



Your *partner in heart*  
& *diabetes health*

## Cardiac Educator – Darwin Cardiac Rehabilitation

### Selection Criteria

#### Essential

- ◆ Registered Nurse who has current National Registration from the Australian Health Practitioner Regulation Agency and NT Driver's License (or eligible to obtain)
- ◆ Recent relevant clinical experience that will ensure the provision of an effective cardiac rehabilitation program
- ◆ Demonstrated and well developed understanding of adult education learning principles, presentation skills, stages of behaviour change and work group principles
- ◆ Demonstrated ability to participate in planning, implementing and evaluating health promotion and education programs
- ◆ Excellent interpersonal skills and the ability to effectively participate as a member of a small multidisciplinary team within a cross cultural environment
- ◆ Demonstrated skills with computer applications and a commitment to using information technology for data collection, evaluation and resource development
- ◆ **It is a requirement of employment with Healthy Living NT that all health professionals obtain satisfactory Police Criminal check and a Working with Children check (Ochre card) and a NT Driving License.**

#### Highly desirable

- ◆ Appropriate Tertiary Qualifications in Cardiac Rehabilitation/ Cardiac Nursing
- ◆ Experience in Cardiac Rehabilitation
- ◆ Possess high motivation, strong initiative and time management skills
- ◆ Understanding of the principles of quality management and demonstrated commitment to the process of continuous review and quality improvement
- ◆ Demonstrated analytical and report writing skills

#### Darwin

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#### Alice Springs

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Healthy Living NT  
is the trading name of the  
Diabetes Association  
of the Northern Territory  
Incorporated.

Healthy Living NT  
is the registered NT  
licence holder for  
Life. Be in it.



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## Cardiac Educator – Darwin Cardiac Rehabilitation

### JOB DESCRIPTION

#### Primary Objectives

In coordination with the Education Services Manager, other members of the Darwin and Alice Springs education teams:

To deliver cardiac education services in accordance with the “Recommended Framework for Cardiac Rehabilitation ’04” from the National Heart Foundation and the recommendations of the Cardiac Rehabilitation Advisory Committee in a culturally appropriate environment. The role includes phase 1, phase 2 and phase 3 cardiac rehabilitation.

Phase 1: To deliver inpatient education to cardiac patients located in the Darwin Private Hospital and the Royal Darwin Hospital.

Phase 2: To coordinate, manage and conduct the urban cardiac rehabilitation program delivered in Palmerston and Tiwi.

Phase 3: To assist in delivering ongoing education opportunities for clients with cardiac disease. Also, to support, assist and refer clients to other service providers in the NT where appropriate.

#### Additional Objectives

- ◆ act as a resource person to other health professionals, delivery informal and formal education services such as providing in-service to nurses located in acute care
- ◆ to participate in educational programs for the community in regard to cardiac rehabilitation
- ◆ coordinate the development of educational resources appropriate for Darwin and the Northern Territory clients and health professionals including writing articles for Territory Way and Healthy Living News.
- ◆ There is also the opportunity to support the remote cardiac team through traveling to remote and regional areas of the Northern Territory to provide cardiac education in coordination with other medical and allied health staff

#### Specific Accountabilities

Coordinate the, implementation and evaluation of a comprehensive effective multidisciplinary community based cardiac education service in accordance with current guidelines from the National Heart Foundation and ACRA, in a culturally appropriate environment.

The provision of a comprehensive phase 1, 2 & 3 cardiac rehabilitation programs that aim to facilitate, maintain and promote the physical, emotional and social health of clients and families or support network.

To support clients in the development of their individualised cardiac rehabilitation plan and assist clients in communicating, negotiating and evaluating their plan with their GP / treating doctor/institution and other health care providers.

Gather data, report and provide other documentation for the program and evaluation and reporting purposes as required by funding agencies.

The maintain close relationships and communication with cardiac service providers in the NT including the Heart Foundation, NT Cardiac, the Cardiology Unit at RDH and DPH, RHD Australia and Menzies to achieve optimum health outcomes for clients and their support network/ families.

Continue to review and evaluate current educational resources used, and where appropriate update or source new educational resources required for the program. Where existing resources are unsuitable or non-existent design, develop and produce resources that are culturally appropriate for all identified client groups.

Deliver educational programs to health professionals to increase their cardiac education and rehabilitation knowledge, skills and service delivery.

Contribute to the production of two quarterly newsletters one targeting the person with a cardiac condition the other targeting health professionals especially those in rural and remote communities.

Coordinate and participate in quality improvement, health promotion and education programs that will ensure the provision of services that are client focussed, flexible, efficient and effective.

Participate in Quality Improvement activities and contribute to Accreditation as needed.

Accountable for own nursing practice and the maintenance of self education in diabetes management and education, stages of behaviour change, adult education and cardiac rehabilitation.

To practice in accordance with legislation and common law, within the Guidelines of the Nursing and Midwifery Board of Australia.

Responsible for other duties as directed by the Education Manager / CEO.

Please note that the responsibilities outlined in this position description are not exhaustive, and only an indication of the work of the role. Healthy Living NT can direct you to carry out duties which it considers are within your level of skill, competence and training.

This position will be required to:

- Occasionally work non-standard hours
- Undertake travel within the NT, including driving where necessary and
- Some limited interstate travel

It is a requirement of employment with Healthy Living NT that all health professionals obtain and maintain:

- a satisfactory Police Criminal check
- a Working with Children check (Ochre card)
- a Northern Territory Driver's License.

All performance and conduct of duties shall be carried out in accordance with the principles of best practice, and in line with Healthy Living NT's Guiding Values and objectives identified in Healthy Living NT's Strategic Plan.