



ST VINCENT'S
HOSPITAL
SYDNEY

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's Hospital

First Year Graduate Allocation Year





Introduction to St Vincent's Hospital

Founded in 1857 by the Sisters of Charity, St Vincent's Hospital is one of Australia's most iconic Hospitals, and it functions as a full service acute public teaching hospital.

Part of the NSW-based arm of St Vincent's Health Australia, the Hospital provides significant training and research activities housing several specialty units that are internationally recognised as centres of excellence.

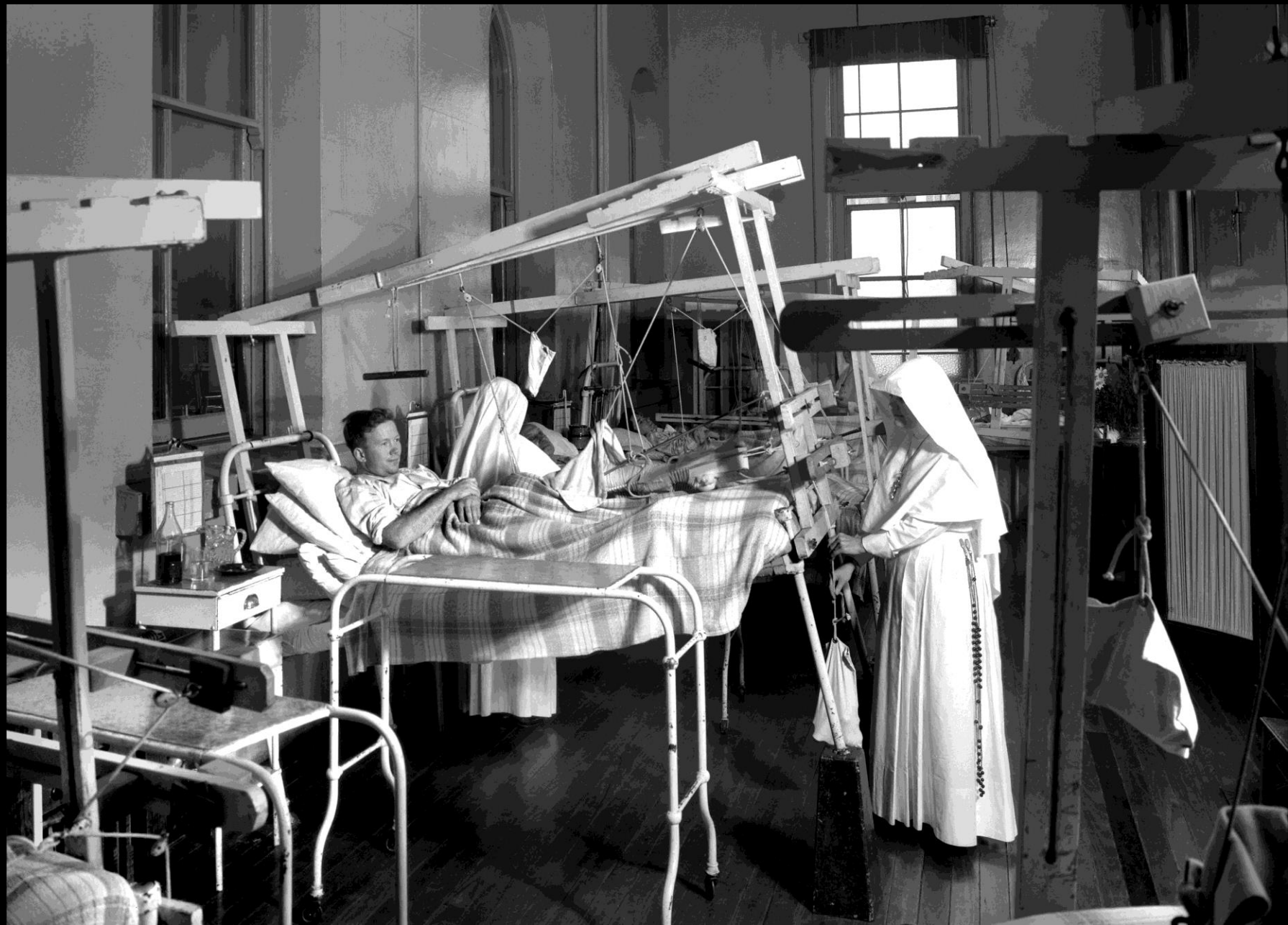
It has highly developed specialist units in most areas of medicine and surgery including Heart / Lung Transplant, Bone Marrow Transplant, HIV/ AIDS, and also a Palliative Care Unit and a Rehabilitation Unit situated in the Sacred Heart Building. It is affiliated with the University of New South Wales and the Australian Catholic University and has associations with other universities.

Mission Values

St Vincent's Hospital is a mission-based hospital .

Our values provide direction as to the type of organisation we aspire to be and the kind of behaviours we regard as appropriate to help achieve our aspirations.

- **Compassion:** Caring for others with an openness that affirms life and healing
- **Justice:** Acting with courage and fairness in pursuit of what is right and just
- **Integrity:** Ensuring our actions and decisions are grounded in our values, reflecting both honesty and authenticity
- **Excellence:** Demonstrating a passionate commitment to continuous improvement and innovation



Physiotherapy Department

The Physiotherapy Department is an integral part of the hospital and has a 100 year history of providing services to the patients of St. Vincent's.

We now have physiotherapists across most areas of the hospital from the acute areas of Emergency and ICU to the sub-acute areas of Rehabilitation and Palliative Care to Outpatient Services such as Musculoskeletal Outpatients and Cardiothoracic Ambulatory Care.

The St Vincent's Physiotherapy Mission Statement is:

We will provide the highest quality of Physiotherapy service to our patients and fellow staff with a focus on treatments, prevention, training and education in an environment of commitment and professionalism.

We strive to commit ourselves to the values of the Mary Aikenhead Ministries.



Physiotherapy Department (cont)

Physiotherapy is part of Allied Health. The Physiotherapy Department consists of:

1. Physiotherapy Manager
2. Teams Leaders: there are 4 Team Leaders in the areas of Acute Wards, Musculoskeletal, Cardiothoracics and Sub-Acute
1. Senior Physiotherapists in Intensive Care, Orthopaedics, Musculo-skeletal Outpatients, Palliative Care, Wards, Stroke Unit, Haematology/Oncology, Aged Care, Annie Green Court, the Medical Assessment Unit, Cardiothoracics/ Cardiopulmonary Transplant, Emergency, Stroke Unit, Cardiothoracic Ambulatory Care, Rehabilitation Inpatients, Day Hospital/Rehabilitation Outpatients, Palliative Care and Palliative Care Community
2. Junior Physiotherapists who rotate across the areas of Neurology, Rehabilitation, Musculoskeletal Outpatients, Intensive Care, Charles Chambers Court and Palliative Care
3. First Year Graduate Physiotherapists



First Year Graduate Program

Hours of Work:

0800 – 1630 hrs

Education Opportunities:

Weekly Departmental Inservice

Weekly Clinical Area Education Session

Monthly Level 1/2 Forum

Hospital-Wide Education including:

-Weekly Grand Rounds

-Monthly Allied Health Research Forums

-Annual Quality and Research Symposiums

Support Programs:

Mentor Program: each FYG is allocated a Level 1/2 Mentor for the year and supervision/support sessions are organized as part of the Level 1/2 Forum

Other:

St Vincent's Hospital has been a part of the fabric of inner-city Sydney for over 150 years. Our Mission values of Justice, Integrity, Compassion and Excellence define our service and we have a commitment to providing care for the poor and vulnerable

First Year Graduate Allocation

The First Year Graduate (FYG) Allocation Programme is an integral part of the Physiotherapy Department. The hospital has been part of the allocation programme since its inception and it has been a great source of talented and dedicated physiotherapists for the department.

The FYG physiotherapists work across a wide range of areas and the aim of the programme is provide a diverse work experience.

The hospital accepts 6 First Year Graduates and the FYG rotations are:

Musculoskeletal Outpatients

Sacred Heart Rehabilitation

Intensive Care

Cardiothoracics

General Surgical Wards

Mater Hospital at North Sydney (secondment)

FYG Roster - 2026

Name	2 months 2/2/26 – 3/4/26	2 months 6/4/26 – 29/5/26	2 months 1/6/26 – 24/7/26	2 months 27/7/26 – 25/9/26	2 months 28/9/26 – 27/11/26	2 months 30/11/26 – 7/2/27
Rotation 1	SHH Rehab incl. 7N	Surgical Floor – L8 (8S)	MATER		CTS	ICU
Rotation 2	MSOPD/Surgical Floor – ORTHO		SHH Rehab incl. 7N	Surgical Floor – L8 (8S)	ICU	CTS
Rotation 3	MATER		ICU	CTS	Surgical Floor – L8 (8S)	Sacred Heart Rehab incl. 7N
Rotation 4	Surgical Floor – L8 (8S)	Sacred Heart Rehab incl. 7N	CTS	ICU	MSOPD/Surgical Floor – L8	
Rotation 5	CTS	ICU	Surgical Floor – L8 (8S)	Sacred Heart Rehab	MATER	
Rotation 6	ICU	CTS	MSOPD/Surgical Floor – L8		SHH Rehab incl. 7N	Surgical Floor – L8 (8S)

Unit Descriptors – Intensive Care

The Intensive Care Unit (ICU) treats patients who are critically-ill and requiring life-support treatment.

There are 3 physiotherapists providing care across 20 beds. Some of these are high dependency beds i.e. patients who may not require life-support or intensive care treatment but have higher needs than ward patients

The Senior ICU physiotherapist is responsible for coordinating the physiotherapeutic care in ICU and there are two junior staff members; a Level ½ rotator and the FYG physiotherapist

The physiotherapists provide blanket coverage and assess and treat all the patients in the unit. The physiotherapists provide respiratory care for the patients, particularly the intubated and ventilated patient and provide early mobilization and rehabilitation

Cardiothoracics/ Transplant

Xavier 10 encompasses the clinical areas of Cardiothoracic Surgery, Cardiopulmonary Transplant, Thoracic Medicine and Cardiology and treats patients from these groups.

There are 3 physiotherapists providing care across 68 beds. 10S is predominantly Cardiothoracic Surgery, Cardiopulmonary Transplant and Thoracic Medicine whilst 10N is mainly Cardiology and pre-Cardiopulmonary Transplant.

The Senior Cardiothoracic/Cardiopulmonary Transplant physiotherapist is responsible for coordinating the physiotherapeutic care on 10S and there is one junior staff members; the FYG physiotherapist.

The Acute Care Student Unit Supervisor is responsible for coordinating care on X10N and is responsible for the thoracic medicine patients on X10S. However, the physiotherapists work very closely together

The physiotherapists provide blanket coverage and assess and treat all the patients in the unit. The physiotherapists provide respiratory care and mobilization/rehabilitation for the patients

Musculoskeletal Outpatients

The Musculoskeletal Outpatient Department provides outpatient services for a range of musculoskeletal patients including those of an insidious onset (General MS problems- shoulder pains, neck pain, lower back pain, hip pain, knee pain, foot/ankle pains, chronic pain) and those of a traumatic onset (Post surgical- ACL, rotator cuff, Achilles tendon repairs, etc,. THR, TKR, Post acute onset- ED)

General Surgical Ward

The General Surgical Ward treats a range of general surgical conditions including gastro-surgery and Head and Neck surgery. The General Surgical Ward is on Level 8 South of the Xavier Building

The FYG physiotherapist is the sole therapist on the ward and works under the supervision of the Senior Wards Physiotherapist

The physiotherapists provide blanket coverage on the ward.

They are responsible for assessing and treating all patients where appropriate and working with the multi-disciplinary team to facilitate good outcomes and timely and appropriate discharge

Sacred Heart Rehabilitation

Sacred Heart Rehabilitation is a 22 bedded unit under the care of 5 consultants.

We operate on a blanket referral system providing 6 full days of service and also provide an out-patient service servicing patients upon discharge and rehab-appropriate patients from the community.

Staffing comprises of 1 Senior Inpatient Physiotherapist, 2 Grade 1/2 Physiotherapists, and 1 First Year Grad

We work very closely with all members of the multidisciplinary team aiming to facilitate optimal recovery to enable patients to return home or to advocate to the appropriate care facility.



Secondment Hospital

Mater Hospital: a Private Hospital also under the St Vincent's Health Australia banner, the Mater is a 230 bed hospital that provides elective surgery. The physiotherapist mainly works in elective orthopaedics but may also cover other types of post-surgical care



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