To provide accredited exercise physiologists (AEPs), other healthcare practitioners and health/regulatory bodies with a nationally consistent description of the services provided by exercise physiologists.

This document describes the typical services and interventions delivered by an AEP in clinical practice.

The service descriptions are designed to reflect typical, best-practice AEP interventions while being flexible, adaptive and embracive of innovative healthcare practices and the environment. Individual variation will occur in the application of the service descriptions due to the broad scope of practice and diverse working conditions of the profession (i.e. location, nature of work and clients).

ESSA provides the service descriptions in good faith as an accurate representation of typical AEP services. However, ESSA does not dictate how an AEP may implement these service descriptions in their clinical practice and acknowledges the service descriptions may be superseded by requirements dictated by, but not limited to, regulatory bodies, government and/or legislation.
SERVICE DESCRIPTIONS FOR AEPS

All activities undertaken by an AEP must be delivered in line with ESSA’s Code of Professional Conduct and Ethical Practice and other professional standards. This includes the AEP Scope of Practice and Exercise Physiology Standards.

Unless otherwise stated, all AEP sessions are conducted on a one-to-one basis, may be land or water based and can involve other members of a care team if required (i.e. family/interpreter).

Initial assessment – is the first session conducted by an AEP of a client’s injury/condition. An initial assessment may include:

- History taking
- Physical and bio-psycho-social assessment including risk assessment
- Goal setting and treatment plan
- Delivery of treatment/service
- Recording of clinical presentation (clinical note taking)
- Liaison/handover/collaboration/reporting with other medical and health professionals as required

The assessment and treatment goals should be consistent with the recorded history and client’s individual presentation. An AEP may choose to conduct an initial assessment more than once with the same client where there has been a lapse in treatment or an additional condition/injury is presented.

Review consultation – refers to a consultation conducted after the initial assessment. The review consultation may include:

- Re-assessment
- Delivery of treatment/service
- Recording of clinical presentation (clinical note taking)
- Ongoing review of goals and treatment plan
- Liaison/handover/collaboration/reporting with other medical and health professionals as required

General fitness – refers to the provision of a fitness service that is designed to address general fitness needs of a client (i.e. improve fitness, strength, and flexibility). This service can be provided in either a one-to-one capacity or group setting. A general fitness service can provide medical and health benefits but is not considered a clinical intervention.

Case conference – refers to a meeting between the AEP plus one or more other members of a client’s treating health team to discuss the client’s case. A case conference can be conducted in person or by other means such as phone, video-conferencing or computer-based software. A case conference does not negate an AEP’s responsibility to communicate regularly with a client’s healthcare team.
**Health promotion/Health education** – refers to the provision of health and/or wellness education that aims to prevent or manage a condition and/or maintain a healthy lifestyle. This education can be delivered for clinical and/or non-clinical purposes and can be conducted individually or within a group setting. Examples of activities may include:

- motivational interviewing techniques
- health coaching interventions
- specific injury education (e.g. manual handling training)
- established lifestyle modification programs (e.g. HEAL™)

**Specialist assessment** – refers to the process whereby an AEP applies their specialist skills to provide an expert opinion/direction on a matter. Examples of activities may include:

- worksite assessment, functional capacity evaluation
- cardio-metabolic risk assessment
- delivery of specific functional or vocational assessment

A specific request for a written report normally accompanies a specialist assessment.

**Report writing** – refers to written correspondence with a referral source after an initial assessment and regularly throughout a patient’s treatment. An AEP will use clinical judgement to determine when a report is required, when this is not legislated by a third party.

**Facility fees/Equipment costs** – refers to when a client is supplied with equipment or access to a health facility (i.e. pool/gym). ESSA considers it reasonable that the cost of this is added to the normal treatment/service fees.

**Travel** – refers to costs applicable when an AEP is required to travel offsite to provide clinical services or attend professional meetings pertaining to a client (i.e. home-visits, worksites, pools or gymnasiums, aged care facilities, hospital).

**Clinician’s experience** – ESSA considers it reasonable that the fee paid to an AEP or charged by an AEP will be commensurate with their level of experience, so far as legislation allows.
ACKNOWLEDGEMENT

In developing the Service Descriptions for Exercise Physiology a review of existing service descriptions for the profession and other allied health professions was conducted. The following documents were reviewed:

- Australian Dental Association – The Australia Schedule of Dental Services and Glossary, 10th Edition
- Australian Physiotherapy Association - National Physiotherapy Service Descriptors, 2012
- Australian Psychological Society – Schedule of recommended fees and item numbers for psychology services
- Department of Veteran Affairs – Notes for Allied Health Providers: Section 1 General
- Department of Veteran Affairs – Notes for Allied Health Providers: Section 2(f) Exercise Physiology
- Exercise Physiologists Guide to WorkCover NSW, 2007
- Health Professionals and Support Services Award 2010
- MBS online – www.mbsonline.gov.au
- WorkCover New South Wales – Exercise Physiology fees order, 2014
- WorkCover Queensland – Exercise Physiology table of costs, 2014
- Return to Work South Australia – Exercise Physiology fee schedule and policy, 2014

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