



Health
South Eastern Sydney
Local Health District



St George Hospital Physiotherapy Allocation Program

The St George Hospital and Community Health Service is part of South Eastern Sydney Local Health District (SESLHD), and is located in Kogarah, NSW, Australia. The hospital is an accredited principal teaching hospital and a designated Level 1 major trauma service. It offers a comprehensive range of inpatient and community-based health services. The hospital's many areas of expertise include critical care, surgery, cancer care, medicine, women's and children's health, mental health, community health and medical imaging.

As a major tertiary and teaching hospital, St George accepts patients from other parts of Sydney, NSW and beyond however, its primary objective is the effective delivery of quality healthcare services to some 250,000 residents of southern Sydney. Approximately 35% of these residents come from a non-English speaking background. Each year the hospital admits more than 50,000 patients and provides outpatient treatments for over 770,000. St George Hospital has approximately 600 beds, employs more than 2500 staff and is one of the largest hospitals in Sydney. And with the current redevelopment project occurring at St George Hospital, we are only getting bigger.

The Mission Statement of the St George Hospital and Community Health Service is "Good Health Care - Better Health". To do this we provide high quality, comprehensive, cost effective health services to the people of the St George area and those referred to us for specialist services from other parts of NSW and in particular, from other parts of South Eastern Sydney and Illawarra Health.

The Physiotherapy Department at St George consists of over 60 full time equivalent staff covering a comprehensive inpatient and outpatient service. Each year we employ and train 8 new First Year Graduates (FYGs) through the allocation program. Regular work hours are from 8.00am to 4.30pm Monday to Friday however we are responsible for providing a 7-day service to some areas of the hospital. While we endeavour to utilise permanent weekend staff to cover most of the weekend shifts, FYGs will be rostered to work the public holiday weekends and an occasional weekend shift throughout the year at St George. This is in addition to every second weekend worked while on evenings/relief rotation.

All physiotherapy staff at St George Hospital are encouraged to participate in ongoing education and learning through weekly departmental inservices, journal clubs, area specific inservices, case studies, external courses and monthly staff meetings. Our friendly staff also organise regular social and group activities and our departmental Christmas lunch is not to be missed.

We look forward to working with you!

**St George Hospital Physiotherapy FYG
3rd February 2025 to 2nd February 2026**

	3/2/25-4/5/25	5/5/25-3/8/25	4/8/25-2/11/25	3/11/25-1/2/26
1A	Evening/Relief	Orthopaedics	Broken Hill	Respiratory
1B	Relief/Evening	Aged Care	Broken Hill	Neurosciences
2A	Respiratory	Evenings/Relief	Orthopaedics	Broken Hill
2B	Neurosciences	Relief/ Evenings	Aged Care	Broken Hill
3A	Broken Hill	Respiratory	Evenings/Relief	Orthopaedics
3B	Broken Hill	Neurosciences	Relief/Evenings	Aged Care
4A	Orthopaedics	Broken Hill	Respiratory	Evenings/Relief
4B	Aged Care	Broken Hill	Neurosciences	Relief/Evenings

Please note: Rotations are subject to change depending on service needs

2 Clinical Streams are offered at St George in 2025

Stream A - Rotations in the following areas:

ICU Evenings, Weekends and Relief
 Orthopaedics/Trauma Rotation
 Rural Secondment to Broken Hill
 Respiratory Rotation

Stream B - Rotations in the following areas:

ICU Evenings, Weekends and Relief
 Aged Care Precinct
 Rural Secondment to Broken Hill
 Neurosciences Rotation

STREAMS A & B

Evenings / Relief rotation:

The evenings/relief rotation is shared between 2 FYGs over a 13 week period. The roster is split into fortnightly cycles where you work one week of 'evenings' and one week of 'relief'.

Evenings:

Wards covered: One week of evenings working Monday to Friday 1:30pm-10:00pm plus Saturday and Sunday 11:30am-8:00pm. You will spend the afternoon hours (1:30pm-4:30pm) in ICU with the ICU seniors, then provide evening cover to ICU and other patients across the hospital requiring evening treatments for the remaining part of your shift (4:30pm-10:00pm). At the completion of your shift, you remain on-call overnight to provide any emergency physiotherapy services required by the hospital until 8:00am the next morning (strict call back rules apply).

Experience: Whilst working in ICU you will gain experience treating patients such as mechanically ventilated, non-invasively ventilated patients, non-ventilated or extubated patients, patients with a wide variety of critical illnesses, multi-traumas and various post-operative patients. You will gain experience in a wide range of physiotherapy techniques required to successfully treat patients in Intensive Care including manual hyperinflation, suctioning and early mobilisation.

Relief:

Wards covered: After completing your week of evenings you have two rostered days off (Monday and Tuesday) then provide 3 days of relief cover (Wednesday, Thursday and Friday, 8:00am-4:30pm). You then have the weekend off before returning to evenings.

Experience: The relief role helps to provide cover for staff on leave in a variety of areas and gives you the opportunity to gain exposure to areas of the hospital that are not part of the FYG rotations like Cardiology, Medical Assessment Unit, Oncology, Trauma and Neurosurgery.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
FYG 1	Evening	Evening	Evening	Evening	Evening	Wkend	Wkend	off	off	Relief	Relief	Relief	off	off
FYG 2	off	off	Relief	Relief	Relief	off	off	Evening	Evening	Evening	Evening	Evening	Wkend	Wkend

Broken Hill Secondment:

As part of your FYG allocation at St George Hospital, you will be seconded to Broken Hill Base Hospital in pairs to live and work for 3 months. Broken Hill located in the Far Western Health District and is situated in NSW, 50 kms east of the South Australian border. Broken Hill Health Service is a major rural referral centre and provides a range of inpatient and outpatient services including emergency, general medical and surgical, mental health, maternity, gynaecology, paediatrics, renal dialysis, rehabilitation, critical care, diagnostic services, cancer care and palliative care. It also provides a wide range of primary and community health services.

Accommodation is generously provided in the staff quarters behind the hospital with other medical, allied health and nursing staff. The Physiotherapy Department will also provide one return flight between Sydney and Broken Hill for you to use (either to attend the secondment or to return to Sydney for a break during the secondment).

On evenings and weekends staff have time to explore the local area, visit nearby towns and attend social events. Physiotherapists work in the Broken Hill Base hospital each weekday from 8.00am-4.30pm and as part of your secondment you will be required to be on call for one weekend per month.

Your time at Broken Hill will be mainly spent in outpatients. The outpatient rotation involves a predominantly musculoskeletal case-load where you will gain experience treating a wide variety of conditions including orthopaedic conditions, hydrotherapy patients, falls prevention, acute and chronic musculoskeletal patients. You will also have the once in a life-time chance to travel to a remote community, such as Ivanhoe, White Cliffs or Wilcannia with the Royal Flying Doctor Service on a medical and physiotherapy clinic day, to provide outreach physiotherapy care. FYGs also provide general ward coverage for staff leave. FYGs also work on wards on weekends and public holiday on-call (approx. 1 per month).

STREAM A ONLY**Orthopaedic rotation:**

Wards covered: 24 bed Orthopaedic ward with the opportunity to assist with multi trauma patients and outliers throughout hospital.

Experience: As St George is a major trauma hospital you will gain experience in non-elective, multi trauma orthopaedics and fracture management including opportunities to assist in casting and learn various casting techniques. You have the opportunity to learn how to utilise a variety of assistive devices (e.g. crutches, walking aides, CPM) and fit a range of braces, boots and splints. Whilst on the orthopaedic ward you and the physiotherapy team will work as part of a close knit multidisciplinary team including doctors, nurses, administration staff and other allied health professionals to facilitate discharge planning and enhance the patient experience.

Respiratory rotation:

Wards Covered: 28 bed Acute Respiratory ward and Pulmonary Rehabilitation

Experience: On the respiratory rotation you will see patients with a range of respiratory conditions commonly including COPD, asthma, pulmonary fibrosis, lung cancer and pneumonia. You have the opportunity to gain experience treating patients requiring non-invasive ventilation as well as long term community ventilator support. As a FYG you are encouraged to participate in twice weekly multidisciplinary case conferences and run pulmonary rehabilitation classes in the physiotherapy gym. Additionally, there is the opportunity to attend a weekly seminar held by the medical team in which various radiographs are reviewed and educational talks are delivered.

STREAM B ONLY

Aged Care rotation:

Wards Covered: Three Acute Aged Care wards including a Rapid Assessment Unit and Behavioural Modification Unit.

Experience: The aged care wards at St George are managed by the Geriatricians and Ortho-geriatricians. Whilst on the aged care rotation you will see geriatric patients with a wide range of injuries and illnesses including falls, acute fractures, Alzheimer's, Parkinson's, aspiration pneumonia, sepsis, pressure sores and urinary tract infections. You will learn how to manage and treat delirious and confused patient and gain in-depth knowledge of local discharge facilities and services while working as part of an extensive multidisciplinary team.

Neurology rotation:

Wards Covered: 24 bed Acute Neurology ward including the 8 bed Acute Stroke Unit with the opportunity to assist with acute neurosurgical patients and facilitate early rehabilitation.

Experience: During your neurology rotation you will learn to assess and treat patients after an acute stroke. You will gain experience in completing a comprehensive neurological assessment, providing early rehabilitation and work with a multidisciplinary team to facilitate discharges. Depending on the neurology ward case load you may also have the opportunity to work with patients suffering from other neurological conditions such as Motor Neurone Disease, Gullian Barre Syndrome and Multiple Sclerosis.

More information:

Please refer to the allocation website, and search for St George Hospital and SESLHD on the web and social media.