence, pathology, clinical features, prognosis, common cognitive and behavioural syndromes, assessment approaches, rehabilitation approaches, subjective experiences and the rehabilitation outcomes of traumatic brain injury. Students learn through reflection on their practice and the PBL case scenarios, analysis of recommended clinical guidelines and readings, exploring related resources, participating in online or tutorial discussions with other students and completing assignments.

**REHB8026 Early Rehabilitation Following Stroke**
This topic focuses on the aetiology of stroke and the risk factors that can lead to stroke disease. We revise the neuroanatomy and physiology of stroke, the current concepts of neuroplasticity and the principles behind optimal acute stroke care. There is a particular emphasis on the variety of clinical presentations following stroke and the role of the multidisciplinary team in recognising, assessing and managing these factors in the early rehabilitation of a person with stroke within the inpatient setting. We also discuss the impact of stroke on the client, family and friends and the role of early education and support during the acute hospital phase.

**REHB8027 Rehabilitation of Degenerative Neurological Disorders**
‘Degenerative Neurological Conditions’ encompasses hundreds of pathological conditions (impairments). In this topic, we have selected certain conditions to study either because they are common, particularly challenging to treat or because they exemplify the problems that might arise with other degenerative neurological conditions.

The knowledge, skills and attitudes gained through the study of these cases can be applied to people with other degenerative neurological conditions. Throughout these sections, we will consider the principles and processes of rehabilitation as they apply to specific individuals whose rehabilitation needs constantly change with time. Case presentations are used with additional information provided as we work through the stages of rehabilitation.

There is an emphasis on symptom management, teamwork and the challenges for future rehabilitation service delivery. Students have the opportunity to evaluate an intervention (in a clinical area of their own interest) utilised as part of the rehabilitation of a person with Multiple Sclerosis and Parkinson’s disease.

**REHB8028A Rehabilitation of Musculoskeletal Disorders A**
This topic utilises a problem-based learning approach and is based around a series of case studies of patients with musculoskeletal disorders of the lower limb. The subjects covered are: (1) Ankle sprain (2) Anterior cruciate ligament injury and reconstruction (3) Fractured neck of femur (4) Amputation.

Each scenario, in conjunction with recommended readings, related resources and assignments, provide the framework for developing the student’s knowledge of the incidence and mechanism of injury, key assessment findings and the current evidence available to support treatment selection. Topics also encompass a critical appraisal component, and review of related psychosocial issues and multidisciplinary models of injury management.

**REHB8028B Rehabilitation of Musculoskeletal Disorders B**
This topic utilises a problem-based learning approach and is based around a series of case studies of patients with musculoskeletal disorders of the upper limb and back. The subjects covered are: (1) Shoulder joint (2) Tennis elbow (3) Flexor tendon injuries of the hand (4) Management of low back pain.

Each scenario, in conjunction with recommended readings, related resources and assignments, provide the framework for developing the student’s knowledge of the incidence and mechanism of injury, key assessment findings and the current evidence available to support treatment selection. Topics also encompass a critical appraisal component, and review of related psychosocial issues and multidisciplinary models of injury management.

**REHB8031 Rehabilitation Following Spinal Cord Injury**
This topic addresses the principles of rehabilitation for Spinal Cord Injury (SCI) by following the journeys of three different individuals through phases of their injuries: acute management, potential complications, early transition to rehabilitation, in-patient rehabilitation, community integration and lifelong management issues. It aims to provide students with the opportunity to examine complex rehabilitation issues by participating in self-learning exercise and discussion forums, which includes investigation of their local health services.
**REHB8033 Stroke Rehabilitation**

This topic is a comprehensive analysis of the key principles that need to be considered when planning the ongoing rehabilitation for a person with stroke. There is a particular emphasis on planning rehabilitation for a life beyond the acute inpatient setting. We discuss the concept of goals setting, and the role of education/support as part of a comprehensive rehabilitation plan. Students have the opportunity of following a client through part of their rehabilitation program, providing a critical review which includes a discussion of cognitive/perceptual factors that influence the rehabilitation process. Student will research current evidence for interventions in stroke (in a clinical area of their own interest) and discuss its application to clinical practice.

**REHB8034 Rehabilitation Research Methods**

This topic involves the identification of different types of research study designs, evaluating strengths and weaknesses and selecting appropriate designs in clinical rehabilitation practice. Students will be able to set realistic and appropriate aims and objectives for rehabilitation research projects and develop strategies for locating, accessing and evaluating information. This topic also aims to familiarise students with quantitative and qualitative approaches to clinical rehabilitation research to employ appropriate methods in conducting their own research. Students must enrol in and complete the topic to be able to enrol in REHB9101 Clinical Rehabilitation Research Project Design and REHB8021 Advanced Rehabilitation Practice Project Design.

The modules are:
- Approaching Research
- The Clinician as a researcher
- Overview of quantitative research methods
- Health outcomes
- Surveys and questionnaire design
- Cohort and Case-control studies
- Clinical Trials
- Epidemiological measurement and biostatistics
- Critical appraisal of literature and Evidence-based Practice
- Research proposal and grant writing

**Further information**

**COURSE FEES**

Refer to the SGH – Postgraduate Allied Health Institute (PGAHI) - see below.

**WHO SHOULD APPLY?**

All health professionals, including allied health and nurses, interested in extending their skills and knowledge in contemporary rehabilitation.

**TO APPLY**

The following documents must be submitted.
- Flinders University Application Form
- Certified true copies of relevant certificates and transcripts
- Testimonies of clinical experience
- Copy of Identity Card
- IELTS/TOEFL score (if English is not first language)

**GENERAL COURSE ENQUIRIES**

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**SGH-Postgraduate Allied Health Institute (PGAHI)**

Established in 2003, PGAHI is the first postgraduate allied health institute set up by a hospital in Singapore. PGAHI taps on the wealth of clinical expertise of SGH and its reputable partners, as well as leverages on strategic collaborations with renowned overseas universities to provide sought-after training. To date, it has offered more than 1,500 training places in over 100 different allied health professional development courses and clinical attachment programmes.

PGAHI’s mission is to deliver innovative and quality advanced and clinical skills training for allied health professionals to enhance the standard of patient care and reputation of SGH as a leading medical institution.
Postgraduate programs in

Clinical Rehabilitation

Fees

<table>
<thead>
<tr>
<th>Title</th>
<th>Duration</th>
<th>Fees</th>
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<tbody>
<tr>
<td>Graduate Certificate in Clinical Rehabilitation</td>
<td>12 Months</td>
<td>AUD $8,100</td>
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<tr>
<td>Graduate Diploma in Clinical Rehabilitation</td>
<td>24 months</td>
<td>AUD $16,200</td>
</tr>
<tr>
<td>Master of Clinical Rehabilitation</td>
<td>36 months</td>
<td>AUD $24,300</td>
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Topics offered in Singapore

| REHB8019 | Essential Tools for Rehabilitation Practice         | 4.5 |
| REHB8020 | Principles of Clinical Rehabilitation               | 4.5 |
| REHB8023 | Psychosocial Aspects of Rehabilitation              | 4.5 |
| REHB8024 | Counselling and Education in Clinical Rehabilitation| 4.5 |
| REHB8025 | Rehabilitation of Traumatic Brain Injury            | 4.5 |
| REHB8026 | Early Rehabilitation Following Stroke               | 4.5 |
| REHB8027 | Rehabilitation of Degenerative Neurological Disorders| 4.5 |
| REHB8028A| Rehabilitation of Musculoskeletal Disorders A       | 4.5 |
| REHB8028B| Rehabilitation of Musculoskeletal Disorders B       | 4.5 |
| REHB8031 | Rehabilitation Following Spinal Cord Injury         | 4.5 |
| REHB8033 | Stroke Rehabilitation                               | 4.5 |
| REHB8034 | Rehabilitation Research Methods                     | 4.5 |
| REHB9101 | Clinical Rehabilitation on Research Project Design* | 4.5 |
| REHB9102 | Clinical Rehabilitation Research Project Implementation & Evaluation* | 13.5 |

Please note topics are not offered every year

flinders.edu.au
Clinical Rehabilitation

**Topic Outlines**

**REHB8019 Essential Tools for Rehabilitation Practice** (4.5 units)
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neuroanatomy and physiology of stroke, the current concepts of neuroplasticity and the principles behind optimal acute stroke care. There is a particular emphasis on the variety of clinical presentations following stroke and the role of the multi-disciplinary team in recognising, assessing and managing these factors in the early rehabilitation of a person with stroke within the inpatient setting. We also discuss the impact of stroke on the client, family and friends and the role of early education and support during the acute hospital phase.

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**REHB8028B Rehabilitation of Musculoskeletal Disorders B** (4.5 units)

This topic utilises a problem-based learning approach and is based around a series of case studies of patients with musculoskeletal disorders of the upper limb and back. The subjects covered are: (a) shoulder joint; (b) tennis elbow; (c) flexor tendon injuries of the hand; and (d) management of low back pain. Each scenario, in conjunction with recommended readings, related resources and assignments, provide the framework for developing the student’s knowledge of the incidence and mechanism of injury, key assessment findings and the current evidence available to support treatment selection. Subjects also encompass a critical appraisal component, and review of related psychosocial issues and multidisciplinary models of injury management.

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Students must enrol in and complete this topic to be able to enrol in REHB9101 Clinical Rehabilitation Research Project Design and REHB8021 Advanced Rehabilitation Practice Project Design.

**REHB9101 Clinical Rehabilitation Research Project Design (4.5 units)**

Students must enrol in and then complete this topic in two consecutive semesters. This topic involves critical analysis of literature and research project design in an area of clinical rehabilitation.

**REHB9102 Clinical Rehabilitation Research Project Implementation and Evaluation (13.5 units)**

Students must enrol in and complete REHB9101 before commencing this topic. The project involves individual reading and implementing a research project design in the area of clinical rehabilitation and its contributing disciplines. The work is to be reported in a research project report written in the form of a journal article.

* Masters students only

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**General course and topic enquiries**

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Flinders University reserves the right to alter any information contained herein without prior notice. (February 2013)