

In a Primary Care Network (PCN), a group of family doctors and Alberta Health Services coordinate health services for patients. The Highland PCN (HPCN) includes the communities of Airdrie, Beiseker, Carstairs, Crossfield, Didsbury, and surrounding areas. The Highland PCN encompasses 23 clinics, 74 physician members and serves over 70,000 patients. Several health care professionals work closely with physicians to support patient care.

As a member of the PCN's Central Health Team, the Kinesiologist will help design, implement, and deliver a variety of group education programs, provide chronic disease exercise program support and individual exercise support and education for complex patients or those who have chronic pain. The Kinesiologist will collaborate with other HPCN Health Team members to assess, develop, implement, and evaluate physical education plans for complex patients, providing high quality of evidence-based health care to the practice population.

Lastly, in partnership with AHS, the Kinesiologist will work with the therapy team in the Didsbury Hospital to provide physical activity support for the chronic disease exercise program.

### **Accountabilities and Responsibilities**

- Provides assessment, education, and exercise treatment plans for both individual patients and patients in a group setting for various programs offered in the Highland PCN
- Supports and educates patients and their caregivers to maintain adequate and appropriate physical activity to achieve long term health benefits
- Works collaboratively with both the central program team and the Leadership team to review and revise the group program process and adapt and possibly re-align existing classes to implement a patient centred approach to behaviour change based on a self-management model
- Conducts physical activity assessments, initiates, and implement care plans and provide appropriate follow-up, according to practice protocols for complex patients while taking into consideration potential limitations and contraindications
- Assesses patient learning capabilities, education needs and self-management skills
- Identifies, negotiates, and utilizes resources necessary to achieve goals
- Acts as patient advocate to protect patient rights, beliefs, and values
- Participates in case conferences with others as appropriate
- Liaises with AHS Alberta Healthy Living program as needed
- Liaises with other PCN Kinesiologists as needed
- Promotes programs and services that support patient care

### **Team Responsibilities**

- Ensures consistent and timely communication with the Medical Home staff to allow for continuity of care between the PCN programs
- Ensures the maintenance of accurate records in keeping with practice policy
- Participates in data collection, evaluation and quality improvement as required
- Offers training support for other team members and assist in their professional development
- Works with Electronic Medical Records (EMRs) to optimize patient care
- Represents the PCN in a professional manner
- Maintains the confidentiality of patient, staff and PCN information
- Respects patients and their needs while providing patient-centred care
- Any other related responsibilities not detailed here but that could be reasonably expected

**Professional Development**

- To be responsible for own professional development through a variety of strategies highlighted in personal development plan

**Qualifications and Experience**

- B.Kin or equivalent health degree with specific training in exercise prescription, exercise physiology, biomechanics and health and wellness
- Current CPR
- Certified Exercise Physiologist (CEP) with the Canadian Society for Exercise Physiology or Exercise Specialist with the American College of Sports Medicine (ACSM) an asset
- Proven group facilitation experience
- Must have valid Class 5 driver's license and own vehicle as travel will be required
- Ability to flex time as required (evenings and weekends)
- Fully vaccinated against Covid-19

**Abilities, Knowledge, and Skills**

- Experience in program development, planning, implementation, and evaluation an asset
- Experience and confidence in group facilitation and group dynamics
- Knowledge of adult education learning theories and principles
- Excellent public speaking and presentation skills
- Knowledge regarding biomechanics, ergonomic assessment, exercise prescription and progression, exercise modification in individuals with physical restrictions and cardiovascular fitness evaluation in individuals with physical limitations
- High level of autonomy and ability to be flexible
- Experience communicating and teaching physical activity to a wide variety of ethnic and education backgrounds
- Ability to build a good working relationship with healthcare professionals, patients, and other members of the community
- Thrives in a complex, changing environment
- High levels of integrity and professional behaviour
- Knowledge of, and ability to use, electronic medical records

**Apply**

Please submit your resume and cover letter, **stating salary expectations and job posting number**, in confidence to [recruitment@hpcn.ca](mailto:recruitment@hpcn.ca).

Please note that only candidates who are selected for an interview will be contacted. We thank all other candidates for their interest.