



# Myanmar Red Cross Society

HR-HQ VA No.051 – Physiotherapist



Myanmar Red Cross Society (MRCS) is volunteer based humanitarian organization throughout the whole country acting with and for the most vulnerable at all times.

## Physiotherapist

No. of Post	: 1 Post
Report to	: Head of Physiotherapy Unit
Department	: Health Department
Project/Program	: Hpa -An Orthopaedic Rehabilitation Centre
Duty Station	: Hpa -An
Grade	: D-1
Benefits	: Salary + Insurance + Training + Travelling Allowances + Casual Leave + Quarantine Leave + Annual Leave + Medical Certificate Leave + Maternity Leave + Substituted Leave

**Application Deadline** : 10-March-2025 to 24-March-2025, 16:30 p.m.

### Background of the Project

Hpa-an Orthopaedic Rehabilitation Centre (HORC) is run by Department of Health, MRCS supported by ICRC. Its aim is to supply orthopaedic appliances for persons with physical disabilities (PWDs) mainly from Kayin state, Mon State, Tanintharyi Region, Kayah State and Eastern Bago Region with free of charge. HORC provides prosthetic mobile repair services and repairmen services as well.

### Purpose of the Position

The **Physiotherapist** is to work with service users individually, and to be in-charge of given the treatment for service users until discharged.

### Duties and Responsibilities

#### Understands

1. Anatomy: Bones, muscles and joints.
2. Good understanding of the pathologies usually managed by physical rehabilitation centres: Amputation, poliomyelitis, cerebral palsy, Spinal Cord Injury, hemiplegia, muscular dystrophy, and leprosy.
3. Normal human gait, gait deviations and their causes.
4. Physiotherapy techniques: Pulley-therapy, muscle strengthening/stretching, massage, gait training, posture, wheelchair training

#### **Assessment & Check Up (In case of absence of Head of Physiotherapy & Senior Physiotherapist)**

5. Performs thorough assessment each and every time when service users come to the centre
6. Involves together with the In-charge of Physiotherapy Unit for complicated case

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"Our recruitment and selection procedures reflect our commitment to the safety and protection of children, and prevention of violence among communities' members in our programs"

*Humanity, Impartiality, Neutrality, Independence, Voluntary Service, Unity and Universality*

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7. After completion assessment, formulates the prescription and the treatment program with the input from the Prosthetic and Orthotic Technician
8. Makes sure that service user files are updated with latest medical and administrative data.

## Referral

9. Takes the decision to refer a service user jointly with the Head of Physiotherapy and Prosthetic and Orthotic technicians.
10. For consultation at a hospital, accompanies service users and discusses each case with the surgeon.

## Implementation of treatment

11. Physiotherapist performs individual treatments according to the treatment plan. It includes:
  - Balance exercises
  - First step with the prosthesis/orthosis between parallel bars with the goal to avoid gait deviations
  - Traction installation
  - Massages and joint mobilisations
  - Teaching to the service user and/or the family exercises to perform at home
  - Recognition of problems/complications during the treatment. The Head of Physiotherapy Unit or Head of Prosthetic and Orthotic Unit on duty should be informed accordingly.
  - Daily update of the physiotherapy treatment card. Any pertinent information should also be recorded on the service users' files.
  - Select service users and complete check-up for finishing of devices.

## Wheelchair training

12. Service users with wheelchair/tricycle undergo a special training allowing them to get the full benefit of the wheelchair.
  - Exercises on the wheelchair training area (slopes, stairs, different surfaces, etc.)
  - Transfer techniques to and from the wheelchair (toilet, bed, chair, floor, etc.).
  - Balance on the 2 rear wheels depending on the level of disability.
13. Supervises PT assistant (In case of absence of Head of Physiotherapy & Senior Physiotherapist)
  - Provision of walking aids
  - Outdoor training
  - Sport activities
  - Supervise Physiotherapy exercises
  - Wheelchair training

## Shared duties

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Each and every member of the Physiotherapy Unit perform for the following tasks.

## Wounds

14. Wounds are a frequent problem during service users training. So:
  - Remove frequently the prosthesis/orthosis in the course of the training to control the skin condition.
  - Keep the wounds that already exist perfectly clean.

## Hygiene

15. Educates service users on the importance to keep a corporal hygiene to reduce skin diseases and other infections
16. Makes sure that socks are kept dry into the prosthesis/orthosis (meaning that they have to come in training with their pair of socks).

## Mobile Repair Service

17. Performs stump assessment.
18. Provide treatment and exercise if necessary.
19. Take part in decision of type of devices for service users in cooperation with Prosthetic and Orthotic technician in the mobile service.

## Other tasks

20. Knows/applies the treatment plan.
21. Makes sure the service user attends every training session.
22. Enhances comprehensive dialog to make sure the treatment goal, which is well understood by service user and family.
23. Explains bandaging technique to new service users and makes sure the bandage is done timely and correctly.
24. Teaches donning/doffing techniques and checks regularly that the prosthesis/orthosis is well on (especially for Trans Femoral).
25. Instructs service user/family in the maintenance and use of equipment: walking aids, prosthetics, orthotics, wheelchairs, etc.

## Medical, legal and ethical requirements

26. Provide service user care that complies with medical/legal requirements.
27. Provide service user care within a recognised international physiotherapist code of ethics.

## Assistance to HORC management team

28. Updates relevant HORC management team member regarding the achievements, problems, constraints related to the overall functioning of the Physiotherapy Unit.

## General duties

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29. Advocates a service user-oriented approach by listening service users and encouraging a respectful, punctual, polite and professional attitude by all staff members.
30. Reports to the Head of Physiotherapy Unit about missing or broken materials and physio equipment.
31. Be aware of the general centre rules and applies them.
32. Takes part in technical seminar/meeting as planned.
33. Informs on time the Head of Physiotherapy Unit about his/her holiday planning / absentness / sickness.
34. Keeps all premises of the Physiotherapy Unit clean and tidy.
35. Updates technical and medical knowledge during spare time: books and orthopaedic magazines are at disposal in the office.
36. Be aware of the HORC objectives and activities.
37. Applies the security rules at all times.
38. Reports on occurred problems without delay.
39. The employee may be asked to perform duties and task not covered in this job description as well as to provide support to other departments when necessary.

### Skills, Competencies and Requirements

- Must be University graduated with Bachelor degree in Physiotherapy
- Minimum 1 to 2 years of experience in related field
- Good computer skills, in Excel, Word and Power point
- Commitment to learn, open to change and willing to try new things
- Ability to follow Red Cross (7) fundamental principles, MRCS policy, strategies and guidelines
- Understanding of commitment to and willingness to actively promote the Red Cross and Red Crescent Fundamental Principles
- Experience of working for the Red Cross/Red Crescent is preferred
- Excellent command of English and Myanmar especially in translating, including written, spoken and typing
- Red Cross Volunteers and females are encouraged to apply

**\*\*Note: Applicants will be considered to be shortlisted that need to send application letter, CV, passport-size photo, education qualifications and references (PDF Version) to:**

Head Office:  
Myanmar Red Cross Society

Branch Office:  
Myanmar Red Cross Society

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Razathingaha Road, Dekhinathiri,  
Nay Pyi Taw.

No. 42, Red Cross Buildings, Strand Road,  
Botahtaung Township, Yangon. (or)

Email: [mrcshrrecruitment@redcross.org.mm](mailto:mrcshrrecruitment@redcross.org.mm) (or)

For more information and application, please visit to the [www.redcross.org.mm](http://www.redcross.org.mm)

Only short-listed candidates will be contacted for a personal interview.

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