

New Zealand School of Physiotherapy

ESTABLISHED 1913



DUNEDIN

PROSPECTUS

DUNEDIN HOSPITAL, N.Z.

O.H.B. 220

THE OTAGO HOSPITAL BOARD

Prospectus of

NEW ZEALAND SCHOOL OF PHYSIOTHERAPY

The New Zealand School of Physiotherapy, established at the Dunedin Hospital and maintained by the Otago Hospital Board, provides under the gazetted regulations of the "Physiotherapy Act, 1949" the course of study to be taken by those wishing to obtain a certificate entitling them to practise as physiotherapists. Students are prepared for the State Examination conducted by the Physiotherapy Board of New Zealand.

The New Zealand Certificate is recognised widely in countries throughout the world and the Physiotherapy Board has reciprocal agreements with countries such as Great Britain, Australia, Canada and in South Africa.

COURSE OF STUDY

The course of study begins in March of each year and extends over three years, the first two being spent in Dunedin. In the third year students are allocated to hospitals in other centres (Auckland, Wellington, Hamilton or Christchurch) for additional clinical experience. Where possible students are sent to the hospital of their choice but must be prepared to go to any one of the four.

I. PRE-CLINICAL SCIENCES

Anatomy and Physiology

Teachers: Staff appointed by the University Medical School
Teaching staff of the School of Physiotherapy.

300 classes (of which 50 shall be on cadavers).

Special emphasis will be placed on the functional approach to this subject in the application to subsequent studies of the principles and practice of physiotherapy.

Anatomy:

First year—6 sessions per week for three terms.

Second year—2 sessions per week for one term.

Physiology:

First year—3 sessions per week for three terms.

Second year—2 sessions per week for one term.

Psychology

Teachers: Staff appointed by the University Department of Psychology or Education.

15 classes.

Emphasis will be placed on the physiotherapist—patient interaction.

First year—1 session per week for one term.



THE SWIMMING POOL

Physics

Teachers: Staff appointed by the University Department of Physics.

Teaching staff of the School of Physiotherapy.

50 classes.

This subject is expanded and consolidated in its application to Principles and Practice of Physiotherapy in subsequent sections of the syllabus relating to Electricity, Magnetism, Light, Mechanics and Hydrostatics.

First year—2 sessions per week for two terms.

II. PRINCIPLES OF PHYSIOTHERAPY

Teachers: Teaching staff of the School of Physiotherapy.

700 classes to be divided as indicated for each subject.

Application of physical and physiological principles and methods of application of all techniques used in Physiotherapy should be studied in detail.

1. History

Outline of development of medicine in relation to physiotherapy. A brief history of the origin and development of the profession.

2. Professional Etiquette

3. Manual Therapy Techniques

80 classes.

A detailed knowledge is required of all forms of soft tissue manipulation; technique, physiological effects, therapeutic uses, contraindications and dangers, modifications of techniques to specific tissue states.

First year—2 sessions per week for three terms.

Second year—2 sessions per week for two terms.

4. Kinesiology

400 classes.

A detailed knowledge is required of all forms of movement; technique, physical and physiological effects, therapeutic uses, contraindications and dangers, modifications of techniques to specific tissue states.

The following subjects are included in the syllabus: Principles of Exercise, Passive Movement, Active Movement, Relaxation, Breathing Exercises, Examination and Assessment, Group Exercises, Teaching Methods, Apparatus and Equipment.

First year—7 sessions per week for three terms.

Second year—5 sessions per week for three terms.

5. Electrotherapy

200 classes.

A detailed knowledge is required of all forms of electrotherapy; technique, physical and physiological effects, therapeutic uses, contraindications and dangers, modifications of technique to specific tissue states.

The following subjects are included in the syllabus: Production of the types of therapeutic currents, characteristics and application to the body.

First year—4 sessions per week for three terms.

Second year—3 sessions per week for three terms.

6. *Hydrotherapy, including Thermotherapy and Cryotherapy*

20 classes.

A detailed knowledge is required of all forms of Hydrotherapy including Thermotherapy and Cryotherapy; technique, physical and physiological effects, therapeutic uses, contraindications and dangers, modifications of techniques to specific tissue states.

This subject includes the application of ice, paraffin wax and other bath treatments.

First year—1 class per week for two terms.

7. *Appliances*

10 classes.

This subject is incorporated in special treatments for specific conditions and in the Kinesiology syllabus, as appropriate.

8. *General Care of Patients*

10 classes.

Teachers: Tutorial staff of the School of Nursing.

As well as theoretical and practical classes in basic nursing techniques, a period of two weeks is spent in the hospital wards undertaking nursing duties in the patient situation.

9. *Occupational Therapy*

An outline of the principles and application for remedial and diversional purposes.

III. *PRACTICE OF PHYSIOTHERAPY*

Teachers: Staff of the University Medical School.

Teaching staff of the School of Physiotherapy.

350 classes, of which approximately 50 are lectures by staff of the University Medical School.

A detailed knowledge of the aetiology, pathological changes, signs and symptoms of the various conditions treated by physiotherapy, together with an outline of the medical and surgical procedures and their management is required.

Supportive lectures, demonstrations, and practical sessions are conducted in the practice of physiotherapy for all conditions requiring physiotherapy.

A detailed knowledge of this application, including rehabilitation in general to these conditions is required.

A general outline only is required of conditions not usually treated by physiotherapy but which may be encountered by physiotherapists during the practice of the profession.

Teaching clinics, ward rounds, and operating theatre sessions are attended in the third year of training.

First year—4 sessions per week for three terms.

Second year—7 sessions per week for three terms.

General Pathology

Approximately 50 classes in General and Regional Pathology: 15 classes in General Pathology; 35 classes in Regional or System Pathology.

These lectures are designed as a preliminary study to be extended appropriately in subsequent sections of conditions listed in the syllabus: disorders of the nervous system, the musculo skeletal system, the skin, the respiratory system,

the digestive system, the renal system, the cardiovascular system, the blood, the ear, nose and throat, and the eye, gynaecology and obstetrics, geriatrics, paediatrics and pharmacology.

Clinical experience

A minimum of 1,500 hours is spent in the treatment of patients. This experience is gained in the Outpatient Department and Wards of the institutions administered by the Otago Hospital Board and in hospitals in other main centres during the third year of the course.

All clinical work is done under the supervision of experienced physiotherapists and teachers of physiotherapy.

EXAMINATIONS CONDUCTED BY THE NEW ZEALAND
SCHOOL OF PHYSIOTHERAPY

First Year

Term Examination—June

Principles of Physiotherapy and Pre-Clinical Sciences

Anatomy and Physiology	Paper 3 hours, viva voce 20 minutes
Manual Therapy Techniques	} Paper 3 hours, practical 10 minutes
Kinesiology	
Physics	Paper 3 hours
Electrotherapy Techniques	Paper 3 hours, practical 20 minutes
<i>Practice of Physiotherapy</i>	Paper 3 hours

Stage I — November

Principles of Physiotherapy and Pre-Clinical Sciences

Anatomy and Physiology	Paper 3 hours, viva voce 20 minutes
Manual Therapy Techniques	} Paper 3 hours, practical 10 minutes
Kinesiology	
Electrotherapy Techniques	Paper 3 hours, practical 20 minutes
<i>Practice of Physiotherapy</i>	Paper 3 hours

Second Year

Term Examination — June

Principles of Physiotherapy and Pre-Clinical Sciences

Anatomy and Physiology	Paper 3 hours, viva voce 10 minutes
Manual Therapy Techniques	} Paper 3 hours, practical 15 minutes
Kinesiology	
Electrotherapy Techniques	Paper 3 hours, practical 20 minutes
<i>Practice of Physiotherapy</i>	Paper 3 hours

Stage II — November

Principles of Physiotherapy and Pre-Clinical Sciences

Anatomy and Physiology	Paper 3 hours, viva voce 20 minutes
Manual Therapy Techniques	} Paper 3 hours, practical 15 minutes
Kinesiology	
Electrotherapy Techniques	Paper 3 hours, practical 30 minutes
<i>Practice of Physiotherapy</i>	practical 40 minutes

Third Year

Stage III — Mid-year

Practice of Physiotherapy 2 Papers, 3 hours each.

Detail in the course prescription of the syllabus is subject to change in order to remain in accordance with current trends in the clinical situation and the consequent needs of the student.

Students in attendance at the School are expected to conform to such new requirements as may be adopted from time to time.

NO STUDENT MAY REPEAT MORE THAN ONE YEAR AND NO YEAR
MAY BE REPEATED MORE THAN ONCE

Students failing an examination may repeat the year subject to approval by the Director of the New Zealand School of Physiotherapy.

FINAL EXAMINATION:

CONDUCTED BY THE PHYSIOTHERAPY BOARD

State Examination in Physiotherapy

End of each year, and again in the following May.

Practice of Physiotherapy Practical 1½ hours
2 Papers, 3 hours each

STATE REGISTRATION

Graduates are required to register under the Physiotherapy Act before beginning the practice of their profession.



NEUROMUSCULAR RE-EDUCATION

Application may be made in the following conditions:

1. Post-operative rehabilitation of the hand and wrist.

2. Post-operative rehabilitation of the elbow and forearm.

3. Post-operative rehabilitation of the shoulder and upper arm.

4. Post-operative rehabilitation of the neck and head.

5. Post-operative rehabilitation of the thorax and chest.

6. Post-operative rehabilitation of the abdomen and pelvis.

7. Post-operative rehabilitation of the lower limb.

8. Post-operative rehabilitation of the foot and ankle.

9. Post-operative rehabilitation of the hip and knee.

10. Post-operative rehabilitation of the spine.

11. Post-operative rehabilitation of the joints.

12. Post-operative rehabilitation of the muscles.

13. Post-operative rehabilitation of the nerves.

14. Post-operative rehabilitation of the skin.

15. Post-operative rehabilitation of the blood vessels.

16. Post-operative rehabilitation of the lymphatic system.

17. Post-operative rehabilitation of the endocrine system.

18. Post-operative rehabilitation of the immune system.

19. Post-operative rehabilitation of the respiratory system.

20. Post-operative rehabilitation of the digestive system.

21. Post-operative rehabilitation of the urinary system.

22. Post-operative rehabilitation of the reproductive system.

23. Post-operative rehabilitation of the nervous system.

24. Post-operative rehabilitation of the circulatory system.

25. Post-operative rehabilitation of the excretory system.

26. Post-operative rehabilitation of the integumentary system.

27. Post-operative rehabilitation of the skeletal system.

28. Post-operative rehabilitation of the muscular system.

29. Post-operative rehabilitation of the nervous system.

30. Post-operative rehabilitation of the circulatory system.

31. Post-operative rehabilitation of the excretory system.

32. Post-operative rehabilitation of the integumentary system.

33. Post-operative rehabilitation of the skeletal system.

34. Post-operative rehabilitation of the muscular system.

35. Post-operative rehabilitation of the nervous system.

36. Post-operative rehabilitation of the circulatory system.

37. Post-operative rehabilitation of the excretory system.

38. Post-operative rehabilitation of the integumentary system.

39. Post-operative rehabilitation of the skeletal system.

40. Post-operative rehabilitation of the muscular system.

41. Post-operative rehabilitation of the nervous system.

42. Post-operative rehabilitation of the circulatory system.

43. Post-operative rehabilitation of the excretory system.

44. Post-operative rehabilitation of the integumentary system.

45. Post-operative rehabilitation of the skeletal system.

46. Post-operative rehabilitation of the muscular system.

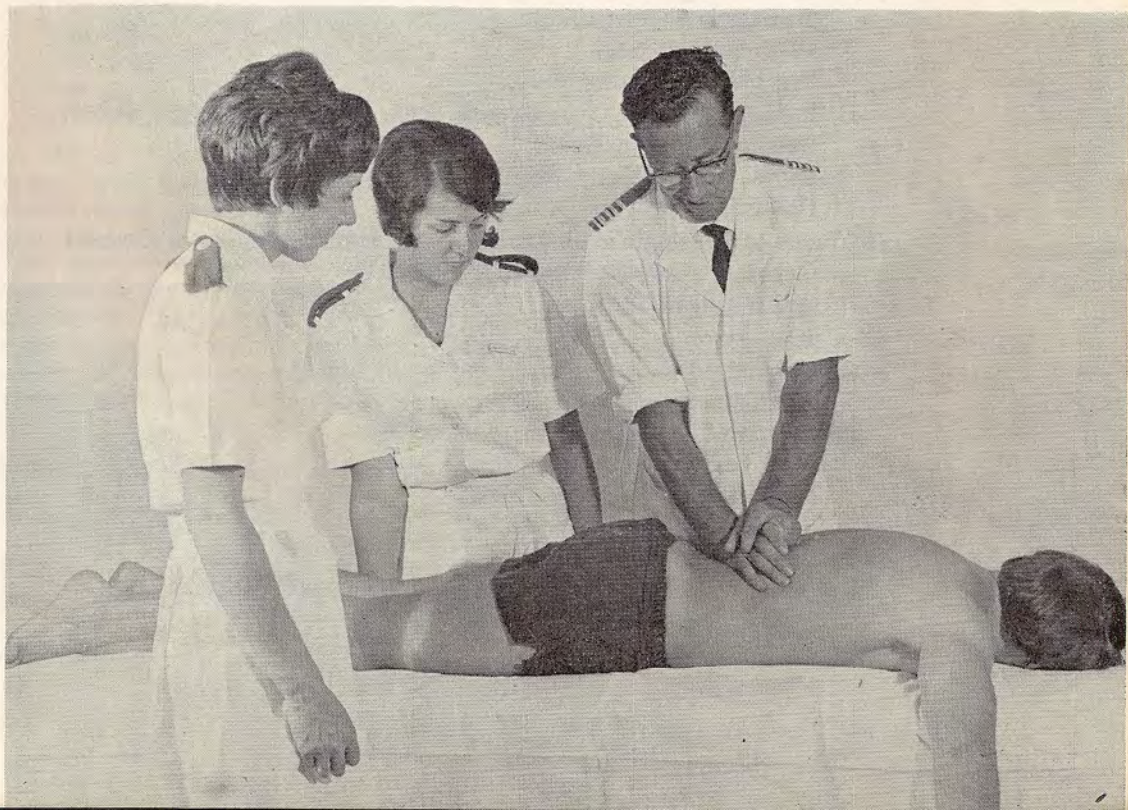
47. Post-operative rehabilitation of the nervous system.

48. Post-operative rehabilitation of the circulatory system.

49. Post-operative rehabilitation of the excretory system.

50. Post-operative rehabilitation of the integumentary system.

SPINAL MOBILISATION



REQUIREMENTS FOR ENTRANCE

Applicants must hold University Entrance or its overseas equivalent and be between the ages of seventeen and thirty-five years. They must be of good physique and, other qualifications being equal, preference will be given to those five feet three inches in height, or over.

It is recommended that prospective students should study one or more of the following subjects — Physics, Chemistry, Mathematics, Biology or Human Biology.

Applications must be made on the prescribed form and forwarded to the Chief Executive, Otago Hospital Board, P.O. Box 946, Dunedin, together with—

Birth Certificate } These will be returned immediately
Educational Certificates } after sighting.

Medical Certificate of Physical Fitness (on prescribed form).

One passport photograph.

In addition, applicants must arrange to have a personal interview by the Charge Physiotherapist at either Auckland, Wellington, Christchurch or Dunedin Hospitals.

Any expenses incurred in travelling to these centres for interview will be the applicant's responsibility.

Applications close on 1st September in each year, following which the selection will be made and applicants subsequently notified.

COMMENCEMENT OF COURSE

The Course commences in March each year on the same day as the University of Otago's Medical School, and students report to the N.Z. School of Physiotherapy at 10 a.m. on the opening date.

REQUIREMENTS FOR TRAINING

Women Students:

(a) The following items are required at the commencement of the Course:

Gymnastic Shoes (white).

Walk Socks (white).

Pants (black or navy blue).

2 Airtex Blouses, V neck with collar and short sleeves (white).

Bathing Suit, Cap, Towel.

Brown Leather Shoes, brogue or walking type.

Fawn Stockings.

(b) Items to be obtained in Dunedin after commencement of Course:

Gymnastic Culotte, Physiotherapy Blue.

One Cardigan, Physiotherapy Blue.

Men Students:

Items required at the commencement of Course:

Two pairs Shorts (white).

One pair Gymnastic Shoes (white).

Walk Socks (white).

Two Sports Shirts (Royal Blue).

Brown or Black Leather Shoes.

Bathing Suit and Towel.

All articles must be clearly labelled with the owner's name.

TEXT BOOKS

Students will be advised at the commencement of the Course as to the text books required.

The approximate cost of essential books (new) is \$100. Some of these can usually be bought second-hand. Half skeletons can usually be purchased second-hand for \$20.

School library facilities are available to all physiotherapy students.

HOLIDAYS

University term holidays are not applicable to Physiotherapy students.

The Course commences in March and continues until the end of the first week in December.

During the first year the following holidays are granted:

Five days at Easter.

Three weeks in May.

Three weeks in August-September.

Four weeks in December (at end of first year).

Students return to the School early in January to commence the second year of training, which continues until the middle of December.

During the second year the following holidays are granted:

Five days at Easter.

Two weeks in May.

Two weeks in August.

Five weeks in December-January.

During the third year the following holidays are granted:

Four days at Easter.

Two weeks in May.

FEES

The total fees for the whole Course are \$289.00 made up as follows:—
Payable to the University of Otago:—

College Fee		
Anatomy	}	\$90.00
Physiology		
Physics		
Students' Union		
		\$111.00

Students with University Entrance may qualify for a Fees Bursary which covers payment of nine-tenths of their University Fees in Anatomy and Physiology and Physics. *Students do not qualify for payment of hospital tuition fees and boarding allowance by holding this certificate.* Students will be responsible for the payment of the Students' Union Fee. A student holding a Physiotherapy Bursary awarded by the Department of Health receives as well as the cash allowance a boarding allowance if living away from home and payment of all tuition fees.

Payable to the Otago Hospital Board:—

Payable in April of the first year		\$86.00
Payable at the beginning of the second year		\$92.00
		\$178.00
Total Fees		\$289.00

STUDENT ACCOMMODATION

Limited accommodation is usually available for first year students in the Nurses' Homes of the Dunedin and Wakari Hospitals. Applications for accommodation should be made through the Chief Executive of the Otago Hospital Board.

Limited accommodation is sometimes available in some of the Otago University Hostels or Residential Colleges.

University College is co-educational. Applications should be made to the Master.

Aquinas Hall provides accommodation for men students. Applications should be made to the Dean.

St. Margaret's College provides accommodation for women students. Applications should be made to the Warden.

Salmond Hall provides accommodation for women students. Applications should be made to the Warden.

Carrington Hall is a co-educational hostel and provides accommodation for Overseas students. Applications should be made to the Warden.

Applications for accommodation in any of the University Hostels or Halls of Residence should be made by the 15th November.

NOTES

In the event of students failing the preliminary examination at the end of the first year and being accepted to recommence the course the following year, the Otago Hospital Board's Fee, viz. \$25.00, is payable in addition to the following University fees:

College Fee	}		
Anatomy			\$45.00
Physiology			
Physics			
Students' Union		\$21.00	
		————	\$66.00

Students may not claim a Fees Bursary for these repeat subjects. Students who fail in the final examination and who return to Hospital to continue the training will be charged \$12.60 in advance for six month's tuition.

CHANNEL OF CORRESPONDENCE

All further particulars may be obtained from the undersigned, to whom all correspondence and applications for entry to the School should be directed.

CHIEF EXECUTIVE,
OTAGO HOSPITAL BOARD,
P.O. Box 946,
DUNEDIN.

Applications for entry to the School close with the above on 1st September annually for the class which commences the following year.

HEALTH

The students' health is cared for during their training by routine examinations. In case of sickness students may attend the Hospital Health Clinic and will be cared for in the Hospital if necessary.

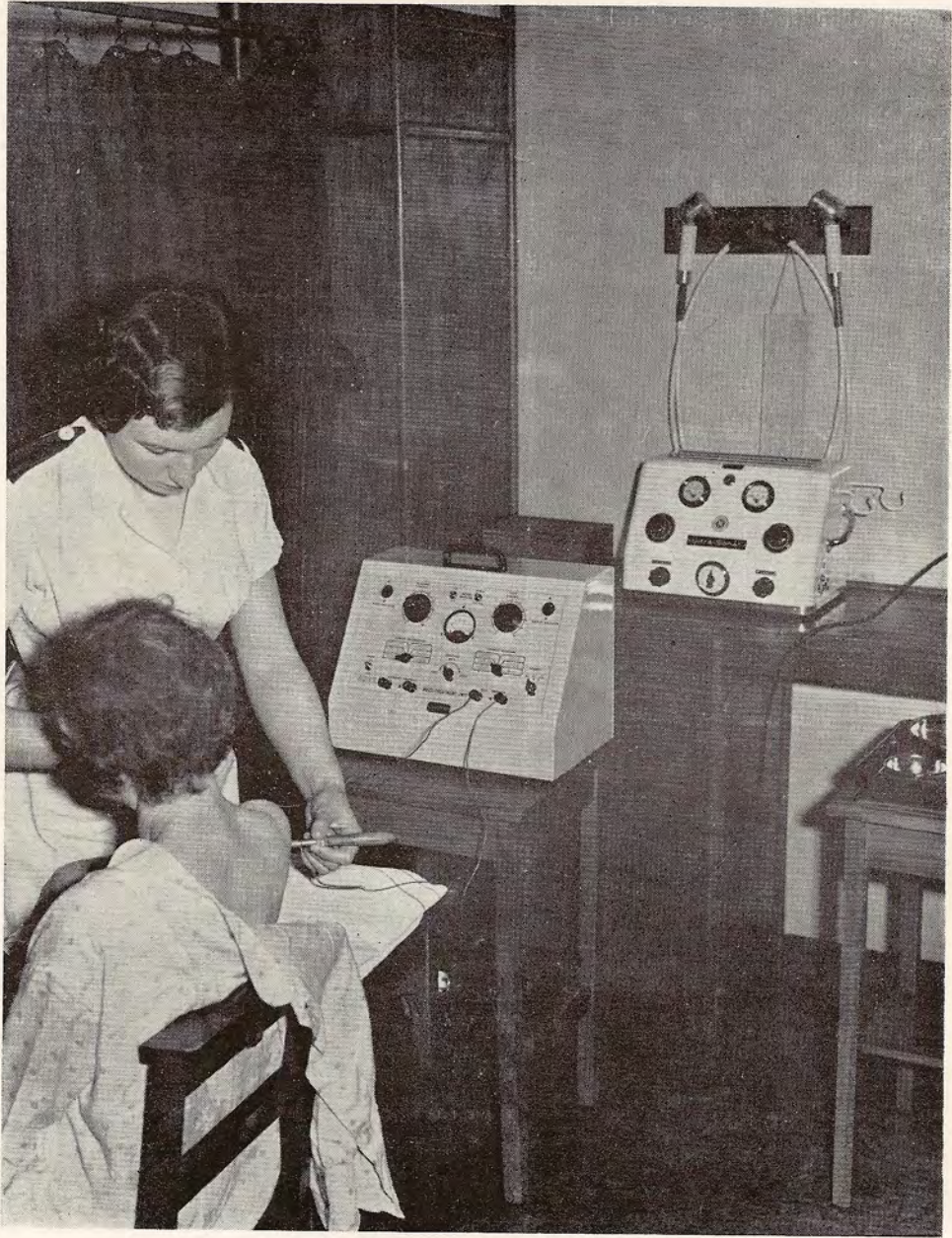
BURSARIES

Bursaries are awarded by the Department of Health to selected candidates. Forms of Application are obtainable from the Director-General of Health, Wellington.

Applications for Bursaries must be made to:

DIRECTOR-GENERAL,
DEPARTMENT OF HEALTH,
P.O. Box 5013,
WELLINGTON.

Applications for Bursaries must be made before 1st September.



ELECTROTHERAPY