



POSITION DESCRIPTION

POSITION TITLE: Diabetes Kinesiologist – Rehabilitation Program

RESPONSIBLE TO: Clinical Manager, Rehabilitation Team

GENERAL ACCOUNTABILITIES:

The Diabetes Kinesiologist – Rehabilitation Program serves as a champion of the Vision and Mission and promotes an environment that is consistent with the Health Centre’s Statement of Values and Principles. The Diabetes Kinesiologist – Rehabilitation Program is an essential member of the client-centred health professional team. The Diabetes Kinesiologist will work with the other members of the Health Centre’s teams to effectively and efficiently serve clients through traditional, non-traditional and innovative approaches to service delivery within the broad determinants of health framework.

SUMMARY OF FUNCTIONS:

The Diabetes Kinesiologist will develop and provide individualized exercise programs for clients of the Health Centre living with diabetes and pre-diabetes. The position will work towards increasing the knowledge, skills and capacity of other Compass group programs regarding physical activity and personal fitness. The Diabetes Kinesiologist approach to client care is evidence based and innovative, and utilizes current exercise best practices within the determinants of health framework. This position works within an interdisciplinary team-based model in terms of both the client practice and program planning aspects of its responsibilities. A client-centered approach and attention to continuous quality improvement are essential to the success of this position.

SPECIFIC ACCOUNTABILITIES:

1. Establish and carry out comprehensive fitness assessments, setting appropriate goals for individual clients participating in the Diabetes Exercise Program.
2. Prescribe a suitable exercise program to meet set goals.
3. Educate clients about lifestyle issues and determinants of health.
4. Supervise and assist co-op kin student with managing patients.
5. Co-ordinate and support educational groups with Diabetes Education team “Food and Movement Matter”.
6. Explore opportunities for clients to exercise at home or in the community including use of virtual care.
7. Assist in the recruitment of interested clients and co-ordination of information regarding program opportunities.
8. Provide motivational support to clients and families regarding long-term behaviour modifications.

9. Develop and maintain partnerships with other physical activity providers in the community and the Health Centre to support clients with their goals.
10. Participate in evaluation and reporting as required.
11. Other duties may be assigned as necessary.

SPECIFIC TARGETS:

The Diabetes Kinesiologist will have a target of 14 to 20 clients seen per full clinical day worked. The average follow up appointment will be 30 minutes, with increased time allotted for appointments requiring cultural interpretation, for more high-risk clients (visually impaired/complex medical history), and for initial assessments. Time will be scheduled for non-direct client care as needed, and client care will be encountered in the EMR.

QUALIFICATIONS:

1. Bachelor Degree in Kinesiology.
2. Registered member in good standing with the Ontario College of Kinesiology.
3. Member of the Ontario Kinesiology Association.
4. Current BCLS or CPR and First Aid qualifications necessary.
5. Demonstrated interpersonal, time management, organizational and written communication skills.
6. Strong understanding of diabetes and its relationship with safe participation in physical activity. CDE certification or working toward certification is considered an asset.
7. Experience with EMR and Microsoft Excel an asset.
8. Understanding of adult teaching principles.
9. Previous experience leading and interacting with exercise groups an asset.
10. Hands on experience with computers – preferable with Microsoft Office.
11. The ability to work well as part of an interdisciplinary health care team.

I understand the requirements, essential functions and duties of the position.

Employee Signature

Date: _____

Revised: May 2023