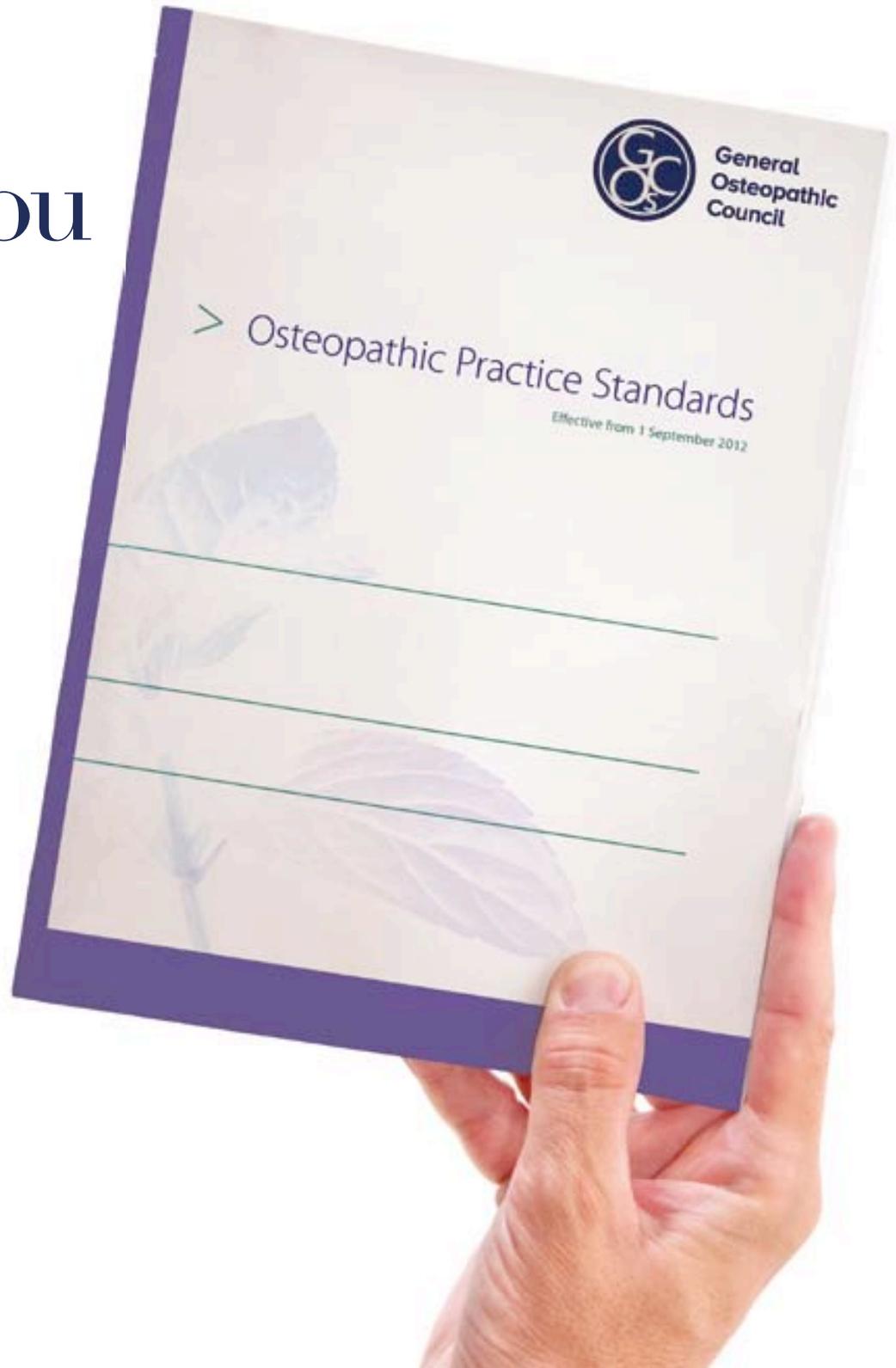


What would you change?

Help make the standards work better for you **p4**



Preparing for the new CPD scheme **p9**

Legal ruling on patient consent **p12**

PLUS Meet the new GOS Council **p6**

Contents



GOsC news

4

Reviewing practice standards
Introducing the new-look GOsC Council
 Could you be a Council member?
Countdown begins to new CPD scheme
 Guiding the osteopaths of tomorrow
o zone has the x factor for students
 New support for witnesses at hearings
GOsC Corporate Strategy 2016-19



In practice

12

Keeping up with case law on consent
Frequently asked questions
 Collecting patient feedback online
iO public health campaign: osteoporosis
 CPD spotlight: business development
HMRC online advice for employers



Research

17

Using PILARS to reduce isolation
NCOR paediatric review update
 Peer reviewing for research journals
Help shape NCOR's 2017 conference

Perspectives

20

Curtain rises on performing arts group
Bookshelf
 Book reviews

Key GOsC services and contacts

Communications

Enquiries about:

publication orders (including public information leaflets, GP consent forms and statements of fitness to work), Registration Marks and posters, general advice.

x242

Enquiries about:

the osteopath magazine, e-bulletins.

x222

Enquiries about:

GOsC website (including the online Register) and *o zone*, social media.

x228

Enquiries about:

the media, consultations, regional groups, national healthcare policy, parliamentary and international affairs, osteopathic regulation overseas.

x245

Finance

Enquiries about:

all payments, VAT. **x231**

Governance

Enquiries about:

Council and committees (including all meetings and business), Chief Executive and Registrar, staff, complaints about the organisation.

x246

Registration

Enquiries about:

applying to the Register, annual renewal of registration, updating your registration details, registration fees, non-practising status, practising abroad, retiring/resigning from the Register, professional indemnity insurance.

x229 or x256

Regulation

Enquiries about: dealing with patient concerns, protection of title.

x224

Enquiries about: complaints against an osteopath.

x249

Research

Enquiries about:

GOsC research, surveys and statistics, National Council for Osteopathic Research (NCOR), the *International Journal of Osteopathic Medicine* (IJOM) and access to information resources.

x247

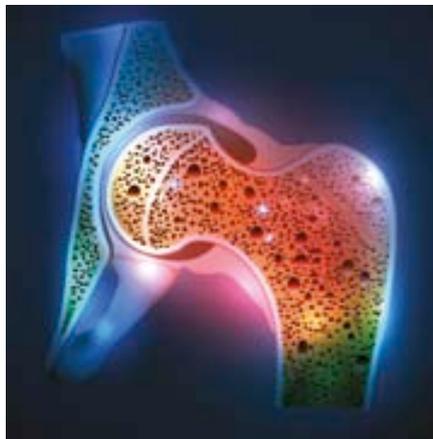
Education and standards

Enquiries about:

Osteopathic Practice Standards, continuing professional development (including the proposed new CPD scheme), osteopathic education.

x235

Welcome to the latest edition of the osteopath



Courses 22

Course listings and advertised courses

Marketplace 32

Classified and display advertisements

i Want to know more? Look out for this symbol accompanying articles in each section of the magazine for links to further information



www.facebook.com/goscnews

twitter.com/gosc_uk

The General Osteopathic Council
Osteopathy House
176 Tower Bridge Road
London SE1 3LU

tel: 020 7357 6655
email: info@osteopathy.org.uk
www.osteopathy.org.uk

Chair of Council: Alison White
Chief Executive and Registrar:
Tim Walker



Have you added your voice to our review of the *Osteopathic Practice Standards* yet? Five years after they were first developed, we're taking a critical look at the standards, their accompanying guidance and the resources we provide to help you meet them – we want to know where and how you think we can make improvements. Turn the page to find out more.

As you'll recall from last year's consultation, we are also making changes to the CPD scheme for osteopaths. We will begin implementing the new scheme in the coming months, and on page 9 we explain how you can become an 'early adopter'.

Both the *Osteopathic Practice Standards* review and the introduction of the new CPD scheme are important projects in our new Corporate Strategy for 2016-19 (see page 11). And to steer us through the next few years, we also have a new and slimmed-down Council; its members are profiled on pages 6-7. If you're interested in applying for vacancies on Council or our committees in the future, GOsC Chair Alison White offers some tips for success on page 8.

Also in this issue, you can read about a Supreme Court ruling on what constitutes patient consent (page 12), new consultations on our guidance for students and educational institutions (page 10), one practice's experience of gathering patient feedback through its website (page 14), and the rewards of being a peer-reviewer for a research journal (page 18).

If you're a final-year student, remember to apply for registration well before you intend to start practising. On page 10 you'll find out how we try to make registration as straightforward as possible for you, and there are answers to some common questions about the process on page 13.

We hope you enjoy reading this edition.

Jeremy Pinel
Email: editor@osteopathy.org.uk

Claiming CPD hours for business and marketing activities p16



the osteopath

the osteopath is the official journal of the General Osteopathic Council.

Editor: Jeremy Pinel

Email: editor@osteopathy.org.uk

the osteopath is published by the General Osteopathic Council. Editorial contributions are welcome, but opinions expressed by contributors or advertisers do not necessarily reflect the views of publishers. *the osteopath* is the copyright of the General Osteopathic Council and no part of this journal may be reproduced in any form without permission from the publishers.

Design and production
CPL (Cambridge Publishers Ltd)
1 Cambridge Technopark
Newmarket Road
Cambridge CB5 8PB
01223 378000
www.cpl.co.uk

Send editorial to:
General Osteopathic Council
Osteopathy House
176 Tower Bridge Road
London SE1 3LU

Cover image: Shutterstock

Advertising sales only:
Richard Walters or John Wheaton
CPL
1 Cambridge Technopark
Newmarket Road
Cambridge CB5 8PB

Tel: 01223 378001
Email: theosteopath@cpl.co.uk

Approval of material:
The publishers reserve the right to refuse any editorial contributions or advertisements without explanation, and copy may be edited for length and clarity. Products and services advertised are for general information and inclusion does not imply approval or accreditation by the GOsC.

Raising our standards



The first stage of our review of the *Osteopathic Practice Standards* is under way. Take this opportunity to tell us how the standards can be made to work better for you and your patients

We frequently hear from osteopaths that the *Osteopathic Practice Standards* should be improved. Now you can tell us how.

It is five years since the current version of the standards was developed, and in that time there have been legislative and social changes that the standards need to reflect. More importantly, we need to know how well the standards fulfil their purpose of ensuring that osteopathy is practised safely, competently and ethically – so we are now inviting osteopaths and others to take part in a public review.

We know there are improvements to be made: in 2014, for example, GOsC-commissioned research (detailed at: bit.ly/gosc-mcgivern-report) found that some osteopaths had difficulty complying with the standards on communicating risks, keeping patient notes and maintaining patient dignity and modesty. We hope that, through the review, you can help us identify *where* and *how* the improvements should be made.

Help or hindrance?

Please start by taking a critical look at the *Osteopathic Practice Standards* – consider each standard in turn, along with its accompanying guidance, and ask yourself:

- Could the standard be presented and explained more clearly?
- Does it support or hinder good osteopathic practice?
- Could the guidance supporting the standard be clearer?

As part of the review, we would also like you to identify areas where we can

develop more learning resources, to help you deal with some of the more complex ethical challenges that are often faced in practice. We are already planning case studies that relate to the professional duty of candour, for example – are there other resources and guidance that you feel would be useful?

And do you think there are any other aspects of practice that the standards should cover, to benefit osteopaths, patients and the wider public?

Reflecting on practice

Considering the standards in this developmental way may also give you an opportunity to reflect systematically on your own practice and think about areas where you would like to develop and strengthen your knowledge and skills – a very worthwhile exercise in continuing professional development.

And take this opportunity, if you can, to talk to professional colleagues about the

'You can post your comments on our review website, standards.osteopathy.org.uk'

Osteopathic Practice Standards. Whether their opinions echo or differ from your own, hearing their perspectives may well shape your view of the standards and how they affect your particular practice.

Sharing your views

When you are ready to share your views with us, you can do so on our review website at: standards.osteopathy.org.uk

The website lets you comment on each and any individual standard and its guidance; you can also read what others have said (although there is the option to leave private comments if you prefer). Tell us about anything – even individual words and phrases – where you feel there is room for improvement.

Alternatively, you can request a hard copy of the review document, with space

for your handwritten comments, by emailing info@osteopathy.org.uk

As well as osteopaths, we are encouraging patients, the public and other interested parties to participate in the review and give their opinions of the standards. Please tell your patients about the review if you think they would like to take part.

The closing date for the review is **Tuesday 31 May**. This is your chance to shape osteopathic standards for the next five years. All the comments we receive will help to inform the drafting of a revised version of the *Osteopathic Practice Standards*. There will be a public consultation on that draft revision next year, but now is the time to make your voice heard if you want to influence the standards that underpin practice.

Standards at a glance

Last issue we listed all the current standards under the themes 'Communication and patient partnership' and 'Knowledge, skills and performance'. Here's a reminder of the other two themes.

Safety and quality in practice

'Osteopaths must deliver high-quality, safe, ethical and effective healthcare through evaluation and considered treatment approaches, which are clearly explained to the patient and respect patient dignity. Osteopaths are committed to maintaining and enhancing their practice to continuously deliver high-quality patient care.'

C1: You must be able to conduct an osteopathic patient evaluation sufficient to make a working diagnosis and formulate a treatment plan.

C2: You must be able to formulate and deliver a justifiable osteopathic treatment plan or an alternative course of action.

C3: Care for your patients and do your best to understand their condition and improve their health.

C4: Be polite and considerate with patients.

C5: Acknowledge your patients' individuality in how you treat them.

C6: Respect your patients' dignity and modesty.

C7: Provide appropriate care and treatment.

C8: Ensure that your patient records are full, accurate and completed promptly.

C9: Act quickly to help patients and keep them from harm.

Professionalism

'Osteopaths must deliver safe and ethical healthcare by interacting with professional colleagues and patients in a respectful and timely manner.'

D1: You must consider the contributions of other healthcare professionals to ensure best patient care.

D2: You must respond effectively to requirements for the production of high-quality written material and data.

D3: You must be capable of retrieving, processing and analysing information as necessary.

D4: Make sure your beliefs and values do not prejudice your patients' care.

D5: You must comply with equality and anti-discrimination laws.

D6: Respect your patients' rights to privacy and confidentiality.

D7: Be open and honest when dealing with patients and colleagues and respond quickly to complaints.

D8: Support colleagues and

cooperate with them to enhance patient care.

D9: Keep comments about colleagues or other healthcare professionals honest, accurate and valid.

D10: Ensure that any problems with your own health do not affect your patients.

D11: Be aware of your role as a healthcare provider to promote public health.

D12: Take all necessary steps to control the spread of communicable diseases.

D13: Comply with health and safety legislation.

D14: Act with integrity in your professional practice.

D15: Be honest and trustworthy in your financial dealings, whether personal or professional.

D16: Do not abuse your professional standing.

D17: Uphold the reputation of the profession through your conduct.

D18: You must provide to the GOsC any important information about your conduct and competence.

Introducing the new-look GOsC Council

The GOsC has a new, 10-member Council. Find out about the osteopaths and lay people who make decisions about our strategic development and major policy issues

The GOsC's reconstituted Council was appointed in March, at the end of an open recruitment process which started last autumn.

The size of Council has been reduced from 14 to 10 members, following a public consultation and approval by the Privy Council, in order to streamline our governance and reduce costs to registrants.

The new Council members' term of office began on 1 April 2016. The Chair of Council, lay member **Alison White** (pictured overleaf), was appointed for a second term last year so that she could take part in recruiting the other members. You can read about Alison and her reappointment in *the osteopath*, October/November 2015 (page 5).

Here are the other nine members of Council, including new faces alongside some members of the previous Council who successfully applied for reappointment.

Osteopath members

John Chaffey has run a large osteopathic group practice in Essex for 28 years. He qualified at the British School of Osteopathy, and in 1991 achieved a research-based degree at the University of East London comparing osteopathic and physiotherapeutic interventions in the mechanical discomforts of pregnancy.

John is a clinical tutor at the European School of Osteopathy, and lectures on communication and compliance matters to undergraduates and postgraduates. He has been an external examiner for Final Clinical Competence since 2001 and has examined at most of the osteopathic educational institutions; he is currently external examiner for the London College of Osteopathic Medicine.

Dr Jorge Esteves qualified as an osteopath in 1993 and has since worked as a clinician



Sarah Botterill



John Chaffey



Dr Jorge Esteves



Dr Bill Gunnyeon



Dr Joan Martin



Kenneth McLean



Haidar Ramadan



Dr Denis Shaughnessy



Deborah Smith

and academic. He is Head of Research at the British School of Osteopathy, and was instrumental in developing and implementing Oxford Brookes University's osteopathic provision. An osteopathy subject reviewer for the Quality Assurance Agency for Higher Education and an Associate Editor for the *International Journal for Osteopathic Medicine*, he lectures and assesses at schools worldwide.

Dr Esteves completed his PhD at Oxford Brookes University, researching

diagnostic palpation in osteopathy and neurocognitive models of expertise. He is currently interested in investigating the effects of touch and pain on body and mind, including the effect of pain on a person's sense of self and on how they process their emotions.

Kenneth McLean practises as an osteopath in North Berwick and Edinburgh. He is a lead member of Edinburgh Osteopaths' continuing professional

development group, and is involved in local and national health issues within Scotland in a voluntary capacity.

Kenneth is also a Public Partner with Healthcare Improvement Scotland, and an active member of the North Berwick First Responders lifesaving volunteer response team.

Haidar Ramadan graduated from the British College of Osteopathic Medicine in 2001. He completed an MSc at Greenwich University two years later, and in 2009 became a fellow of the Higher Education Academy after obtaining a PGC in higher education teaching. He graduated from Oxford Brookes University last year with a Postgraduate Diploma in Management in Health and Social Care.

Haidar has practised osteopathy within the NHS for 15 years. He is a senior osteopath within the musculoskeletal community service at Chelsea and Westminster Hospital NHS Foundation Trust, in a multidisciplinary team with physiotherapists, ESP physiotherapists, pain specialists, orthopaedic consultants and sport and exercises consultants.

As senior lecturer at Oxford Brookes University in 2008, Haidar was the subject coordinator for the osteopathy part-time course. He was appointed in 2012 as Head of Practical Skills for the British School of Osteopathy's pre-registration programmes.

Deborah Smith qualified from the British College of Osteopathic Medicine in 2002, and completed an MSc in Child Health in 2011. In 2015, she attained the NEBOSH General Certificate in Occupational Health and Safety.

Deborah has held several associate positions in London and the home counties, as well as establishing her own clinic. She also worked with Get Well UK, providing NHS treatments for two years. In 2012 she was an assessor for the GOsC's pilot revalidation scheme.

Deborah runs Mint Practice, a company assisting practitioners with clinical compliance. She has researched and written practice leaflets and information on practice standards for osteopaths and other healthcare professionals in private practice.

Lay members

Sarah Botterill has lived and worked in Wales since 1995, after completing her

first degree in Materials Engineering at the University of Birmingham. She spent many years in manufacturing and the steel industry, qualifying as a chartered engineer and MBA (Warwick Business School), and served as an executive director in this sector.

Sarah is now an independent consultant, focusing mainly on strategy analysis and deployment, education and training, commercial strategies and people management strategies. She works with clients in the private, public and third sectors and currently holds non-executive roles in the not-for-profit and public sectors. Sarah is a qualified coach and a Welsh language learner.

Dr Bill Gunnyeon has spent most of his career in occupational health, holding senior and high-profile roles in the private and public sectors. Appointed Chief Medical Adviser, Director for Health and Wellbeing and Chief Scientist at the Department for Work and Pensions in 2005, he spent nine years leading the health and work agenda within government; his responsibilities included delivering and implementing the government response to the Black Review of the health of working-age people, and developing the fit note and the Fit for Work service.

A former President of the Faculty of Occupational Medicine, Dr Gunnyeon is now an independent strategic consultant and Chair of the Board of the Institution of Occupational Safety and Health.

Dr Joan Martin is a retired occupational therapist and educator, with substantial experience of representing the patient interest in the health arena. She is currently a member of the Council of the Inns of Court Tribunal Board, the Invited Review Board for the Royal College of Surgeons, the Strategic Advisory Board of the Bar Tribunal Adjudication Board, and the Consumer Council for Northern Ireland. She is also a panel member of both the Disability Living Allowance Appeals Panel and the Special Educational Needs Tribunal, and a panel member to the Northern Ireland Medical and Dental Training Agency.

Dr Denis Shaughnessy is an independent consultant who works with public bodies or their suppliers to implement change programmes. Over the last 10 years he has

worked mainly on projects funded by the Department of Health, including the development of national assessments and methods for recruiting doctors into NHS training posts.

After completing a PhD in theoretical physics, Dr Shaughnessy worked in large IT businesses, implementing innovative projects in local government, public utilities and the NHS. He led a five-year programme to implement a national email service connecting virtually every organisation in the NHS. Through his work he has gained an appreciation of the role of healthcare regulators.

Osteopaths are welcome to attend Council meetings, which take place at Osteopathy House in central London; places are limited, so please call Marcia Scott on 020 7357 6655 x246 or email mscott@osteopathy.org.uk

Future meetings in 2016, all starting at 10am, will be held on:

- Thursday 5 May
- Tuesday 12 July
- Wednesday 2 November

Minutes of meetings, and the agenda for the next meeting, are published at: tinyurl.com/gosc-meetings

Appointments to committees

The following new appointments have been made to our fitness to practise committees, from 1 April 2016 to 31 March 2020.

Investigating Committee

Adam Fiske (osteopath)
Eleanor Harding (lay)
Laura Heskins (lay)
James Hurden (osteopath)

Professional Conduct Committee

Claire Cheetham (osteopath)
Tracy Davies (osteopath)
Barry Kleinberg (osteopath)
Morag Mackellar (lay)
Mark Osborne (lay)

 You can find full membership lists for both committees on our public website at: bit.ly/gosc-committees

Could you be a Council or committee member?

We want more osteopaths to apply for vacancies on the GOsC Council and committees when they arise – but a successful application requires you to polish your skills. How can we best help you do that, asks GOsC Chair **Alison White**

We've just finished recruiting the new Council and fitness to practise committee members (see pages 6-7), but already we are looking to the future.

There will be another round of recruitment starting later this year, as existing members complete their maximum terms of office, and I want to encourage a wider diversity of osteopaths to apply. The wider the range of osteopaths who support the GOsC's work, the better and richer its decisions will be.

Last September, the GOsC held a 'development day' for osteopaths who were considering applying for Council and committee vacancies. The 24 attendees, and others who could not attend but were sent the materials used on the day, subsequently made 19 applications for the vacancies; one was appointed to Council, and four to the committees.

I hope the development day contributed to their success, but I want more osteopaths to consider applying in future, and to make effective applications. The recent recruitment process highlighted some areas where support may be helpful.

The application

Our development day set out some basic rules for applications: read the information you're sent, follow the instructions, stick to the word count, and always answer the question you're asked (not the one that you wanted to be asked!).

A common error in application forms is to make assertions without appropriate evidence. Don't claim to be a good leader, for example, unless you substantiate that claim – simply having been a manager doesn't make you a good leader.

The key is to *demonstrate* your qualities and competences: describe a time when you displayed leadership qualities. Show that you understand what is being asked for, and how you fit the bill.



Your CV also requires careful preparation: we saw some that had clearly been produced especially for the occasion, by osteopaths who may not have needed a CV for years. If you think you might want to apply for a particular type of role in the future, start drawing up your CV now (type 'model CV' into an internet search engine to see examples of what a good one looks like), and show it to other people to get their views. Then keep it updated so it's ready for use when the opportunity arises.

The interview

If you're invited to an interview for any post, remember that the panel is on your side. They want you to do your best, so they'll have a choice of good candidates. It's disappointing if a candidate rules themselves out because of nervousness or poor technique.

During the interview, listen carefully to the questions, pause if necessary before you answer, request clarification if you need to, and then address the question you've been asked. Don't fall into the trap

of clamping up or going into a fog of verbosity.

Some interviewees for the recent vacancies – even those who had attended the development day – seemed taken aback by the interview questions ("Tell us about a time when you demonstrated ..."). They later told me that they had prepared by getting a friend to ask them questions, but this requires the right kind of questions to be asked. It's better to sit down with the list of the competences asked for – in areas such as strategy, judgement, leadership and policy-making – and think of an appropriate example for each, describing not just what happened but also how it illustrates that you have that competence.

If you're told that you'll need to give a five-minute presentation, that's what you'll have to do; you will be stopped after five minutes if you overrun! Make sure your presentation isn't too detailed, and rehearse it so you know how long it is.

How can we help?

Making a good application and performing well at interview are largely matters of technique, but we recognise that self-employed osteopaths are unlikely to have many opportunities to learn or practise the skills required.

So we want to know how we can help you understand what to expect during the recruitment process and how to engage with it. What do you find confusing? Are there barriers preventing you from applying? In what areas would you like support? We're planning another development day for potential applicants later this year, but are there other things we can do?

The more we know, the better we can support you. Please give us your views by emailing twalker@osteopathy.org.uk

And look out for details of the next development day in future issues of our news e-bulletin and *the osteopath*.

Countdown begins to new CPD scheme

The way that osteopaths undertake continuing professional development will be changing soon – and you can start preparing now

After years of development and consultation, the proposed new CPD scheme for osteopaths moved closer to implementation in February when the scheme's structure was approved by the GOsC Council.

Designed to promote communities of learning, engagement and support within the profession, the scheme is underpinned by four 'CPD standards'. These will assure the outside world that all osteopaths can demonstrate that:

1. their CPD activities are relevant to the **full range of their osteopathic practice**
2. objective activities have contributed to the **quality** of their practice and the **care** they provide
3. they have sought to ensure that their CPD benefits **patients**.
4. they maintain a **continuing record** of their CPD.

Mandatory activities

The requirements under the new scheme build on those of the current scheme: you will still need to do 30 hours' CPD activity per year, of which at least 15 hours involve learning with others, and keep a CPD folder documenting your activities. Additionally, during each three-year 'cycle' of CPD, you will need to ensure that your CPD includes:

- activities across all four themes of the *Osteopathic Practice Standards*
- at least one 'objective activity' (for example, peer observation, clinical audit, case-based discussion or collecting patient feedback)
- CPD in relation to communication and consent.

You can start following the new scheme today: aiming to include all these

compulsory elements in your CPD will benefit your practice and your patients, and you will be well prepared for the scheme when it becomes mandatory.

Last year we published example case studies and resources, developed by osteopaths, which explore different ways of including these new compulsory elements in your CPD. You can see these on our website (along with our draft guidelines explaining how the scheme will work) at: bit.ly/gosc-new-cpd, and in the coming months we will be expanding and improving these resources.

An innovative part of the new CPD scheme is the peer discussion review: a structured conversation with an osteopath or other health professional of your choice, towards the end of your three-year CPD cycle. This will be an opportunity for you to review your practice and your CPD in a 'safe space' with a colleague whose opinion you respect, and to show how you have engaged with the scheme and demonstrated all the CPD standards.

We want the peer discussion review to be a supportive conversation about your practice, and we are currently developing more detailed guidance on how to conduct a review.

Partnership

When developing our proposals for the new CPD scheme, we worked closely

with 'pathfinder groups' of osteopaths around the UK, and with others across the profession such as regional groups, educational institutions and CPD providers.

Now we are seeking to take the same partnership approach in implementing the scheme – for example, by working with local groups and educational institutions to generate more examples of objective activities, and by encouraging CPD providers and institutions to explain how their courses link to the *Osteopathic Practice Standards*.

Be an early adopter

We would like to hear from osteopaths who are interested in becoming 'early adopters' of the new CPD scheme and leading this development.

We and our implementation partners plan to give early adopters dedicated support, and your feedback will help us to further develop the scheme – and particularly the resources to support osteopaths – before it is rolled out across the profession.

Our aim is for the new CPD scheme to be introduced for early adopters towards the end of this year. The full roll-out of the scheme is scheduled to take place in 2017.

To register an interest in becoming an early adopter, please email Fiona Browne, Head of Professional Standards, at: fbrowne@osteopathy.org.uk



PUREOLUTION / SHUTTERSTOCK

Guiding the osteopaths of tomorrow

We've updated some of our guidance documents for students and osteopathic educational institutions – please let us know what you think of them

Student fitness to practise

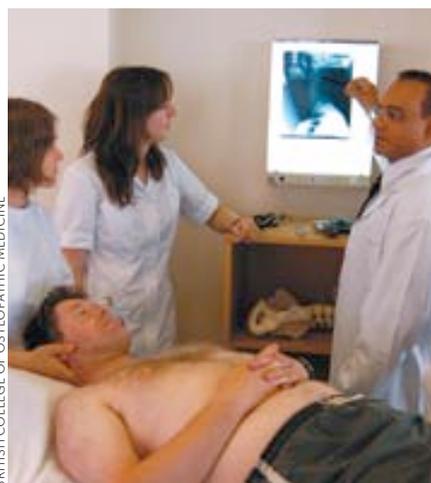
Our guidance on student fitness to practise outlines the professional behaviours expected of osteopathy students, and the responsibilities of educational institutions to ensure that only those students who meet all the *Osteopathic Practice Standards* are awarded recognised qualifications.

The current guidance was published in 2012. There have been a number of important developments in healthcare since then, such as the introduction of a professional duty of candour.

Having talked to the educational institutions about their experiences of using the fitness to practise guidance, and after reviewing similar guidelines issued by other healthcare regulators, we have now produced draft revised guidance documents for educational institutions and for students. You can find these at: bit.ly/gosc-consult-2016a

Student health and disability

Many people with disabilities or long-term health conditions are able to train and qualify as osteopaths, and osteopathic educational institutions have legal obligations towards their applicants and students with these conditions.



The GOsC publishes guidance to help educational institutions meet their obligations, and to encourage the widest possible participation in osteopathic education and practice.

As well as explaining how the *Equality Act 2010* applies in the education sector, the guidance sets out the issues to consider at various points during the 'student journey', from recruitment and selection through to awarding a recognised qualification.

We also publish guidance on this topic for students and would-be students who have disabilities and health conditions. The guidance explains their rights under the *Equality Act*, and describes the support that may be available to help them successfully complete a course in osteopathy.

We have recently revised the documents, which date from 2010, to bring them up to date and in line with recent developments in healthcare education. You can find the draft revised versions at: bit.ly/gosc-consult-2016b

The consultations

We are now holding public consultations on both sets of draft revised guidance. If you are interested in professional behaviours and the requirements for new graduates, or in making the profession as accessible as possible to people with health conditions and disabilities, please tell us what you think.

Simply download the relevant response form from bit.ly/gosc-consultations and return it to us with your comments by **Thursday 30 June**. We look forward to hearing from you.

o zone has the x factor for students

Last summer's osteopathy graduates have told us that they valued the GOsC's online resources while they were studying.

Our **o zone** website contains a dedicated section for students (bit.ly/ozone-students) which describes the registration process, explains what the GOsC is, and offers advice on getting involved with professional activities.

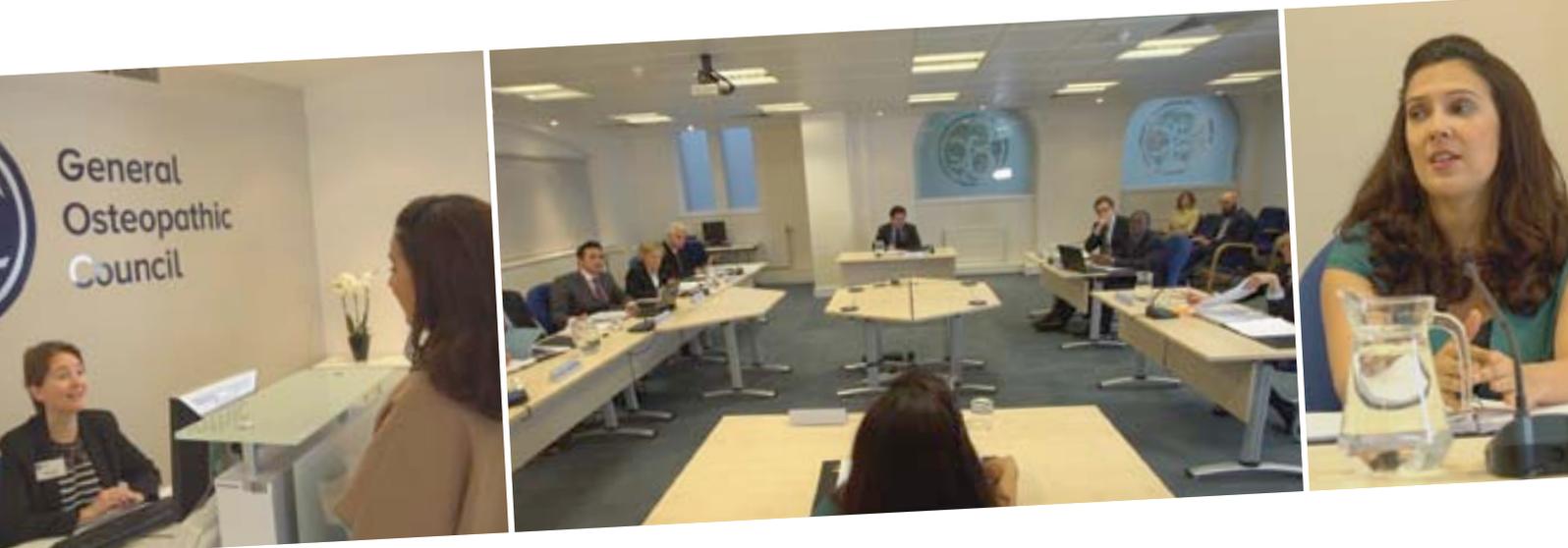
Between November 2015 and January 2016, we invited new registrants to tell us how they had found the process of registering as an osteopath. Of those who had studied in the UK and used the **o zone** during their courses, three-quarters (73 per cent) rated the student section of the site as useful – and 80 per cent said the same of the 'How to register' page (bit.ly/ozone-how-register).

New registrants also found our information booklet for final-year students to be clear and useful, and registration forms were easy to complete; nevertheless, we have revised the forms to make them even more straightforward.

Final-year students are welcome to get in touch with us if they have any questions about registration. Most new registrants said they had

contacted us during the registration process (usually by emailing registration@osteopathy.org.uk), and 96 per cent of those who did were satisfied with how we handled their query.

i If you have lost your **o zone** login details or you think you have not been sent them, please email mpinder@osteopathy.org.uk



Support for witnesses

When one of our fitness to practise committees holds a hearing to consider a complaint about an osteopath's conduct, competence or health, they rely on witnesses to give evidence that will help them reach a decision.

Anyone may be called to be a witness at a hearing, and we recognise that this

can be a daunting prospect. We try to make the process as clear as possible – for example, by inviting witnesses to visit the hearing room in advance – and we now have a guidance leaflet and video, to tell witnesses what to expect and help them prepare.

The guidance outlines the procedure for giving evidence at a hearing – from arranging the witness's attendance

through to where people sit in the hearing room and what will happen during and after the hearing.

There is also advice on the support available for witnesses who may find it difficult to give evidence, and the circumstances in which the committee may issue a witness summons.

The leaflet and video will be available on our public website soon.

GOsC Corporate Strategy 2016-19

The latest version of the GOsC's Corporate Strategy, which formally sets out what we aim to achieve over the period 2016-19, was agreed by Council in February.

Much of our activity, such as maintaining the Register and dealing with complaints, remains unchanged from year to year, but the Corporate Strategy also sets out new areas of work.

Probably our biggest project will be implementing the new CPD scheme, on which we consulted last year (see page 9). This work will include developing

new resources for osteopaths on communication and consent, and on obtaining feedback about your practice.

We also plan to overhaul our approach to quality-assuring osteopathic educational institutions, and to streamline our assessments for osteopaths who come from abroad to practise in the UK.

We will be reviewing and revising the *Osteopathic Practice Standards*, which came into effect in 2012, to ensure that they remain up to date. Find out how you can contribute to the review on page 4.

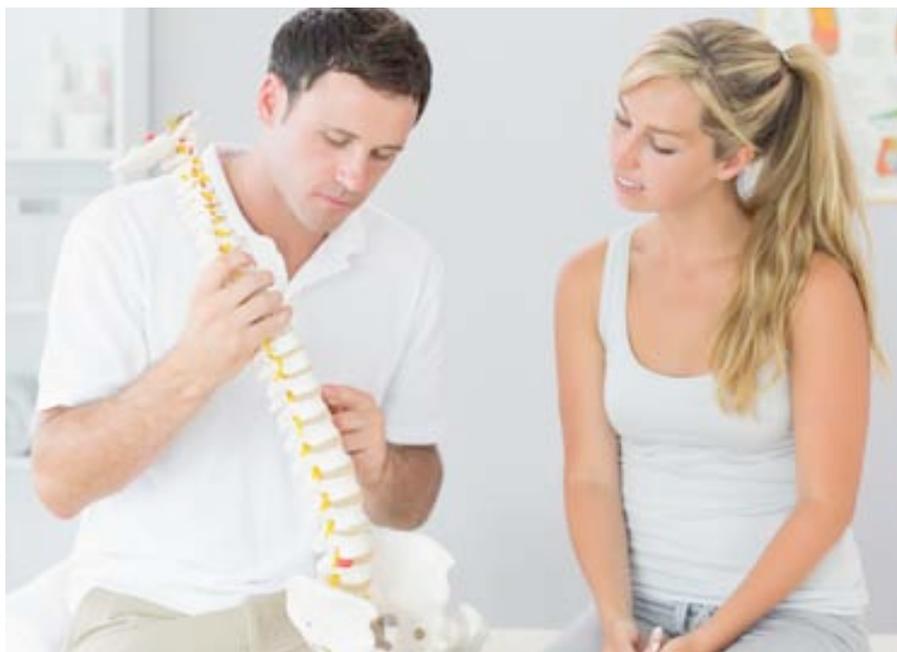
To support new policy initiatives, we want to improve how we engage with patients, osteopaths and others, and find new ways of ensuring that everyone affected by our work can have an input to our policy-making.

And there is a renewed commitment to working with our partners in the Osteopathic Development Group on a range of initiatives to support the development of the osteopathic profession (see bit.ly/io-odg).

We also want to continue improving the quality of our service and the efficiency of our processes.

This is just a snapshot of what appears in the Corporate Strategy. You can find out more in the document itself, available on our public website at: bit.ly/gosc-corp-strategy

'To support new policy initiatives, we want to improve how we engage with patients, osteopaths and others'



WAVEBROK MEDIA / SHUTTERSTOCK

Keeping up with consent

Osteopaths know that they must always obtain their patients' valid consent, but the legal interpretation of what 'valid' consent is has developed over time. GOsC Chief Executive **Tim Walker** explores the implications of a recent ruling by the Supreme Court

One of the subjects that I am often asked about when I talk to osteopaths is the challenge of obtaining valid consent from patients. We know from patient complaints, and the claims made to insurers, that this is a problematic area for many osteopaths.

It is sometimes assumed that the consent requirements in the *Osteopathic Practice Standards* are invented by the GOsC. In fact, they derive from case law applying across the healthcare professions.

'The judgment reinforces the need for the patient to be involved in decision-making'

A ruling made in 2015 by the Supreme Court is the latest judgment in this area, and is both helpful and important for osteopaths' practice. The case involved the risks associated with a natural birth as opposed to caesarean section. The judgment is long and complex, but it makes what I think are some key points.

Material risks

First, the Court said that there is 'a duty to take reasonable care to ensure that the patient is aware of any material risks'. In the past, people have struggled with the notion of trying to explain all risks to patients, although in fact this requirement does not appear in the current *Osteopathic Practice Standards*.

In this new formulation, the important phrase is 'material risks'. These are defined as those where, 'in the circumstances of

the particular case, a reasonable person in the patient's position would be likely to attach significance to the risk, or the doctor is or should reasonably be aware that the particular patient would be likely to attach significance to it'.

Significance

Associated with this point, the judgment says that 'the significance of a given risk is likely to reflect ... the importance to the patient of the benefits sought to be achieved by the treatment'.

This is another important point: the issue is not just the *level* of any particular risk but how the individual patient *is likely to judge* the risk. It moves us away from the idea that it is up to the osteopath to decide on something for the patient, based on the notion that this is what most osteopaths would do, and reinforces the need for the patient to be involved in decision-making.

In fact, the Court said so itself by making it clear that 'the doctor's advisory role involves dialogue, the aim of which is to ensure that the patient understands'.

This point about ensuring the patient understands is reflected elsewhere in the judgment, which says that the duty to provide information to patients is not fulfilled 'by bombarding the patient with technical information which [they] cannot reasonably be expected to grasp'. By having a discussion with the patient, the osteopath can check that they understand the risks and benefits of treatment.

Ongoing process

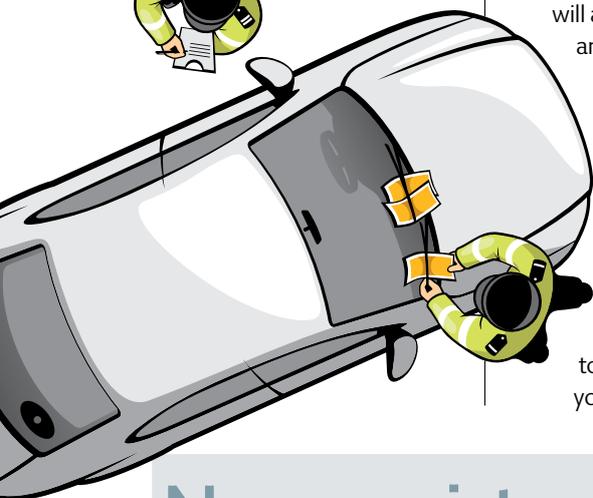
Finally, the Court said that the requirements for valid consent are not met by 'routinely demanding [a] signature on a consent form'. This backs up what we say in the *Osteopathic Practice Standards*, that consent must be an ongoing process throughout the consultation and, except in some highly specific circumstances, a consent form may be more unhelpful than helpful.

We are currently reviewing the *Osteopathic Practice Standards*, and this judgment will help us develop the revised version. To tell us what aspects of the standards you think should be changed, visit standards.osteopathy.org.uk

i You can read the Supreme Court's ruling in this case (known as the 'Montgomery judgment') at: bit.ly/supreme-court-montgomery

Frequently asked questions

Q A patient received a parking ticket following her appointment with me. She blames me for the ticket as she left the appointment late, and is demanding payment, but her appointment overran because she was asking me questions. I no longer feel that I can treat her;



can I refuse to do so, and would it be appropriate for another osteopath at my practice to treat her?

A Standard D4 of the *Osteopathic Practice Standards* requires you to be polite and considerate with patients; the associated guidance advises that they may be anxious and vulnerable, and will appreciate your care and consideration.

If this patient is unhappy, you should advise her of your practice's complaints procedure.

Guidance to standard D7 (on responding quickly to complaints) says: 'If you act constructively,

allow patients the opportunity to express their dissatisfaction, and provide sensitive explanations of what has happened and why, you may prevent the complaint from escalating.'

The guidance adds that a complaint 'may highlight areas of your practice that could be improved' – ask yourself whether your patients are able to know what time it is while in your treatment room, for example. Should you point out to them when their appointment is overrunning, even if you do not mind going beyond their time slot? You could also consider putting a notice in reception advising patients that parking nearby is timed.

Guidance to standard D4 ('Make sure your beliefs and

values do not prejudice your patients' care') says that you may decline to continue treating a patient if you feel that 'you cannot continue to give them the good quality care to which they are entitled' – because, for example, they have become aggressive or seem to have no confidence in the care you provide.

If you decide that you can no longer treat this patient, it will be for you and the other osteopaths in your practice to decide whether they can do so. Think about why you feel it is inappropriate for you to treat her; if there are any issues that relate to the clinic rather than to you personally, try instead to refer her to another practice.

You should contact your insurer about payment of the parking ticket.

ANTONIO BANDERAS / SHUTTERSTOCK

New registrants' questions

Here are answers to some questions asked during our recent presentations to final-year osteopathy students.

Q When can I submit my application for registration?

A As soon as you like. You can complete and return the form to us now with your fee – no funds will be collected before your registration is live – and provide the other required documents (such as your health reference and character reference) later. This will save time if you want to start work quickly when you graduate.

Please fill in all the boxes on the registration form. Do not leave any sections blank. If we have any questions about the information on your form, we will contact you.

Q Do I have to send my form by post?

A Yes, we must receive the original form.

Q Can my GP charge for signing my health reference?

A Yes, but ask your GP practice whether they are prepared to waive the charge as you are about to become a healthcare practitioner.

Q I've been a patient of my GP for less than four years. Can they give me a health reference?

A To be able to sign your health reference, your GP must have known you for at least four years or be able to look back over your medical records covering the past four years.

Q I am not registered with a GP. How can I get a health reference?

A We would advise all osteopathy students to be registered with a GP. If you are not, please seek the advice of our Registration department (registration@osteopathy.org.uk) on how you can satisfy our requirement for you to provide a health reference.

Q What is an enhanced check for regulated activity?

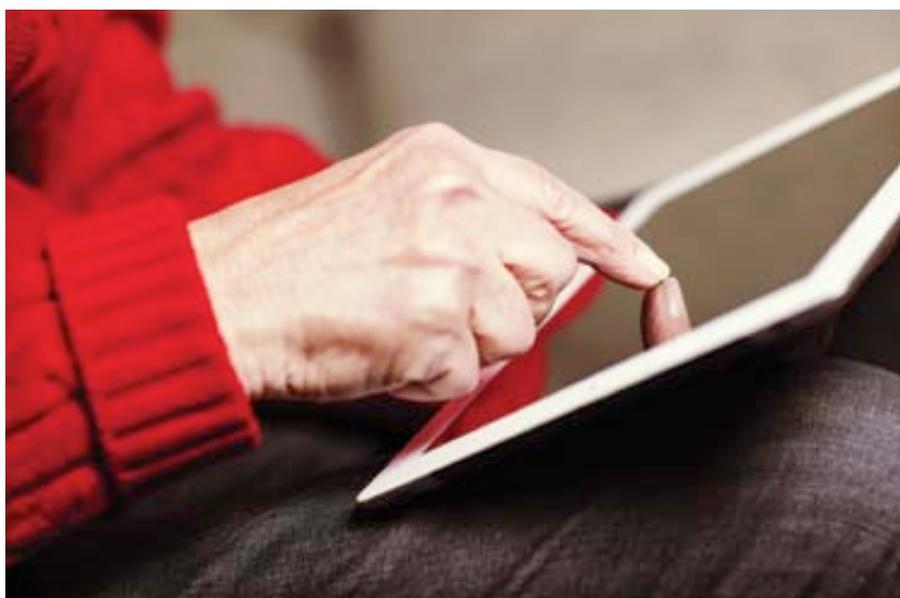
A This was formerly called a Criminal Records Bureau (CRB) check, and must be applied for through an 'umbrella body'. We can put you in touch with an umbrella body – GBGroup plc – which processes these checks on our behalf.

We will not automatically put you in touch with GBGroup plc; you need to give us written permission (by emailing registration@osteopathy.org.uk) to share your contact details with them.

Q How soon should I get an enhanced check?

A Some UK police forces are experiencing significant backlogs in processing these checks. To be sure that your enhanced criminal record check will be completed when you want to start practising, you may want to apply for a check soon – but bear in mind that the check will be dated, and you will have to apply for a new check if your registration is not completed within six months of that date.

Collecting patient feedback online



If you want to make it easy for your patients to tell you what they think, could publishing a feedback form on your website be the answer? One practice tells us how it has worked for them

Osteopaths who collect patient feedback know that this does not have to involve a lot of extra work (see the December/January issue of *the osteopath*, pages 12-13), but the potential burden of administering a patient questionnaire can be offputting if you have never tried it. Can the internet make the process smoother for both patients and practitioners?

Charlotte and Stuart Kramer have run the Bush House Osteopathic Practice in the Wye Valley for the past 16 years. After carrying out two patient feedback exercises by post, in 2013 they placed a patient questionnaire permanently on their practice website.

"We felt that this would make the questionnaire easily accessible," explains Stuart, "and we were interested to see what effect it would have on the response rate."

"We used Wufoo (www.wufoo.com), a self-design online questionnaire tool, which

was easy and free to do. It's not limited by size at all – you can include as many questions as you like. And it only took our website designer an hour or two to embed it on our website."

The questionnaire is anonymous, although the patient can choose to leave their name. "When patients do leave their name, we always contact them to thank them for completing the questionnaire," Stuart points out. "If anyone gave negative answers or left criticisms, we would get in touch to discuss this with them, but to date it hasn't happened: generally, people rate all aspects of their experience as 'excellent' or 'very good'."

The Kramers do not do any number-crunching of the feedback they receive through the questionnaire, but Wufoo

and similar tools enable users to sort and filter their information, and to export it to spreadsheet software such as Excel – making it easier to analyse than data gathered using a paper questionnaire.

Response rate

When carrying out their initial patient feedback exercises by post, the Kramers sent questionnaires to all patients they saw over a two-week period. The response rate was 40 per cent.

In contrast, the online questionnaire has to date been promoted to new patients but generally not to existing ones (apart from via a leaflet in the practice waiting room), resulting in a lower rate of response.

"It may be that, although patients look for information on the website before they come for treatment, they are less likely to revisit the website following treatment – at the time when we would like them

to complete the questionnaire – unless we prompt them," suggests Stuart.

"Also, as a practice we always encourage patients to contact us at any point if there's anything they want to discuss. Possibly our patients don't feel the need to

complete a questionnaire as well."

To try to gather more responses, the practice is now collecting patients' email addresses so that they can be sent post-appointment reminders about the questionnaire.

"We're hopeful that the response rate will increase in the future anyway, as people are generally becoming used to reviewing and rating things online on sites such as TripAdvisor," Stuart adds.



Stuart Kramer

Informing practice

However you collect your patients' comments and opinions, they have no value unless you use them to reflect on and develop your practice. Although the feedback received by the Kramers has been consistently positive, it has still helped to inform how they interact with their patients.

Stuart gives an example: "Patients tended to 'agree' but not 'strongly agree' that they were giving consent to their treatment. This prompted us to review how we asked patients for their consent. We now offer to give them a completed 'What we talked about: our understanding of you' sheet if they want it."

Your ability to derive value from your patients' feedback will, of course, depend on the questions you ask them. When gathering patient feedback for the first time, the Kramers looked at questionnaires in use elsewhere, but felt that these did not meet their needs. "We wanted to gather information that was specific to our practice, so we simply asked questions that we wanted the answers to," Stuart says.

Their questionnaire consists of 16 questions across three themes: 'making an appointment', 'visiting the practice' and 'treatment outcome'. You can read it at:

www.osteopaths-online.co.uk/feedback/

The questionnaire also gives patients an opportunity to post general comments and suggestions, some of which are posted in the 'testimonials' section of the practice website. If you want to use your patients' feedback in this way but your feedback mechanism enables comments to be made anonymously (making it impossible for you to gain the patient's consent for publication), it is good practice to spell out when inviting the feedback that you may publish it – and to give the patient the opportunity to ask you not to.

At present the Kramers do not publish aggregated information about patient satisfaction, but they do share the patient feedback they receive with their local CPD group, so that other osteopaths can use it to reflect on their own practice.

Stuart is in no doubt about the value of the information they have collected using the questionnaire. "We would certainly encourage other osteopaths to collect feedback from their patients," he says. "As for the best way of collecting it, just choose a method that you think your patients will use, and make sure they are aware of it."

Managing osteoporosis

Matthew Rogers, the Institute of Osteopathy's Head of Professional Development, describes its new campaign for osteopaths to promote public health

Osteoporosis is a silent condition. People often don't know they have it until they fall and fracture a bone, but by then it is sometimes too late.

Across the European Union in 2010, there were an estimated 43,000 deaths causally related to fractures. Osteoporosis-related fracture doesn't only affect women: one-fifth of men in the UK break a bone after the age of 50 years because of low bone strength, and men's fracture-related mortality rate is higher than women's.¹

Health promotion

Public health is everyone's responsibility, and part of the philosophy of osteopathy is not simply to treat disease but to ensure the optimum environment for health. It is our responsibility to dedicate a greater proportion of the time we spend with patients to health promotion.

With the National Osteoporosis Society, the Institute of Osteopathy is encouraging osteopaths to help improve public health by spreading the word about osteoporosis prevention, detection and treatment to people at risk.

Diagnosing osteoporosis early is critical to managing the condition. GPs have limited time during their consultations to do this



TEFI/SHUTTERSTOCK

– but because we spend longer with our patients, osteopaths are in a prime position to contribute to public health by screening patients for osteoporosis, and by offering support and management advice as part of our holistic approach.

Resources

There are many resources to help you. For example, FRAX is a simple, web-based prediction tool that you can use to identify an individual's 10-year risk of developing an osteoporosis-related fracture. FRAX is also used by GPs – so, if you feel a medical review is required, including the patient's FRAX report in your correspondence to their GP will add credibility to your request for further investigation. To find out more, visit www.shef.ac.uk/FRAX

The National Osteoporosis Society produces a range of leaflets and fact

sheets for people with osteoporosis. Why not mark Osteoporosis Awareness and Prevention Month in May by promoting these to your patients or making them available in your clinic? You can download them from www.nos.org.uk/resources

We also encourage you to complete the Society's Fracture Prevention Practitioner Training: an e-learning programme with videos and quizzes that offers four hours' accredited CPD. Find out more at: bit.ly/nos-fpp

Members of the Institute can download posters, CPD resources on osteoporosis and text for use in their patient communications, from www.osteopathy.org/for-osteopaths/osteoporosis-awareness

¹ Data from the International Osteoporosis Foundation (www.iofbonehealth.org/facts-statistics)

CPD spotlight: Looking the business

Starting up and growing an osteopathic practice is hard work, so it's good to know that by getting ahead in business you may also be contributing to your continuing professional development.

You can claim CPD hours for activities that develop your business and promotional skills, if those skills are relevant to your work as an osteopath.

In recent months registrants have successfully claimed CPD hours for a range of business-related activities, including workshops, webinars and courses on topics such as:

- business start-ups
- writing a successful business plan
- research for new businesses
- registering as a limited company
- cash flow
- social media for small businesses
- advertising for small businesses
- raising your profile on a budget
- targeting traffic to your website
- business growth tracking
- clinical management
- mentoring
- communication skills.

Other activities that have successfully been counted as CPD are:

- getting one-to-one advice at a business advice clinic
- studying and taking the tests for the European Computer Driving Licence
- attending meetings of a 'small businesses in the community' group
- carrying out a business audit.

As with any other form of development activity, the key to successfully claiming any of these as CPD is to explain on your annual summary form how it has enhanced your skills in running a practice.

Here are some examples taken from osteopaths' annual summary forms:

"One-to-one session with online marketing experts, including clinic growth, establishing average customer value and cost per new client acquisition. The aim was to drive more traffic to my website and generate more bookings from new patients, and to do so cost-effectively in order to grow the practice faster."

"Learnt about marketing strategies, growing a business and developing communication skills at the National Entrepreneur Convention in

Birmingham. These were all used to build a solid foundation for my practice."

"I attended a lecture at the COPA practice growth conference on the use of social networking, which I found very helpful in providing innovative ideas to improve my practice."

Activities that are part of your daily work, and the act of promoting your business itself, cannot be claimed as CPD. These might include designing and placing advertisements for your business, conducting staff interviews and appraisals, typing up patient records, and meeting with accountants.

i For more information about claiming CPD for different types of activity, see pages 11-17 of the CPD Guidelines at: tinyurl.com/gosc-cpd



HMRC online advice for employers

Her Majesty's Revenue and Customs (HMRC) has produced a series of videos and webinars to tell employers about the new National Living Wage and other recent changes to PAYE arrangements.

From 1 April, the National Living Wage of £7.20 per hour has replaced the National Minimum Wage for employees aged 25 and over.

The National Minimum Wage remains in effect, at the rates introduced in

October 2015, for staff under 25 years old and first-year apprentices.

The HMRC videos and webinars also cover general payroll issues. You can access them – and an e-learning course on employing staff for

the first time – at: bit.ly/hmrc-videos-webinars

i To register to receive email HMRC alerts containing information for employers, visit bit.ly/hmrc-employer-alerts

Patient incidents linked to isolation and self-doubt

The National Council for Osteopathic Research's (NCOR) incident reporting website has shown that osteopaths encountering difficult situations need more support – and the same website can help to meet that need, says NCOR researcher **Austin Plunkett**

We all know the unpleasant and complex feelings that accompany any unfortunate clinical encounter – but the Patient Incident Learning and Reporting System (PILARS) can be a help for osteopaths dealing with these issues.

Developed and managed by NCOR, PILARS is a website for all osteopaths around the UK to discuss and learn from clinical incidents. It is completely anonymous, and is a great place to share learning with your colleagues.

NCOR has now sent its first annual PILARS report to the UK's osteopathic educational institutions, and has made several

recommendations. We noticed that osteopaths encountering difficult situations often feel isolated and may question their clinical skills and knowledge – particularly when a patient has been found later to have serious pathology. This can lead to self-doubt and so-called 'second victim syndrome'.

We recommend that educational institutions and professional bodies provide clearly signposted guidance and support for osteopaths and students who find themselves in these situations.

PILARS itself is a means of relieving isolation, particularly for osteopaths who work alone or do not feel comfortable discussing challenging events directly with

colleagues. And please don't think that PILARS is only for use when you are in difficulty: even if you have not experienced a challenging situation yourself, by visiting the PILARS site regularly and commenting on the experiences of others, you can offer support and constructive suggestions which may be able to alleviate *their* feelings of isolation. And, of course, you can learn from others' experiences.

PILARS is available to all UK osteopaths at bit.ly/ncor-pilars

i For more information about PILARS and the NCOR report, contact Austin at info@ncor.org.uk

Paediatric review

Austin Plunkett welcomes a new arrival to the NCOR team

We recently interviewed several candidates for the role of systematic reviewer, and we were delighted by the enthusiasm for osteopathic research demonstrated by the interviewees.

From a strong field, we have appointed **Clare Miles** to conduct our systematic review of manual therapy's effectiveness in treating children and babies.

Clare has produced systematic reviews on the topics of self-management for asthma and chronic musculoskeletal pain, and sexual dysfunction following treatment for cancer.

"I enjoy systematic reviewing because it attempts to make sense of all the available research findings in a particular area, as well as identifying gaps in our knowledge," she says. "I am really looking forward to undertaking the review and working with the NCOR team."

Claire is joining us for one year, and began work in March.

The paediatric review will be delivered by our new Centre for Reviews, which we intend will be the first port of call for working osteopaths who are seeking bite-sized summaries of current evidence.

We have so far selected several volunteers who will help bring our online evidence resources up to date. These are our first steps towards producing a regularly updated overview of the literature relating to osteopathic clinical practice.

If you are interested in helping, please email me at: info@ncor.org.uk – you can fit the volunteering around your day job, and NCOR will support and advise you throughout.



COPYRIGHT THE GENERAL OSTEOPATHIC COUNCIL

Help fund NCOR for just £2 a month

All NCOR's work has to be funded – and the more we do, the more funding we need, says **Austin Plunkett**.

That's why we're asking every osteopath in the UK to make a monthly donation to NCOR of just £2.

This will enable us to launch more projects, validating the work done every day by osteopaths like you.

You can set up a regular donation at: www.ncor.org.uk/donate

Peering at research

Peer-reviewing articles for journals such as the *International Journal of Osteopathic Medicine* is a great way for osteopaths to get involved in research. Peer reviewer **Dr Theodore Jordan** offers his perspective below, and on the right **Sarah Davies** from the publisher Elsevier explains what's involved and provides some reviewing tips

Do you like to read interesting osteopathic articles and case studies? Have you ever done any osteopathic research yourself, as a student or since you graduated? Are you a discerning reader and a critical thinker? If so, you should consider being a reviewer for an osteopathic or professional journal. Most journal editors are looking for good reviewers, and would be more than happy to bring you on as part of their team to help them process article submissions on their way toward publication.

There are many benefits of being a journal reviewer. You will be the first to read new journal submissions, and will have an influence on whether a submitted article is worth publishing. Also, during the review period for an Elsevier journal like the *International Journal of Osteopathic Medicine*, you will have free access to nearly any online journal article (not just to articles in the GOsC's 'IJOM Plus' package of journals) so you can check any referenced articles – and other

articles of interest to you. And you will have a great addition to your CV, and the esteem of colleagues.

A reviewer does not have to be a proofreader. You should point out obvious errors and suggest clarifications of text when needed, but proofreading is up to the author: a mistake-ridden manuscript is simply returned for revision. Likewise, a reviewer does not need to be a scientist or a statistician, nor have global knowledge. They should only be reviewing papers within their expertise. And for the clinician, there are plenty of submitted clinical case studies that need a good reviewer!

Time commitments are a concern for us



all, but reviewing takes less time that you might imagine. Over a year, you may receive one article or several articles to review. Articles that are poorly written and/or do not follow logical reasoning are returned to the author or rejected outright. Submissions that are more carefully written deserve more time in critical reading, checking references and making any comments to the author.

Although reviewing for a journal is not a paid task, it is a rewarding endeavour to assist an author with fine-tuning a submission and seeing it eventually in print.

By volunteering your time and expertise to be a journal reviewer, you will not only enjoy intellectual and professional growth, but also help shape the lasting legacy and quality of osteopathic literature.

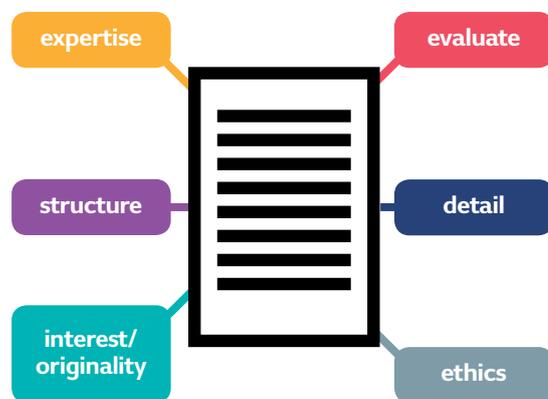
What does a peer reviewer do?

Does the article match your area of expertise? Only accept if you feel you can provide a high-quality review.

Make specific comments and suggestions about the layout and format, the title, the abstract, the introduction, graphical abstracts and/or highlights, the method, statistical errors, the results, the conclusion/discussion, the language and the references.

Give your main impressions of the article, including whether it is novel and interesting, whether it has a sufficient impact and adds to the knowledge base.

Your review will help the editor decide whether to publish the article. Giving your overall opinion and general observations of the article is essential. Your comments should be courteous and constructive, with no personal remarks or personal details.



Providing insight into any deficiencies is important. Explain and support your judgement so that both editors and authors are able to fully understand the reasoning behind your comments. Indicate whether your comments are your own opinion or are reflected by the data.

If you suspect plagiarism or fraud, or have other ethical concerns, raise your suspicions with the editor, providing as much detail as possible.

Peer review plays a central role in scholarly publishing, and has done since the first scientific journals appeared more than 300 years ago. It provides credibility for a journal and its contents, and helps ensure that quality standards are maintained.

Reviewers provide detailed feedback on all aspects of a submitted article, suggest improvements and make a final recommendation to the editor: to accept, reject or request revisions. The diagram on page 18 shows what is typically involved in reviewing a manuscript.

Peer-reviewing contributes to your continuing professional development, and enables you to:

- keep up to date with the latest research
- develop critical thinking skills, which are essential both in practice and if you are interested in conducting research of your own
- contribute to the growth and value of academic literature in your field of knowledge
- expand your knowledge and establish your expertise in a given field.

Reviewers for the *International Journal of Osteopathic Medicine* (IJOM) and other journals published by Elsevier can be given a 'virtual badge' to add to their email signatures, highlighting their status as peer reviewers. They can also claim a certificate showing all the journals they review for.

"We would be delighted to welcome new and experienced reviewers to our team," says IJOM Editor-in-Chief Steven Vogel. "Peer review is the cornerstone of ensuring that high-quality, relevant and interesting papers are published in IJOM.

"We are keen to involve more colleagues who are willing to think critically and contribute to enhancing the quality of published work, and who want to support the development of osteopathy's knowledge base. Educators, clinicians and researchers all have the potential to get involved as authors and reviewers."

Getting started

Elsevier, the publishers of IJOM, produces a regular free e-newsletter on topics of interest to reviewers at:

www.elsevier.com/reviewers-update

Elsevier's online 'Publishing Campus' contains webinars, interactive courses and other resources to help you learn about the peer review process and how to be an effective reviewer – see bit.ly/publishing-campus-peer-review

The resources on the Publishing Campus are all available free of charge, but you will need to register before you can access them. As part of the process you'll be asked to select your 'current affiliation/institution' from a drop-down list – simply choose the institution where you gained your osteopathy qualification.

 To find out more about reviewing for IJOM, email s.davies@elsevier.com, enclosing your CV.

Remember that you can read current and previous issues of IJOM and six other Elsevier journals free of charge through the IJOM Plus package – you can access them via the o zone at: bit.ly/ozone-journals



Help shape our 2017 conference

NCOR researcher **Austin Plunkett** seeks osteopaths' input to ensure that this major event covers the topics you want, at a location you can attend and at a price you can afford

Plans for the National Council for Osteopathic Research (NCOR) conference in January 2017 are coming together. The theme is likely to be 'Persistent Pain', and we are looking for academic and clinical researchers who have a particular interest in this topic; however, we are always interested in current research in any fields relevant to osteopathy.

Who would you like to see involved, from both the osteopathic and the larger healthcare arenas?

Invitations will be sent to potential speakers in the near future. Location doesn't have to be a limiting factor: we are already investigating the possibility of video presentations from speakers outside the UK.

To keep the conference accessible to all osteopaths, we're aiming to keep the attendance fee below £100 for a full day's CPD on the latest research.

We are hoping to arrange two venues and dates for the conference, so that osteopaths around the country will be able to attend. We hope that one of the venues will be at Queen Mary University of London, where NCOR is based, but we realise that many osteopaths outside south-east England find travel to London expensive and time-consuming. At the moment we are also looking at a potential venue in Leeds – do you have a preference for where the conference should take place?

To help us plan a conference that meets your needs and interests, please email me at: info@ncor.org.uk

'We're aiming to keep the attendance fee below £100 for a full day's CPD on the latest research'

Curtain rises on new performing arts group

Osteopaths who treat performing artists are setting up a special interest group, reports osteopath **Jenny Davys**

When Michael Mehta proposed establishing a special interest group for osteopaths in performing arts medicine (see *the osteopath*, October/November 2015, page 17), he received an encouraging response.

As a result, 17 osteopaths with a wide range of osteopathic and performing experience gathered in mid-February at the Rambert dance company's new studios on London's South Bank (courtesy of the company and its resident osteopath, Andrew Creevy) to discuss taking things forward.

Specialisation

Sports medicine has become a clear specialisation, both in conventional medicine and within osteopathy through the Osteopathic Sports Care Association.

Issues in the treatment of performing artists are similar to those for sports professionals: in both cases there is a

psychological element and the placing of extreme, very specific demands on the body. Nevertheless, performing arts medicine is still a nascent field, although postgraduate studies do now exist: these include the MSc in Performing Arts Medicine at University College London (on which osteopath Jennie Morton is an Honorary Lecturer) and the MSc in Dance Science at Trinity Laban.

Three osteopaths attending our February meeting were graduates of the Performing Arts Medicine MSc, but everyone agreed there should be no 'hierarchy' of paper qualifications over hands-on experience.

Registers

At the meeting, we looked at organisations offering health or advice services to performing artists, such as One Dance and the British Association of Performing Arts Medicine (BAPAM). These have their own registers of practitioners, to which some colleagues

already belong, so we compared and contrasted their registration criteria.

BAPAM holds free regional clinics for performing artists, and has recently appointed its first osteopath assessor in its London clinic. Until now, only physiotherapists, GPs and consultant medics have been BAPAM assessors, so this is quite a coup!

Performing arts companies and educational institutions tend to employ physiotherapists and generally know little about osteopathy; it is performers themselves who often turn to osteopaths, and have to fund their own treatment. Creating a specialist osteopathic group could give osteopathy a 'voice' at a higher level, bringing more recognition of the benefits that we can offer performing artists.

There is a lot of enthusiasm for the new group, and we are holding another meeting in London on **Saturday 23 April** to establish a formal structure and agree objectives – and choose a snappy name!

Ideas have been mooted for the group's activities, from generating resources and research to holding regular CPD days focusing on different performing arts disciplines.

If you treat performing artists or you have a passion for performing arts, please get involved. Call Michael Mehta on **020 7638 3202** or email hermeshealthosteopathy@gmail.com

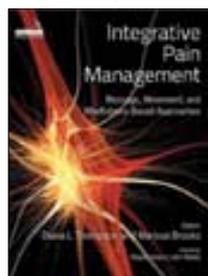
Bookshelf

A selection of illustrated reference books for osteopaths

Integrative Pain Management Massage, Movement, and Mindfulness Based Approaches

Diana L Thompson and Marissa Brooks (editors)

Handspring Publishing (2016), 320 pages



ISBN 978-1-909141-26-1

Beginning with an overview of pain mechanisms and the ways in which individual patients experience pain, this book describes various massage, movement and mindfulness techniques and disciplines in detail – including assessment techniques, treatment plans, progress measures, self-care instructions and case studies.

Dry Needling for Manual Therapists Points, Techniques and Treatments, Including Electroacupuncture and Advanced Tendon Techniques

Giles Gyer, Jimmy Michael and Ben Tolson



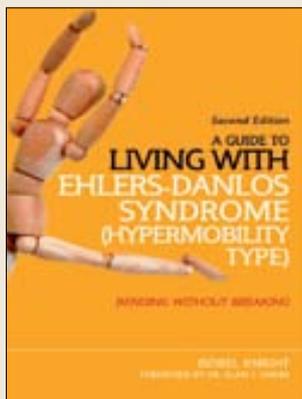
Singing Dragon (2016), 312 pages

ISBN: 978-1-84819-255-3

Designed as a supplement for those who are taking or have completed a course in medical acupuncture, this fully illustrated handbook provides detailed information about needling techniques, plus guidance on safety and treatment planning and an overview of the underlying theory and principles.

i If you would like to review any of these titles (in exchange for a free copy) contact the Editor at: editor@osteopathy.org.uk

Book reviews



A Guide to Living with Ehlers-Danlos Syndrome (Hypermobility Type): Bending without Breaking (2nd edition)

Isobel Knight

Singing Dragon

ISBN: 978-1-84819-231-7

Reviewed by Amy Osland

MOst

I wanted to read this book as I find patients with Ehlers-Danlos Syndrome (EDS) probably the most complex to treat: it is such a multifactorial condition, and I sometimes find it challenging to help patients maintain the best balance in their life.

I found it an interesting read, but felt that it was written from a very personal and subjective viewpoint: the author suffers from EDS herself. But that is what other readers may want!

The book is made up of 16 chapters which focus on the symptoms, diagnosis, progression and management of EDS (hypermobility type). It begins with helpful descriptions of the different EDS types (who knew there were so many!): classical EDS (previously known as types I and II), hypermobility EDS, vascular EDS, kyphoscoliosis (previously EDS type VI),

arthrochalasia and dermatosparaxis (previously known together as EDS type VII).

The author also discusses the three types of hypermobility, of which EDS (hypermobility type) sufferers tend to have a combination: bony hypermobility, collagen-related hypermobility and neuropathic hypermobility. I think it is important for us as osteopaths to be confident in our understanding of these different types, for purposes of treatment and advice.

It's good that this new edition includes information about osteopathy for EDS (which was omitted in the first version as the author hadn't had a good experience with osteopaths), and the need for a holistic approach to the management of the condition. However, I found the description of osteopathy and osteopathic technique to be fairly uninformed and almost misleading – for example, it is described simply as a manipulative therapy that, along with chiropractic, is known for its 'joint cracking'. It's a shame that other aspects of osteopathy (or certainly how I like to practise), such as a holistic view of symptoms and advice, aren't mentioned. There were also one or two opinions on a variety of 'therapies' (for example, reflexology and reiki) which I found to be descriptive but not educational.

Overall, I don't think this book is suitable if you want to further your knowledge as a manual therapist about treating and managing EDS patients – but it is a good

book to refer those with the condition (potential and confirmed) to for their own benefit.

Also, reading it has made me want to read Knight's book *A Multidisciplinary Approach to Managing Ehlers-Danlos (Type III) – Hypermobility Syndrome* (2013); this apparently goes into treatment modalities and specifics in more detail, so would be more helpful to us as therapists.

Positional Release Techniques (4th edition)

Leon Chaitow

Churchill Livingstone Elsevier

ISBN: 978-0-702051-11-1

Reviewed by Jeremy Burton
BSc (Hons) Ost

This book has been expanded to cover the latest techniques under the Positional Release Technique (PRT) umbrella. The main techniques explored are strain/counterstrain, functional and facilitated positional release, balanced ligamentous technique, visceral positional release, McKenzie method, taping techniques and application of PRT to animals.

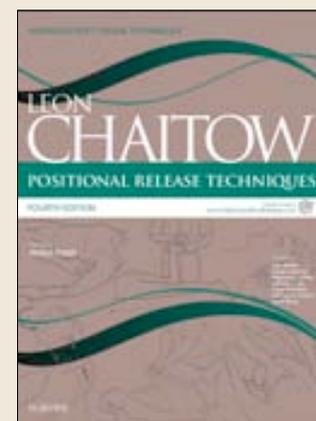
The author has set out to examine the latest theories underpinning the mechanism of how PRT works, and details the evidence base for the efficacy of this treatment modality. Subsequently the book is rich in physiology and evidence-based research, which lends an academic flavour to the text.

Too frequently the writing is repetitive and verbose, and the book's structure is not as user-friendly as it should be. For instance, the reader frequently has to go back and forth to refer to a picture or

table etc, which is annoying when you are trying to learn a technique. Additionally, not enough techniques are demonstrated – and when they are, the descriptions are overly long, with distracting comments often inserted into the instructions.

Of the main techniques described, the author makes no direct comparison and contrast so the reader is left to make up their own mind concerning which technique should be used and why. Is one of these techniques better than the rest? Facilitated Positional Release appears to be the fastest-acting of the approaches, requiring the shortest duration for holding the position of ease. So should this be the technique of choice, and is there a need for the other approaches if they achieve similar results and work in a similar way?

Although the book is accompanied by videos which are accessible online, I recommend that those who are simply interested in just learning PRT buy *Positional Release Therapy Assessment and Treatment of Musculoskeletal Dysfunction* by D'Ambrogio and Roth; there, the main focus is on the application of the techniques themselves, which are presented in a clearer, more concise and user-friendly manner.



Courses 2016

Courses are listed for general information, and inclusion does not imply approval or accreditation by the GOsC. For a comprehensive list of courses, see the events diary on the **o** zone at: bit.ly/ozone-events

May

9-10

Cranial nerves unravelled

Speaker: Katherine Ukleja
Venue: Skylight Centre, London
Tel: 07000 785778
info@cranio.co.uk
www.cranio.co.uk

11

Kinesiology taping for the athlete

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

11

Kinesiology taping for the athlete

Speaker: Mike Grice
Venue: Birmingham Movement Therapy, Harborne B17
Tel: 07850 176600
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

12

The vital glutes and psoas masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

14

Diagnostic triage: separating fact from fiction

Speaker: Lee Muddle
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

14

Non-cranial paed: neonatal settling, suckling and sleeping

Speaker: Caroline Stone
Venue: London
www.visceralosteopathy.co.uk/contact

14-15

A process approach in physical therapies: beyond the structural model

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

16-17

Advanced soft tissue techniques

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

20-22

Accademia Italiana Osteopatia Tradizionale: International conference of osteopathic medicine

Venue: Montesilvano (Pescara), Italy
Tel: +39 085 4214343
congressi@athenacongressi.it
www.osteconf.it

21

Complex breathing dysfunction and the stomatognathic system

Speaker: Caroline Stone
Venue: Birmingham
www.visceralosteopathy.co.uk/contact

27

Spinal manipulation and mobilisation technique

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

June

4

Acupuncture for managing shoulder and upper quadrant conditions

Speaker: Justine Munur
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

4-5

SCCO Pathway module 1: Foundation course

Speaker: Penny Price
Venue: Aesthetic Health, Leeds
Tel: 01453 767607
admin@scco.ac
www.scco.ac

6

Hip and groin masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

7

Knee joint masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

9-12

Acupuncture techniques for sports injuries – level 1

Speaker: Bernard Nolan
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

9-13

SCCO Pathway module 4: Balanced ligamentous tension

Speaker: Susan Turner
Venue: Hawkwood College, Stroud, Gloucestershire
Tel: 01453 767607
admin@scco.ac
www.scco.ac

11

National Osteopathic Archive History Society Symposium: Nutrition and dietetics in the community, schools, naturopathic and osteopathic education

Speakers: Elizabeth Bragg, Stewart Mitchell, Mary O'Leary and John O'Brien
Venue: British School of Osteopathy, London SE1
jcorneliusobrien@gmail.com
www.noa.ac.uk/noahs

11

Non-cranial paed: toddlers and gait

Speaker: Caroline Stone
Venue: London
www.visceralosteopathy.co.uk/contact

11-12

Dry needling/trigger points

Speaker: Anthony Agius
Venue: London School of Osteopathy, London SE1
antagi@hotmail.co.uk

12

Paediatric ENT

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1
Tel: 07792 384592
osteokids@aol.com
www.mumandbaby-at-home.com

13**Acupuncture techniques for medical conditions – level 2**

Speaker: Bernard Nolan
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

13**Muscle energy techniques made simple**

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

14**Neurological testing made simple**

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

18**Managing the acute and chronic shoulder: from science to practice**

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

18**Obstetrics and biomechanics: pain management and preparation for labour**

Speaker: Caroline Stone
Venue: London

www.visceralosteopathy.co.uk/contact

18-19**Biodynamic craniosacral therapy introduction**

Speaker: Michael Kern
Venue: Skylight Centre, London N5
Tel: 07000 785778

info@cranio.co.uk
www.cranio.co.uk

26**First aid appointed person**

Speaker: Steven Bruce
Venue: Skylight Centre, London N5
Tel: 07000 785778

info@cranio.co.uk
www.cranio.co.uk

28**Cervical spine masterclass**

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

29**Shoulder joint masterclass**

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

30 June-3 July**SCCO module 3: Osteopathic medicine – organs and systems**

Speaker: Lynn Haller
Venue: Hawkwood College, Stroud, Gloucestershire
Tel: 01453 767607

admin@scco.ac
www.scco.ac

July**2****Treatment of spinal region with acupuncture**

Speaker: Kam-Wah Mak
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

9-10**Osteopathy in pregnancy, birth and post-partum**

Speaker: Professor Renzo Molinari
Venue: Wokefield Park, nr Reading, Berkshire
Tel: 01453 767607

admin@scco.ac
www.scco.ac

14-17**Advanced therapy masterclass**

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Oxford OX4
Tel: 07850 176600

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

16**The miserable baby, part 1: Treating feeding and digestive disorders in the newborn and baby**

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1
Tel: 07792 384592

osteokids@aol.com
www.mumandbaby-at-home.com

August**20-21****SCCO Pathway module 1: Foundation course**

Speaker: Penny Price
Venue: Fawnsmoor Farm, Axminster
Tel: 01453 767607

admin@scco.ac
www.scco.ac

September**9****Trigger point dry needling in management of back pain**

Speaker: Mieke Vlamynck
Venue: Whittington Education Centre, London
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

10**Dry needling in elbow, wrist and hand conditions: a myofascial approach**

Speaker: Mieke Vlamynck
Venue: Whittington Education Centre, London
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

10-11**Functional stretching**

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre, London
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

11**Bump to baby, part 1: Treating the pregnant patient – pelvic, pubis, coccyx and lumbar spine**

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1
Tel: 07792 384592

osteokids@aol.com
www.mumandbaby-at-home.com

12-16**SCCO Module 2: Osteopathy in the cranial field**

Speaker: Pamela Vaill-Carter
Venue: Columbia Hotel, London
Tel: 01453 767607

admin@scco.ac
www.scco.ac

22-25**Visceral manipulation 4**

Speaker: Christoph Sommer
Venue: Stillorgan Park Hotel, Dublin, Ireland
Tel: +353 1210 3967

barralireland@gmail.com
www.barralinstitute.ie

24**Contemporary acupuncture in women's health**

Speaker: Justine Munur
Venue: Whittington Education Centre, London
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

24**Managing fibromyalgia with acupuncture: research to practice**

Speaker: Dr Jorge Vas
Venue: Whittington Education Centre, London
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net



Ergonomics for Manual Therapists

Date: Saturday 14 May 2016

Times: 09.00 – 17.00

Cost: £125

CPD: 7 hours

Location: The BSO Teaching Centre, London



Ergonomics is a huge part of health and wellbeing; many of your patients are likely to be experiencing pain influenced by the set-up of their workstations. This course is an ideal introduction to ergonomics, linking to applications which can be put into practice by all manual therapists. The workshop is hugely popular and always sells out. This course is ideal for manual therapists. Upon completion of the course, you will be able to;

- evaluate patients in relation to computer workstations and manual handling
- train patients in ergonomics so that they are more aware of how to prevent injury
- gain knowledge and skills to support your patients with injuries or problems influenced by their workplace environment

Osteopathic Refresher

Date: Saturday 11 June & Sunday 12 June 2016

Times: 09.00 – 17.00

Cost: £200

CPD: 7 hours per day

Location: The BSO Teaching Centre, London



This course at the BSO offers osteopaths a range of 'refresher' sessions designed to update and explore different aspects of osteopathic practice. The weekend has been designed to support the new Osteopathic Practice Standards, and invited speakers represent a wide range of experience and expertise. Each session is designed to quickly update attendees on key issues, and to offer practical advice and information that can be immediately helpful back in practice. The weekend's sessions reflect the four different areas of the Osteopathic Practice Standards (A,B,C, and D) and will deliver 14 hours of CPD 'with others', allowing for peer support, discussion and evaluation of new and established ideas. Topics to be confirmed.

Paediatric Osteopathy 1 & 2

Date: Saturday 9 July & Sunday 10 July 2016

Times: 09.00 – 17.00

Cost: £125 per day

CPD: 7 hours per day

Location: The BSO Teaching Centre, London



Working with babies and toddlers is an increasing part of osteopathic clinical work. This course will give a firm grounding in eliciting a thorough case history, relevant examination and evaluation. This will give delegates confidence in their diagnosis and management plans for infants up to a year old. The course will include red flags and examination procedures and an emphasis on a thorough understanding of factors leading to common infant presentations. Delegates will ideally have been in practice for at least a year with some experience of working with infants. Book now to attend one or both days of the course.

Get in touch...

For a full list of all our CPD courses or to book your place **today**, phone on 020 7089 5333 or email cpd@bso.ac.uk.

What's coming up...

Fri 15 Apr

Functional Active Release - Lumbar Spine & Lower body

Sat 16 Apr

Enhanced Palpation

Fri 20 May

Communication & Consent

Sat 11 & Sun 12 Jun

Osteopathic Refresher

Sat 16 Jul & Sun 17 Jul

Osteopathy & Gynaecology:

Pelvic Pain & the Female

Reproductive System

Sat 9 Jul

Pain & Pharmacology

Sat 23 Jul

Thoracic Outlet Syndrome &

Shoulder Dysfunction

Workshop

2015-16

We're planning our CPD programme for the year ahead—please share your ideas and requests via cpd@bso.ac.uk.

Follow us...



TheBSO



@OfficialBSO



The British School of Osteopathy



OfficialBSO

We have a variety of teaching rooms, practical rooms and meeting rooms available for hire in our Central London location at competitive rates.

Phone Husaina on 020 7089 5319 or visit www.bso.ac.uk for a full list of what's available.



THE BRITISH SCHOOL OF OSTEOPATHY

Postgraduate Certificate in Academic and Clinical Education

This programme is designed to equip osteopathic, chiropractic and physiotherapy educators with the knowledge and skills required to effectively support students in both classroom and clinic-based settings. The course offers two units: Education for Academic Teaching and Education for Clinical Supervision and Teaching Technical Skills. Each unit will involve four contact days, approximately one a month, utilising seminars and practical workshops supported by online discussion forums and formative and summative assessment.



Four important areas are explored through the programme:

- **Educational Theory** - critical exploration of current concepts and debates regarding models of teaching, learning, assessment and feedback
- **Educational Practice** - explore practical approaches to teaching and learning including developing teaching materials, teaching practical skills and clinical supervision
- **Supporting Student Learning** - learn more about student needs, supporting the student experience, social learning skills and situated learning
- **Institutional Issues** - discuss the role of the educator in the teaching institution, curriculum design, management and leadership in education

Currently the programme has **97% success at graduation** and feedback from the last cohort reported **100% satisfaction** with the learning experience.

Our next cohort will begin in September 2016. For more information:

Course Leader: [Fiona Hendry f.hendry@bso.ac.uk](mailto:f.hendry@bso.ac.uk)

Admissions: admissions@bso.ac.uk or 020 7089 5316

www.bso.ac.uk/postgraduate-cpd/postgraduate-courses



THE BRITISH SCHOOL OF OSTEOPATHY

Postgraduate Certificate in Specialist Paediatric Osteopathic Practice

Designed for practising osteopaths who wish to develop specialist skills in paediatric osteopathic practice, this one year course will develop your knowledge, practical and clinical skills in the specialist area of paediatric practice. This course welcomes osteopaths, internationally and nationally.



- ◆ Learn a broad range of relevant technical and structural approaches to evaluation, treatment and management, enabling you to deal with the challenges of paediatric clinical uncertainties
- ◆ A focus on recognising, managing and safeguarding critical incidents and diagnosing and managing complex paediatric cases.
- ◆ An evidence based approach to paediatrics
- ◆ Exposure to a diverse and broad range of paediatric patients rarely seen in private practice
- ◆ Valuable hands-on experience working in Europe's largest osteopathic clinic and our specialist 78 year old paediatric clinic
- ◆ Increase your employability by specialising in paediatric osteopathy
- ◆ Benefit from a high tutor to student ratio
- ◆ Flexible with weekend classes, allowing you to work and study
- ◆ Suitable for graduate and experienced osteopaths

Discount available for BSO Alumni and 2015/2016 graduates from all other osteopathic schools with RQ status. For more information contact [admissions](mailto:admissions@bso.ac.uk).

Our next cohort will begin in July 2016. For more information:

Course Leader: [Samantha Fennell s.fennell@bso.ac.uk](mailto:s.fennell@bso.ac.uk)

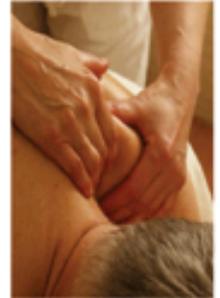
Admissions: admissions@bso.ac.uk or 020 7089 5316

www.bso.ac.uk/postgraduate-cpd/postgraduate-courses



Postgraduate Certificate in Integrated Care Of Older Adults

Did you know that by 2030, **one in five** people in England will be aged **over 65**? This is why we have specifically designed the **only award bearing course in the UK** for those who wish to develop specialists skills in osteopathic care of older adults (over 65 years). This course will equip practising osteopaths with contemporary, evidence-informed knowledge, practical and clinical skills in the specialist area of advanced osteopathic management of older adults.



- ◆ Learn topics such as the biology of ageing, effects of polypharmacy and nutrition on health, the impact of complex co-morbidities on prognosis
- ◆ Learn patient-centred comprehensive evaluation and management strategies of older adults, including risk-assessment
- ◆ Learn to critically appraise plausibility of contemporary and established models of osteopathic care for the elderly
- ◆ Learn concepts of safeguarding supported by effective communication and team working
- ◆ Enables you to establish links with local practitioners that manage and treat older adults.
- ◆ Assessments in the form of written course work
- ◆ Flexible with weekend classes, allowing you to commute as well as combine work and study
- ◆ Suitable for graduate and experienced osteopaths

Our next cohort will begin in January 2017. For more information:

Course Leader: Shireen Ismail s.ismail@bso.ac.uk

Admissions Assistant: admissions@bso.ac.uk or 020 7089 5316

www.bso.ac.uk/postgraduate-cpd

BOURNEMOUTH MUSCULOSKELETAL ULTRASOUND COURSE: 21-22 September 2016

In association with British Institute of Musculoskeletal Medicine (BIMM). Approved by the EFUMB (European Federation of Ultrasound in Medicine and Biology), ECOSEP (European College of Sports and Exercise Physicians) and BASEM (British Association of Sports and Exercise Medicine).

This short focused course is accredited by CASE (Consortium for Accreditation of Sonographic Education). The aim of the course is to educate and train musculoskeletal practitioners, particularly Osteopaths, in the safe and competent use of diagnostic ultrasound imaging in the visualisation and interpretation of musculoskeletal conditions.

This course provides essential ultrasound skills in MSK leading to the accreditation of clinical competency as a prerequisite for safe practice.

(Opportunities also exist to study for an MSc in MSK ultrasound).

For further information please contact:

Sandra Battiston T: **01202436505**:

E: **sbattiston@aecc.ac.uk**

www.cusultrasound.co.uk

The AECC is an Associate College of Bournemouth University



The Centre for Ultrasound Studies
Cavendish House,
13-15 Parkwood Road
Bournemouth, Dorset
BH5 2DF



CPDO 2016

Professional Development for Manual and Physical Therapists

☎ 0207 263 8551
cpd@cpdo.net

Date	Topic	Lecturer	Cost	Deposit	CPD points
9-10 April	Hartman's Master class in manipulative techniques: upper body	Prof. Laurie Hartman	Fully booked		14
14 May	A process approach in physical therapies: beyond the structural model NEW COURSE	Dr. Eyal Lederman	£265	£150	14
14 May	Diagnostic Triage-Separating Fact from Fiction	Lee Muddle	£125	£125	7
18-20 May	Barral's viscerο-emotional release	Jean-Pierre Barral	Fully booked		20
4-5 June	Hartman's Master class in manipulative techniques: lower body	Prof. Laurie Hartman	Fully booked		14
18 June	Managing the acute and chronic shoulder: science to practice	Dr. Eyal Lederman	£125	£125	7
4 June	Acupuncture for managing shoulder and upper quadrant conditions	Justine Munur	£135	£135	7
2-3 July	Hartman's Master class in Manipulative techniques: lower body	Prof. Laurie Hartman	Fully booked		7
9 Sept	Dry needling in managing low back pain	Mieke Vlamynck	£135	£135	7
10 Sept	Dry needling in elbow, wrist and hand conditions: a myofascial approach	Mieke Vlamynck	£135	£135	7
24 Sept	Managing fibromyalgia with acupuncture: research to practice	Dr. Jorge Vas	£145	£145	7
8 Oct	Chronic pain - the lynchpin between management and recovery	Georgie Oldfield	£125	£125	7
15 Oct	Integrated myofascial Release	Rachel Fairweather & Meghan Mari	£125	£125	7
19-21 Oct	Barral's advanced urogenital manipulation	Jean-Pierre Barral	Fully booked		20
5-6 Nov	Advanced Muscle Energy Methods - articular and soft tissue approaches	Leon Chaitow	£295	£200	14

CPDO at Home - online CPD

Learning with Others and Self-Directed Learning

Free membership - Pay as you go - www.cpdoathome.com

Up to 3 CPD points for Learning with Others (live forums)

Up to 5 CPD points for Self-Directed Learning



Venue: Whittington Education Centre, Whittington Hospital
Gordon Close, off Highgate Hill, London N19

For **acupuncture** and **dry needling** courses see:

www.cpdaonline.com



Get ready for the changes in CPD requirements: Join a supervision/tutorial/peer group with Dr. Eyal Lederman
cpd@cpdo.net / 0207 263 8551



CPDO Ltd. 15 Harberton Road, London N19 3JS, UK / 0044 (0) 207 263 8551

email: cpd@cpdo.net For more information and booking visit www.cpdo.net

50% discount available to students on most courses (see www.cpdo.net for further details)

The Heart and its Osteopathy - An osteosophical conceptualisation

Presented by Jean Marie A.T. Beuckels

Date: Friday 16 to Sunday 18 September 2016
Cost: £450 (includes lunch and refreshments)
CPD: 21 hours



This three-day postgraduate event is the first in series* of osteosophical workshops being presented at the European School of Osteopathy. Learning alongside like-minded colleagues, in this event group members will be encouraged to build a deeper understanding of osteosophical principles in relation to the visceral heart. Through an integrated mix of theory and hands-on practical experience, this first event will enable members to consider the treatment of heart patients from an osteopathic perspective. Course content includes:

- The heart: external and internal visceral dysfunctions, form/function and its neurological interactions
- The biomechanical/biokinetic/biodynamic heart; tests and treatment
- An introduction to the ANS heart interaction (the plexus, the connections, and an introduction in the brain autonomic interaction / tests and treatment) and how to mobilise the ANS from different perspectives

This event is open to osteopaths with a basic knowledge of visceral osteopathic care.

*Upcoming events include further osteosophical conceptualisations in relation to hormones and their osteopathy, the brain visceral interaction and its osteopathy, psychodynamic interactions and their osteopathy.

Definition of Osteosophy®: Conceptual theoretical thinking according observation of nature and humanity, in order to create and underpin synthesis and integration insights, and so determine osteopathic treatment strategies within non-symptomatic or integral OMT. (Jean Marie A.T. Beuckels)

Animal Osteopathy

Course Leader: Dustie Houchin

Course: Advanced Equine Studies
Date: Weekend One: Saturday 3 to Sunday 4 September 2016
Cost: £1,250 per course/4 weekends (includes lunch and refreshments)
Flexible payment available

Available as a
Standalone
course



What will Animal Osteopathy bring to your practice?

Diversifying into this fascinating field will not only add variety to your career, it will also enable you to build new networks that feed naturally back into your human practice. Our animal programmes are designed to meet growing standards within the profession, ensuring OPS compliance. They are specifically aimed at the working osteopath, with maximum flexibility to meet professional needs. Core subjects of the Advanced Equine Studies course:

- Breed types & associated problems
- Identification of abnormal gaits (injury & pathology)
- Equine orthopaedics & rheumatology
- Pathological case presentations
- Equine neurological conditions
- Equine visceral anatomy
- Equine diet & nutrition
- Advanced osteopathic evaluation, assessment & techniques

Recognition of Prior Learning will be considered for those wishing to enter at Advanced level - please email animalosteopathy@eso.ac.uk to find out more. The ESO's animal courses are open to osteopaths only. Full course details can be found on our website at www.eso.ac.uk/animal-osteopathic-programmes/.

CONTACT US:

European School of Osteopathy, Boxley, Maidstone, Kent, ME14 3DZ
Tel: +44 (0)1622 671558 or Email: cpd@eso.ac.uk

www.eso.ac.uk

To book, please visit: WWW.SCCO.AC or call 01453 767607

Staged payments available & a small deposit secures your place.

JUNE 2016

SCCO Pathway Module 1 Foundation Course

4-5 June 2016 2 days
Leeds, West Yorkshire CPD: 16 hrs
£275 non-res

Leader: Penny Price

A perfect introduction for anyone who would like to discover more about the five principles of osteopathy as explained by William G. Sutherland.

SCCO Pathway Module 4 Balanced Ligamentous Tension

9-13 June 2016 4¼ days
Hawkwood, Stroud CPD: 34 hrs
£1230 res (£980 non-res)

Leader: Sue Turner

Discover William G. Sutherland's gentle, precise and effective approach to treatment of joints using the therapeutic principle of Balanced Ligamentous Tension.

JULY 2016

SCCO Pathway Module 1 Foundation Course

2-3 July 2016 2 days
Clonmel, Co. Tipperary CPD: 16 hrs
£275 non-res **Leader: Penny Price**
Join us for our first Module 1 course in the Republic of Ireland.



Osteopathy in Pregnancy, Birth & Post-Partum

9-10 July 2016 2 days
Wokefield Park, Reading CPD: 16 hrs
£390 non-res (£340 Fellows/Members)

Leader: Renzo Molinari

This two-day gynaecology course, given by the eminent Prof. Renzo Molinari, will focus on the full process of child birth; from pregnancy to birth and post-partum.

OTHER HIGHLIGHTS COMING UP

Hormones & Immunity: Further Thinking	5-6 November 2016	London	non-res	£330
Module 10: Integrating Cranial into Practice	19 November 2016	BSO, London	non-res	£165
Module 5: In Reciprocal Tension	3-5 February 2017	Bournville	res	£945
Module 9: Introduction to Paediatrics	3-6 March 2017	Stroud	res	£1250
Module 2: Osteopathy in the Cranial Field	18-22 March 2017	Leeds	non-res	£1140
Module 4: Balance Ligamentous Tension	11-15 May 2017	Stroud	res	£1230
Module 7: Spark in the Motor	7-9 July 2017	Bournville	res	£945

Some member discounts available. Certain courses offer both residential and non-residential rates; please enquire.

FEATURED COURSE

Module 3: Osteopathic Medicine

30 June - 3 July 2016

Hawkwood College, Stroud

4 days

CPD: 32 hrs



£1250 res (£1080 non-res)

Leader: Lynn Haller

Are we as familiar with the internal milieu of organs and systems as we are with the musculo-skeletal? This truly holistic course returns to the legacies of Still, Sutherland and Littlejohn to place us on "the rock of reason" and instil confidence in treating a wide range of conditions; ultimately broadening and inspiring our approach to clinical practice.

AUGUST 2016

SCCO Pathway Module 1 Foundation Course

20-21 August 2016 2 days
Axminster, Devon CPD: 16 hrs
£275 non-res **Leader: Penny Price**

Another of our frequent opportunities to be introduced to the five phenomena of osteopathy in the cranial field, as explained by William G. Sutherland.

SEPTEMBER 2016

Faculty Development Weekend For Fellows, Faculty & ATs

8-11 September 2016 4 days
Ses Salines, Majorca CPD: 16 hrs
£299 (excludes flights)

Leader: Sibyl Grundberg

Don't miss your chance to mingle with other Faculty and Fellows, and get to know the SCCO better. The schedule of the weekend is up to you so please get in touch and let us know what you would like to see at this first-of-its-kind event.

SCCO Pathway Module 2

Osteopathy in the Cranial Field

12-16 September 2016 5 days
Columbia Hotel, London CPD: 40 hrs
£950 non-res

Leader: Pamela Vaill Carter

Introducing the key concepts of the five phenomena as a way of studying and understanding the body as a whole. The course offers treatment approaches that you can use immediately in practice.

OCTOBER 2016

SCCO Pathway Module 1 Foundation Course

8-9 October 2016 2 days
Crista Galli, London CPD: 16 hrs
£275 non-res

Leader: Penny Price

A further chance to be introduced to Sutherland's five principles of osteopathy.

Paediatric Weekend

Emergency First Aid & Trauma

15-16 October 2016 2 days
Wokefield Park, Reading CPD: 16 hrs
£440 non-res (£390 Fellows/Members)

Leaders: Hilary Percival

& Mark Wilson

Specialist weekend focusing on paediatric emergency first aid and trauma care, with Mark Davies of ABC Medical, specialists in paediatric first aid.

Some courses require a minimum level of qualification; please enquire.

Information correct at time of going to press.



Discover life-changing coaching techniques

on this unique 4-day course with Paul Chek

CHEK Holistic Coaching 19-22 May 2016, Oxfordshire, UK

Learn effective holistic techniques that will enhance your coaching skills and help you overcome barriers to progress.

This brand new course – which will soon be available exclusively for online study – is to be presented live, for one-time only in the UK, by Paul Chek, founder of the C.H.E.K Institute.

- A unique opportunity open to everyone involved in coaching clients
- No pre-requisite qualifications required
- Students will receive FREE access to the online course videos once released
- 4-day course £995 inc VAT

Find out more and register at chekeurope.com or call 01257 367557



CHEK ACADEMY
ELITE GLOBAL TRAINING

chekeurope.com

iO CPD workshop programme 2016

Practical workshops to develop both your clinical and business skills

Shoulder masterclass: Theory and Practice 6-7 May

Hosted by leading shoulder specialist Dr Jeremy Lewis, this workshop covers every aspect of the shoulder. From biomechanics, assessment and diagnosis to treatment and rehabilitation, this workshop is based on the latest research in the field.

"By far the most informative, research based and thought provoking course I have been on."

"The presentation was excellent and the evidence base brilliant and relevant to me as a clinician and provided me with great ideas for rehabilitation".

Speaker: **Dr Jeremy Lewis PhD FCSP**

CPD Themes: **Knowledge & Skills**

iO Member Rate: **£275.00**

Non iO Member Rate: **£295.00**

Course Content

- Epidemiology and the impact of shoulder pain
- Anatomy, biomechanics and function
- Shoulder function and the kinetic chain
- Assessment and the dilemma of diagnosis
- The Shoulder Symptom Modification Procedure
- Subacromial pain syndrome
- The continuum of rotator cuff pathology
- Biceps tendinopathy
- Treatment, rehabilitation and management
- Sensory-motor control
- Shoulder pain syndromes and unusual conditions
- Patient presentations and case studies

All workshops are a full day and will be hosted in London. To book call

01582 488 455

(Places are limited and will be allocated on first come basis.)

iO
THE INSTITUTE
of OSTEOPATHY



For more information on all the Institute's CPD workshops visit
www.osteopathy.org/cpd-workshops

DIPLOMA IN PAEDIATRIC OSTEOPATHY (DPO)

Applications are being accepted for the Foundation for Paediatric Osteopathy's Diploma course - 2016 intake. This two-year programme provides an opportunity to work with leading practitioners in the field of paediatric osteopathy in a unique clinical environment.

Our Diploma in Paediatric Osteopathy offers:

- an **exceptional clinical experience**.
- a syllabus **led and delivered by an exceptionally experienced faculty**.
- the opportunity to gain a **profound and expert paediatric knowledge** base.
- the chance to **develop a diverse osteopathic skill set** from a broad range of osteopathic traditions and technical approaches.
- the option to enrol on the standard or the tailored '**flexible route**', facilitating students with travel challenges.
- a tailor-made **Access Course**: introduced in 2015 and run in collaboration with the Rollin E Becker Institute, this course is designed for the less experienced applicants and is offered as a unique alternative to the SCFT approved "cranial course" (previously an entry requirement for the DPO).

Clinical training will start from the beginning of November 2016.

The closing date for applications: 8th August, 2016

Visit www.fpo.org.uk for the prospectus and details of the application process; contact us on 020-8875-5293 or e-mail admissions@fpo.org.uk

Registered charity number 1003934



Announcing

CONFERENCE 2017

Following our successful conferences in 2012 and 2015, we are pleased to announce that our next international conference in Paediatric Osteopathy is scheduled for the **8th and 9th April 2017.**

Further details soon on our conference website: www.fpoconference.org.uk

To keep updated, follow us:



[@OsteopathicCC](https://twitter.com/OsteopathicCC)



<https://www.facebook.com/pages/The-Foundation-for-Paediatric-Osteopathy>

LECTURES - CAROLINE STONE

- 16 April** Optimum Foetal Positioning, *St Albans*
- 14 May** The Non Cranial Paeds Course – Day one – Neonatal settling, suckling and sleeping, *London*
- 21 May** Complex Breathing Dysfunction and the Stomatognathic System (breathing, the throat, neck and face), *Birmingham*
- 11 June** The Non Cranial Paeds Course – Day Two – Toddlers & Gait, *London*
- 18 June** Obstetrics And Biomechanics – Overview Of Pain Management And Preparation For Labour, *London*
- 16 July** Visceral Vascular Work And Peritoneal Release, *London*
- 10 Sept** The pelvic floor (external techniques) male and female, *Birmingham*
- 17 Sept** Managing post operative pain and overview of urogenital care in Osteopathy, *Birmingham*
- 15 Oct** The hip, groin, pelvis and sacro-coccygeal complex – male and female considerations, *London*



Caroline Stone Osteopathic Services

www.visceralosteopathy.co.uk

VISCERAL AND OBSTETRIC ASSOCIATION

Is being developed to support osteopaths working in physiological practice, focusing away from musculoskeletal complaints and towards such things as visceral and vascular function, complex functional disorders and chronic pains from multiple sources.

This will be a NON technique driven support group, which aims to consider scope of practice, competency, credentialing and continuing professional development for osteopaths who wish to work with patients who have problems with such things as neonatal suckling and breastfeeding; symptoms associated with pregnancy and birth; various visceral, digestive and respiratory complaints and other systemic conditions; chronic pain and a variety of non biomechanical or myofascial scenarios. Osteopaths working in other fields of care such as supporting those with chronic ill health or those in palliative care for example are also welcomed by the association. Its key consideration is exploring the roles and boundaries of the osteopaths' contributions to healthcare and issues around depth of clinical engagement, and will aim to work closely with all stakeholders such as the General Osteopathic Council, the Institute of Osteopathy and the Osteopathic Alliance in this regard.



Visceral and Obstetric Association

www.visceralandobstetricassociation.co.uk

Classifieds

Osteopath required: City of London

We are a combined physiotherapy and osteopathy clinic in the City of London with a strong focus on staff support and CPD. Five years' postgraduate experience, a dedication to high-level clinical reasoning and evidence-based practice, an interest in functional biomechanics and enjoyment working as part of a team is essential. Starting part-time, 2 x 7-hour shifts, and building hours with caseload. Please email your CV to info@octopusclinic.com or call **020 7583 8288**

Osteopath required: Finchley, north London

Full-time structural osteopath (preferably with a minimum of 3-5 years' experience) is required to replace an outgoing colleague in a modern and newly refurbished practice (established in 1988). Please send CV with a handwritten covering letter to Mr T Togelang, Finchley Osteopaths, 259 Nether Street, London N3 1PD. Email: info@finchleyosteopaths.com Tel: **020 8346 4869**

Osteopath required: Northampton

A team of seven osteopaths offer support and training in both structural, visceral and cranial. A multidisciplinary clinic with lot of cross-referral and working together across disciplines with a large variety of patient types. One associate going on maternity leave and diary presently fully booked. Send CV to christophe.b@themapletreeclinic.com

Osteopath required: Surrey/Hampshire border

Fully registered cranial osteopath for immediate start in chiropractic clinic, located near Guildford, Farnham and Farnborough. Part-time, self-employed. Joining a busy team of two chiropractors, a masseur, a reflexologist and a hypnotherapist. Rental or percentage agreement available. CV and covering letter to: elsteadchiro@hotmail.com

Osteopath required: West Yorkshire

Enthusiastic and adaptable osteopath wanted to take over an established list in the pretty West Yorkshire town of Ilkley. The candidate will need to be competent in a broad spectrum of techniques from structural to cranio-fascial techniques. The practice is mainly functional with a classical approach, treating a wide range of complaints. We are looking for someone with a warm, relaxed and open interpersonal style. Would suit someone willing to learn in a positive and supportive environment, where mentoring is provided. Send your CV to thewellspractice@gmail.com or call **01943 817191**

Osteopath required: Middle East

Looking for a competent, strong husband/wife or female osteopath for a wellness clinic in the GCC (Middle East). As osteopathy is still in its infancy in the GCC, we are looking for someone who can represent osteopathy and the clinic in a professional and competent manner. Great salary package with incentives are offered. Please email your CV to americanspincare@gmail.com

Associate osteopath required: Aberdeen

Experienced part-time associate required for well-established multidisciplinary clinic in Aberdeen. Broad spectrum of techniques preferable, but excellent structural skills essential. Initially flexible 2 days per week, with potential to build to full-time. Forward CV and covering letter to c.tiphannie@btinternet.com

Associate osteopath required: Great Yarmouth, Norfolk

Great opportunity for a confident and enthusiastic associate osteopath at clinic in Gorleston, Great Yarmouth. A team player with good interpersonal skills to join with two other osteopaths - one semi-retiring - in a long-established practice. Initially 2 days per week. May suit new/recent graduate. Self-

contained accommodation available. Send your CV to osteopath@jessupclinic.co.uk

Associate osteopath required: Lichfield, Staffordshire

Busy practice (established 1983), consisting of four experienced practitioners with a broad base of interests and areas of expertise, requires a new colleague to replace leaving associate. Two days, building to three. Starting June 2016 or thereafter. Please respond to Jayne H Scratchley (Principal): **01543 252673/07572 228173**, email jaynecoxon@hotmail.co.uk/lichfieldosteopaths@outlook.com

Associate osteopath required: Nantwich, Cheshire

Full-time associate required to join busy multi-therapy practice in Nantwich. There is also an opportunity for the successful candidate to work within the equine side of the business, treating horses' backs all over the UK and the Channel Islands. Fantastic career opportunity for the right person. Start date: end of April. Please send your CV to tilstone@btpenworld.com or call **01270 629933**

Associate osteopath required: Reading, Berkshire

Associate required for busy multidisciplinary clinic in Reading. Flexible hours available. Self-employed basis. New graduates welcome to apply. Please contact Rachel on info@21stcenturyclinic.co.uk for more information.

Practice for sale: Derbyshire

Established 1993, currently 65-70 patients weekly. Town centre Victorian house, flat upstairs, clinic downstairs. House plus practice £210,000 or practice only (moving to rented space) £40,000. I am willing to work as an associate for 36 months to facilitate a smooth transition. Email osteopath08@gmail.com

Course: Dry needling/trigger points, London

11 & 12 June or 10 & 11 September. Day 1: Trigger points in depth. Day 2: Headache, migraine and face pain. Speaker: Anthony Agius ND DO Dip Med Acc. London School of Osteopathy, SE1 3BE. Contact antagi@hotmail.co.uk

Marketplace advertising rates

Classified:

Up to 40 words is £44 + VAT. Thereafter it is 50p per word. Box number replies: please add £8 + VAT per issue.

Display:

	Mono or 2 colour	Full colour
IBC	n/a	£415
Full page	£315	£375
1/2 page	£255	£275
1/4 page	£185	£210
1/8 page	£125	£135

Inserts:

Prices are available on request. All rates exclude VAT. Please contact John Wheaton: **01223 378 001** or theosteopath@cpl.co.uk

Approval of material: the publisher reserves the right to refuse any editorial contributions or advertisements without explanation, and copy may be edited for length and clarity. Products and services advertised are for general information; inclusion does not imply approval or accreditation by the GOsC.

Compliance Information

New

all module are now available as downloads



Leaflets written for osteopaths



www.goodclinicalpractice.co.uk

National Osteopathic Archive History Society (NOAHS) final symposia



Saturday 11 June

Nutrition and dietetics in the community, schools, naturopathic and osteopathic education

Speakers: Elizabeth Bragg, Stewart Mitchell and Mary O'Leary
Chaired by John O'Brien

Saturday 24 September

Pushing clinical awareness in practice

Speakers: Professor Stephen Tyreman, Dr Jorge Esteves and Marianne Bennisson
Chaired by Dr Francis Wilson

Venue: British School of Osteopathy, London SE1

Admission: £20.00 for NOAHS non-members; free for osteopathy/AECC students

Contact jcorneliusobrien@gmail.com
www.noa.ac.uk/noahs



Income Protection
Insurance Specialists

Are you self employed?



iO
THE INSTITUTE
of OSTEOPATHY

Have you set up sick pay cover yet?

In last 5 years we have paid 95% of our claims within two weeks

How would you cope without income? Who pays all the bills while you are ill?

With dg mutual you will get regular payments to replace your income.

We are Income Protection specialists established in 1927 and owned by our members

- ◆ Benefit up to 66% of taxable income ◆ Up to £1,200 a week*
- ◆ Benefit payable from day one or a choice of deferred periods
- ◆ No penalty for frequent claims ◆ A tax free lump sum on retirement*

Call 0121 452 1066 or email info@dgmutual.co.uk to arrange your cover today

*under current UK legislation

Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority

“Welcome to the Arendelle Osteopathic Practice, Please leave a message... beep”

Wouldn't it be better to have your own, full-time receptionist to book your appointments, book-in your new enquiries and manage your diary but without a huge cost?

Outsource your reception to our friendly Best Receptionists and we'll do precisely this for your practice.

Use your existing booking system (or we can provide alternatives) and be confident that when you're looking after your patients, we'll look after your callers.

Best Reception offer a confidential service that is second to none, at a price that is easy on your pocket.

From just £1 per call we will:

- Answer the phone in your practice's name
- Book, cancel, move appointments
- Provide information to your callers, i.e.
 - Pricing
 - Location and Directions
 - Cancellation policies
- Work with multiple practitioners & appointment types - no problem and no extra cost!
- Screen unsolicited calls - free of charge
- Send you an email notification of everything we do

What's more, there are NO Set up fees!

So whatever the size of your practice, Best Reception would love to help.

Best
Reception

www.bestreception.co.uk Telephone: 01992 531000
29 Tamworth Road, Hertford, SG13 7DD

How it works;

- Tell us how you'd like your calls handled
- Share your diary with us (or we can set one up for you)
- Divert your phone (as and when you need) to the unique number we provide to you
- And relax - we've got it covered.

A bit about Best Reception

Established in 2006, Best Reception have been providing services to Osteopaths and other private practitioners for over 6 years. Our dedication to customer service, close ties with our clients and our friendly yet professional service has resulted in phenomenal client retention and year-on-year growth, every year.

Our MD, Andy McKenna says,

“When we started our business, our aim was to provide high levels of customer service to a huge range of businesses. We never realised how beneficial it could be to private practices. Over the years, as we've seen how well our service ties in with a practice setting, private practices have become a substantial proportion of our client base.

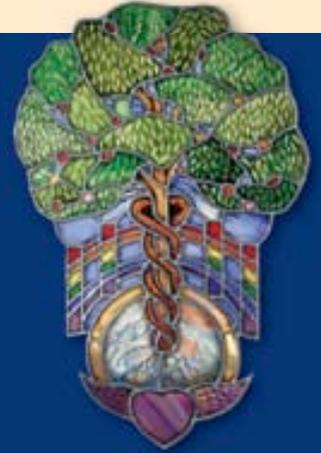
“As a sector which naturally attracts professional individuals who have invested a great deal of time and energy in not just setting up their own business, but all the training that comes beforehand, the relationship between ourselves and the Osteopath is usually extremely close-knit, enabling our receptionists to provide a fully integrated service to the practice; and this in itself is very rewarding and motivating for our teams.”

Exclusive offer:
**1 MONTH'S
FREE TRIAL:**
Please call us on:
01992 531000

and quote OSTPROMO1

INDIVIDUAL OSTEOPATHS

A pioneering insurance package specifically designed for you



BALENS

Specialist Insurance Brokers

BALENS INDIVIDUAL OSTEOPATHS INSURANCE PACKAGE

- » £6m Medical Malpractice
- » £6m Professional Indemnity
- » £6m Public & Products Liability
- » £6m Liability for any one claim with an unlimited number of claims per year plus unlimited legal defence costs in addition
- » £10m Cover available if required for an additional £12.00 per annum
- » Taxation and Legal Package
- » Cover for temporary work abroad (*Excluding USA & Canada*)
- » Policies available in Europe
- » Can include over 3,500 different therapies / activities
- » Run off cover included for an unlimited period if ceasing the policy

Offering you one of the widest Insurance covers available in the UK with competitive premiums to match

Discounts available for newly qualified Osteopaths

Balens are a 4th generation, ethical family business providing exclusive insurance schemes in the UK, Republic of Ireland and Europe.

Business Contents, Income Protection and Clinic packages also available.

£212

PER YEAR

(Including Fees & Taxes)

Telephone: 01684 580 771

Web: www.balens.co.uk

Email: info@balens.co.uk

Balens Limited is Authorised and Regulated by the Financial Conduct Authority

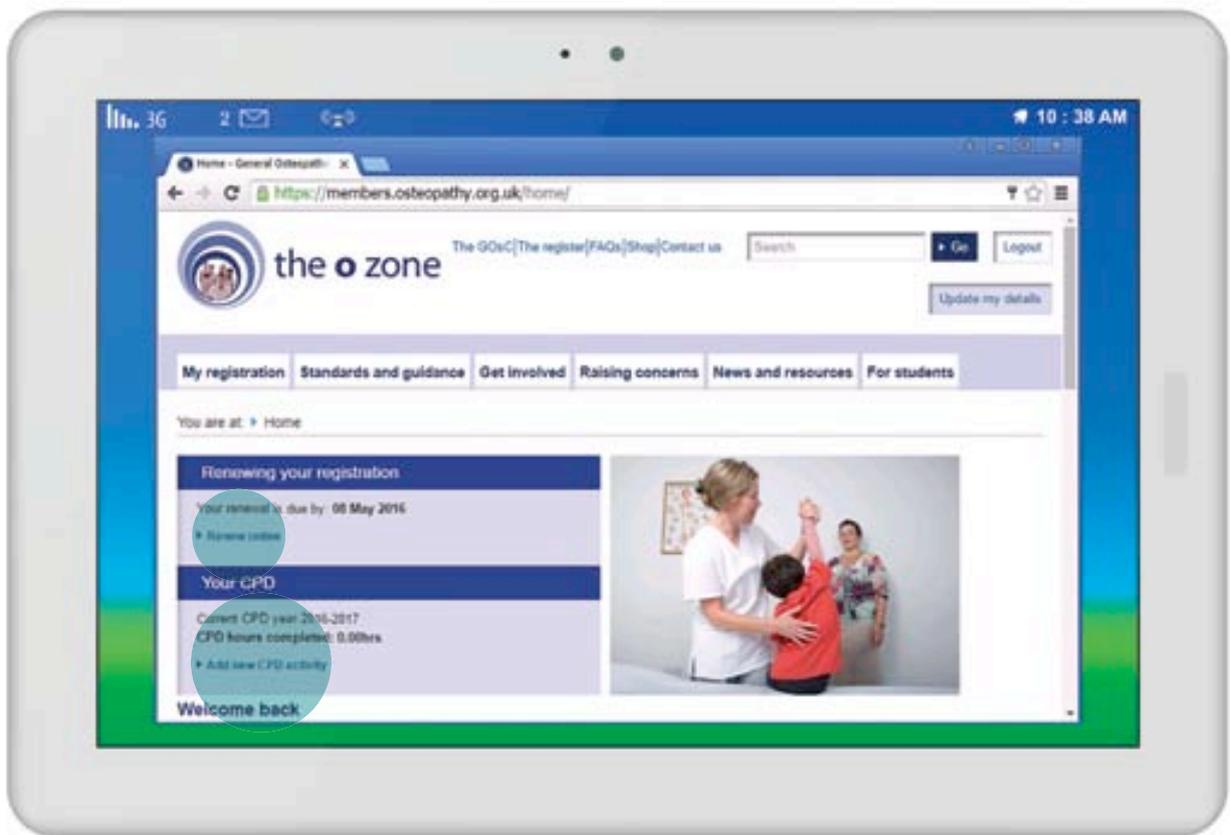
*Pioneers
for 65 years!
Caring for
the carers*



General
Osteopathic
Council

Is your registration due for renewal?

**Log on to the o zone to renew
online and record your CPD**



members.osteopathy.org.uk