

# Postgraduate Certificate Musculoskeletal Practice (First Contact Practice)

Duration: 8 months (Full Time) or 12 months (Part Time) | Delivery: Face to face |  
Start date: September/December/February/March



## Course Aim

**This programme has been designed with partners in clinical practice to further develop healthcare professional's expert Musculoskeletal (MSK) knowledge and skills.**

Students will learn to improve the translation of evidence into practice, promote critical thinking and advanced clinical reasoning whilst adapting to different environments and considering the needs of diverse populations and communities. Students will develop specialist skills to enable them to deliver safe, effective, person-centred care to people presenting with complex MSK conditions.

In addition, students will develop knowledge and skills in education, leadership and research and consider application in a clinical and organisational context.

*This First Contact Practitioner course is recognised by The Centre for Advancing Practice as meeting the FCP Roadmap Stage 1 and 2 requirements and evidence of successful completion meets current requirements for First Contact Practice.*



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School of Health  
and Sport Sciences

## Learning Expectations

- Demonstrate critical understanding of the impact of inclusive, person-centred MSK care to meet the changing health and social care needs of diverse, multicultural populations.
- Demonstrate knowledge and skills underpinning evidence-based MSK practice, including differential diagnosis, interpretation of diagnostic data and contemporary management strategies.
- Ability to work independently in a changing MSK environment within multi-professional teams and safely manage situations with high levels of complexity, risk and uncertainty within the applicable scope of practice.
- Critically apply the principles of preventative approaches, such as lifestyle factors, health promotion and behaviour change, to improve MSK-related health outcomes and reduce health inequalities.

## Compulsory Module

### Advancing Skills in MSK Practice - September start

**Course Aim:** To develop advanced clinical reasoning skills in the assessment and management of complex, undifferentiated and undiagnosed conditions in MSK practice.

During this 20 credit UK Level 7 module students will develop advanced clinical reasoning skills in the assessment and management of complex, undifferentiated and undiagnosed conditions in MSK practice. There will be a focus on evidence-based decision making in diagnosis and managing risk, as well as enhancing skills in communication, behaviour change and exercise prescription in the context of person centred care in a variety of clinical settings. Students will be introduced to concepts and theories of leadership and education and consider their role as leaders and educators within an organisation.

Students meeting the entry requirements and able to undertake mentored clinical practice in primary care will be eligible for First Contact Practice in Primary Care sign on successful completion of this module.

## Optional Modules

### Research Methods and Quality Improvement - September start

**Course Aim:** To deliver advanced theoretical and practical knowledge and research and quality improvement understanding within a specialist discipline of MSK Health, Sport and Exercise Science.

This module will support students to develop a Master's level of understanding of research. They will develop expert skills in literature searching and comprehensive critical evaluation skills in qualitative and quantitative research. They will also consider the challenge of translating evidence into practice within MSK services and consider the importance of audit, service and quality improvement in order to bridge this gap and ensure evidence informed practice can lead change within organisations to enhance patient care.

### The Spine and Lower Limb: Developing Advanced Assessment and Management Skills - December start

**Course Aim:** To develop expert clinical reasoning skills in the assessment and management of MSK conditions relating to the spine and lower limb.

This clinically focussed module focuses on the lumbar spine and pelvis, hip, knee, foot and ankle. Students will develop expert clinical reasoning skills in the holistic assessment and management of MSK conditions considering the International Classification of Functioning, Disability and Health (ICF) classification and person-centred, individualised care. Students will critically explore the evidence base and apply to practise using a problem based learning approach. Students will work with clinical experts to consider the application of learning to different clinical settings such as rehabilitation, first contact practice and advanced practice.

### Population Health and Physical Activity - December start

**Course Aim:** To develop knowledge, understanding and practical applied skills of activity and exercise prescription to improve the physical and mental health and wellbeing of individuals and communities with a variety of health needs.

This module addresses population health and the social, psychological, environmental, cultural and economic determinants of health and health inequalities. Students will critically evaluate how these factors influence decision making in the context of person centred and individualised care. Students will explore the principles of physical activity and exercise prescription within varied populations, with a focus on both mental and physical health and wellbeing.

Theoretical principles and models of behavioural psychology will be discussed and applied within the current physical activity prescription guidelines to demonstrate how goals can be achieved for groups and individuals from a range of populations. Students will apply this learning to MSK practice in order to improve the physical and mental health and wellbeing of individuals and populations.

### **The Spine and Upper Limb: Developing Advanced Assessment and Management Skills - March start**

**Course Aim:** To develop expert clinical reasoning skills in the assessment and management of MSK conditions relating to the spine and upper limb.

This clinically focussed module focuses on the cervical and thoracic spine, shoulder, elbow, wrist and hand. Students will develop expert clinical reasoning skills in the holistic assessment and management of MSK conditions considering the ICF classification and person-centred, individualised care. Students will critically explore the evidence base and apply to practise using a problem based learning approach. Students will work with clinical experts to consider the application of learning to different clinical settings such as rehabilitation, first contact practice and advanced practice.

### **Biomechanical Techniques in Human Health and Performance - February start**

**Course Aim:** To develop practical and analytical skills in biomechanical techniques and apply to clinical and community settings.

This module focuses on the expert application of biomechanical techniques. Students will learn theoretical principles and practical application of evaluative techniques such as force plates, electromyography (EMG) and motion capture. Students will learn to analyse this information and interpret data to enable them to integrate expertise

into a rehabilitation plan including biofeedback, exercise and orthotic prescription. There will be focus on lower and upper limb musculoskeletal assessments in clinical and laboratory settings.

### **Mentorship in Musculoskeletal Clinical Practice - flexible start**

**Course Aim:** To develop expert evidence based, reflective practice and clinical reasoning in a variety of healthcare settings with the support of an experienced MSK mentor. Develop knowledge and skills as a leader in MSK practice.

In this module students will undertake 150 hours of mentored clinical practice (at least 75 of which should be face to face with patients and mentor). This bespoke placement will be developed in conjunction with their academic and clinical supervisors following a learning needs analysis to determine the requirements of their mentored clinical practice and any requirements for completion of accreditation requirements.

This module examines the relevant approaches of leadership in healthcare environments and will support students to develop effective leadership traits and attributes. They will reflect on themselves as a leader and apply learning to their own context of leadership development and capacity.

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## **Delivery**

Delivery of most modules will be 1 day per week for 8/9 weeks per 20 credit module, at our Hope Park campus and will comprise (per week): lectures, tutorials, practical workshops and elearning.

Delivery of the Mentorship in MSK Clinical Practice module is flexible depending on the individual needs of each student and can be completed on a full or part time basis, either at Liverpool Hope's Physiotherapy clinic, in a student's usual place of practice or with an external mentor negotiated by the student.

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## **Assessment**

Assessment for the Advancing Skills in MSK Practice module will comprise a reflective clinical case report (50%) and a portfolio of evidence (must include 75 hours mentored clinical practice

in primary care for FCP) (50%). Assessment for the two optional modules will vary, depending on the modules chosen. Upon successful completion, students will receive 60 credits at Masters Level (UK Level 7).

## Entry requirements

### Standard Entry Requirements:

- Normally a First or Second Class Honours Degree in a relevant healthcare profession such as physiotherapy, occupational therapy, podiatry, medicine, osteopathy.
- Students whose first language is not English are normally required to have an IELTS 7 or other equivalent recognised English language qualification. In certain circumstances the University also permits study that students have already carried out at Postgraduate level to be taken into account.
- Interview may be required.

### Additional Entry Requirements for students building towards an MSc Advanced Musculoskeletal Practice:

- Applicants should be at least 3 years qualified as a healthcare professional.
- Applicants should have relevant experience in or be working in a musculoskeletal setting.
- Applicants should hold an active registration with the HCPC (Health and Care Professions Council) and CSP (Chartered Society of Physiotherapy) or equivalent professional registration.

### Entry Requirements for the Mentorship in Musculoskeletal Clinical Practice module:

- Enhanced Disclosure and Barring Service (DBS) certificate.
- Students must have completed the Advancing Skills in MSK Practice module and either The Spine and Upper Limb module or The Spine and Lower Limb module before enrolling on this module.\*\*\*

- For FCP sign off this module must be undertaken partly in primary care with a suitable clinical mentor in practice.

*\*\*\*It may be possible to consider relevant clinical experience or transfer of credits from other, previously completed modules. This will be reviewed by the University on a case by case basis.*

## Progression

Successful participants may be able to progress to an MSc Musculoskeletal Practice (180 credits) or an MSc Advanced Musculoskeletal Practice (180 credits). Progression to the MSc Advanced Musculoskeletal Practice is dependent on meeting the Additional Entry Requirements.

## Cost

### Home Students:

£3,167

### International Students:

£5,667

## How to apply

### To apply or for more information please contact:

Tel: 0151 291 3005

Email: [healthsciences@hope.ac.uk](mailto:healthsciences@hope.ac.uk)

[www.hope.ac.uk/healthandsportsciences/studywithus/?panel4](http://www.hope.ac.uk/healthandsportsciences/studywithus/?panel4)

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