

Baby talk

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During 2016, the issue that has prompted most concerns raised with us about osteopaths is the marketing claims made on practice websites. We have been working with the Advertising Standards Authority (ASA) to give osteopaths more clarity about what they can and cannot say: the result is new ASA guidance, outlined on page 4. It is essential that you and your staff read and act on this.

Looking ahead, throughout 2017 more than 200 osteopaths across the country will be adapting their CPD in accordance with the new CPD scheme, likely to become mandatory for all in autumn 2018. Turn to page 6 to find out about their hopes for the scheme and for the profession, and there's advice on maximising your CPD activities' benefits for your practice on page 18.

We've also extended the opportunity for you to evaluate and reflect on your current CPD activities in the run-up to the new scheme, through an online questionnaire – see page 7.

Another major area of work for us next year will be the development of revised *Osteopathic Practice Standards* and associated guidance. You can read about our progress reviewing the current standards on page 11.

Elsewhere in this issue, we describe our recent work to protect the title of osteopath (page 9), highlight some new research articles available free of charge to osteopaths through our 'IJOM Plus' package (page 15), and reveal recommendations to help patients find osteopaths with particular areas of expertise (page 19).

We hope you enjoy reading this edition.

Jeremy Pinel

Email: editor@osteopathy.org.uk

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look after themselves p12**

**STAY WELL
THIS WINTER**

the osteopath

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Advertising claims: should you keep mum?

New Advertising Standards Authority guidance makes it easier for you to know what marketing claims you can make for treating pregnant women, children and babies

Every osteopath in the UK has recently been sent new guidance from the Advertising Standards Authority (ASA) on ways in which osteopaths' advertising can refer to the treatment of particular patient groups. *Osteopathy: ASA Review and Guidance for Marketing Claims for Pregnant Women, Children and Babies* sits alongside the existing advice from the



Committee of Advertising Practice (CAP), which is summarised on the CAP website at: bit.ly/cap-advice-osteopathy

You should already be familiar with the existing CAP advice, which lists health conditions that osteopaths can highlight in their advertising. Your practice advertising can cite conditions including acute and chronic backache, circulatory problems, neuralgia and sciatica – but you should *not* claim to treat conditions such as asthma, dyslexia, learning difficulties, colic or glue ear, where evidence of efficacy is lacking.

The ASA has now complemented this advice by providing guidance for advertising in relation to the treatment of babies, children and pregnant women. It says that, when your advertising refers to *conditions listed in the CAP advice*, 'it is likely to be acceptable to reference these conditions in relation to specific patient populations'.

What should you do?

We have repeatedly reminded osteopaths that you must ensure your advertising complies with the ASA's requirements – but



since the spring of 2015 more than 300 concerns have been raised with us about advertising claims made on osteopathic practice websites.

The new ASA guidance is clearly laid out and provides practical examples to help you with your advertising. It is vital that you study this guidance, and check immediately that your website and any other marketing materials are ASA-compliant. If you work with others, discuss your practice advertising with your colleagues and ensure that you all

Support for the guidance from the iO

Maurice Cheng, Chief Executive of the Institute of Osteopathy (iO), has welcomed the publication of the ASA guidance:

"These new guidelines will address many of the challenges that osteopaths have faced in their efforts to communicate their services responsibly.

"By following them, osteopaths will be able to promote the valuable contribution they make to the care of pregnant women and children without fear of inadvertently misleading the public.

"The publication of these guidelines follows several months of discussion and a considerable amount of effort by the iO

team to inform the ASA about the breadth of osteopathic practice and areas where the previous guidance lacked clarity. We are pleased to see that the ASA have recognised the importance of helping osteopaths to communicate responsibly about their work, and delighted these discussions have resulted in this useful document.

"The iO sees this as the first step in what will be our continued work to ensure that we can appropriately communicate what osteopaths do. We will continue to work closely with the ASA and CAP teams to provide sound advice to osteopaths on the marketing of their services."



understand and meet the requirements. And if in doubt about whether you can make a particular claim, do not make it.

Remember, you must be able to substantiate *any* claims that you make in your advertising – and you should adopt the same approach when discussing treatment options with patients.

Meeting advertising standards is not just about obeying rules in order to avoid getting into trouble: if osteopaths' practice is not evidence-based, it reflects badly on the credibility of the profession.

We know that osteopaths' advertising continues to be a concern for some members of the public. The ASA has worked to make its guidance clear and easy to follow; now every osteopath has a responsibility to follow it.

If you are a UK-based osteopath and you have not received your copy of the ASA guidance by post, please email info@osteopathy.org.uk

You can also find the guidance on the **o zone** at: bit.ly/ozone-advertising

'If osteopaths' practice is not evidence-based, it reflects badly on the credibility of the profession'

Jane Eldridge, Head of Casework at the Advertising Standards Authority, explains what the guidance says and why it has been produced

The Advertising Standards Authority and the GOsC have recently sent out new guidance to all osteopaths on the GOsC Register, to help them ensure that advertising on their websites complies with the advertising rules. The recommendations are particularly relevant to osteopaths wanting to talk about treatment for pregnant women, children or babies.

In response to concerns raised about the types of claim being made in osteopaths' advertising, and questions from osteopaths themselves about what claims could be made regarding the treatment of pregnant women, children and babies, the ASA decided that clarity was needed. We believe the guidance provides that clarity.

We have worked closely with the Institute of Osteopathy to ensure that we understand the perspectives of osteopaths, and that the guidance addresses the types of claims commonly made. We recognise that osteopaths are statutorily regulated health professionals, and that has informed our approach. We were pleased to work with the GOsC in communicating the new guidance widely.

Our guidance

The guidance produced by the ASA sets out a number of key principles for the advertising of osteopathic services, and goes on to give detailed guidance about particular claim types. It includes many examples of claims which are, and are not, likely to be acceptable. We think this will enable osteopaths to determine much more easily how they can advertise their services within the rules.

Our starting point is that, as regulated health professionals, osteopaths may refer to treating specific populations such as pregnant women, children and babies. However, we understand that at present there is a limited or no evidence base for osteopathic treatment of conditions specific to those groups, such as colic or morning sickness. This means osteopaths need to avoid claiming or implying they can treat those conditions, including in any testimonials.



So claims such as "osteopathy is a gentle treatment suitable for children and babies" or "pregnancy can cause general aches and pains, including joint and back pain, and osteopathy could help" are *likely* to be acceptable.

But claims such as "if your baby suffers from colic or excessive crying, osteopathy could help" or "osteopathy can help your baby recover from the trauma of birth" are *unlikely* to be acceptable.

These are just a handful of examples, and the guidance provides further details and examples.

Responsible advertising

We've welcomed the opportunity to work with the GOsC to help registrants keep informed about the advertising rules. Our aim is to ensure that osteopaths advertising their practice, and consumers seeking osteopathic care after viewing an osteopath's website, can do so reassured that the information provided there is responsible.

We recognise that osteopaths provide a valuable service to a wide range of patients. The ASA has no desire to stand in the way of the marketing of osteopathy services, providing that advertising is responsible and, in particular, that claims about the efficacy of treatment options can be backed up in all cases.

What is the ASA?

The Advertising Standards Authority is the UK's independent regulator of advertising across all media. Our role is to ensure ads are legal, decent, honest and truthful by undertaking proactive projects and acting on complaints to take action against misleading, harmful and offensive adverts.

We regulate all advertising, including advertisers' own websites and other non-paid-for space such as social media.

Osteopaths share hopes and fears for new CPD scheme

As we begin rolling out the new CPD scheme to volunteer 'Early Adopters', we've been listening to their views about the scheme and the impact it will have

Since the beginning of November, the GOsC has been holding launch events, both face to face and online, for the 230 osteopaths who have signed up as Early Adopters of the new CPD scheme.

Besides providing details of the scheme and the support that will be available, we are using these events to discover what the Early Adopters currently think the scheme's impact will be.

Enthusiasm

Many Early Adopters have been enthusiastic about the opportunities provided by the new CPD scheme. They welcome its more structured approach and the move to a three-year CPD cycle, and they feel that the scheme has an ethos that will:

- encourage osteopaths to talk to each other, and to cooperate more with other healthcare professionals such as GPs, which will in turn benefit patients – the diagram below shows how we aim for the scheme to achieve this
- increase community cohesion and limit professional isolation by bringing lone practitioners more 'into the fold'
- broaden the scope of CPD by focusing on all four themes of the *Osteopathic Practice Standards*.

Overall, feedback from the launch events has been very positive, with participants saying they feel reassured about the scheme and its demands.

Worries

Nevertheless, some Early Adopters have said they are apprehensive that the scheme will be difficult to manage alongside their already busy lives.

In particular, there have been fears that it will be like the 'revalidation' pilot of 2011-12; this was a more complex system which made heavy demands on participants, and which informed our development of a CPD scheme that works better for both patients and practitioners. However, other Early Adopters who took part in that pilot have been able to reassure those with concerns that the new CPD scheme feels far less burdensome.

Another issue for some is the potential cost of attending and travelling to CPD courses

on subjects such as communication and consent, and the risk of repetition if osteopaths are expected to attend such courses every three years.

We know this is a worry for a number of osteopaths, but all the CPD scheme's requirements will be achievable through activities other than courses, and the area of communication and consent covers a wide range of topics. In early 2017 we will launch some fresh resources and advice to help you meet the requirements. Look out for details of our new CPD resources website in the next issue of *the osteopath*.

We are taking on board all the concerns raised by osteopaths who are already voluntarily shaping their CPD around the new requirements, and we will address these challenges in the build-up to the scheme's introduction across the profession.

Get involved

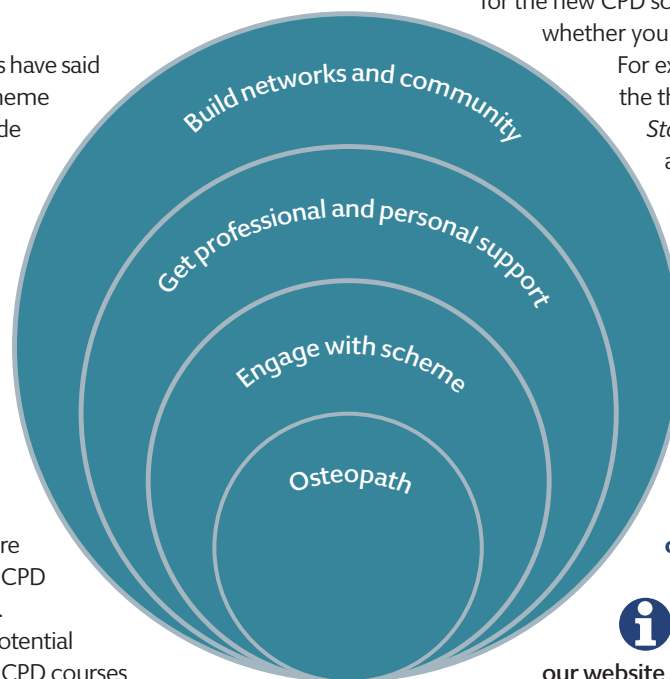
The next step for Early Adopters is a series of 'bite-size' online sessions, starting in January, to support their engagement with aspects of the scheme. These will cover learning activities in relation to communication and consent, patient feedback, case-based discussion, clinical audit and peer observation.

Throughout 2017, *the osteopath* will bring you practical advice arising from these sessions, and tell you how the Early Adopters are getting on with the new CPD scheme.

In the meantime, there is plenty you can do to start preparing for the new CPD scheme's more structured approach, whether you are an Early Adopter or not.

For example, you could take a look at the themes of the *Osteopathic Practice Standards* (see page 11) and think about whether and how your current CPD activities relate to all of them; this will help you to identify any gaps in your learning, so you know the areas in which you are most likely to benefit from our new resources.

And if you have any questions or comments on the scheme, you can put them to us by emailing newcpd@osteopathy.org.uk



i You can find more information about the new CPD scheme on our website at: bit.ly/gosc-new-cpd

GOsC committee vacancies

We are currently looking to recruit two osteopaths to our Policy Advisory Committee, which contributes to the GOsC Council's policymaking on issues such as undergraduate education, registration, practice standards, CPD and fitness to practise. It also carries out work around the recognition of qualifications.

For these roles you will need commitment, team working skills, an interest in regulating the profession, and external expertise. Ideally, you will have knowledge and experience in one or more of the following:

- educating and training osteopaths or other professionals (which could include teaching, assessment, research or management)
- regulating or quality-assuring higher education
- developing policy in relation to professional education and training or professional practice
- developing or operating fitness to practise/disciplinary processes.

The new recruits will be part of a 10-strong committee, alongside five members of

Council and three lay members. One of the osteopaths they will replace is **Rob McCoy**, who was a member of the GOsC Education Committee before the Policy Advisory Committee was formed last year. He says:

"I originally applied to join the Education Committee as I was very keen to be a part of driving the profession forwards, in a manner that reflected the importance of public and inter-professional confidence in our role as primary healthcare providers.

"Over the past seven years I think I've helped to bring a 'coalface' reality to policies and recommendations that both committees have developed. The mix of lay and professional members is crucial to forming balanced and practically applicable outcomes and decisions to be proposed to Council.

"This is the committee that makes recommendations about how new



osteopaths should be developed further, and the standards that we need to work to in order to ensure best practice is followed and protect public safety.

"Anyone who wants to have an influence on the direction in which our profession will develop in the future would thoroughly enjoy this role, and would be completely engaged in the work that the

committee has to undertake."

The committee normally meets three times a year, for up to a whole day. Remuneration is £306 per day, with travel and subsistence expenses refundable.

The deadline for applications is midday on **Wednesday 11 January 2017**.

If you are interested in applying, please visit bit.ly/gosc-recruit to download the application form and information pack – and you can read advice on making an effective application in the April/May 2016 issue of *the osteopath* (page 8), available at: bit.ly/gosc-to-apr16

Evaluate your CPD: deadline extended

Our online CPD evaluation questionnaire, launched in October, has been completed by hundreds of osteopaths – helping them to reflect on their approach to learning, and giving us an insight into current CPD patterns across the profession.

When you complete the questionnaire, an anonymous copy is sent to us, helping to build a picture of osteopaths' learning experiences under the existing CPD scheme. We will make use of this when planning resources to support the new CPD scheme (see left), when telling CPD providers about osteopaths' learning needs, and when assessing the new scheme's impact in the future.

So that as many osteopaths as possible can take part in the CPD evaluation, we have extended the questionnaire's availability until **Thursday 5 January 2017**. If you have not visited bit.ly/gosc-cpd-evaluation to evaluate your CPD yet, do take this opportunity to make your voice heard!

The questionnaire asks you about topics including:

- the CPD hours you completed last year
- your learning activities with different types of provider
- your experience of CPD that relates to communication and consent
- how you select your CPD activities
- obstacles to selecting and undertaking CPD activities
- discussing your CPD with others

- collecting feedback from patients, colleagues and other professionals
- your use of our CPD resources.

Completing the questionnaire should take about 30 minutes; you may want to have the *Osteopathic Practice Standards* (available at: bit.ly/gosc-ops) and your most recent CPD record to hand. After you have finished, you can print a copy of your responses to keep in your CPD record folder as evidence.

You can claim CPD hours for the time you spend completing the evaluation and reflecting on your answers. We hope it will help you to think about how CPD can contribute to improving practice, and how the new CPD scheme can work for you.

Are your practice details up to date?

It's important that the information about you and your practice on the Register is accurate. Updating this via the **o** zone is quick and easy – here's a simple guide

Every week, the GOsC's online Register of osteopaths is searched thousands of times. The Register is one of the main methods used by the public to find osteopaths, so it is in your interest to ensure that your practice details are accurate.

We recommend that you look yourself up regularly on the online Register (www.osteopathy.org.uk/register-search) to check the information about you that potential patients are seeing.

If you need to update your details on the Register, you can do so on the **o** zone. Note that the Register is updated every night, so any change made to your details will take effect by the following day.

Joining a practice

If you join an existing practice, you can easily add yourself to it on the Register: go to the **o** zone's 'My practice details' page (bit.ly/ozone-practice-details), select 'Add a practice', and search for the practice by its postcode.

If the practice is new and does not have a record on the Register, you will first need to email its full details to us at: registration@osteopathy.org.uk – we will then create a record for it.

If you are *taking over* a practice, you must inform us that you are the principal practitioner before you can amend the practice's details on the Register.

Group practices

Details such as a practice's address and phone numbers can be updated online at: bit.ly/ozone-practice-details by the principal practitioner.

However, the principal *cannot* update the list of other osteopaths at the practice; for data protection reasons, we cannot update an individual osteopath's details on anybody else's instruction. Every osteopath is responsible for adding themselves to or

removing themselves from a practice or practices (see above).

If you are a principal practitioner, you should ensure that your practice's details on the Register reflect all the osteopaths working there. If the osteopaths have different working patterns, for example, the opening hours listed on the Register should be those of the practice as a whole – not just your own working hours.

Closing a practice

If you are closing your practice completely, please ensure that all other osteopaths working there have removed themselves from the practice on the Register; you can check that they have done so by searching the Register online.

'The Register is searched thousands of times a week, so it is in your interest to ensure that your details are accurate'

You can then ask us to delete the practice from the Register, by emailing registration@osteopathy.org.uk

Alternatively, if you are setting up a new practice and you are the only osteopath attached to your current practice, you can simply overwrite the old practice's details with your new one's.

Leaving a practice

To take yourself off a practice on the Register, simply select the 'Remove yourself from this practice' text for that practice at: bit.ly/ozone-practice-details

If you hand over a practice of which you are principal to another osteopath, please leave the practice record intact for your successor; do not overwrite it even if you are setting up a new practice elsewhere. After removing yourself from the practice as described above, ask your successor to inform us by email that they are now the practice principal; you can write to us yourself if you need us to create a record for your new practice (see 'Joining a practice' above).

Finally, please don't confuse your practice details with your contact details for GOsC correspondence – we maintain these separately, and updating one of them will not cause the other to update automatically. You can check and amend your correspondence details on the **o** zone at: bit.ly/ozone-update-details

Protecting the title of osteopath

The GOsC and the courts take a strong line against those who seek to mislead the public by falsely holding themselves out as osteopaths. With the help of practitioners and patients, we work to ensure that the title of osteopath is not misused

It is a criminal offence under Section 32 of the *Osteopaths Act 1993* for anyone to use the title 'osteopath', either directly or by implication, unless they are on our Register.

This means that people who falsely hold themselves out to be osteopaths (or osteopathic practitioners, osteopathic physicians, osteotherapists or osteopathists) risk prosecution by the GOsC in the magistrates' courts.

Protecting the title of osteopath is an essential part of our work to promote public safety and give patients assurance that their practitioners are qualified, are up to date with continuing professional development and have adequate professional indemnity insurance.

We frequently receive information from osteopaths, patients and members of the public about possible illegal use of the title. We are grateful to the many osteopaths who spread awareness of the law and encourage their patients to inform us of individuals claiming falsely to be osteopaths.

Complaints can be made anonymously, and we will not provide the informant's name to the offender unless this is necessary and we have their consent.

Investigations

When we become aware of a possible breach of the Act, we first investigate the allegation by, for example, taking a witness statement or carrying out online research.

Once we have evidence of a breach, we issue a 'cease and desist' letter to the offender, allowing them 28 days to address the issue. Offenders typically cooperate and are willing to alter their advertising, and as a result most cases are resolved promptly and amicably.

If the offender does not cooperate, we will issue a second warning letter – and if they still persist, we will consider a prosecution (provided that we have sufficient evidence, the offence took place in the past six months and a prosecution is in the public interest).

Only two prosecutions have been necessary in 2016:

- Jonathan Cove was removed from the GOsC Register in 2015 after being found guilty of unacceptable professional conduct, but in January this year he told a patient that he was an osteopath during an appointment at his practice in Horley. He denied this when we contacted him about it, leading us to instruct a private investigator; in June, Mr Cove confirmed that he was an osteopath over the phone to the private investigator.

On 25 October, Mr Cove pleaded guilty at Redhill Magistrates' Court to two counts of using the title of osteopath while not registered with the GOsC. He was fined £500 for each offence, and ordered to pay costs of £1,478 to the GOsC plus a £50 surcharge.

- At Berkshire Magistrates' Court in March 2016, we successfully prosecuted Bruce Carnegie of Reading, who had continued to describe himself as an osteopath (including a 'GOsC-registered osteopath') on his website despite having been removed from the Register in October 2012; we had sent him warnings that he was committing a criminal offence, but had received no response.

Mr Carnegie pleaded guilty to the offence at Berkshire Magistrates' Court, where he was fined £500 and ordered to pay costs of £400 to the GOsC plus a surcharge of £50.

In both cases, we actively promoted these prosecutions to the local media to raise awareness of the breach and the fact that the title of osteopath is protected.

Reporting allegations

If you think that someone is claiming to be an osteopath while not on the GOsC Register, please contact our Regulation Department: call 020 7357 6655 x237 or email shagon@osteopathy.org.uk

The covert nature of our investigations means that we cannot usually update informants on the progress of cases. But informants can be assured that every referral we receive is investigated promptly and in accordance with our enforcement policy, available at: bit.ly/gosc-title-policy

'Offenders typically cooperate when sent a "cease and desist" letter, so most cases are resolved amicably'



PHOTOGRAPH / SHUTTERSTOCK

Preparing final-year students for practice

If you will be graduating next summer, we want your transition into practice to be as smooth as possible – and sending you *the osteopath* regularly is just the start

In January, GOsC staff will begin our annual round of visits to osteopathic educational institutions across the country, introducing ourselves to final-year students and explaining what it means to be a regulated health professional.

These visits will give you an opportunity to find out more about the GOsC's work, how to register as an osteopath for the first time, your professional obligations once you are registered, and the support you can expect to receive from the GOsC as a registrant.

You can see the dates of our visits in the table on the right – please note when we will be visiting your institution, and be sure to come and meet us. If you cannot attend the session at your institution, please email info@osteopathy.org.uk and we will try to arrange for you to attend at another location.

Online resources

We have recently emailed all final-year students to remind them of their username and password to access the **o zone**, our website for the profession

(members.osteopathy.org.uk). If you have not received this email from us, please check that we have your current email address by contacting registration@osteopathy.org.uk

When are we visiting your school in 2017?

Institution	Date
British College of Osteopathic Medicine	Wednesday 25 January
British School of Osteopathy	Wednesday 1 March
College of Osteopaths (Hendon)	Saturday 11 March
College of Osteopaths (Stoke-on-Trent)	To be confirmed
European School of Osteopathy	Friday 27 January
Leeds Beckett University	To be confirmed
London School of Osteopathy	Saturday 21 January
Surrey Institute of Osteopathic Medicine	Monday 30 January
Swansea University	Friday 3 March

Students with disabilities and health conditions

Many people with disabilities or long-term health conditions can enjoy rewarding careers in healthcare. A profession that reflects the diverse society it serves is seen as more accessible, enabling patients to be better understood and cared for.

As part of our commitment to promoting equality and valuing diversity, the GOsC publishes guidance for osteopathy students and prospective students to explain the types of support available to them, and the adjustments that might be made to help them through their studies, if they have or develop a disability or health condition.

Similar guidance for osteopathic educational institutions clarifies their obligations under equality legislation, and shares good practice to help them support and encourage students from application to graduation, so that people with the potential to become osteopaths can do so.

This year we have reviewed and updated both guidance documents. This process has included a three-month public consultation to gain wider feedback from inside and outside the profession; thank you to everyone who took part.

The revised guidance documents incorporate a number of case examples, which help to put the guidance into context and indicate the types of adjustments that may be made. There is also much more reference to mental health issues, and how students might be supported in this respect.

Other changes include information on 'fitness to study' processes and more detail about types of disability discrimination.

Over the summer we organised a focus group, with attendees including students and practising osteopaths who have disabilities or health conditions. Members of the group are now part of a community of expertise in this area, and we are grateful for their continued input.

The revised guidance will be on our website in December at: bit.ly/gosc-student-health-disability

 If you would like to know more about practising osteopathy with a health condition or disability, please email sbattles@osteopathy.org.uk



Graduates at BCOM's 2016 awards ceremony

The **o** zone's dedicated section for students (bit.ly/ozone-students) is designed to complement our visit to your educational institution. It contains a wealth of practical information about the registration process, how to apply for an enhanced check for regulated activity (previously called a CRB check), student membership of the Institute of Osteopathy, details of conferences to attend and local osteopathy groups you can join, and more.

Your **o** zone account also enables you to access a range of relevant research journals free of charge as part of the GOsC's 'IJOM Plus' package – see page 15 for details. And if your contact details change, it is easy to log in and update them online.

Student-specific guidance on the **o** zone includes:

- *Student Fitness to Practise: Guidance about Professional Behaviours and Fitness to Practise for Osteopathic Students* – this outlines the professional behaviours expected of all osteopathy students
- *Guidance for Osteopathic Pre-registration Education (GOPRE)* – this describes the outcomes that you will be expected to demonstrate when you graduate, and offers advice on getting involved in your professional community and building support networks when you graduate
- *Guidance for Applicants and Students with a Disability or Health Condition* – see the box on the left.

If you have any comments or suggestions about the **o** zone's student section, please email webmanager@osteopathy.org.uk

Making standards work better

Earlier this year, we invited you to take part in a review of the *Osteopathic Practice Standards*. What's happened since then, and what is the future for the standards?

All professions should review their standards of practice approximately every five years – so, with the *Osteopathic Practice Standards* having come into force in 2012, we are now carrying out a comprehensive review of them.

Between February and May 2016 we invited opinions on the current standards from both inside and outside the profession. We particularly wanted to find out whether some standards could be presented and explained more clearly – and whether any of them hinder rather than support good osteopathic practice.

We were also keen to know of any perceived gaps in the standards, and how the supporting guidance might be improved.

To gather this information, we created a dedicated website where anyone could comment on each individual standard. We received more than 340 comments, and the independent Consultation Institute has highlighted our approach as an example of good practice in consultation (see bit.ly/ci-trend-online).

Greater clarity

We are grateful to everyone who contributed feedback, all of which has been considered in detail alongside other research.

'The revised standards and guidance will be clearer and easier to navigate, understand and implement'

Moving forward, we intend to retain the four current themes of the *Osteopathic Practice Standards*:

- Communication and patient partnership
- Knowledge, skills and performance
- Safety and quality in practice
- Professionalism.

This will ensure that the revised standards remain consistent with the feel and the intent of the current standards.

However, within those themes we want to address the issues raised by osteopaths and others.

We will seek to ensure that our revisions make the standards and guidance clearer and easier to navigate, understand and implement in practice, so that they continue to underpin patient safety and quality of care effectively.

What happens next?

We will be working with a reference group of stakeholders – containing representatives from the Institute of Osteopathy, the National Council for Osteopathic Research, osteopathic educational institutions, the Osteopathic Alliance and patients – to develop draft revised standards and guidance.

We intend to develop these in the first half of 2017, after which we will hold a full public consultation so that every osteopath can comment on them before they are finalised.

Look out for more information in future editions of *the osteopath*.

i The current version of the *Osteopathic Practice Standards* is on our website at: bit.ly/gosc-ops

Keeping patients well in winter

The NHS and Public Health England are urging the public to take protective measures against winter illnesses – and osteopaths can get involved too, says NHS England’s Senior Campaign Manager **Ian Hampton**

If people who are vulnerable to winter illnesses can be encouraged to plan ahead and know where to go for help, we can keep the public healthy and relieve pressure on health services at this busy time.

Last year our ‘Stay Well This Winter’ campaign used TV, radio and press advertisements, social media and an advice booklet delivered to 1.5 million households to offer simple advice such as:

- Ask your pharmacist which medicines you should have in your cabinet over the winter, and stock up on them.

- Seek your pharmacist’s advice immediately if you start feeling unwell, even with just a cough or cold, before it becomes more serious.
- Take care not to run out of your prescription medicines over Christmas, and always take prescribed medicines as directed.
- Ask your GP for a free flu jab, or a flu nasal spray for your children aged two to seven.
- Keep your home heated to at least 18°C (65°F) to prevent flu, colds and more serious health problems.

The campaign was a great success, particularly among people aged over 75 and lower socioeconomic groups, and was directly responsible for an additional 1.1 million visits to pharmacies – so we are repeating it this year, and again we’d like osteopaths to help spread the message.

You can browse through posters and other resources, targeting different patient groups with clear messages, on the Public Health England website at:

bit.ly/phe-winter-resources

You cannot access these directly from the website unless you work in the NHS

GOsC resources in Welsh

Practising in Wales? We produce Welsh-language versions of some of our resources, for you to share with your patients, the public and other health professionals



Leaflets and web content

You can download Welsh-language versions of these public information leaflets from our website:

- *What to Expect from Your Osteopath (Beth i'w ddisgwyl gan eich osteopath)* – aimed at patients considering osteopathy for the first time
- *Standards of Osteopathic Care (Safonau gofal osteopathig)* – describing osteopaths’ high standards of training, conduct and professional skills
- *Who Regulates Health and Social Care Professionals? (Pwy sy'n rheoleiddio gweithwyr proffesiynol iechyd a gofal cymdeithasol?)* – a leaflet produced jointly by the UK’s health and social care regulators, describing what we do.

You can find all these leaflets at:

bit.ly/gosc-leaflets

Your patients and prospective patients may also like to know about the Welsh-language section of our website (www.osteopathy.org.uk/cymraeg).

Here, they can find information about the GOsC, how to search our Register, what to do if they want to raise a concern, and more.

Promoting your registration

Our Registration Marks assure patients, the public, health service commissioners, private health insurers and others that you are a regulated and registered healthcare professional, and that they can easily check your registration on our Register.

NHS

Are you 65 or over?

Cold weather can make you more likely to catch a winter illness that could become very serious.

So if you start to feel unwell, even if it's just a cough or cold, **seek advice from your pharmacist** before it gets more serious.

STAY WELL THIS WINTER

nhs.uk/staywell

Sanjay Ganvir, Pharmacist

– but you can request printed copies by contacting editor@osteopathy.org.uk

Another way to help the campaign is by not passing illnesses on to your patients! We'd like all health professionals to have the flu jab themselves; please do contact your GP to arrange this.

General Osteopathic Council

RWYF WEDI COFRESTRU

Registration no. 0000

www.osteopathy.org.uk

We can issue the 'I'm registered' and 'We're registered' Marks to you in English and/or Welsh – just tell us your preference when you apply for your Registration Mark(s) on the **o** zone at: bit.ly/ozone-reg-mark

And you can order Welsh versions of our 'I'm registered' and 'We're registered' posters, free of charge (except to cover the cost of postage and packing), to display in your practice. See bit.ly/ozone-reg-posters for more information.

Tackle phishing

Protecting your practice against cyber-attack

If your practice holds any personal information about your patients electronically, it is an attractive target for cyber-criminals. And while you may think you would never be careless enough to respond to a bogus 'phishing' email, the tactics adopted by hackers are becoming ever more sophisticated.

A recent phenomenon is 'spear phishing', which targets a specific victim with a tailored message rather than a generic mass mailing. It appears to come from a known and trusted source, contains information that lends it credibility, and makes a seemingly reasonable request.

A phishing message may directly request information of some sort, or may simply invite you to click on a hyperlink – following the link may be enough for you to infect your computer network with 'spyware' or similar malicious programming.

Spear phishing has proved highly effective: it is the method that enabled the 'Fancy Bears' hackers to steal athletes' data from the World Anti Doping Agency earlier this year, for example.

What can you do?

Technological measures can have some success in preventing spear phishing emails getting through to you, but it is human vigilance that offers the best protection.

Check the source

If you receive an unsolicited email asking you to provide information or take some action, pause before you do so. Even if the request seems to come from a legitimate source such as a GP surgery, try to authenticate it (for example, by looking up the surgery and phoning to confirm that they have emailed you). Don't simply

look at whether the sender's email address looks genuine, as addresses can be 'spoofed' by hackers.

Getting personal

A key factor in spear phishers' success is the inclusion of information that suggests an existing relationship with the recipient. They may have obtained this from the recipient's website or social media profile, for example, so think about what information about you and your practice is in the public domain – this will help you to judge whether an apparently genuine email message containing what seems to be 'inside knowledge' could have been constructed using publicly available information.

Don't trust hyperlinks

An email message may contain a hyperlink which appears to be the web address for a genuine website, but which takes you to a different address. A basic but effective defence against phishing is to hover your mouse over a hyperlink (without clicking on it): this will show the address to which the link will really take you. Bear in mind that even an 'unsubscribe' link can be malicious – if you suspect a message may not be genuine, you should delete it rather than responding to it in any way.

Taking steps like these can help you to identify and resist an attack. And remember that phishing can take place by phone as well as email: you should adopt the same cautious approach when receiving any request for information.

To find out more about phishing and cyber-security in general, including free online training available from the Government, visit www.cyberaware.gov.uk

Frequently asked questions

Q I am expecting a baby and want to go on maternity leave from the Register. What do I need to do?

A If you will not be practising for a period of three consecutive months during your registration year, you can apply to change your status to 'non-practising osteopath' and qualify for a reduced registration fee. Note that this does not apply during your first year of registration.

You must first complete our 'non-practising application form', which you can download at: bit.ly/ozone-np-form

The form asks you to state why you want to be registered as non-practising, and we may ask you to provide evidence to support this. Post your completed form and supporting evidence to the address shown on the form.

You should inform your professional indemnity insurer of your intention to become non-practising. If you cancel your insurance while you are not practising, you should check with your insurer that you have 'run off' cover in place, in case a claim is made against you retrospectively.

Whatever their practising status, all osteopaths are required to maintain their CPD. If your situation makes this impossible, please write to our Registration Department by post or email (registration@osteopathy.org.uk) as soon as possible to ask for a deferral or waiver. We will consider every request on its merits.

When you complete the non-practising application form, you will be asked to state the date when you expect to return to practice (if known) – but this

does not mean your status on the Register will automatically be changed back to 'practising' on that date.

When you are ready to commence practising again, you will need to write to our Registration Department by post or email with:

- your intended date of return to practice
- a copy of your current professional indemnity insurance
- your updated practice details.

There are additional requirements if you have been non-practising for two years or more.

You must not resume practising until you have received confirmation from us that your status has been updated on the Register.

You can find more information on the o zone at: bit.ly/ozone-registration



NICOLAS / SHUTTERSTOCK

Q In the October/November issue of *the osteopath* (pages 12-13), you described the limited circumstances in which osteopaths can share patients' personal information without their consent. What is the situation with regard to deceased patients? And how long should I keep a deceased patient's health records for?

A Even after a patient has died, you should ensure that their health records remain confidential. But a deceased person's personal representative (the executor or administrator of their estate), along with anyone else who may have a claim arising from their death, has a statutory right of access under the *Access to Health Records Act 1990* to directly relevant information in their records.

This is not an absolute right, however. If the patient requested confidentiality when they provided you with certain information, you should bear this request in mind when you are asked for access to their records.

The *Osteopathic Practice Standards* establish the retention period for patient records: guidance to standard D6 ('Respect your patients' rights to privacy and confidentiality') says that you should keep patient records for a minimum of eight years or until the patient's 25th birthday, whichever is the longer.

This does not change if the patient dies during the retention period.

When disposing of patient records, remember to do so securely. The Information Commissioner's Office – the independent body responsible for ensuring compliance with data protection law – publishes guidance on the disposal of electronic data at:

bit.ly/ico-delete-data

'Even after a patient has died, you should ensure that their health records remain confidential'

Low back pain guidance from NICE

The National Institute for Health and Care Excellence (NICE) has published a revised guideline for the assessment and management of low back pain and sciatica in adults.

The revised guideline, which replaces the previous version dating from 2009, focuses on risk assessment and combination packages of care. You can find it at: www.nice.org.uk/guidance/ng59

The National Council for Osteopathic Research (NCOR) has produced a summary of the guideline, available at: bit.ly/ncor-nice-lbp

Research journals free of charge!

All osteopaths, plus third- and final-year osteopathy students, have free online access to relevant research journals published by Elsevier. Are you making the most of it?

During the first six months of 2016, almost 3,500 articles in the GOSC's 'IJOM Plus' package of online journals were downloaded by osteopaths and osteopathy students via the **o zone**.

More than 1,500 of the downloaded articles were published in the *International Journal of Osteopathic Medicine (IJOM)* – the Elsevier journal carrying research papers 'as broad as the many disciplines that influence and underpin the principles and practice of osteopathic medicine'.

IJOM Plus gives you free and full online access (in HTML or PDF format) to every article in every issue of *IJOM* and its predecessor, the *Journal of Osteopathic Medicine*, since 2001. You also have the same access to all editions since 2010 of:

- *Clinical Biomechanics*
- *Journal of Bodywork and Movement Therapies*
- *Journal of Manipulative and Physiological Therapeutics*
- *The Lancet*
- *Manual Therapy*
- *The Spine Journal*
- *Pain* (editions to the end of 2014 only).

Of these, *Manual Therapy* and the *Journal of Bodywork and Movement Therapies* have been particularly popular with osteopaths this year, accounting for more than 500 apiece of the articles downloaded between January and June.

We know that osteopaths who make use of IJOM Plus do so frequently – why not join them?

To browse any of these journals online, simply log in to the **o zone**'s 'Research journals' page at: bit.ly/ozone-journals

Communication and consent

Research journals are, of course, an excellent source of reading material that can contribute to your CPD – and not just on clinical topics. Recent editions of IJOM Plus journals package have, for



example, included the following articles on the themes of communication and consent (the full versions of which are available if you are logged in to the **o zone**):

Beliefs about back pain: The confluence of client, clinician and community

Darlow B, *IJOM* (2016), 20, 53–61

bit.ly/ijom-2016-darlow

A report on qualitative research into why people hold

certain beliefs about the back and back pain, which may be inconsistent with current research evidence.

It notes that patients' beliefs are key to the development of back pain and disability, as well as recovery – and that erroneous beliefs lead to poor back-related behaviour, especially during episodes of back pain.

Practitioners may find the research results helpful when talking to patients and trying to influence their beliefs.

Identification of factors influencing patient satisfaction with orthopaedic outpatient clinic consultation: A qualitative study

Waters S *et al*, *Manual Therapy* (2016), 25, 48–55

bit.ly/mt-2016-waters

This paper describes a cross-sectional study, involving focus groups and interviews with patients, health professionals and clinical support staff in an orthopaedic outpatient clinic.

The research confirmed that patient satisfaction was influenced by factors including trust empathy, communication and expectation, in addition to waiting times and the duration of clinical contact.

The authors consider that understanding these factors is important in informing organisational and clinical processes, in order to 'improve the patient experience and potentially foster patient behaviours toward a therapeutic advantage'. They add that their findings could influence the development of patient satisfaction questionnaires.

Take a seat . . .

What's the best type of seat for your health? **Carol Fawkes**, Senior Research Officer at the National Council for Osteopathic Research (NCOR), examines the evidence

When thinking about sitting, I'm always reminded of the three bears, who had their own chairs and knew when Goldilocks had been sitting in them! The same can be said for many of us: our office chair is set up in a particular way, or we adjust our car seat to make it comfortable.

We spend much of our lives sitting down, and these days we are all encouraged to spend more time on our feet (see advice on the NHS Choices website at: bit.ly/nhs-sit-less, for example). But this isn't an achievable aim for everyone, so can a chair mitigate the effects of long seating times?

Risks to health

The health risks associated with sitting are well known. A six-fold increase in deaths from pulmonary embolism was reported during the Second World War, caused by prolonged sitting in deckchairs in air raid shelters,¹ and a study of London bus drivers in the 1950s also identified the hazards of sitting for a long time.² More recent work has identified a new condition, the 'e-thrombosis', associated with lengthy periods spent sitting at a computer.³

A 2012 systematic review associated excessive sitting with a greatly increased risk of diabetes (112 per cent more likely) and cardiovascular events (147 per cent more likely). There was a 90 per cent increase in the risk of cardiovascular mortality, and the risk of all-cause mortality was 49 per cent higher.⁴

A more recent study found lower levels of risk,⁵ but this may be because the participants reported above-average levels of daily activity.

Back in time

Some of the chairs we use today would not have been out of place in the 19th century, when an erect posture was associated with self-control. Although seating was available with lumbar

supports and a reclining back rest in those days, it was overlooked in favour of chairs with vertical backs, right-angled seats and no lumbar support.

But all sorts of innovative ergonomic seating designs are now available: slumber chairs, kneeling chairs, saddle chairs, beanbag chairs, recliner chairs,

egg or pod chairs, fit balls and massage chairs, to name just a few. But while the range of chairs on the market is increasing, evidence to support their health benefits is largely based on small pilot studies.

A summary of some of the studies relating to different chair designs is shown in the table on the right – note that this is not intended to be a systematic review or complete narrative review of available studies.

The research to date has indicated promising effects, but larger-scale trials are needed to provide greater confidence in their conclusions. The important factor of individual patient preference is also a vital part of these studies, but is currently less well explored.



A saddle seat (top) and a 'dynamic' chair (above)

What can we tell our patients?

- Extended periods of sitting aren't good for you.
- Choose a chair that is comfortable for your body type, as there is currently little evidence to support one type of chair over another.
- Make time to move at regular intervals.

¹ Simpson K. Shelter deaths from pulmonary embolism. *Lancet* 1940;ii:744

² Morris JN *et al.* Coronary heart-disease and physical activity of work. *Lancet* 1953;265:1111-1120.

³ Beasley R, *et al.* eThrombosis: the 21st century variant of venous thromboembolism associated with immobility. *European Respiratory Journal* 2003;21:374-376. bit.ly/to-seat1

⁴ Wilmot EG *et al.* Sedentary time in adults and the association with diabetes, cardiovascular disease and death: systematic review and meta-analysis. *Diabetologia* 2012;55(11):2895-2905. bit.ly/to-seat2

⁵ Pulsford RM *et al.* Associations of sitting behaviours with all-cause mortality over a 16-year follow-up: the Whitehall II study. *International Journal of Epidemiology*. 2015;44(6):1909-16. bit.ly/to-seat3

⁶ Vaucher M *et al.* Effect of a kneeling chair on lumbar curvature in patients with low back pain and healthy controls: a pilot study. *Annals of Physical and Rehabilitation Medicine* 2015;58(3):151-6. bit.ly/to-seat4

⁷ Bettany-Saltikov J *et al.* Ergonomically designed kneeling chairs: are they worth it? Comparison of sagittal lumbar curves in two different seating postures. *Studies in Health Technology and Informatics (Research into Spinal Deformities 6)* 2008;140:103-106. bit.ly/to-seat5

⁸ Lander C *et al.* The Balans chair and its semi-kneeling position: an ergonomic comparison with the conventional sitting position. *Spine* 1987;12(3):269-272. bit.ly/to-seat6 (abstract)

⁹ Gadge K, Innes E. An investigation into the immediate effects on comfort, productivity and posture of the Bambach saddle seat and a standard office chair. *Work* 2007;29(3):189-203. bit.ly/to-seat7 (abstract)

¹⁰ Van Niekirk S-M *et al.* Does a prototype "experimental" chair facilitate more postural changes in computing adolescents compared to a normal school chair? *Work* 2016;55(1):63-75. bit.ly/to-seat8 (abstract)

¹¹ Annetts S *et al.* A pilot investigation into the effects of different office chairs on spinal angles. *European Spine Journal* 2012;21(Suppl2):S165-S170. bit.ly/to-seat9 (abstract)

¹² Gregory DE *et al.* Stability ball vs. office chair: comparison of muscle activation and lumbar spine posture during prolonged sitting. *Human Factors* 2006;48(1):142-153. bit.ly/to-seat10

¹³ Tobin R *et al.* Uprising: an examination of sit-stand workstations, mental health and work ability in sedentary office workers in Western Australia. *Work* 2016; 55(2):359-371. bit.ly/to-seat11

¹⁴ Sohit K, Robertson MM. Implications of sit-stand and active workstations to counteract the adverse effects of sedentary work: A comprehensive review. *Work* 2015;52(2):255-267. bit.ly/to-seat12 (abstract)

 An expanded version of this article is available on the NCOR website at: bit.ly/ncor-seating

Seat type(s)	Research design	Number of participants	Measurements	Overall findings
Kneeling chair (comparator: standard flat chair)	Cross-sectional matched study ⁶	10 adults with chronic low back pain (CLBP) and 10 healthy adults used each seat	Pelvic incidence, sacral slope and lumbar curvature in upright and slumped postures	Compared with standing, sitting on either chair reduced sacral slope and lumbar lordosis in all subjects, but the kneeling chair was associated with a smaller reduction in lumbar lordosis.
Kneeling chair (comparator: office chair with backrest removed)	Repeated measures, within-subject design ⁷	20 healthy adults (nine male, 11 female) aged 18-35 used each seat	Lumbar curvature, measured using the Middlesbrough Integrated Assessment System (MIDAS)	The kneeling chair set at a 20° inclination maintained standing lumbar posture to a greater extent than the computer chair.
Balans kneeling chair (comparator: office chair)	Comparator study involving two groups ⁸	20 healthy subjects spent 30 minutes in each seat; half sat in the Balans chair first, and half second	EMG readings for cervical and paraspinal muscles; pedal cutaneous blood flow; comfort (measured via a questionnaire)	The standard office chair was rated as more comfortable than the Balans chair. EMG readings were higher, and pedal blood flow was increased by 15 per cent, in the Balans chair.
Bambach saddle seat (comparator: office chair)	Single system, multiple baseline research design ⁹	Four healthy subjects aged 21-26 spent two 30-minute periods on each seat	Thigh-to-trunk angle (measured using photographic analysis); low back discomfort (self-recorded on a scale at five-minute intervals); productivity (in terms of typing speed and accuracy)	Discomfort increased over time for both seats, but more slowly for the saddle seat; it was also associated with less low back discomfort, but more lower limb, hip and buttock discomfort. There was no difference in productivity. The saddle seat promoted a greater trunk-to-thigh angle, considered to be a better posture.
Prototype 'dynamic' chair (comparator: computer chair)	Development and validation study ¹⁰	11 high school students spent 15 minutes on each seat	3-D posture measurements	The prototype chair provided more pelvic side-flexion and pelvic rotation movements than the computer chair.
Variable kneeler chair, saddle chair and 'dynamic' Swopper chair (comparator: office chair with backrest removed)	Repeated measures, within-subject design ¹¹	14 healthy subjects used all four seats while conducting a typing task	Pelvic and lumbar angles, neck angle and head tilt (measured using digital photogrammetry)	The saddle chair produced the most appropriate posture for the lumbopelvic region, and the saddle and Swopper for the cervical region. No chair consistently produced an ideal posture across all body regions, but the saddle chair did best.
Stability ball (comparator: office chair)	Repeated measures, within-subject design ¹²	Seven men and seven women, who had been free of low back pain for 12 months, spent one hour on each seat	EMG readings for thoracic and lumbar erector spinae muscles; lumbar spine posture (measured using 3-D motion analysis); discomfort (self-recorded on a scale every 15 minutes)	There were small changes in the biological responses between the two seats, but the stability ball was associated with increased discomfort.
Sit-stand workstations (comparator: conventional workstation)	Two-group pre-post study ¹³	18 office workers were monitored before and after having sit-stand desks installed; a control group of 19 office workers kept their usual desks	Time spent sitting, standing and stepping; sit-stand transitions; number of steps taken; work ability and physical and mental health (measured via an online questionnaire)	Users of the sit-stand desk decreased their sitting time (by 100 minutes per day) and increased their standing time (by 99 minutes), but there was no significant difference to their stepping time, steps taken or sit-stand transitions. Their self-reported current work ability, compared to a lifetime best, decreased by a small but significant amount.
Sit-stand workstations, treadmill workstations and bicycle workstations	Comprehensive literature review ¹⁴	A total of 26 studies met the study inclusion criteria	Variables included effectiveness in the office or a laboratory setting, performance, comfort, user satisfaction, sit-stand behaviours, kinematic and physiological measures	Some amount of standing during an eight-hour working day could be beneficial and not reduce comfort or productivity, but there is very little data on the efficacy of treadmill and bicycle workstations.

Make the most of CPD opportunities

Some simple preparation before you attend a conference or course will help you to maximise the learning benefits, explains NCOR research officer **Austin Plunkett**

Right now, we at NCOR are busy preparing for our conference on Saturday 28 January. If you're coming, we look forward to seeing you!

All participants will receive a certificate of attendance for their CPD record folder – but, of course, attending a conference or a course isn't worthwhile unless it enhances your practice and develops your professional knowledge and skills.

So whenever you attend an event like this – or undertake any CPD activity – it's best to do some preparation of your own, identifying strengths and weaknesses in your practice so you're aware of areas for improvement. Start by considering these questions:

- What challenges relating to this area have I encountered in my work?
- Thinking about specific patients, what went well in their care and what could have gone better?

- What have I learned previously in this area, and how highly do I rate my knowledge and skills?

Later, you can reflect on the event's usefulness by asking yourself:

- Did it consolidate, enhance or advance my knowledge?
- How will this new knowledge benefit my patients?
- What are my aspirations for my practice in relation to this area of learning?
- What will I do differently tomorrow?
- Which colleagues will I discuss this with?

Linking to standards

It's easy to associate CPD solely with clinical skills, but – especially with the new CPD scheme for osteopaths set to be introduced soon (see page 6) – you should think about how your CPD activities relate to the four themes of

the *Osteopathic Practice Standards*.

Ask the organisers of CPD events to tell you which themes they will cover – for example, the NCOR conference is designed to enable attendees to enhance their learning across all of the standards' four themes:

A. Communication and patient partnership.

The conference will offer practical opportunities to develop a range of communication skills, and will explore the psychology of effective two-way communication – aiming to improve listening skills and better engage with patient concerns. We will look at why patients need to be actively involved in treatment plans and management decisions, and how to conduct these conversations.

B. Knowledge, skills and performance. Speakers will present the latest research in a variety of relevant fields.

C. Safety and quality in practice. We will explore psycho-social approaches to understanding and managing persistent pain, and how these can inform osteopathic treatment plans.

D. Professionalism. Attendees will learn what psychology and neurophysiology offer osteopaths and our patients. And we will explore ways of placing the patient's values at the core of their management, so their osteopath's beliefs do not prejudice their care.

These suggestions are illustrative rather than definitive: you should review the *Osteopathic Practice Standards* (available at: bit.ly/gosc-ops) yourself to consider how any CPD activity will address *your* learning needs. Remember that it is your responsibility as a reflective practitioner to show how your CPD supports your practice.

NCOR's conference in January will be on the theme of persistent pain



What should we do to identify expertise?



JAN CHEBLIK

How can patients best be helped to find practitioners with specific skills and capabilities, and what would help osteopaths to develop their clinical interests? The Advanced Clinical Practice project has been finding out, reports project manager **Ben Katz**

As osteopaths' careers progress, they often develop particular areas of clinical interest and experience. But there is no common framework within which patients, the public, fellow osteopaths and other healthcare professionals can evaluate their claims to expertise in a particular field.

'94 per cent of patients told us that a form of accreditation to identify advanced practitioners would be helpful'

As part of the Osteopathic Development Group – the national initiative for osteopathy's long-term development, which is addressing key issues identified by the profession – we are seeking to develop such a framework. The core aims of the Advanced Clinical Practice project are to:

- help patients identify practitioners whose skills and capabilities match their needs
- support osteopaths' post-registration clinical development.

Over the past two years, we have been working with independent researchers to gather the views of patients, the public and the profession through interviews and surveys. Based on the findings, we have developed two initial recommendations.

Clinical interest groups

By bringing practitioners together, disseminating research and sharing good practice, clinical interest groups can promote high standards of clinical practice.

Membership of these groups supports your professional development and provides a moderate level of assurance to patients. They are relatively straightforward to set up, and received a high level of support from osteopaths in our survey.

Recommendation 1: The ODG should support the development of existing clinical interest groups, and promote the development of new groups in areas where none currently exist.

Accreditation

A scheme for accrediting practitioners who have a higher level of proficiency in particular fields of osteopathic practice – such as paediatrics, sports care and care of the elderly – would offer osteopaths formal recognition for their areas of expertise, and give newer members of the profession a pathway for career progression.

This should help to raise clinical standards and provide greater assurance to patients, the public and other healthcare professionals; it could also raise osteopathy's profile and standing in the UK.

Accreditation would be voluntary, and osteopaths without accreditation would not be precluded from practising in any field: the scheme would not place any restrictions on their scope of practice. Responsibility for accreditation would lie with the profession, and not with the GOSc as regulator.

When we surveyed them last year, 94 per cent of patients said a form of accreditation to identify advanced practitioners would be helpful. While osteopaths raised some concerns, 59 per cent supported recognising practitioners with advanced skills in treating particular patient groups.

Continued overleaf

Identifying expertise

Continued from page 19

Both patients and practitioners said this was important in relation to the treatment of children; 26 per cent of osteopaths reported a clinical interest in this group.

Recommendation 2: The ODG should work with other stakeholders to develop an accreditation scheme for osteopathy, with an initial focus on paediatrics. The need to extend this to other areas should be assessed on a case-by-case basis.

Next steps

The Osteopathic Development Group was at the Institute of Osteopathy Convention in November, where we invited attendees' views on the initial proposals. Many thanks to everyone who took part.

We are now working to develop a formal proposal, on which we will consult the profession next year – watch this space to find out how you can have your say.

i You can find out more about the Advanced Clinical Practice project at: bit.ly/odg-acp

Accrediting osteopaths: how would it work?

Applicants for accreditation in a particular field would be assessed against an agreed framework, which would set out the knowledge, skills and capabilities required. The framework would be developed by leaders in the field from across the profession.

A portfolio-based assessment was the most popular option among osteopaths in our survey last year. Applicants would submit a portfolio of evidence to demonstrate how their practice and experience map to the framework; this might include details of clinical experience, CPD courses, formal post-registration training, teaching, and records of other developmental activities such as case reports and reflective journals.



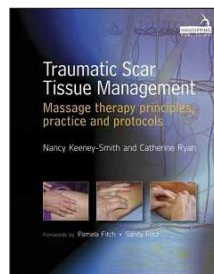
JAN CHEBLIK

Bookshelf

A selection of illustrated reference books for osteopaths

Traumatic Scar Tissue Management: Massage Therapy Principles, Practice and Protocols

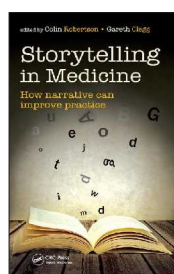
Nancy Keeney Smith and Catherine Ryan
 Handspring Publishing (2016), 296 pages
 ISBN: 978-1-909141-22-3



A practical guide to helping patients who have traumatic scarring, with a wealth of background information including the physiology, purpose, strength and matrix of healthy scar formation; the functional impact of scar tissue on various tissues and organs; and the psychological impact of scarring.

Storytelling in Medicine: How Narrative Can Improve Practice

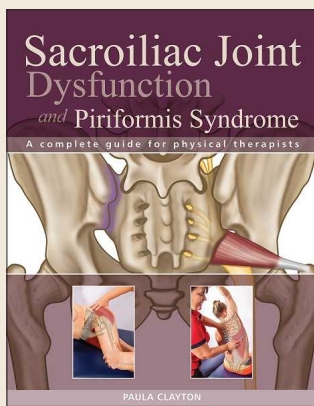
Colin Robertson and Gareth Clegg
 CRC Press (2016), 198 pages
 ISBN: 978-1-785231-37-7



An exploration of the ideas of narrative that lie at the very heart of clinical medicine and patients' experience of care, explaining how storytelling can effectively convey concepts such as prognosis and the effect of illness. It also looks at how communication between healthcare professionals can be improved.

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



Sacroiliac Joint Dysfunction and Piriformis Syndrome: A Complete Guide for Physical Therapists

Paula Clayton

Lotus Publishing

ISBN: 978-1-905367-64-1

Reviewed by
Werner Muller BOST (Hons)

I awaited the publication of this book with great anticipation, and was not disappointed: across 192 easy-to-read pages, it is a well-presented and comprehensive guide.

There are several practical manual therapy books on the market today, but my criteria for a good read are: Can I apply it in my clinical practice? Does it encourage me to do more research about the subject? Does it make me think? The answers to all the above are a resounding 'yes'!

The book is divided into seven sections: each of these is well-structured and written with a good flow, clear practical guidance and a nice mixture of diagrams and photographs, so that the reader does not feel overwhelmed.

I found the first four sections to be an easy read

and a great help to brush up on the topics of anatomical terminology, fascia, trigger point dry needling and the aims of dynamic taping.

But the final three sections are where the book really excels, focusing on the assessment and treatment aspects of sacroiliac joint dysfunction and piriformis syndrome.

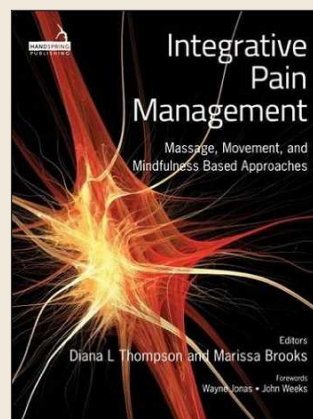
There is also a short discussion on Instrument-Assisted Soft Tissue Mobilization (IASTM), and I found the book's coverage of other topics – myofascial slings, muscle energy techniques (METs) and the relationship between the gluteus muscles and lumbar spine to the pelvis – to be extremely helpful.

All the assessments and treatment techniques described in the text are straightforward, with lots of discussion to back up each topic. The illustrations are simple and effective, with lovely diagrams describing the techniques step by step.

The addition of an accompanying DVD would have made this book almost perfect, but the full-colour illustrations clarify and complement the text.

Combining scientifically informed content with the author's advanced clinical experience and opinions, this book is a good read and a valuable addition to my bookshelf.

It is an excellent text for both students and more experienced practitioners, and is immediately applicable to practice.



Integrative Pain Management: Massage, Movement and Mindfulness Based Approaches

Diana L Thompson and Marissa Brooks (editors)

Handspring Publishing

ISBN: 978-1-909141-26-1

Reviewed by Claire Gregory
BSc (Hons) Ost

This beautifully presented and extensively researched book, written by two experienced clinicians, is for anyone who wants to understand more about how different complementary approaches can help those with debilitating conditions.

The first section reviews anatomy, physiology and pathology in relation to the way pain is experienced. This is nice and clear, with some great pictures explaining the principles of pain pathways.

The book continues by dedicating chapters to different complementary therapies, including massage therapy, structural bodywork and fascial balancing, functional taping, yoga therapy and the Feldenkrais Method.

As an osteopath, I was taken by the history and ethos of therapies that were different to my own. I felt I had a greater understanding of the philosophy and clinical reasoning behind

each therapy, which is useful when considering a referral to a specific approach.

I first picked up this book as it included mindfulness. This wasn't covered much at college, so I didn't really appreciate its importance, but that has changed as I have progressed as an osteopath. I thought the book would go into great detail about mindfulness in relation to chronic pain, but it doesn't to the depth I was hoping for: there is only one chapter, which doesn't cover mindfulness in combination with hands-on therapies.

However, I found some interesting case and research studies in the chapter on mindfulness. One that stood out for me concerned a 38-year-old male presenting with a four-year history of neck, upper back and arm pain. He had only three manual therapy sessions followed by eight mindfulness-based stress reduction sessions; in such a case, I would have expected to see the patient at least six times and then probably referred him on to Pilates classes.

The mindfulness chapter also mentions a patient-based educational programme for patients with chronic pain. This turns out to be a completely separate book called *Full Catastrophic Living* by Jon Kabat-Zinn (Piatkus, 2013), which I think is more along the lines of the book I was expecting.

Nevertheless, this is a comprehensive book which would serve as an excellent reference source in any clinic. I would recommend it to anyone looking to explore integrative clinical care co-management.

Courses 2017

Courses are listed for general information; 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

January

14-15

The heart and its osteopathy: Techniques and their conceptualisations

Speaker: Jean-Marie Beuckels
Venue: European School of Osteopathy, Maidstone, Kent
Tel: 01622 671558

cpd@eso.ac.uk
www.eso.ac.uk

15

The miserable baby, part 1: Treating feeding and digestive disorders in babies

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

mumandbabyCPD@gm.com
bit.ly/mumandbabycpd

18

Know your MSK services in Bedfordshire

Speaker: Kay Hoare
Venue: The Hive, Shefford, Bedfordshire

osteopathsinbedfordshire@gmail.com

23

Knee joint masterclass

24

Hip and groin masterclass

25

Muscle energy techniques made simple

26

Kinesiology taping for the athlete

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

john@johngibbonsbodymaster.co.uk
bit.ly/jgbodymaster

27

Emergency first aid

Speaker: Tony Bennison
Venue: British School of Osteopathy, London SE1
Tel: 020 7089 5333

cpd@bso.ac.uk
www.bso.ac.uk/cpd

28

Tissue repair: implication to manual therapists

Speaker: Professor Tim Watson
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

28

Communication and counselling skills for clinicians

Speakers: Tsafi Lederman and Jenny Stacey
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

28

The vital glutes and psoas

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

john@johngibbonsbodymaster.co.uk
bit.ly/jgbodymaster

February

2-5

Visceral manipulation 1

Speaker: Rita Benamor
Venue: Talbot Hotel Stillorgan, Dublin, Ireland
Tel: +353 1210 3967

barralireland@gmail.com
www.barralinstitute.ie

3-5

SCCO Pathway module 5: In reciprocal tension

Speaker: Michael Harris
Venue: The Beeches, Bournville, West Midlands
Tel: 01453 767607

admin@scco.ac
www.scco.ac

3-5

Neuromeningeal manipulation: an integrative approach to trauma

Speaker: Roberto Bonanzinga
Venue: Talbot Hotel Stillorgan, Dublin, Ireland
Tel: +353 1210 3967

barralireland@gmail.com
www.barralinstitute.ie

4

Nutrition in practice

Speaker: Prof Adam Cunliffe
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

6

Spinal manipulation and mobilisation techniques

7

Cervical spine masterclass

8

Shoulder joint masterclass

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

john@johngibbonsbodymaster.co.uk
bit.ly/jgbodymaster

10-12

The osteopathic voice

Speakers: Ashley Stafford and Sue Turner
Venue: Hawkwood College, Stroud, Gloucestershire
Tel: 01453 767607

admin@scco.ac
www.scco.ac

12

Bump to Baby, part 1: Pubis, pelvis, coccyx and lumbar spine

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

mumandbabyCPD@gm.com
bit.ly/mumandbabycpd

17

Neuro and intracranial anatomy and pathology

Speaker: David Parry
Venue: British School of Osteopathy, London SE1
Tel: 020 7089 5333

cpd@bso.ac.uk
www.bso.ac.uk/cpd

17

Ultrasound introduction

Speaker: Dave Baker
Venue: British School of Osteopathy, London SE1
Tel: 020 7089 5333

cpd@bso.ac.uk
www.bso.ac.uk/cpd

18-19

Vascular manipulation

Speaker: Richard Twining
Venue: European School of Osteopathy, Maidstone, Kent
Tel: 01622 671558

cpd@eso.ac.uk
www.eso.ac.uk

22-23

Advanced soft tissue techniques

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

john@johngibbonsbodymaster.co.uk
bit.ly/jgbodymaster

22-24

Barral's osteo-articular approach – lower limbs

Speaker: Jean-Pierre Barral
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551

cpd@cpdo.net
www.cpdo.net

24-26**Osteopathic neuromuscular rehabilitation**

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

25-26**SCCO Pathway, module 1: Foundation course**

Speaker: Penny Price
 Venue: Crista Galli Osteopathy, London W2
 Tel: 01453 767607
admin@scco.ac
www.scco.ac

26**The miserable baby, part 2: Treating shock, trauma and birth interventions**

Speaker: Miranda Clayton
 Venue: London School of Osteopathy, London SE1
 Tel: 07792 384592
mumandbabyCPD@gm.com
bit.ly/mumandbabycpd

27**Neurological testing masterclass**

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

March

3-6**SCCO Pathway module 9: Introduction to paediatrics**

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

4-5**Lateral cranial nerves V, VII, IX and X**

Speaker: Prof Frank Willard
 Venue: European School of Osteopathy, Maidstone, Kent
 Tel: 01622 671558
cpd@eso.ac.uk
www.eso.ac.uk

9**Postpartum mum: Treating the postnatal patient**

Speaker: Miranda Clayton
 Venue: London School of Osteopathy, London SE1
 Tel: 07792 384592
mumandbabyCPD@gm.com
bit.ly/mumandbabycpd

9-12**Pelvis, sacroiliac joint and lumbar spine masterclass**

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

12**Let's breathe**

Speaker: Miranda Clayton
 Venue: London School of Osteopathy, London SE1
 Tel: 07792 384592
mumandbabyCPD@gm.com
bit.ly/mumandbabycpd

16-19**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
bit.ly/jgbodymaster

18-19**Breathing, breathing therapy and capnography in clinical practice**

Speakers: Dr Robert Kissner and Gerry Gajadharsing
 Venue: London Marriott Hotel Kensington, London SW5
info@thehealthequation.co.uk

25-27**Managing breathing pattern disorders: Biomechanical and functional approaches**

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

April

1-2**Neural manipulation**

Speaker: Richard Twining
 Venue: European School of Osteopathy, Maidstone, Kent
 Tel: 01622 671558
cpd@eso.ac.uk
www.eso.ac.uk

5-9**SCCO Pathway module 2: Osteopathy in the cranial field**

Speaker: Carl SurrIDGE
 Venue: Columbia Hotel, London W2
 Tel: 01453 767607
admin@scco.ac
www.scco.ac

8-9**Conference: The future of paediatric osteopathy**

Speakers include Susan Turner and Professor Frank Willard
 Venue: Regent's University, London NW1
www.fpo.org.uk/conferences

21-23**11th International Conference on Advances in Osteopathic Research**

Speakers include Alberto Gallace and Prof Wilfrid Jänig
 Venue: Accademia Italiana di Medicina Osteopatica, Milan, Italy
www.aimo-osteopatia.it/icaor11

May

6**Optimising rehabilitation prescription in sport**

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

11-15**SCCO Pathway module 4: Balanced ligamentous tention**

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

13-14**Breath of Life conference**

Speakers include Dr Bessel van der Kolk and Robert Lever
 Venue: Regent's University, London NW1
info@breathoflifeconference.co.uk
www.breathoflifeconference.co.uk

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

Speaker: Penny Price
 Venue: Gillis Centre, Edinburgh
 Tel: 01453 767607
admin@scco.ac
www.scco.ac

20-21**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

June

3**Nutrition and human performance/Nutrition and recovery from musculoskeletal injury**

Speaker: Prof Adam Cunliffe
 Venue: Whittington Education Centre, London N19
 Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

10-11**Head First conference**

Speakers include Prof Laurie Hartman and Prof Frank Willard
 Venue: W12 Conference Centre, London W12
 Tel: 01453 767607
admin@scco.ac
www.scco.ac

17**Managing the acute and chronic shoulder: A process approach**

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



Emergency First Aid

Date: Friday 27 January 2017

Cost: £135

CPD: 7 hours

Tutor: Tony Bennison

Location: The BSO Teaching Centre, London



This course offers the minimum level of first aid certification recommended by the Health and Safety Executive. As a clinician it is expected that you would know what to do in a medical emergency. With evidence continuing to show how quickly your skills deteriorate, you should be aware of the medical, legal and professional implications of getting it wrong. It is a common complaint that traditional first aid training does not address the needs of the healthcare professional: this course encourages delegates to re-evaluate their emergent skills and knowledge and discuss their own experiences and concerns amongst their peers, based on actual scenarios and case studies.

Ergonomics for Manual Therapists

Date: Saturday 28 January 2017

Cost: £135

CPD: 7 hours

Tutor: David Annett

Location: The BSO Teaching Centre, London



The course links the related disciplines of ergonomics and osteopathy, covering an introduction to ergonomics as well as applications relevant to osteopaths. Attendees leave with the ability to evaluate and train patients in relation to computer workstations and manual handling back in their practices. The aim is to provide knowledge and skills to give support to patients with injuries or problems related to their workplace environment.

Neuro & Intracranial Anatomy & Pathology

Date: Friday 17 February 2017

Cost: £205

CPD: 7 hours

Tutor: Dr David Parry

Location: The BSO Teaching Centre, London



A day spent in multiple learning landscapes to enforce and enhance knowledge of intracranial anatomy and selected pathology. The learner will first attend a lecture that will lay the foundation for the rest of the day's learning. The afternoon is spent in part (2 hours) in the dissecting room, looking and discussing normal anatomy on cadavers that will support the lecture and be a basis for the rest of the session (2 hours) that will be spent looking at potted real pathology and discussing the presentation and case histories of each example.

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...

Sat 28 & Sun 29 Jan
Osteopathic Refresher
Sat 11 Feb
Clinical Methods DCP
Sat 11 Feb
Pain & Pathophysiology
Sat 11 & Sun 12 Feb
Paediatrics
Fri 24 Feb
Communication & Consent
Fri 24 Feb
Thoracic Outlet Syndrome
Sat 11 Mar
Emergency First Aid
Sun 23 Apr
Neonatology
Sat 20 & Sun 21 May
Advanced Osteopathic
Paediatric Respiratory...

2017-18

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

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



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Academic and Clinical Education

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.

Start date: TBC 2017

Integrated Care of Older Adults

Did you know that by 2030, one in five people in England will be aged over 65? That's why we've specifically designed the only award bearing course in the UK for those wishing to develop specialist 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.

Start date: April 2017

Specialist Paediatric Osteopathic Practice

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

Start date: April 2017

For more information or to apply:

admissions@bso.ac.uk 020 7089 5316

www.bso.ac.uk/postgraduate-cpd

Foundation
for Paediatric
Osteopathy



Osteopathic
Centre for
Children

Conference 2017

LONDON 8 / 9 APRIL

The Future of Paediatric Osteopathy



Stuart Korth DO DPO FICO

The Future of Paediatric
Osteopathy

Dr Jayne Donegan

MBBS DRCOG DFFP DCH MRCP MFHom

Vaccination - the Science.

Supportive Treatment of
Childhood Illnesses



Chris Campbell DO

Children, Osteopathy
and J. M. Littlejohn

Peter Armitage

DO DPO FSCCO

To be Confirmed



Dr Beatrix Urbanek

MSc DO DPO

Special Aspects of Treating
Unborn Babies

The Foundation for Paediatric Osteopathy is delighted to invite you to the third international conference in London. Following the success of the 2012 and 2015 conferences we have brought together another unique combination of speakers to inspire you. All osteopaths will gain from this opportunity to learn from the lectures and share their experience with other paediatric osteopaths.

Susan Turner MA PGCE DO

Osteopathic Support of the Immune System in Infancy and Childhood



Peter Brown

BA(Hons) CQSW MA PGDip

A Systemic Approach to Family Relationships and the Positive Management of Children's Behaviour



Professor Frank Willard PhD

The Uniqueness of Neonatal Anatomy.

Neuroanatomical Models of Behavioural Dysfunction



Mary Bolingbroke BSc

The Immunity Spiral - How being ill can make kids better



Nerys Hughes BSc(Hons)

Sensory Processing Disorder Collaborative Practice



For details and registration visit:
www.fpo.org.uk/conference



CPDO 2017

Professional Development for Manual and Physical Therapists

☎ 0207 263 8551

cpd@cpdo.net

Date	Topic	Lecturer	Cost	Deposit	CPD points
28-29 Jan	Hartman's Master class in manipulative techniques: lower body	Prof. Laurie Hartman	Fully booked		14
28 Jan	Tissue repair: implication to manual therapists	Prof Tim Watson	£125	£125	7
28 Jan	Communication and counselling skills for clinicians	Tsafi Lederman & Jenny Stacey	£125	£125	7
4 Feb	Nutrition in practice: Low tech nutritional assessment of patients & Crash course in evidence based nutritional supplementation	Prof Adam Cunliffe	£125	£125	7
22-24 Feb	Barral's osteo-articular approach - lower limbs Few places left	Jean-Pierre Barral	£680	£375	20
24-26 Feb (Start Friday 17:00)	Osteopathic neuromuscular rehabilitation	Dr. Eyal Lederman	£385	£200	18
25-27 Mar	Managing breathing pattern disorders: biomechanical and functional approaches	Leon Chaitow	£315	£250	14
1-2 Apr	Hartman's Master class in manipulative techniques: lower body	Prof. Laurie Hartman	Fully booked		14
20-21 May	A process approach in physical therapies: beyond the structural model - NEW COURSE	Dr. Eyal Lederman	£195	£100	14
6 May	Optimising rehabilitation prescription in sport	Matt Ashman	£125	£125	7
3 June	Nutrition and human performance: Ergogenic aids that actually work & Nutrition and recovery from musculoskeletal injury: Nutritional approaches to inflammation	Prof. Adam Cunliffe	£125	£125	7
17 June	Managing the acute and chronic shoulder: a process approach	Dr. Eyal Lederman	£125	£125	7

10% discount on most courses booked by 7 Jan 2017

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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



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

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: Techniques and their Conceptualisations

Course leader: Dr Jean Marie A T Beuckels

Date: Saturday 14 to Sunday 15 January 2017
Cost: £275 / 14 hours CPD

Part of a series* of osteosopical workshops and a continuation of the workshop held in September - open to new delegates with some knowledge of visceral osteopathic care. The first postgraduate weekend covered the different palpatory tests on biomechanical and biokinetic levels of the osteopathic heart. In this second weekend Jean Marie Beuckels will help you individualise your technique approach to suit the tissue conditions of your patient. At the end of this postgraduate seminar, you will be able to reflect on technique conceptualisations, test technique adaptations and perform techniques on the osteopathic heart depending on whether causality levels are biomechanical or biokinetic.

*Upcoming events include further osteosopical 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)



Also coming up in 2017

How can Chinese Medicine help your Osteopathic Practice?

March 18-19
Speaker: Gordon Peck
£250 (incl refreshments)

Neural Manipulation

April 1-2
Speaker: Richard Twining
£280 (incl refreshments)

For course details and for our full CPD programme please visit eso.ac.uk/event

BOOK NOW
to avoid
disappointment

Vascular Manipulation

Course leader: Richard Twining

Date: Saturday 18 to Sunday 19 February 2017
Cost: £280 (includes lunch and refreshments)
CPD: 14 hours

"By liberating a femoral artery one can easily gain a 10-30 degrees of extension of a hip, or when normalising a vertebral artery one can realise a gain of 10-30 degrees of sidebend" Chauffeur, Pratt & Michard (2009)

This course will review the global fluid exchanges, pressures and circulations in the body and their significance for health and dysfunction and then focus on the faster flowing fluids of the vascular system, the biomechanics of its connective tissue matrix and how to manipulate vessels, directly and indirectly, in both the musculoskeletal and visceral networks to improve musculoskeletal mobility, visceral function and tissue quality.



Professor Frank Willard

Lateral cranial nerves V, VII, IX & X (full title to be confirmed)

Date: Saturday 4 to Sunday 5 March 2017
Cost: £300 (includes lunch and refreshments)
CPD: 14 hours

In the brainstem these nerves form a major, embryologically defined column that evolved significantly with our ability to communicate. Professor Willard is working with this theme to develop a fascinating and rewarding seminar.



Professor Willard returns with prices held at an inflation-busting £300!

CONTACT US:

European School of Osteopathy, Boxley, Maidstone, Kent, ME14 3DZ
Tel: +44 (0)1622 760816 or Email: cpd@eso.ac.uk

www.eso.ac.uk

EuropeanSchoolofOsteopathy ESOMaidstone

To book, visit: www.scco.ac, email admin@scco.ac or call **01453 767607**
Some courses require a minimum level of qualification; please contact us for further details.

SCCO CONFERENCE: HEAD FIRST



Laurie
HARTMAN

Frank
WILLARD

Orianne
EVANS

Simeon
MILTON

Kok Weng
LIM

Caroline
PENN

Michael
HARRIS

Robyn
SEAMER

Manuela
DA RIN

Leader: Clare Ballard
10 - 11 June 2017

W12 Conference Centre
London

£390*

non-residential

CPD: 16 hrs

We are delighted to present our latest conference which this year focuses on head trauma, concussion and relevant osteopathic treatment strategies.

Featuring Professor Frank Willard and Professor Laurie Hartman, the conference will host a variety of speakers with different insights and experience in the field of head trauma. Other speakers will include Orianne Evans (DO), Simeon Milton (OSCA), Kok Weng Lim (FSCCO), Caroline Penn (FSCCO), Robyn Seamer (Aust), Manuela da Rin (Aust), and Michael Harris (FSCCO).

During both conference afternoons delegates will have the opportunity to attend a choice of workshops led by our speakers.

FEBRUARY 2017

Module 5: In Reciprocal Tension

3-5 February 2017 **£945**** res
The Beeches, Bournville CPD: 24 hrs

Leader: **Michael Harris**

Develop palpatory awareness of whole-body interconnectedness, discover the secrets of the body's structural integrity and explore how this may influence treatment.

The Osteopathic Voice

10-12 February 2017 **£460*** res
Hawkwood, Stroud CPD: 16 hrs

Leader: **Ashley Stafford** (with Sue Turner)

An inspirational course covering neurology, anatomy, embryology and the extensive network of connections and influences on the vocal apparatus; from cranial base to pelvic floor and beyond. It includes voice, breath and body-work informed by osteopathic principles and palpation, as well as practical sessions to engage the all-important channel of breath, sound and feeling.

MARCH 2017

Module 9: Introduction to Paediatrics

3-6 March 2017 **£1100**** non-res
Hawkwood, Stroud CPD: 32 hrs

Leader: **Hilary Percival**

This introductory course will prepare you to practice safely and examine your young patients with confidence and with a deeper appreciation of the extraordinary journey from embryo to childhood.

Bookings are now open for the 2018-2019 Paediatric Osteopathic Diploma.



Embryology

12-14 March 2017 **€550 / £490***
14-16 March 2017 non-residential
Göttingen, GERMANY CPD: 16 hrs

Leader: **Guus van der Bie**

Two opportunities to take this exciting course on the fascinating hidden world of embryology in the unique surroundings of Göttingen University's Blechschmidt Collection. *This course will be delivered in English.*

APRIL 2017

Module 2: Osteopathy in the Cranial Field

5-9 April 2017 **£950** non-res
Columbia Hotel, London CPD: 40 hrs

Leader: **Carl Surridge**

Our flagship *Osteopathy in the Cranial Field* course is an overview of the whole cranial concept, covering all the key areas, and includes treatment approaches that you can use immediately in practice.

MAY 2017

Module 4: Balanced Ligamentous Tension

11-15 May 2017 **£980**** non-res
Hawkwood, Stroud CPD: 34 hrs

Leader: **Sue Turner**

An excellent introduction to working with involuntary mechanisms in clinical practice and to the treatment of body-wide joints.

JULY 2017

Module 7: Spark in the Motor

7-9 July 2017 **£945**** res
The Beaches, Bournville CPD: 24 hrs

Leader: **Rowan Douglas-Mort**

Explore the art and science of osteopathy addressing the nervous system, cerebrospinal fluid and the subtle fluctuations and bioenergetic communication throughout the fluid fields of the body.

Start your Fellowship journey with our
MODULE 1: FOUNDATION COURSE

CPD: 16 hrs

£275
non-res

Leader: **Penny Price**

Have you ever wondered about the anatomy above the atlanto-occipital joint? Or what influence the structures within the head, neck and pelvis may have on the rest of the body? Allow us to introduce you to osteopathy within the cranial field.

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1-2 July 2017

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Mervyn Waldman
Caroline Stone
Chris Campbell
Chris Batten

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Students £50 / £60 after
ICO Members £100 / £120 after
Non-members £120 / £140 after
Prices include lunch & refreshments

WORKSHOPS

Monday 3rd April 2017

London Clinic of
Classical Osteopathy
LMU Science Centre
29 Hornsey Road
London N7 7DD

WITH
Mervyn Waldman
Caroline Stone

EARLY BIRD OFFER (expires 31.01.17)
ICO Members £80 / £100 after
Non-members £100 / £120 after
Prices do not include
lunch & refreshments

For full details and bookings visit: classical-osteopathy.org/ico-events/conferences

MSc/PGDip Musculoskeletal Sport Science and Health



Learn more about the scientific concepts and procedures underpinning sport- and exercise-related musculoskeletal function, measurement, injury and treatment.

This programme will allow you to adopt a multidisciplinary approach to the scientific study of sport- and exercise-related musculoskeletal health and performance including anatomy, physiology, biomechanics, bioengineering and kinesiology.

You will have the opportunity to carry out in-depth and critical research in selected areas of interest.

The course is primarily taught at Loughborough University, with some teaching taking place at The University of Nottingham.

The course is delivered in connection with the National Centre for Sport and Exercise Medicine East Midlands (NCSEM-EM), an Olympic legacy funded project aimed at improving the health and wellbeing of the nation.

Find out more: www.ncsem-em.org.uk/education



MOLINARI INSTITUTE OF HEALTH WOMEN'S HEALTH COURSE - Starting May 2017

Post-Graduate Diploma in Women's Health - Osteopathy



The recruitment process has started and **only 7 places are still available.**

For more information and to register please visit our website:

www.molinari-institute-of-health.org

or contact Corinne Jones at:

corinnejones.mih@gmail.com

This two-year part-time course provides a fantastic opportunity for qualified osteopaths to gain an in-depth understanding of women's health and to become part of a body of practitioners with a specific expertise in this field.

The syllabus covers all the different stages in a woman's life, from puberty to pregnancy through to menopause, as well as specific gynaecological problems. The objective is to provide continuous professional development, clinical excellence, a responsible human and ethical approach to treatment and allow the graduates to work in an integrative partnership with other health professionals.

The course is led by Prof Renzo Molinari who has over 40 years' experience in this area of osteopathy and brings together an international team of experts that includes medical and complementary practitioners (gynaecologists, obstetricians, midwives, ultra-sonographers, acupuncturists, nutritionists etc.) as well as some of the most acclaimed osteopaths.

Dr Michel Odent, Prof Frank Willard, Dr Yehudi Gordon, Dr Etienne Horner, Dr Donald Gibb, Bill Smith, Hayley Pedrick, Nathalie Camirand, Franz Buset, Susan Turner, Michael Pye, Francois Allart, Teresa Coughlan, Geneviève Kermorgand to name but a few are part of this elite faculty.

The course is complemented by a teaching clinic where the students can develop their expertise.

iO CPD workshop programme 2017

Practical workshops to develop both your clinical and business skills

DATE 2017	WORKSHOP	SPEAKER	ENHANCED CPD STANDARDS	IO MEMBER RATE	NON IO MEMBER RATE
10 Feb	Social Media <i>Connect with and convert patients confidently online</i>	Painless Practice	<ul style="list-style-type: none"> Standard 1 OPS: A, B, D Standard 2 Patient feedback 	£125.00	£175.00
4 March Harrogate	Communication and Consent <i>Keeping out of trouble</i>	iO Medico-legal team	<ul style="list-style-type: none"> Standard 1 OPS: A, C, D Standard 2 Patient feedback 	£60.00	£80.00
31 March	First Aid for Clinicians <i>Tailored for the need of osteopaths</i>	Academy of Physical Medicine	<ul style="list-style-type: none"> Standard 1 OPS: A, B, C, D 	£90.00	£120.00
22 April	Communication and consent <i>Keeping out of trouble</i>	iO Medico-legal team	<ul style="list-style-type: none"> Standard 1 OPS: A, C, D Standard 2 Patient feedback 	£60.00	£80.00
19 May	Low back pain & sciatica <i>In focus with the NICE guidelines</i>	Robin Lansman	<ul style="list-style-type: none"> Standard 1 OPS: A, B, C, D 	£125.00	£175.00
16 June	Patient Management <i>Getting your patients to buy-in to Osteopathy</i>	Painless Practice	<ul style="list-style-type: none"> Standard 1 OPS: A, B, D Standard 2 Patient feedback 	£25.00	£175.00

Communication and Consent (Harrogate and London)

This workshop proved so popular last year we had to increase capacity. As a mandatory component of the enhanced CPD scheme, the iO's extensive experience of supporting members with complaints, liaising both with patients and the regulator, places us in a unique position to share that knowledge and expertise through these workshops.

This year we are hosting two workshops, one in London and one in Harrogate.

Social Media Strategy and Patient Management

Seasoned business development coaches Painless Practice, tackle social media and how to make the most of this increasingly important method to connect with your patients new and existing. They also provide advice and guidance on how to maximise your patient/practitioner relationship.



Exploring Low Back Pain and Sciatica in focus with the NICE guidelines

Cases of low back pain and sciatica often present with complex patterns of dysfunction. In this practical workshop, Robin Lansman explores how osteopaths can best combine targeted hands-on treatment and prescribed remedial exercise, with reference to the updated NICE guidelines in this area, to provide lasting help for patients to overcome these presentations.



First Aid for Clinicians

Following its success last year we have invited back Steve Bruce to deliver his highly successful First Aid for Clinicians. Specifically tailored for the needs of osteopaths, his course is great fun, hugely relevant and most important, highly memorable. The course will provide advice and skills that meets the HSE's "emergency First Aid at Work" requirements and much more.

All workshops are a full day and will be hosted in central London unless otherwise stated. To book your workshop call

01582 488 455 Quoting: 'The Osteopath:CPD'
(Places are limited and will be allocated on first come basis.)

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28th - 29th Jan	Falkirk	21st - 22nd Jan	London	4th - 5th Feb	Falkirk
4th - 5th Feb	Moirra	11th - 12th Feb	Nottingham	11th - 12th Feb	London
4th - 5th Feb	Nuneaton	25th - 26th Feb	Manchester	4th - 5th Mar	Nuneaton
25th - 26th Feb	Liverpool	22nd - 23rd Apr	Manchester	11th - 12th Mar	Banbury
25th - 26th Feb	London	20th - 21st May	Moirra	22nd - 23rd Apr	London
9th - 10th Mar	Falkirk	10th - 11th Jun	Nuneaton	22nd - 23rd Apr	Cardiff
More options also available...		More options also available...		6th - 7th May	Manchester

"The teaching was brilliant, really explained well and made it enjoyable."

"I just wanted to say thank you so much for creating such a wonderful informative well taught course. I would highly recommend this course to my colleagues"

Book today!

Contact us for further dates, courses & locations

info@appihealthgroup.com | 0345 370 2774

Energy Osteopathy

Sunday 2nd April 2017

Regents Conference Centre, Regents Park, London, NW1 4NS

In response to requests this full day course with Nicholas Handoll and Caroline Penn is being repeated. Some of the feedback from the first course, 6th November 2016:

"Nick has pushed the science right to the edge and opened up the world in a new way. He offers us an opportunity to take a leap into a bigger way of being in the world. Go if you're open for a new challenge!"

Try the course even if you practice structurally. Expand your understanding; it will help you no matter how you work.

The clearest description of osteopathic philosophy I have heard. Go, if you want to further your development.

During the detailed science descriptions, the solid ground of common-sense got pulled away from under my feet!

Made me realise the awesomeness and amazingness of the universe in a RELEVANT way to practice!!! Revolutionary!

A mix of cutting-edge physics to explain osteopathic philosophy. Brought physics alive! The perspective was mind-blowing!

Explained physics concepts better than any of my A-level or Degree level lecturers!

Showed up some ways of thinking about osteopathy with some great discoveries about palpation.

Confirming, anchoring, transformational, encouraging. Will widen your horizon to how powerful osteopathy can be.

Sharp mind; big heart; one full day! You must go on it. It will expand your practice and your life view.

The Honesty and Open Questioning about what we're doing. I'll incorporate it into my practice.

Very inspiring. It gave me a different perspective of how I can apply my work in practice and everyday life.

Your personal words were spell-binding – I could feel you speaking from the void, encouraging us to take a step because of the difference it can make. At this point, it felt like we were standing on sacred ground. Thank you for going there!

To reserve a place please e-mail: nicholas@handoll.org

ICAOR¹¹

BCOM and AIMO are pleased to announce the
11th International Conference
on Advances in Osteopathic Research

Italy, Milan
21 - 23 April 2017



Call for registration

Keynote Speakers

 **Mr Leon Chaitow ND DO**

Honorary Fellow, University of Westminster, London
Editor-in-Chief, Journal of Bodywork & Movement Therapies

Keynote: "Implications of current research on dosage of manual/osteopathic treatment of fascial dysfunction."

 **Dr Lisa M. Hodge, Ph.D.**

Associate Professor, The Department of Cell Biology and Immunology, Osteopathic Heritage Basic Science Research Chair, The Osteopathic Research Center, University of North Texas Health Science Center.

Keynote: "The lymphatic system and Inflammation: insight into the mechanisms of protection offered by osteopathic medicine."

 **Dr. Silvestro Roatta, PhD**

Associate Professor of Physiology, Dept. of Neuroscience, University of Torino - Politecnico

Keynote: "Autonomic modulation of skeletal muscle function: physiological mechanisms, implications, speculations."

 **Dr. Alberto Gallace, Ph.D.**

Researcher in Psychobiology, Department of Psychology University of Milano-Bicocca

Keynote: "Body, Space, and Pain in the brain: the concept of body matrix."

 **Prof Dr Wilfrid Jänig**

Professor of Physiology Emeritus, Physiologisches Institut, Christian-Albrechts-Universität zu Kiel, Germany

Keynote: "Autonomic Nervous System and Inflammation."

Register now and learn more at

www.aimo-osteopatia.it/icaor11

www.bcom.ac.uk/icaor11



Classifieds

Osteopath required: Berkshire

An integrated multi-disciplinary practice, based near Newbury, is looking for an osteopath who is interested in working with children suffering from developmental, learning and behavioural problems. You will be working alongside an osteopath who essentially uses an IVM/ Biodynamic approach, and a team of neuro development and auditory integration therapists, in addition to interacting with other specialists. Would suit a recent graduate interested in working with children and developing their IVM skills. Training would be provided, with lots of opportunity for professional development. Initially part-time but with potential to become full-time. Please contact Leo Meyer at practitioners@thekeyclinic.co.uk or call **01635 761565**

Osteopath required: Surrey

Osteopath sought to rent treatment room in a well established Physiotherapy/ Podiatry clinic in Chertsey (KT16) including reception, 8mx5m rehabilitation gym with Technogym equipment. Half or full day or monthly negotiable. For further details contact Alexandra **01932 566893** or email admin@sidi-physio.co.uk

Osteopath required: Wiltshire

Well-established, busy, friendly practice in Royal Wootton Bassett requires enthusiastic osteopath for Tuesday and Friday afternoons and evenings, and alternate Saturdays. Email dbrunskill@btinternet.com

Associate osteopath required: Norwich

Associate sought for established, forward-thinking, award-winning practice. Established list on Wednesdays and Saturdays, progressing to additional third day in March. Package on minimum-term two-year contract, effective January 2017. Support given for CPD/ training plus mentoring sessions. Mainly structural approach, but acupuncture and/or paediatric skills are preferable. Will consider newly qualified candidates with interest in progressing

their skills. Good interpersonal and patient management skills essential, plus desire and ability to grow a patient list and contribute to the development of the practice. Contact Rebecca Thorby at info@norwichosteopathicclinic.co.uk or call **01603 504508**

Locum osteopath required: Surrey

Are you a consummate professional, team player, dedicated to your professional values and with the abilities to provide the premium level of clinical care required in private practice? If you have a minimum of five years' experience and you meet the placement criteria, we would be interested in speaking with you regarding a locum appointment, leading to a permanent part-time position at our integrative clinic based in Surrey. We provide excellent remuneration, CPD courses and ancillary support for the successful practitioner. Please forward your CV and covering letter to practicemanager@back2health.biz

Locum osteopath required: Shetland Islands

We are looking for an enthusiastic, motivated structural osteopath to join our multidisciplinary team at Injury Shetland. The position is on a salaried locum basis to cover maternity leave, with the potential of becoming permanent. We see a wide variety of patients at Injury Shetland, so experience would be beneficial but not necessary. With the clinic having built up a strong presence in the community, achieving an excellent reputation, we are looking for an individual with a caring nature to help maintain this high standard. To find out more, go to www.injuryshetland.co.uk or email bronwyn.smith@injuryshetland.co.uk

Practice for sale: Middlesex

Practice and goodwill for sale in Pinner HA5, owing to relocation. Practice established 20+ years. Excellent location. Exclusively structural. Single list, low overheads. To include

waiting room, kitchen facilities etc. Equipment and furniture included. Call **020 8868 3555** or email osteoady@gmail.com

Practice for sale: Central London

Goodwill for sale in Pimlico, London. Long-established three-day-a-week patient list established over 20+ years. Located at a large modern medical centre with opportunities for expansion. Over the last year it has been run one day a week with £23k turnover. Contact: piersspencer@hotmail.com

Practice for sale: North London

Due to relocation, goodwill and patient list for sale. Turnover £30,000pa based on 18 hours per week, working from home clinic near Muswell Hill (N10). Established eight years, good potential in prosperous area. Email info@dianawiddows-osteopathy.co.uk

Practice for Sale: Northamptonshire

Fantastic opportunity to purchase a busy osteopathic practice (averaging 50 patients a week) with a rarely available high-street, freehold, single-

storey unit (approx 382 sq ft). The clinic benefits from low overheads, two treatment rooms, waiting room, cloakroom and rear pedestrian access. Willing to assist with a handover period if required. Genuine enquiries to [Jo: steenandjo@btinternet.com](mailto:steenandjo@btinternet.com) Tel: **07952629768**.

Practice for Sale: West Midlands

Leasehold, self-contained, purpose-built suite in south Birmingham, consisting of single treatment room, small waiting area, disabled toilet and parking. Physiotherapist with speciality in treating spines retiring with established business of 18 years. For more information, email liveandkicking82@gmail.com

Practice for sale: Cyprus

Well-established osteopathic practice in sunny Cyprus! Great reputation, very low overheads, beautiful and peaceful setting, amazing quality of life with warm and sunny weather. Golden opportunity from a quality of life perspective as well as from a business point of view. Reason for selling: relocation. For details, visit the full advert at: www.osteopathyforall.com/clinic-for-sale/

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What is isn't: a technique driven group just looking at visceral manipulation or rubbing pregnant bellies!

ADVANCED NOTICE – THE V AND O IS CONSIDERING DEVELOPING POST GRADUATE CERTIFICATES IN VISCERAL (ABDOMINO-PELVIC) OSTEOPATHY, AND ALSO IN 'NON-CRANIAL PAEDIATRICS' – IE BABIES WITHOUT REFERENCE TO THE IVM. This is planned from 2018 onwards, pending demand. Please email Caroline if you are interested.

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18 JUN	POST PARTUM RECOVERY, INC BREASTFEEDING
2 JULY	MALE UROGENITAL, PERINEAL AND PELVIC PAIN
16 JUL	V & O – FREE WORKSHOP
17 SEPT	BREATHING DYSFUNCTION
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