



# COVID-19 Update

## A message from Matthew Redford, Chief Executive and Registrar

As we approach the early May bank holiday, the Government is reviewing the existing lockdown arrangements in preparation for an announcement, most likely over the weekend. It would be wrong to speculate about what that announcement may or may not contain, but once made, individuals and businesses across the UK can consider what the implications may be for them. What is clear however, is that we are entering a 'new normal' and we will all need to adapt and be prepared to work in ways in which, just a few months ago, we may not have considered.



Established working practices will need to be refreshed and a good example is the enhanced, [interim infection control guidelines](#) we introduced at the start of this crisis for those osteopaths who choose to practise. While not speculating about what the Government may announce this weekend, I do not envisage a scenario where we would immediately ease these guidelines, and if you have not yet reviewed them, I would strongly urge you to do so.

There are two videos I would also encourage you to watch this bank holiday weekend, if you have not already done so, as you think about what the future holds. The first is [the helpful advice recently put forward in this video message from Susan Farwell](#), President of the professional membership body, the Institute of Osteopathy (iO). The second is a webinar hosted by Matthew Rogers and Halo Garrity on [Adapting your practice post lockdown](#). These resources are available whether or not you are a member of the iO.

Since the lockdown commenced some eight weeks ago, here at the GOsC we have refocused some of our resources to developing new guidance and advice in response to the COVID-19 pandemic and responding to the large increase in the number of queries from osteopaths. This means we have needed to delay and defer some activities and the next edition of The Osteopath magazine will now be later this year, most likely around July.

We have received feedback from some osteopaths suggesting that a printed version of our

COVID-19 related guidance would be useful, so we anticipate this will be the focus of the next edition of The Osteopath. During this period, you may wish to make use of your free access to the International Journal of Osteopathic Medicine and other [research journals via the o zone](#), and there are some further suggestions for remote CPD below.

As ever, I hope you are continuing to stay safe and as well as possible.

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### **A round-up of the latest COVID-19 guidance**

You can find all our latest updates plus key advice from government and other useful information collated together on the [COVID-19 section of our website](#).



**CORONAVIRUS:  
LATEST  
GUIDANCE**

### **Osteopaths warned over COVID-19 advertising**

The GOsC continues to warn osteopaths not to claim or imply that osteopathic treatment could help boost the immune system in patients suffering from COVID-19. Claiming in any promotional material or online content that osteopathy has a part to play in the frontline care of patients with COVID-19, is likely to breach [Advertising Standards Authority \(ASA\) guidance](#) or trading standards law (which is enforced by local councils).

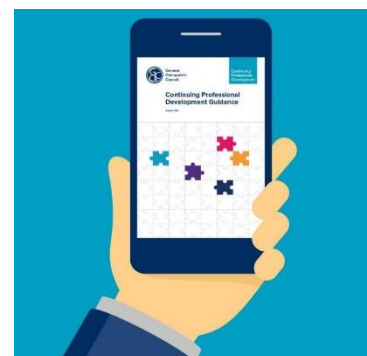
[Read the news story](#)



### **Reporting your CPD**

A number of osteopaths have been in touch with us asking us to remind you how to report your CPD. Unlike the previous CPD scheme, there is no longer a need to submit an annual CPD summary form with all the details of your CPD activities; you now just need to declare the number of hours you have done on your Renewal of Registration form (available on the **o zone**) and say which features of the scheme you have completed that year. Remember, this CPD should be recorded and reflected upon.

[Read more](#)



## Learn with others and stay connected

We have been asked by a number of osteopaths about how they can do their CPD and especially 'learning with others' during the current situation. We are keen to help you keep in touch with others in this time of social isolation. Indeed engagement, support and community are key features of the CPD scheme and there are lots of ways to continue to do CPD, with others and for free.

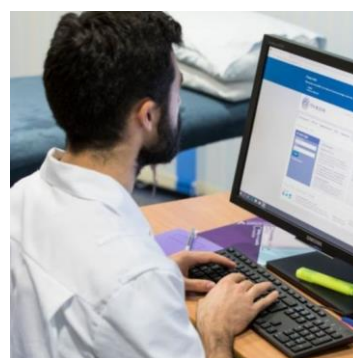
[Find out more](#)



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## Accessing the o zone

By logging into: [ozone.osteopathy.org.uk](https://ozone.osteopathy.org.uk), using your registration number and password, you'll be able to update your practice details, log your CPD hours, apply for Registration Marks (see below) and make use of your free access to the International Journal of Osteopathic Medicine and other research journals. If you have forgotten your password, you can use the 'Forgotten password' link in the login box on the o zone home page, which will send a password reset link to the latest contact email address we hold for you. If you don't receive this, it's possible that you need to update your contact email address on our records. To do this, please email [registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk) with your registration number and updated email address.

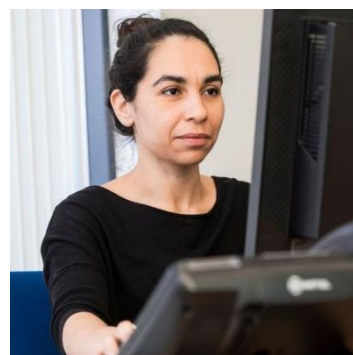


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## Looking after your mental health

Taking the time to take care of your own mental health and wellbeing is always important, and even more so during these challenging circumstances. We have collated some free resources that you might find helpful.

[Read more](#)



## Don't forget your PII

You need Professional Indemnity Insurance (PII) whether you're seeing patients or not. This legislation protects patients and ensures you're indemnified against liabilities. If you change your status to 'non-practising' (ie you're not seeing or speaking to patients), you need to have 'run-off' cover. You'll need to discuss this with your insurance provider. [Find out more](#)



## Updating your websites

We've had requests for Registration Marks from a number of osteopaths who have been using this time to update their websites. If you want to promote your GOsC registration online, individual osteopaths can apply for an 'I'm Registered' Mark, which includes your unique GOsC registration number, and if you're the principal osteopath of a group practice you can apply for a 'We're Registered' Mark.

[Find out more via the o zone](#)



## Queries or feedback?

If you have any COVID-19 related queries, you may find the answer on the [COVID-19 section of our website](#). If you can't find the answer you are looking for, or if you have suggestions or feedback for us, please email: [covid19@osteopathy.org.uk](mailto:covid19@osteopathy.org.uk). All your questions are important to us and we are working hard to respond as quickly as we can.