

Health Professionals

An interdisciplinary approach is recommended to help manage the Late Effects of Polio, as individuals are likely to have a wide variety of problems. Management programs are key to analysing and minimising symptoms, maximising function, and supporting participation.

Below is a list of health professionals who may be a useful part of your management team. If you are viewing this document online, click on any health professional to access the peak body website.

General Practitioner	provides person centred, continuing, comprehensive and coordinated whole-person health care to individuals and families in their communities.
Rehabilitation Physician	assess and manages the health of an individual with a disability due to illness or injury to help them achieve an optimal level of performance and improve their quality of life.
Respiratory Specialist	has specialised knowledge and skills in the diagnosis and treatment of lung conditions and diseases.
Dietitian	provides individual dietary counselling, medical nutrition therapy, group dietary therapy and food service management for appropriate nutritional intake and weight management.
Exercise Physiologist	specialises in giving appropriate exercise to help treat people who have a medical condition.
Massage Therapist or Myotherapist	provides manual manipulation therapies involving the deep or shallow soft tissues of the body including muscles, tendons and ligaments.
Registered Nurse	provides client advocacy, coordinates care plans across disciplines, and provides chronic disease management and wound care in various settings including the home, general practice and hospitals.
Nutritionist	provides a range of evidence based nutrition services related to nutrition, public health nutrition, policy and research, and community health. There is no industry specific assessing authority that assesses the qualifications of nutritionists who are not dietitians.
Occupational Therapist	enable people to maintain overall health and the highest level of lifestyle independence by enhancing personal life skills, adjusting the environment, and adjusting the task itself.
Osteopath	treatment using manual therapy: massage, stretching, repetitive movements, mobilisation and/or manipulation, to improve the link between your body structures.

Orthotist	specialises in prescription, design, fitting and monitoring of appropriate and well-fitting orthoses to assist people with physical or functional limitations. An orthosis can be defined as an assistive device applied externally to the body.
Pedorthist	concerned with the provision of medical grade footwear and orthotic appliances and providing advice regarding foot problems.
Physiotherapist	assess, diagnose, treat and prevent a wide range of health conditions and movement disorders by repairing damage, reducing stiffness and pain, increasing mobility and improving quality of life.
Podiatrist	deal with the prevention, diagnosis, treatment and medical and surgical rehabilitation of the feet and lower limbs due to bone and joint disorders, soft-tissue and muscular pathologies, neurological and circulatory disease.
Psychologist	perform a variety of roles but often therapeutic roles, assessing their client's concerns and life circumstances, and offering support, advice and treatment to address their client's issues.
Respiratory Nurse	specialised skills and qualifications in respiratory conditions to provide education, specific care and facilitate referrals to appropriate health and medical professionals.
Social Worker	work with clients to identify and address any external issues that may impact on wellbeing or may create inequality, injustice and discrimination by providing counselling, education and support in the context of the client's physical, social and cultural environments and belief systems.
Speech Pathologist	study, diagnose and treat communication disorders and conditions that can affect speech and language, and / or people who experience difficulties swallowing food and drink safely.

The **National Health Services Directory (NHSD)** lists health services and/or professionals from anywhere in Australia.

Polio Australia's **Health Professional Register** connects polio survivors with health professionals in their local area with skills and knowledge on The Late Effects of Polio.

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