

PROFESSIONAL CRITERIA FOR PRESCRIBERS OF EXERCISE AND FITNESS EQUIPMENT

icare require that exercise and fitness equipment prescribers meet the necessary qualifications and levels of experience as detailed below.

1. Principles of Exercise and Fitness Equipment Prescription

1.1 icare endorses the use of a client centred approach to all assessment and equipment prescription. It is assumed that prior to approaching icare, the prescribing clinician has undertaken a client centred assessment and that the outcome of this has been to recommend that exercise and fitness equipment may assist with optimising client outcomes.

2. Professional Criteria for Prescribers

2.1 Clinicians must have the **stipulated professional qualification** to prescribe different types of equipment as detailed in *Table 2*.

2.2 Prescription of Group 1 exercise and fitness equipment only requires that the prescriber has the stipulated qualification. Prescription of Group 2 and Group 3 exercise and fitness equipment also requires the clinician to have **relevant experience**. This is defined as:

- the amount of experience (in years) a clinician has in the prescription of the specified exercise and fitness equipment
- the number of equipment prescriptions previously completed in that exercise and fitness equipment group and category.

Table 1: Equipment Grouping and Professional Criteria Required for Prescribers

<p>Group 1</p> <ul style="list-style-type: none"> • Simple to set-up and use • Not custom-made • Low cost • Frequently prescribed; and • Stands alone and is not integrated with other equipment. 	<ul style="list-style-type: none"> • Stipulated Qualification only
<p>Group 2</p> <ul style="list-style-type: none"> • Complex to set-up and requires training to use safely; or • Potential adverse outcome for a client / carer / attendant care worker if not prescribed or used appropriately; or • Custom-made; or • High-cost; or • Infrequently prescribed; or • Integrated or interfaces with other equipment. 	<ul style="list-style-type: none"> • Stipulated Qualification and • Greater than 1 year experience • 3 previous prescriptions for group 2 equipment in that category
<p>Group 3</p> <ul style="list-style-type: none"> • Consists of several component pieces of equipment that must integrate to achieve the goal for the client; or • Due to the risk to the client the skills of a multidisciplinary team is required to prescribe accurately. 	<ul style="list-style-type: none"> • Stipulated Qualification and • Greater than 3 years experience • 5 previous prescriptions for group 3 equipment in that category • Prescriber plus one or more members of the specialist multi-disciplinary team

- 2.3. Prescribers are asked to complete a Declaration on the *Equipment Request Form* to confirm that they meet the professional criteria.
- 2.4 The professional criteria requirements for prescribers of exercise and fitness equipment do not replace:
- the need to document the clinical assessment and clinical reasoning underlying the exercise and fitness equipment prescription.
 - the need for clinical supervision in the workplace, particularly where the clinician is a new graduate or new to the field of practice.

3. Group 1 Equipment and Complex Clients

- 3.1 At times, Group 1 equipment may be prescribed for a client with a complex condition, such as significant neurological impairment, or spinal cord injury. Although qualification alone is required in this instance, inexperienced clinicians should still seek or use additional clinical supervision to ensure the prescription is correct.

4. Inexperienced Prescribers Prescribing under Supervision

- 4.1 Prescribers who do not meet the professional criteria may prescribe under the supervision of a clinician who is an eligible prescriber for that equipment. The prescriber will remain the point of contact.

The format and level of supervision provided by the supervisor remains the responsibility of the clinical service to determine. It is recommended that the supervisor sights and co-signs the *Equipment Request Form* before it is submitted.

5. Approved Prescribers

- 5.1 Individuals without the stipulated qualifications, who have highly specialised skills in a particular clinical area, may apply to be an Approved Prescriber for specific equipment types. Applications must be made in writing to the equipment funding body and the applicant will be advised of the type of equipment they are approved to prescribe.
- 5.2 Services that operate under a transdisciplinary model or who do not have access to health professionals representing several disciplines in a single location may undertake education programs to train health professionals to prescribe Group 1 exercise and fitness equipment. In these circumstances, the trained clinicians can also become Approved Prescribers.

For example, an Aged Care team operating under a transdisciplinary model may provide education to nurses to prescribe Group 1 strengthening equipment.

6. Lack of Eligible Prescribers

- 6.1 In circumstances where a client's access to exercise and fitness equipment may be compromised due to a lack of eligible prescribers (for example in rural or remote areas), the treating health team should liaise with the exercise and fitness equipment funding body to discuss options to address this problem.

7. Eligible Prescribers Employed by Equipment Suppliers

- 7.1 All prescribers must comply with the principle that the prescription of exercise and fitness equipment must be removed from the supply/provision of the equipment, in order to eliminate and prevent any perceived or actual conflict of interest.
- 7.2 Exercise and fitness equipment requests cannot be submitted by professionals working for suppliers, nor can they provide the supervision for equipment prescription.

Table 2: Exercise and Fitness Equipment Grouping by Category and Professional Criteria for Prescribers

Exercise and Fitness Equipment	Qualifications
Standing equipment	
Group 2 <ul style="list-style-type: none"> • Paediatric standing frames • Adult standing frames • Tilt tables 	Physiotherapist with > 1 year experience in this category + <ul style="list-style-type: none"> • 3 previous prescriptions for Group 2 equipment in this category
Walking equipment	
Group 2 <ul style="list-style-type: none"> • Parallel bars • Treadmills 	Physiotherapist with > 1 year experience in this category + <ul style="list-style-type: none"> • 3 previous prescriptions for Group 2 equipment in this category
Group 3 <ul style="list-style-type: none"> • Body-weight support systems 	Physiotherapist or occupational therapist with a rehabilitation specialist Physiotherapist or occupational therapist must have > 3 years' experience for Group 3 equipment in this category
Strengthening equipment	
Group 1 <ul style="list-style-type: none"> • Free weights • Pulley systems • Resistant rubber bands • Cable weights and weights machines • Swiss balls • Wobble boards 	Physiotherapist or Exercise Physiologist
Group 2 <ul style="list-style-type: none"> • Multi station gym <i>For people with significant neurological deficit:</i> <ul style="list-style-type: none"> • Free weights • Pulley systems and cable weights • Weights machines • Swiss balls • Wobble boards • Functional electrical stimulation 	Physiotherapist with > 1 year experience in this category + <ul style="list-style-type: none"> • 3 previous prescriptions for Group 2 equipment in this category

Exercise and Fitness Equipment	Qualifications
Cardiovascular equipment	
Group 1 <ul style="list-style-type: none"> • Treadmills • Exercise bikes • Mini trampoline • Rowing machine • Physical activity monitor (eg. pedometer or heart rate monitor) • Boxing equipment • Arm/leg ergometer (active or passive) 	Physiotherapist or Exercise Physiologist
Group 2 <i>For people with significant neurological deficit:</i> <ul style="list-style-type: none"> • Treadmills • Exercise bikes • Upper limb cross training (eg Vitaglide) • Rowing machine • Boxing equipment • Arm/leg ergometer (active or passive) • Functional electrical stimulation for cardiovascular training 	Physiotherapist with > 1 year experience in this category + <ul style="list-style-type: none"> • 3 previous prescriptions for Group 2 equipment in this category
Pool equipment	
Group 1 <ul style="list-style-type: none"> • Flotation devices • Resistance devices 	Physiotherapist or Exercise Physiologist
Group 2 <ul style="list-style-type: none"> • Water wheelchair 	Physiotherapist or occupational therapist with > 1 year experience in this category + <ul style="list-style-type: none"> • 3 previous prescriptions for Group 2 equipment in this category
Other general exercise and fitness equipment	
Group 1 <ul style="list-style-type: none"> • Mirrors • Wedges • Steps • Rolls • Exercise bench • Biofeedback machine 	Physiotherapist or Exercise Physiologist
Group 2 <ul style="list-style-type: none"> • Plinth • Limb – load monitors 	Physiotherapist with > 1 year experience in this category + <ul style="list-style-type: none"> • 3 previous prescriptions for Group 2 equipment in this category

Exercise and Fitness Equipment	Qualifications
Modified sporting equipment	
Group 3 <ul style="list-style-type: none"> • Modified bicycles/tricycles • Modified sporting equipment • Hand cycles • Sports wheelchairs 	Physiotherapist with a rehabilitation specialist Physiotherapist must have > 3years experience in this category