# SENIOR PHYSIOTHERAPIST IN OBESITY (SENIOR GRADE)

## 1 WTE ROLE

### About Us

The National Institute for Prevention and Cardiovascular Health (NIPC) is an independent, not for profit organisation established in 2014. Its primary mission is to enhance the cardiovascular well-being of the Irish population through clinical innovation, research, education and knowledge translation. As part of its vision to trial and test innovative models of service delivery, NIPC is the Republic of Ireland clinical partner on a new and exciting cross border obesity project (within Donegal and Northern Ireland) known as "PEACETIME". This project is supported by PEACEPLUS, a programme managed by the Special EU Programmes Body (SEUPB).

PEACETIME aims to increase access to care for individuals living with the disease of obesity and related complications. Delivered within a research framework, the project will involve developing and implementing a community based, integrated, obesity programme. Leveraging digital technologies, the programme will include a range of personalised, evidence based, clinical pathways that are designed to align to the National Model of Care for the Management of Overweight and Obesity. These pathways will be delivered by an interdisciplinary team of nurses, dietitians, physiotherapists, health coaches and a psychologist, using a hybrid approach (in person and remote).

### The Role

The primary focus of the role is to deliver a high-quality physiotherapy service in accordance with standards of professional practice. The post holder will work as part of an interdisciplinary team of professionals to deliver holistic and patient-centred care to people living with obesity and its complications.

The successful applicant will be employed by the NIPC and will be based in Co. Donegal as part of a secondment arrangement with the HSE.

### Reporting relationship

- The post holder's professional reporting relationship is to the HSE Physiotherapy Manager.
- Clinical governance for this position is through the NIPC Director of Clinical Innovation (Consultant Cardiologist) who provides clinical governance to the PEACETIME project.
- For operational and administrative matters, the postholder will report to the Operational Lead Integrated Care ICPCD (HSE) and the NIPC.

### Principal Duties and Responsibilities

- Be responsible for the provision of a high-quality PEACETIME physiotherapy service in accordance with standards of professional practice.
- Lead and coordinate the delivery of the physical activity and prescribed exercise component of PEACETIME.

- Work in conjunction with other team members – particularly the staff grade physiotherapist – in co-ordinating and developing the service to meet the needs of patients.
- Be a lead clinician in assigned, allocated clinical areas of responsibility and carry a clinical caseload appropriate to the post.
- Deliver to a defined protocol, a comprehensive physiotherapy assessment inclusive of physical activity patterns; physical function; sedentary behaviour and functional capacity; exploration of patient beliefs including readiness for change, and barriers and motivators to physical activity.
- Interpret the outcomes of the physical activity assessment, to determine an appropriate, individualised, evidence-based, physical activity and exercise programme.
- Ensure exercise prescription is continually monitored and progressed, to reflect individual needs.
- Track and modify physical activity targets using accelerometery and wearables.
- Work collaboratively with the interprofessional team in the development of a personalised, safe exercise prescription and physical activity plan that meets with the patients' need and preferences.
- Ensure a non-judgemental, stigma free environment is provided.
- Actively participate in clinical audit and research ensuring efficient collection and management of participant and programme data.
- Manage a defined caseload in line with service priorities and agreed performance indicators, contributing to service activity reporting as required.
- Contribute to training and education of MDT colleagues, students and external stakeholders in obesity related physical activity and exercise prescription.
- Ensure comprehensive protocols of standardised best practice in obesity care with associated documentation are in place, reflective of current guidelines.
- Facilitate health behaviour change utilising evidence-based techniques such as motivational interviewing, brief intervention and goal setting.
- Document client records in accordance with professional standards and departmental policies.
- Be professionally accountable for all aspects of your own work, working to best practice guidelines and within the scope of physiotherapy practice as per CORU requirements.
- Maintain professional standards in relation to confidentiality, ethics and legislation.
- Engage in continuing professional development, keeping up to date with advances in obesity care.
- Promote a culture that values diversity and respect in the workplace.
- Implement agreed health and safety policies, procedures and safe professional practice and adhere to relevant legislation, regulations and standards.
- Be aware of risk management issues, identify risks and take appropriate action.
- Take responsibility for, and keep up to date with Physiotherapy practice by participating in continuing professional development such as reflective practice, in service, self-directed learning, research, clinical audit etc.
- Be responsible for the induction and clinical supervision of staff in the designated area(s).
- Complete and maintain all mandatory training in line with HSE, NIPC and local site requirements, including infection prevention and control, manual handling, fire safety, safeguarding, data protection and health and safety.

## Skills and Competencies

The successful applicant will be required to demonstrate:

- Clinical knowledge, clinical reasoning skills and evidence-based practice appropriate to carrying out the duties and responsibilities of the role in line with relevant legislation and standards.
- An appropriate level of understanding of the Physiotherapy process, the underpinning theory and its application to the role.
- Evidence of having applied / used appropriate assessment tools and treatments and a knowledge of the implications of outcomes to service users.
- Knowledge, abilities and technical skills required to provide safe, efficient and effective service in the area of obesity.
- Demonstrate a willingness to engage and develop IT skills relevant to the role.
- Proficient knowledge of current developments in the treatment of obesity.
- An understanding of chronic conditions, including exercise safety and professional practice in working and prescribing exercise to people with chronic conditions.
- Excellent organisational and management skills with an aptitude for problem solving, project planning, delivery and execution.
- Evidence based, professional decision-making, using sound analytical and problem-solving ability.
- Highly effective communication (verbal and written) and interpersonal skills, including the ability to build and maintain relationships and to positively influence others.
- The ability to work autonomously and to adopt a collaborative approach to patient care through interprofessional team working.
- Initiative, motivation and an innovative approach to job and service development.
- Flexibility and adaptability in approach to work, ensuring efficient case load management.
- Excellent IT skills to include use of email, Microsoft Word, PowerPoint and database management.
- Willingness to develop IT skills relevant to the role for example using digital health platforms, including data dashboards, and virtual platform (e.g. Zoom, MS Teams).
- Experience in public speaking and group facilitation of patient education sessions.
- A commitment to the delivery of quality service, measurable through audit and/or research.
- Awareness and appreciation of the service user and the ability to empathise with and treat others with dignity and respect.
- Flexibility in response to service need and a willingness to work across locations or service areas.

## Requirements

The post holder must be suitably qualified as follows:

- Be registered on the Physiotherapist Register maintained by the Physiotherapist Registration Board at CORU.
- Have three years full time (or aggregate of three years full time) post qualification clinical experience
- Have the requisite knowledge and ability (including a high standard of suitability and professional ability) for the proper discharge of the duties

Desirable:

- Experience of delivering and prescribing exercise for clinical populations including those with obesity, type 2 diabetes or CVD.

- Experience in delivering physiotherapy care using digital health technologies.
- A postgraduate qualification (level 9) in any of the following:
  - Obesity
  - Diabetes
  - Preventive Cardiology

**Remuneration**

Salary scale for this post ranges from €64,000 to €70,000, subject to continued funding under PEACETIME.

This role is being offered as a fixed term contract until December 2028 (with possibility of extension), ending when the project finishes. You will be subject to a 6-month probationary period. At the end of this period, subject to satisfactory performance, you will be confirmed in post.

Application deadline: **12.00 midday on 7 December 2026.**

The working week is 37.5 hours

**A desktop shortlisting process may be carried out prior to interview stage. Attendance at interview will be at the candidate's own expense.**

**Interviews are scheduled to take place between 11 and 22 January 2027 and will be in person, with the option of remote if required.**

**This job profile will be subject to review in accordance with service developments and is neither restrictive nor definitive, but rather a guide to the general range of duties required.**

**Apply Now**

## Terms and Conditions

### Contract Type

This is a fixed-term post linked to the PEACETIME project and will run until December 2028 (with possibility of extension). This post includes a **6-month probation period**, during which performance and suitability for the role will be reviewed. The post will automatically end when the project concludes.

### Reporting

Successful candidates will report to NIPC for all employment matters and will also have an operational reporting line to the designated HSE clinical lead for day-to-day service delivery. NIPC retains full responsibility for the duration of employment, including HR processes, contract management, performance management and compliance with NIPC policies.

### Working Hours

The normal working week is **37.5 hours**, Monday to Friday. Working hours, rest breaks and maximum working limits will follow the Organisation of Working Time Act 1997.

### Location

The role will be based in **County Donegal**, with travel across sites as required. Some limited hybrid working may be possible depending on service needs. As this role involves some work on **HSE sites**, you will be required to follow local site protocols and procedures, including health and safety and patient-related processes.

### Salary

The salary for the role is set out above. Salary is paid by bank transfer on the **21st of each month**.

### Annual Leave

Annual leave entitlement is **21 days per year**, plus public holidays, in line with the Organisation of Working Time Act 1997. Annual leave must be approved in advance and taken at times that meet service needs.

### Overtime and TOIL

NIPC does not pay overtime. Where additional hours are required and approved in advance, staff may take equivalent Time Off in Lieu (TOIL).

### Sick Leave

Paid sick leave may be available under the NIPC sick pay scheme after 3 months of service. Medical certification is required for absences of three days or more, with weekly certification thereafter.

### Pension

From 2026, all staff will be automatically enrolled into the national Auto-Enrolment Retirement Savings Scheme. Further details will be provided at the start of employment.

### Travel and Expenses

Some travel may be required as part of this role. Approved mileage and other expenses may be claimed in line with NIPC policy. Use of a personal vehicle for work requires appropriate roadworthiness and insurance.

## Notice Period

Once probation is completed, the notice period for both employer and employee is **one month**. During probation, one week's notice applies.

## Policies and Compliance Requirements

All employees must comply with NIPC policies and procedures, including:

- Confidentiality and data protection (GDPR)
- Dignity and respect at work
- Health and safety
- Code of conduct
- Grievance and disciplinary procedures
- Attendance and absence reporting
- IT, digital security and professional behaviour standards

Full policy details will be provided in the employee handbook at commencement of employment.

## Right to Work

Appointment is subject to confirmation of eligibility to work in the Republic of Ireland. Successful candidates will be required to provide valid photo identification and proof of address as part of the right-to-work and pre-employment checks.

## Vetting and Checks

Where required, Garda vetting, reference checks, qualification verification or professional registration checks may apply depending on the role.

## Data Protection

Personal data provided during the recruitment process will be processed in line with GDPR and NIPC's Data Protection Policy.