



General
Osteopathic
Council

The Osteopath

Supporting high standards in osteopathic practice

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WORKING TOWARDS THE FUTURE

COVID-19 SUMMER ISSUE



General
Osteopathic
Council

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COVID-19 queries or feedback?

You'll find the latest updates from the GOSC plus key advice from the government and other useful information on the COVID-19 section of our website at: osteopathy.org.uk/covid-19

If you have any further queries or feedback for us, please email: covid19@osteopathy.org.uk

FOCUS ON COVID-19

For the very latest guidance from the GOsC on COVID-19, visit osteopathy.org.uk/covid-19

Welcome



As we go to press it is mid-June 2020, and we are aware that the situation is constantly evolving, so we encourage you to keep up-to-date with the very latest information by visiting the COVID-19 section of our website: osteopathy.org.uk/covid-19.

At the start of the pandemic, here at the GOsC, we refocused some of our resources to allow us to develop new guidance and information in response to COVID-19 and to deal with the large increase in queries we were receiving from osteopaths. This meant that some activities, including the May/June 2020 issue of the magazine needed to be deferred. We received feedback from some osteopaths that a magazine focused on our COVID-19 related guidance would be useful, so we are providing that in this issue (pp6-11).

Chief Executive and Registrar, Matthew Redford, who was made permanent in post since our last issue, helps clarify the role of the GOsC as the regulator for the profession (p5). And Maurice Cheng, Chief Executive of the professional membership body, the Institute of Osteopathy, outlines its role during the pandemic on p12.

With more practices looking to the future and thinking about adapting to new ways of practising, two osteopaths share their thoughts on doing just that (p14). Many osteopaths have been asking about carrying out CPD remotely – so we are sharing learning from GOsC webinars on p17; examples from two regional groups on p20; and tips for setting up virtual CPD groups on p21.

Please do get in touch if there is any content you'd like to see in future issues.

Clare Conley

Managing Editor

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Listening, learning and open to change



Dr Bill Gunnyeon, GOsC's recently appointed Chair, sets out his vision for the future as he continues to listen and learn from his osteopathic colleagues over his four years on the GOsC Council and Policy and Education Committee

A key requirement of leadership is the ability to set a compelling vision for an organisation, ensuring there is a clear route to achieving that vision. Other requirements are the ability to accept that, however robust the planning, things will happen that may require the route to be rethought and revised, as well as the ability to make changes quickly and effectively. I have been only too aware personally of this throughout my career – from my early days in the Royal Air Force when the Falklands war intervened; when working in the private sector in outsourced occupational health provision during a period of significant economic downturn; and when working in Government advising Ministers on the development of their health and work strategy when a change of Government took place. What I have learned as a result of all of that is that however difficult the challenges one faces, there is always a way through; there are always positive lessons to be learned; and opportunities present which could not have previously been anticipated.

The coronavirus pandemic has of course created unprecedented challenges for every single one of us as the world, in a very short period of time, has been turned upside down and we are experiencing in our working and personal lives circumstances none of us have ever experienced before. I am conscious that for osteopaths this is especially difficult as you balance the challenges of providing safe, high quality care for your patients; ensuring your own health and safety and that of those you love; and facing the inevitable financial impact of loss of income. There are no set rules for the situation in which we have found

'We are committed to ensuring that GOsC continues to be a high performing, effective and approachable regulator'

ourselves and we have all had to make decisions on a daily basis, some of which have then had to be further amended in the light of experience.

Like many organisations at this time, GOsC faces not insignificant financial challenges and we have been working hard to ensure that we can weather this storm whilst at the same time considering what support we can provide to our registrants through the difficulties they face at this time. We very quickly moved the entire staff to home-based working whilst maintaining business as usual, and I want to pay tribute to all the members of the GOsC team for their hard work, commitment and flexibility in embracing the new ways of working so effectively whilst continuing to ensure that our core functions could be maintained. At an extraordinary Council meeting on 9 April, I was pleased that we were able to adjust the direct debit scheme for those renewing registration in May and June to allow the two-month payment free period to be at the start of the renewal year rather than the end. After having carefully monitored our financial position and cash flow, we have also recently been able to extend the direct debit deferral scheme for those who

renew their registration in July.

For me, I have reflected on the plans I had for my period as Chair and although timings may have changed, they remain relevant, perhaps more so. These include: strengthening the understanding within the profession of the role of the regulator and working with you as osteopaths to help you provide the highest standards of care for your patients; continuing to improve our quality assurance of osteopathic education; supporting the further development of the osteopathic profession in any way we can; developing more effective and innovative ways of working as an organisation including optimising opportunities presented by forthcoming regulatory reform; and enhancing the performance of Council and our Council Committees.

Although the year ahead will be challenging, I am confident that we will work our way through this difficult time. We are committed to learning positive lessons from our current situation so that we can adapt and develop our future approach and ways of working. We are also committed to ensuring that the GOsC continues to be a high performing, effective and approachable regulator working in partnership with osteopaths and patients to ensure the protection of patients and the public. ●

MORE INFORMATION

Read about Bill's plans ahead of taking over his role on p6 of the March/April The Osteopath: bit.ly/TheOsteoMarApr20

You can contact Bill via: chair@osteopathy.org.uk



Explaining our role



Matthew Redford, GOsC's Chief Executive and Registrar, reflects on how the pandemic has highlighted the need to more clearly explain the role of the GOsC to the profession

In the March/April issue of The Osteopath magazine, I said it was likely we would need to drive more of our activity online. What I didn't realise was how quickly that was going to happen. In light of the COVID-19 pandemic, we have seen office workers become home workers with webinar meetings becoming a necessity, and 'hands-on' clinicians suddenly being forced to embrace remote, virtual consultations to deliver patient care. In just a few short weeks the world we knew was turned upside down.

I very much recognise that the global pandemic has had a huge impact on the profession and patients, and this means not only the practical challenges, but the personal anxiety this will have caused for many. And this was why I felt it was important for us to make sure we were all continuing to be alert to mental health. You can read about some of the resources and support available to all on p16.

We have been working to produce guidance and signpost information from other sources to support osteopaths and patients during this period. However,

it has become clear that we need to better explain the role of the GOsC as a statutory healthcare regulator as distinct from that of the professional membership body, the Institute of Osteopathy (iO). Let me highlight a couple of those issues:

■ Lobbying government

The GOsC has a statutory responsibility to regulate and develop the profession with the overarching objective of public protection. Promotion of the services of osteopaths or the lobbying of government on behalf of the profession falls to the professional membership body, the iO, rather than the GOsC. In fact, parliament expressly removed the ability of GOsC to 'promote' in 2008, so this is beyond our role. You can read more about the differences in our roles and responsibilities in the table below.

■ Exercising professional judgement

A core part of every osteopaths' training is about dealing with complexity and uncertainty in practice, and about using professional judgement. This means weighing up evidence and making decisions; considering the specific circumstances, a range of perspectives, relevant guidance including the Osteopathic Practice Standards, the needs of patients and the public – and being able to justify these decisions.

This is a difficult skill, which is even more challenging in the current environment. We will consider how we can support osteopaths to exercise their professional judgement confidently, and as we work in partnership with you, we would welcome your suggestions about how this might be achieved. Please email us at: standards@osteopathy.org.uk

Comparing the roles and responsibilities of the General Osteopathic Council and the Institute of Osteopathy

GOsC	iO
The statutory healthcare regulator.	The professional membership body.
Osteopaths must be registered with the GOsC by law to practise as an osteopath.	Membership is optional, currently about two thirds of osteopaths are iO members.
Has the overarching objective of public protection – must work in the interests of patients.	Established to promote osteopaths and work in the interests of osteopaths. Does this by providing support for all osteopaths and by promoting a greater understanding of osteopathic care and the benefits of care for patients.
Cannot promote the interests of the profession with other bodies.	Can lobby government and other organisations on behalf of the profession.
Provides the Osteopathic Practice Standards and associated guidance as a framework to support the exercise of professional judgement in any specific clinical scenario.	Provides specific advice on the application of relevant guidance to osteopathic practice.

New ways of working

And finally, as we continue through this period of uncertainty and move into new ways of working for us all, with many more challenges to overcome, I believe it is important that we all have a strong understanding of our roles and responsibilities so that we can work effectively and in partnership with patients.

I am confident that, having seen the profession evolve over the past two decades while working here at the GOsC, that we will all work together to meet these latest challenges, and importantly patients will continue to receive the high-quality care they have come to expect from osteopaths. ●



Guidance about practising

Here is an overview of guidance we have published during the pandemic, along with a round-up of advice issued by government

In the government guidance and legislation issued to date across the UK, there has been and remains no prohibition on osteopathic clinics continuing to open to provide care for patients during the COVID-19 pandemic.

This means that osteopaths, as healthcare professionals, should exercise their own professional judgement about practising, taking into consideration all the available evidence and guidance. The GOsC issued a statement on osteopathic practice, which provides more information. We have updated this statement regularly, see: osteopathy.org.uk/osteopathic-practice-statement.

Osteopaths should be able to explain their decisions and actions and the exercise of their professional judgement. See more on using professional judgement on page 8.

Infection control

The infection control guidance, which we have issued in light of the COVID-19 pandemic, sets out principles and aims to enable osteopaths to inform their professional judgement for the particular situation at hand or in discussion with their patient. You can read the infection control guidance at: osteopathy.org.uk/infection-control-guidance.

In the current emergency context of COVID-19, all osteopaths who are practising must ensure that they protect their patients and the public, and anyone else coming into contact with their clinic: staff, associates and others. They should also ensure that they have read and implemented the updated guidance as appropriate to the country in which they are practising. The infection control guidance provides links to relevant profession-specific and other guidance across the UK and will be updated as the situation progresses.

Remote consultations

Many osteopaths moved to offering online or phone consultations in place of face-to-face treatments during the lockdown.

We have issued a statement on providing remote consultations which advises that patients should be triaged to assess whether face-to-face treatments are indicated, or whether a remote consultation might better suit the patient's needs at the time, taking all factors into account. Some osteopaths might undertake a blended approach, taking case histories remotely, then following up with a face-to-face appointment, to cut down the time physically spent in the same room. The statement we published outlines ten high level principles that are expected to apply to osteopaths in providing remote consultations. See more information box below.

We are constantly reviewing our guidance in line with that from the government, which is very much subject to change, so please make sure to visit: osteopathy.org.uk/covid-19 for all of our latest guidance. ●

MORE INFORMATION

See the latest updates about practice from the GOsC at: osteopathy.org.uk/covid-19/#osteopathicpractices

For more on using professional judgement and gaining informed consent, see page 8

Read the infection control guidance at: osteopathy.org.uk/infection-control-guidance

Read our statement on remote consultations at: osteopathy.org.uk/remote-consultations

GOVERNMENT ADVICE

Throughout the pandemic, osteopaths have been encouraged to remain up to date with the latest government advice and guidance.

The Department of Health and Social Care (DHSC), and other agencies including Public Health England (PHE), Health Protection Scotland, the Department of Health and Social Care and Public Health Wales, and the Department of Health Northern Ireland are regularly updating their guidance for health and care professionals and information for the public.

The Department of Health and Social Care and Public Health England

- COVID-19: guidance for health professionals (DHSC and PHE): gov.uk/government/collections/wuhan-novel-coronavirus
- COVID-19: guidance for health professionals and other organisations (PHE): gov.uk/government/collections/coronavirus-covid-19-list-of-guidance
- Social distancing: gov.uk/government/publications/staying-alert-and-safe-social-distancing
- Latest information and advice for the public: gov.uk/guidance/coronavirus-covid-19-information-for-the-public

Health Protection Scotland

- Latest information and advice: hps.scot.nhs.uk/a-to-z-of-topics/covid-19
- Latest advice for the public including on social distancing: nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19

The Department of Health and Social Care and Public Health Wales

- Latest information and advice: gov.wales/coronavirus-covid-19

Department of Health (Northern Ireland)

- COVID-19 (coronavirus) situation in Northern Ireland: health-ni.gov.uk/coronavirus



Patients are asking: Can I see an osteopath now?

The pandemic has presented challenges for many in our society, including for those keen to seek osteopathic care

With many osteopathic practices having closed their doors at the start of the pandemic, new and existing patients have been struggling to access the treatment they would usually have easy access to. The closure of routine NHS musculoskeletal services across the UK has also had an impact on patient care. During this time, patients have continued to contact the GOSc.

Some patients were keen to seek osteopathic treatment for an acute condition. Others were worried about attending a pre-arranged appointment, and wondered what precautions they should take; or they wanted to know where they could seek help, as their usual osteopath had closed their clinic.

We responded to individual queries from patients by informing them of

the current situation with regard to osteopathic practice and highlighting the statements that we had published for osteopaths. We explained how they could find osteopaths in their area using the 'Find an osteopath' section of our website (osteopathy.org.uk/register-search). Though many practices had suspended face-to-face treatments, osteopaths were often still offering remote consultations. We also advised that patients could seek advice from NHS 111.

For those querying whether osteopaths could practice, or whether they should wear personal protective equipment (PPE), we referred them to our infection control guidance for osteopaths.

Involving patients

A major priority for the GOSc is to ensure that patient and public opinion

THE GOSc REGISTER

An important part of the GOSc's work involves maintaining the up-to-date Register of osteopaths, which can be found on the GOSc's website. The Register usually has around 70,000 visits per month and allows visitors to search for an osteopath in their area.

We also receive phone queries from members of the public who may not have access to the online Register, asking us for contact details for osteopaths in their area.

Visit the Register: osteopathy.org.uk/register-search

Are your contact and practice details up to date? Please email any changes to: registration@osteopathy.org.uk

is at the heart of everything we do. The coronavirus pandemic has made patient involvement even more crucial when it comes to policy development and decision making.

We want to ensure that as the situation evolves, the patient voice is included in our future work from the outset. Listening to the patient voice enables us all to continually challenge any preconceptions or assumptions about what patients want or need, which ultimately leads to more efficient and effective patient care.

With this in mind, we are hosting focus groups with patients, the first of which took place in June, to better understand their perspective on osteopathic practice during the coronavirus situation. In particular, we are seeking feedback on the use of PPE and the information patients would like about face-to-face treatment as well as their thoughts on telehealth. We plan to collate and share the findings so osteopaths can benefit from what we learn. ●

If your patients would like to share their views and take part in a future focus group, please email: rheatley@osteopathy.org.uk

MORE INFORMATION

Read the latest 'Advice for patients wishing to see an osteopath' at: osteopathy.org.uk/covid-19/#patients



Professional judgement and informed consent



Steven Bettles, GOSc's Policy Manager, sets out what it means to use your professional judgement when gaining patient consent in the context of COVID-19

There has been much discussion and guidance in recent months as to whether or not osteopaths should provide face-to-face treatments, and when and how osteopaths should consider a return to practice as the coronavirus situation develops. As autonomous, regulated healthcare professionals, osteopaths are free to use their professional judgement, in partnership with each patient, to reach a decision as to whether osteopathic care is appropriate in any given circumstance, and what form this should take – face-to-face or via a remote consultation, for example.

There are a range of issues and factors that will influence this judgement and decision making, such as:

- the patient's circumstances, symptoms, preferences and values
- the osteopath's knowledge, skills and experience
- advice of peers and colleagues
- government and other relevant guidance
- country specific clinical or social-distancing guidance
- guidance from the GOSc
- guidance from the iO as the professional membership body

The Osteopathic Practice Standards (OPS) provide a framework within which discussions with patients should take place. For example,

A3: You must give patients the information they want or need to know in a way they can understand.

This would include anticipated benefits and material or significant risks of osteopathic treatment and the options available. In the context of COVID-19, this would also include discussions as to the risks of coronavirus in relation to the



■ Osteopaths are deciding when and how to return to practice

Getty

patient, and the steps that you're taking to minimise the risks – for example, offering remote consultations; or for face-to-face treatment, enhanced infection control measures, use of personal protective equipment (PPE) and leaving gaps between patients. A clear understanding of the risks is necessary in order for patients to make informed decisions about their care as outlined in the OPS, see:

A4: You must receive valid consent for all aspects of examination and treatment and record this as appropriate.

The situation in relation to coronavirus is developing, as is the guidance and advice issued by the government and other authorities. However this progresses, it seems likely that osteopaths will need to adapt how they practise, and the discussions they have with patients for the foreseeable future. The key issue is that professional judgement is intrinsic to shared decision

making, and for patients to make decisions regarding their healthcare, they need a clear understanding of the benefits and the risks to ensure they are giving informed consent.

As is stated within the Osteopathic Practice Standards, osteopaths are personally accountable for their professional practice and must always be prepared to justify their decisions and actions, explaining how they have exercised their professional judgement. ●

MORE INFORMATION

You might want to watch this video summarising the interim infection control guidance as a framework to inform professional judgement: bit.ly/infection-control-video

Read the OPS online: standards.osteopathy.org.uk



Supporting educators and students

The GOsC has been working with education providers on meeting qualification requirements in the context of the coronavirus

Getty



■ Students are being supported to graduate

The GOsC is keen to continue to do all that we can to support the osteopathic education providers. This includes protecting patients, public, staff and students.

We were also keen to support final year students to graduate this year, and to be flexible in the way that our requirements are met in the current emergency context. We published the GOsC's Statement to Osteopathic Educational Institutions on 17 March 2020 (see box on the right).

Our legislation requires that the Osteopathic Practice Standards (OPS) are met before the award of the Recognised Qualification (RQ) and this remains the case. However, we will be

flexible in allowing osteopathic education providers to adapt the ways in which they assure themselves that students meeting the OPS are awarded an RQ.

What if changes are required to courses?

Guidance is given in the statement about which changes, or proposed changes that could influence the quality of the course, would need to be reported to the GOsC's Policy and Education Committee as soon as possible.

Education providers are also asked to document any changes and this should include an analysis of potential impact on the OPS, and the steps taken to mitigate this to ensure that students are meeting the OPS.

What about the requirement to work with patients?

By March of the final year of the course, most students will usually have completed the majority of the taught elements of their programme, as well as the bulk of their clinical experience. For further outstanding assessments, education providers may make changes to their current delivery and assessment strategy provided that they can assure themselves that RQs are only awarded to students meeting the OPS. We have suggested to the education providers that, where possible, they should give priority to the teaching and assessment of final year students.

Providers rose to the challenge, like other healthcare professional course providers, by adapting teaching and learning to an online environment and by running virtual clinics to support students in consolidating their experience and graduating, while still ensuring they meet our standards this year. This has been a great opportunity for students to prepare for a different context in which osteopathy is practised.

Osteopathic education moving forward

GOsC, the osteopathic education providers and the Institute of Osteopathy, are working together, informed by what is happening with other healthcare professional courses and clinical placements. We are focusing on reopening clinics safely and appropriately in the current context, while ensuring the safety of patients, students, staff and others. Providers are now beginning to focus on students in the earlier years to support these students to get the experience that they need to graduate and to practise in a different world. ●

MORE INFORMATION

For the latest updates in relation to education, check this link: osteopathy.org.uk/covid-19/#oei

Read the full version of the GOsC's Statement to Osteopathic Educational Providers During the COVID-19 Pandemic at: osteopathy.org.uk/oei-statement

If you have any questions, please contact our Education Team at: education@osteopathy.org.uk



Regulating in the context of COVID-19

The GOsC continues to work with the other regulators and our stakeholders. On 3 March 2020, we joined with the other statutory health and care regulators to issue a joint statement.

Care of patients and service users is the first concern of all registered health and care professionals: 'We encourage health and care professionals working in partnership with each other and people using services, to use their professional judgement to assess risk to deliver safe care informed by any relevant guidance and the values and principles set out in their professional standards.'



The statement outlines how regulatory standards are designed to be flexible and to provide a framework for decision-making in a wide range of situations, supporting professionals by highlighting the key principles which should be followed. ●

MORE INFORMATION

Read the Joint Statement from Chief Executives of Statutory Regulators of Health and Care Professionals at: osteopathy.org.uk/joint-statement-covid-19

Reviewing our fitness to practise activities



■ Before the pandemic, hearings would take place at Osteopathy House

At the start of lockdown, the GOsC took the decision to postpone all final hearings that had not yet commenced until after 3 July 2020. This followed government advice on COVID-19 and was in line with the other healthcare regulators. It covered the 12-week period from the beginning of the lockdown and was intended to help protect the health of

osteopaths, witnesses, and all parties who were scheduled to attend our hearings at Osteopathy House in London.

During this time, we focused attention on triage of concerns and risk management activity, prioritising high-risk investigations wherever possible. To ensure we continued to meet our public protection duties, we identified those hearings which needed to take precedence

and implemented a plan to run high-risk and high priority hearings remotely as virtual events. This covered:

- Interim suspension order hearings
- Review hearings
- Investigating Committee meetings

The GOsC is committed to ensuring our adjudication function continues to be discharged in a fair, effective and transparent manner. As part of our evolving approach, we have been exploring how we can progress cases given some form of social distancing measures may be in place for an extended period of time.

We have reviewed all cases awaiting consideration by the Professional Conduct Committee and have identified those which can be heard at virtual hearings. We have also identified some which are suitable for 'blended' hearings (in which some participants attend in person and others attend via video-link). Throughout this period we continue to work in collaboration with our stakeholders.

At the time of writing, the GOsC planned to commence running some final hearings remotely from 3 July 2020. ●

MORE INFORMATION

See the latest regulation updates from the GOsC at: osteopathy.org.uk/covid-19/#regulation



CPD scheme verification and assurance put on hold

As part of the implementation of the CPD scheme, we would usually sample a selection of CPD records to help us to understand how osteopaths are recording and reflecting on the CPD that they have declared in their annual renewal of registration forms. We will use this information to support osteopaths to meet the requirements of the CPD scheme. As part of this process, we will ask for more information about the types of CPD activities that have been declared. See p9 of the March/April 2020 issue of The Osteopath for more on keeping CPD records (bit.ly/TheOsteoMarApr20).

However, given the unprecedented and difficult circumstances we have all



been facing with the spread of COVID-19, the process of verification and assurance was put on hold at the end of March. For the time being we have stopped contacting a sample of osteopaths at the end of their CPD year.

This policy is currently under review

and is expected to be reinstated in the coming weeks which will help us to understand more about how best to continue to support osteopaths as the end of the first three-year CPD cycle approaches (from October 2021 to September 2022 depending on when the osteopath first joined the scheme).

Reporting your CPD

When it's time for your annual renewal of registration, you will be asked to declare on your Renewal of Registration form (which will be available on the [o zone](#)) how many hours of CPD activities you have completed within the previous year of your CPD cycle and which parts of the new CPD scheme you have covered. This CPD should be recorded and reflected upon.

Unlike the previous CPD scheme (if you were on that), there is no longer a need to submit an annual CPD summary form with all the details of your CPD activities. With regard to CPD, you now just need to declare the number of hours you have done and which features of the scheme you have completed that year.

Flexibility is built into the scheme

The requirement of the CPD scheme is to complete 90 hours of CPD over the three years of your cycle, so there is flexibility built into the scheme. But if you are able to continue with your CPD now and are looking for some ideas on how to do CPD remotely, check out the article on p17. ●

Supporting osteopaths as allied health professionals

Together with the UK Chief Allied Health Professions Officers and the Health and Care Professions Council, the GOSc jointly published a statement on 19 March 2020, on supporting allied health professionals (AHPs) and allied health professional support workers during the COVID-19 pandemic in the UK.

The statement recognises the role that osteopaths, as one of the 14 allied health professions, could play during the pandemic and highlights the commitment of the GOSc, and other

healthcare professional regulators, to take into account factors relevant to the environment in which the professional is working. Our determination to ensure the long-term education of students is not compromised, is also included in the statement, together with a thank you to all for the efforts being made.

Many AHPs and their support staff across the NHS and public health services have made major contributions to the response to COVID-19. The statement concludes: 'We are very proud of the response of the professions in all areas of practice in their response to this

challenge. It has been exemplary. We are confident of the commitment, dedication, professionalism and hard work that the AHP workforce has and will continue to have over the course of this significant pandemic'. ●

MORE INFORMATION

Read the full statement at: bit.ly/ahp-statement

Read more about AHPs at: england.nhs.uk/ahp/about

The iO: your profession, our work



Maurice Cheng, Chief Executive of the Institute of Osteopathy (iO), the professional membership body for osteopaths, reflects on its role in supporting the profession to care for patients safely during the coronavirus pandemic

The Institute of Osteopathy (iO) exists to support, unite, develop and promote the osteopathic profession, for the improvement of public health and patient care. Since 2013, when I first joined what was then the British Osteopathic Association (BOA), we have been focused on raising awareness of osteopathy with the other health professions and organisations to promote a greater understanding of osteopathic care and its benefits for patients.

Prior to lockdown, it became clear to us that osteopathic care in the UK was going to be significantly challenged during the pandemic. We have been working very hard on providing detailed operational guidance for osteopaths, drawing on the guidance and experience of the expert public health bodies, but also other professions working in the private sector and, in particular, the experience of osteopaths in other countries that came into contact with the coronavirus earlier than we did here in the UK. Our focus was on collating and producing the sort of operational guidance that would help osteopaths understand what to do, and where they could best play a key role.

We already work closely with the

GOsC and continued to do so throughout the pandemic. During this time we also strengthened our relationships with other private practice professional bodies in regulated health – physiotherapists, chiropractors, podiatrists – all of whom had similar challenges for their practitioners, in terms of what private practitioners should do to support patients at a time when routine NHS treatment was paused. This was while also complying with public health objectives in the context of a serious communicable disease. Together with the GOsC, we have been working with the health infrastructure across the UK including: NHS England, Public Health England, Health Education England – all of which readily engaged with us as AHPs (being an allied health profession has its advantages) and also with the health departments in Scotland, Wales and Northern Ireland to ensure that we signposted their guidance appropriately.

As I write this in mid-June 2020, we are starting to see some of the social distancing restrictions lifting across the UK, albeit at a different pace. We have just issued fresh guidance to help adapt operational practices to protect yourselves and your patients, and recommended that osteopaths in

England and Scotland broaden out their care of patients, without restriction to just urgent cases. We are working with the osteopathic societies and senior health contacts in Northern Ireland and Wales to work out the right timings for opening out general practice there as well.

As you re-establish your place in the provision of much needed health services to the people in your communities, we are all hoping, despite this period of adjustment, for some stability as the profession, as well as society, takes its first steps towards what is currently being termed the ‘new normal’.

When I reflect on how we have all had to navigate our way through uncharted territory, and how we have emerged, we cannot underestimate the impact it has had on us all.

The team and I at the iO have, from the outset, held the belief that osteopaths as a regulated healthcare profession must stand aligned with fellow health professions and work in sync with the NHS in the management of the crisis, and the continued provision of health services to those most in need.

The GOsC, as the regulator, has responsibility for public protection. As the osteopathic professional body, we at



‘Despite these challenges, what I believe we are seeing is an evolving and innovative profession emerging stronger than before.’

the iO provide support for all osteopaths and promote a greater understanding of osteopathic care and the benefits it provides for patients. Throughout the pandemic we have been, and continue to be, committed to doing all we can for osteopaths; to provide the information and advice to support you to exercise your professional judgement to make the right and safe decision for your practice, and to do so in a way that would first and foremost protect you, your patients and others coming into contact with your practice.

Our aim was to provide the best and most practical advice we could at each point in time. We had to learn and adapt as quickly as anyone, often not having the answers but always trying to find them – liaising with insurers, the regulator, others in healthcare, and osteopaths working across the breadth of the profession and in a range of settings.

Whether we succeeded or not is for your judgement. The only statement I can make with certainty is, we did so with 100% commitment to put the interests of osteopaths and the profession, and the protection of patients, first.

Despite these challenges, what I believe we are seeing is an evolving and innovative profession emerging stronger

than before.

Osteopaths have had to adapt to consider how best to reduce the risk of infection and yes, many of these measures might have seemed alien at first. But we have seen great examples of how osteopaths have embraced and worked through these changes to still be able to provide their much-needed services and skills. Whether it's using personal protective equipment (PPE) or telehealth, these should be viewed as necessary adaptations that facilitate the provision of osteopathy and allow us to continue to practise.

But life is not all about COVID-19. Looking forward there is still a lot of work that we believe is necessary for the profession to gain the universal recognition that it deserves.

We will continue to engage with the NHS and wider health system – we are now firmly on their radar in a way that we could not have imagined even five years ago. A positive from the pandemic was our response to volunteer to support the NHS – the fact that nearly a quarter of the profession volunteered for the reserve clinical workforce has made a significant impact on health policy makers.

While, thankfully, as I write the

reserve workforce has not had to be mobilised, osteopaths were clearly a profession that stood up to be counted. The result has led to a steady increase in the number of routine NHS posts advertising for and recruiting osteopaths from band 5 to advanced band 7 roles and First Contact Practitioners. Not a flood yet, but a slow and solid start.

As I outlined earlier, the mission for the iO: to support, unite, develop and promote the osteopathic profession, for the improvement of public health and patient care, remains at the heart of everything we do to ensure that we have a thriving, growing profession, universally recognised and accessible to all. If you haven't joined us yet, please do! We need your support to support the profession. ●

MORE INFORMATION

For the latest in relation to COVID-19 from the iO, available to all osteopaths, not just members, visit iosteopathy.org/covid-19

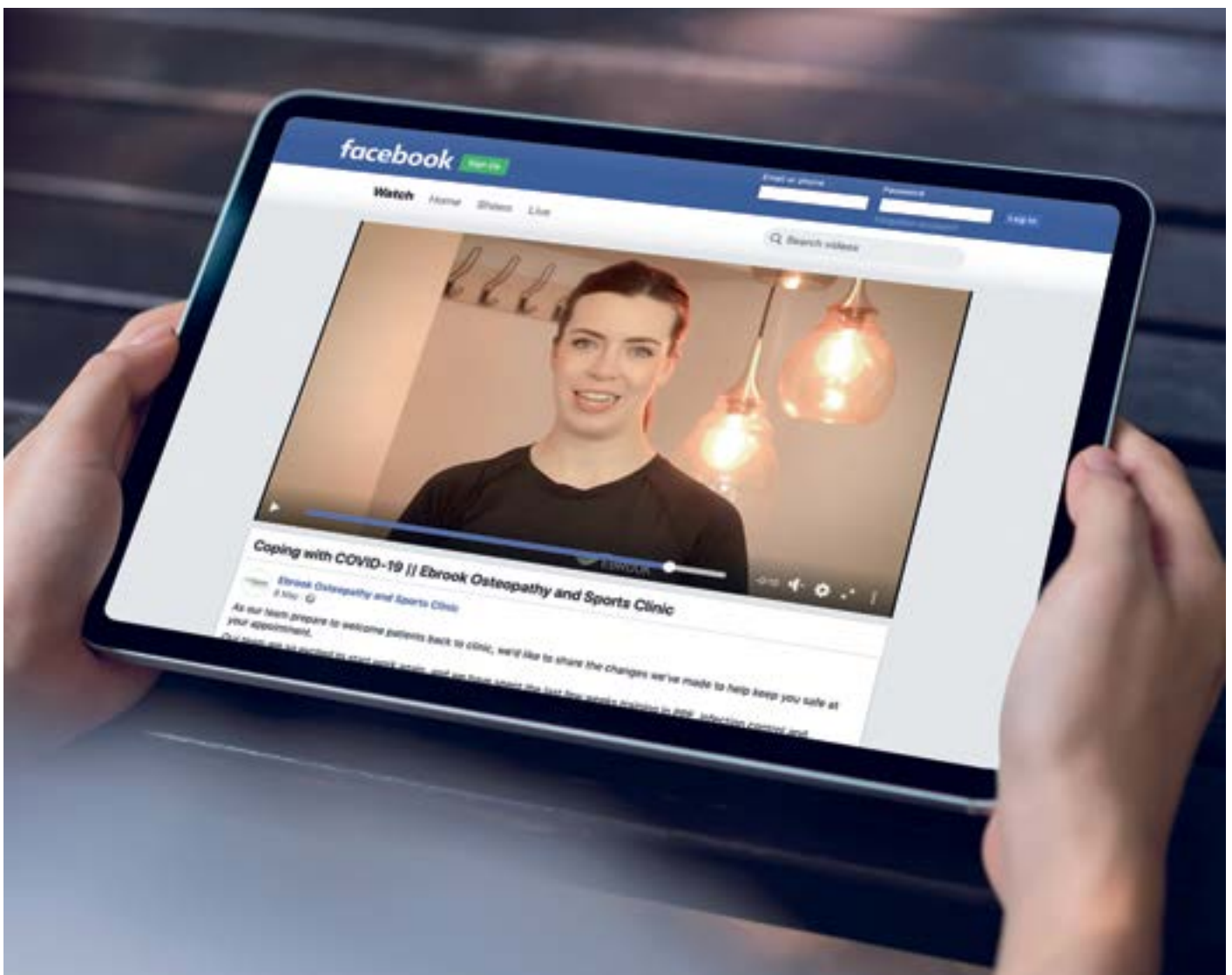
For community support to help all osteopaths connect, discuss and debate, you might want to join the iO's Facebook group: [Let'sTalkOsteopathy facebook.com/groups/860419917807649](https://www.facebook.com/Let'sTalkOsteopathy/groups/860419917807649)

To get in touch including information about how to join the iO, email: enquiries@iosteopathy.org

For a look at the differences in the roles and responsibilities of the GOsC and the iO, see table on p5.

Considering the future

As a hands-on profession, how will osteopaths return to practice in light of the COVID-19 outbreak? During the lockdown, two osteopaths shared their thoughts on how it may affect them and their patients



■ Ebrook Osteopathy and Sports Clinic prepares for increased infection control



Emily Ward has been running her practice, alongside associates in Sutton Coldfield, since 2014. In 2019 she revived the West Midlands regional group, the Midland Osteopathic Society, which runs courses and informal discussion groups for local osteopaths. She was the runner up for the Institute of Osteopathy Principal of the Year award 2019

“Great communication with patients has been key for many practices who continued to provide services during the COVID-19 lockdown, whether that was for urgent cases in person, or by venturing into telehealth appointments online. The Institute of Osteopathy estimated that around 50% of its members had made efforts in telehealth appointments during lockdown.

This is a staggering number considering many osteopaths traditionally view themselves as ‘hands-on’ practitioners, and is evidence that we are more dynamic and adaptable than we previously believed.

Communications skills have been key in helping patients through

video calls – taking a case history, explaining a diagnosis, or demonstrating rehabilitation exercises. Most patients who have taken part in telehealth appointments find them of great value, and I think it’s something we will see osteopaths continuing in the future.

Communication skills will also play a major role in returning to face-to-face appointments. Patients will need to understand the extra measures your practice is taking in terms of hygiene, social distancing and personal protective equipment (PPE), in order to feel safe and confident to return to the clinic environment.

Your existing patients may know and trust you already, but educating them in your new protocols will be paramount to safe practice.

My clinic is planning to email each patient who books in, with a simple outline of our protocols, to help them feel prepared for their first appointment after lockdown.

Our clinic has designed information posters to reinforce our message when patients arrive, and our practitioners have also filmed a video (which we have published on Facebook, see bit.ly/FB-ebrook of our hygiene and safety routines to distribute on our website and social media. It’s important to do everything in your power to educate and reassure your patients.

Whatever the next few months may hold, you can be sure the osteopathic practices that thrive will be those who communicate well with the public and their patients.



Catherine Hamilton-Plant qualified in 1983, she is the principal of Osteopathics Radlett, working with a multidisciplinary team. Former President of the Osteopathic Association of Great Britain and the British Osteopathic Association, and former GOsC Council member, presently a member of the GOsC Investigating Committee, Catherine revived the Eastern Counties CPD group renaming it ‘BBENSCH’ in 1993. The group offers CPD, group discussion opportunities and support for osteopaths from Bedfordshire, Buckinghamshire, Essex, Norfolk, Suffolk, Cambridgeshire and Hertfordshire

“We know our patients will rely on us to provide a safe environment and we are going to do our utmost to ensure that we have that. We speak to all patients twice before any appointment, triaging before offering face-to-face appointments and COVID-19 screening, as well as emailing them to explain how we’ve reorganised the practice and have new protocols to minimise the risk of spreading infection.

I think we will be doing more remote consultations. I have been pleasantly surprised at how beneficial people of all generations have found them. Of course, it’s not the same as face-to-face and we are all very ‘hands-on’, but patients do appreciate our help. So much of what we offer is our communication and time spent with them to help them understand their own conditions, enabling them to do as much as they possibly can for themselves.” ●

More information on adapting your practice for the future

1) Read the interim guidance on infection control in osteopathy: osteopathy.org.uk/infection-control-guidance

2) Read the article on p12 from Maurice Cheng of the professional membership body, the Institute of Osteopathy (iO), which signposts to practical guidance available from the iO

3) Watch the iO webinar on infection control and PPE in osteopathic practice: bit.ly/io-infection-control

4) Watch the iO webinar on adapting your practice post lockdown: bit.ly/io-adapting-practice

5) The iO has also produced a series of advice and guidance on how to operate your practice safely and effectively, while optimising patient care:

- Adapting your practice: Quick guide and checklist: bit.ly/io-quick-guide
- Infection control & PPE in osteopathic practice: bit.ly/io-ppe-guidance
- Communicating with patients to provide reassurance: bit.ly/io-comms-patients

SHARE YOUR TIPS

Do you have any insights to share on how you have been or will be adapting your practice as lockdown restrictions ease? Perhaps you’d like to share these with others? If so, please email Stacey Towle: stowle@osteopathy.org.uk

Looking after your mental health and wellbeing



Managing Editor, **Clare Conley**, points to some free resources that could help you manage stress and anxiety during these difficult times

This is a time of stress and anxiety for everyone and it's vital to take steps to take care of your mental health and wellbeing. Many organisations are making resources available for free to help with this – these include apps, audio guides, videos and online courses.

Here is a small selection for you to see what may work best for you. But do note that these are not endorsed by the GOsC.

Federation of Small Businesses:

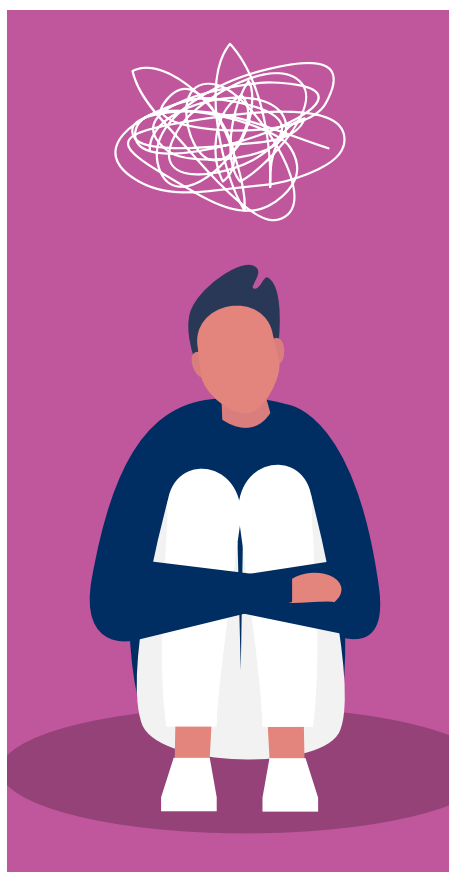
As well as providing information and updates on the support available for businesses and the self-employed, the Federation of Small Businesses has compiled seven short tips to help you check in with yourself for your mental health and wellbeing:
bit.ly/FSB-wellbeing

UK Government:

GOV.UK has guidance from Public Health England which includes recommendations to talk about worries, connect with others and to look after your physical wellbeing and sleep. It also provides links to further government-approved resources and information:
bit.ly/GOV-wellbeing

Stonewall:

Has collated a list of how LGBT-inclusive organisations can help during this difficult time: bit.ly/Stonewall-covid-19



NHS Every Mind Matters:

Look out for 10-minute exercise workout videos for use at home and a list of 12 practical tips with links to further sources of information:
bit.ly/NHS-wellbeing-at-home

Mashable UK:

Lists seven meditation and mindfulness apps, podcasts and other free tools to help manage coronavirus anxiety, including Headspace, Calm and Ten Percent Happier: bit.ly/Mashable-apps

BBC:

This article includes advice and resources from a number of organisations. It also includes advice to limit news and social-media checking to a certain time each day, and how to avoid burnout:
bit.ly/BBC-resources

Facebook group:

You might also want to join the Facebook group, Let's Talk Osteopathy, set up by the professional membership body, the Institute of Osteopathy, which is providing some community support to help people deal with the crisis. It is open to all osteopaths: bit.ly/FB-osteo-group

If you have any feedback on these resources or suggestions for others you have come across, please email them to: covid19@osteopathy.org.uk

Thank you from us all at the GOsC

We here at the GOsC would like to say a tremendous thank you to all NHS, healthcare, and key workers for their tireless efforts in providing essential services to us all throughout the pandemic: Thank you.



CPD during lockdown and beyond



Dr Stacey Clift, Senior Research and Policy Officer, reports on your key CPD questions and takes a look at the types of CPD activities osteopaths have been doing online during the coronavirus pandemic

Osteopaths are required to undertake 90 hours of CPD over a three-year cycle, which means there is flexibility built into the CPD scheme. The nature of the COVID-19 crisis will inevitably mean that some of you will have been finding it easier than others to continue to participate regularly in CPD activities. For example, osteopaths working on the front line, or those who are ill themselves, or have caring or home schooling responsibilities may have had less time to take part in CPD activities, but the flexibility of the scheme means you can catch up at a later stage in your three-year-cycle without needing agreement from the GOSc to do so. However, for other osteopaths, even those who may not be practising currently, there is the option to continue to keep up-to-date with CPD.

Keeping in touch

We have been asked by a number of osteopaths about how they can do their CPD remotely, especially the 'learning with others' element of the CPD scheme. Avoiding transmission and a second wave of the coronavirus is important and the value of remote CPD is even higher when there is a need for reduced social contact.

We here at the GOSc are keen to help you keep in touch with others. Indeed, engagement, support and community are key features of the CPD scheme.



Fortunately, there are lots of ways to continue to do CPD, some of which are with others and many can be done for free. This article should give you some ideas and there is a box on p21 with more information.

Doing your CPD remotely

Some osteopaths have been busy attending or running online sessions, for example joining the GOSc's webinars or virtual events run by their local or regional group. Some osteopathic regional groups told us back in April that they had started to replace their face-to-face events with online CPD sessions and one group had been running online peer

support catch-ups. (there is more from the regional groups on the next few pages and you can read some case studies on p20).

We have been working hard to support osteopaths to do their CPD remotely. We continue to deliver our GOSc CPD webinars, ranging from in-depth four-part programmes to reduced two-part programmes for more time-pressured osteopaths. Topics include case-based discussion, patient feedback, peer observation and Peer Discussion Review. On the following pages I give an overview of these topics, how we cover them in a GOSc webinar, and how you might try some of these activities yourself remotely.



Sharing the learning from GOsC CPD webinars

CASE-BASED DISCUSSION

What is a case-based discussion?

A case-based discussion is a means of getting objective feedback on your practice from a colleague, enabling you to reflect on what you do and to consider how you might develop your practice. It builds on what many osteopaths are already doing.

What happens in a GOsC case-based discussion webinar?

In these sessions, osteopaths have been:

- choosing who to discuss a case with
- examining how to choose a case to discuss
- planning their case-based discussions with a partner online
- reviewing a hypothetical case to practise
- discussing one of their own cases with a colleague
- putting into practice their giving and receiving constructive feedback skills
- linking their case-based discussion to the Osteopathic Practice Standards
- reflecting and recording on their case-based discussions using some simple templates we have produced

How you could do this activity virtually

If you would like to do a case-based discussion virtually, why not think about contacting a colleague you would like to work with and download the Case-based discussion workbook (see more information box on p21). The workbook provides a step-by-step guide for carrying out a case-based discussion as well as some reflecting and recording templates.

‘It’s good of you to offer us the webinars to keep our spirits up’

Camilla Fotidar, osteopath

PEER OBSERVATION

What is a peer observation?

Peer observation usually involves being observed in practice by a peer. This might be an osteopath or could be another healthcare professional. It is usually a two-way process, with colleagues observing each other to provide feedback on practice.

What happens in a GOsC peer observation webinar?

Unfortunately, many osteopaths on the most recent webinars were unable to complete their peer observations due to the coronavirus pandemic. To solve this challenge, we developed a role-play exercise that osteopaths could complete with a partner in an online setting instead. This exercise involves the osteopath wishing to seek objective feedback on their practice playing the osteopath and the other playing a patient (then partners swap roles).

How you could do this activity virtually

If you would like to try out the peer observation exercise with a colleague, please email Stacey Towle: stowle@osteopathy.org.uk for a copy of the template.

‘Think it’s a very worthwhile exercise’

Barry Goode, osteopath

‘Thank you for thinking of the profession’

Chloe Argyris, osteopath

→ **‘We are a community, we support each other... Thank you for the fab session. It has really inspired me to get going online and not be scared of the tech stuff!’**

Kathryn Elliot, osteopath and a regional lead

How regional osteopathic groups are approaching virtual CPD

We have been in contact with the osteopathic leads of the regional and local groups and many have told us that they are beginning to consider how to deliver the CPD activities and events that they would normally provide face-to-face. With this in mind, the GOsC created a short survey for regional leads to complete, to help us understand what support we could provide. For example, would they find it helpful to have guidance from the GOsC on facilitating online sessions or on particular topics they wanted to explore with their group?

Some of the key findings from this survey were:

- 25% of regional leads (46 in total)

completed the survey.

- 30% reported they are planning to run an online session in the near future.
- 60% reported cancelling an upcoming event that they had scheduled for their group. These cancelled sessions tended to focus on the area of knowledge and skills.
- 80% of regional leads had undertaken CPD that had been delivered online, as a participant.
- No respondents had experience of running or facilitating online CPD sessions.
- Main challenges or concerns that were reported about running online sessions included the technology, and how it works, which platforms to use and the costs involved, and skills needed to facilitate online sessions.

PATIENT FEEDBACK

What is patient feedback?

Patient feedback is a way of gathering objective feedback from your patients about aspects of your practice that you choose, using a variety of methods. This allows you to consider how you might enhance your CPD and your practice as a result.

What happens in a GOsC patient feedback webinar?

In these sessions, osteopaths have been:

- exploring the stages of patient feedback
- thinking about the areas of practice they are interested to explore eg patient satisfaction, patient experience or outcomes
- designing their patient feedback surveys or choosing a survey template to use and/or adapt, eg CARE Measure, GOsC and NCOR templates
- preparing a patient information sheet to accompany their survey
- deciding which method to use to survey patients (eg hard copy questionnaire or electronic survey) and how to analyse and use the results

How you could do this activity remotely

If you would like to run a patient feedback survey in your practice when it is possible to do so, why not begin the preparations by using the patient feedback workbook and follow step-by-step what these osteopaths have been doing on the webinars. See more information box on p21.

‘I really appreciate the effort you are going to in running and coordinating these sessions’

Barry Goode, osteopath

PEER DISCUSSION REVIEW

What is a Peer Discussion Review?

Peer Discussion Review (PDR) is a structured, formal discussion with a peer (an osteopath or another health professional), usually undertaken towards the end of your CPD cycle. As part of your PDR you will discuss your osteopathic practice and the CPD you have undertaken to demonstrate that you have met all the scheme's elements and that your CPD activities covered all four themes of the Osteopathic Practice Standards. You'll use your CPD records to show the CPD activities you have undertaken, how you reflected on them and the impact this had on your practice.

What happens in a GOsC PDR webinar?

Osteopaths can choose to complete sections of the PDR form on a step-by-step basis with their peer, so for example, many of the osteopaths who have completed their objective activity via the GOsC webinars (in case-based discussion, peer observation or patient feedback) have begun to complete and sign off Standard 2 of their PDR form.

How you could do this activity remotely

Decide and agree who is going to be your Peer Discussion Reviewer. Download and read the PDR guidance and familiarise yourself with the PDR form. If you have completed your objective activity, why not meet with your peer online/remotely and have a go at completing Standard 2 together. See more information box on p21.

‘I would really encourage fellow osteopaths to start working through their PDR now. Don't leave it until the end of the three-year cycle’

Sue Austin and Jane Oates, osteopath

The help and support needed from the GOsC focused on tips and hints on how to run good online sessions, this included:

- how to encourage people to participate
- how to plan topics so that they are suitable for online delivery
- how to select online platforms
- the best way to get people talking with each other and communicating

The topics that were considered to be of most interest to regional groups included: case-based discussion, planning CPD, how to do CPD covering the OPS theme Professionalism, patient feedback, communication and consent, and keeping CPD records.

In addition to the survey, we also hosted two online discussions in

April 2020. The 12 regional leads who took part expressed a clear desire to provide their members with support and, in particular, to foster a sense of community among their groups.

Regional leads reported:

- They were aware there were lots of online platforms with a variety of different functionalities, but how to select the right one for their group needed further consideration.
- Some said they were not very technically minded, but wanted to learn how to deliver online events because they were unsure how long it would be before face-to-face events could begin again.
- Some commented that they preferred face-to-face engagement, but despite this they were making a point of

embracing online networking for their members.

- Some felt detached and disengaged, until they had attended other webinars, which made them realise that this would be great for their members and encouraged them to think about how they could do this.
- Some wanted to help their group stay positive and focus on the future and the topic of returning to practice, which included the practicalities of how to do so.
- There was a desire to broaden the scope of topics to be covered in the future. For example, focusing on areas such as mental health, first aid, neuro-linguistic programming to help with anxiety, as well as what a post-COVID-19 world will look like for osteopaths.



Putting virtual CPD into practice

Edinburgh and London regional groups share examples of online activities they ran during lockdown

Running online peer support sessions

Edinburgh Osteopaths Group

During lockdown, the Edinburgh Osteopaths Group has been running weekly peer support Zoom calls for their members. Every Monday four peer support groups met at different times throughout the day. Members signed up to sessions in advance via Eventbrite. These groups took part in:

- coffee break CPD
- video consultation practice sessions
- an online case-based discussion workshop

Looking to the future, as members become more confident in using video conferencing technology, the Edinburgh Osteopaths Group hopes to support their members to take it in turns to host a session.

They have also been sending out a weekly resource ebulletin to their members. Topics covered include:

- COVID-19 updates from the GOSc, the General Chiropractic Council



Glynis Fox

Glynis, a member of the Edinburgh group, is the principal of a central Edinburgh practice and was recently elected as a Council member of the iO. She encourages mutual support and collaboration between osteopaths and has been mentoring colleagues for the past 10 years.

- and the Institute of Osteopathy (iO)
- iO podcast and webinars
- GOSc CPD resources
- Academy of Physical Medicine broadcast
- News from the SpA Academy

- (Spondyloarthritis) team
- Volunteering opportunities
- HMRC self-employed income support scheme
- PPE sourcing links
- Tracker App updates
- Signposting to free CPD eg OsteoOwl, University College Osteopathy and Academy of Physical Medicine
- Signposting to low-cost CPD eg NHS Fitness Studio, Meglio Hub, Joe Wicks body coaching, Words Matter podcasts and the iO's Let's Talk Osteopathy Facebook group
- Signposting to e-library resources on CPD workshops that the group has previously undertaken, including: clinical audit, rheumatology and osteopathic shoulder pain, new CPD scheme, mental health awareness
- Physical and mental well-being items that members have contributed
- Up-and-coming online events that have been advertised on osteopathic Facebook groups



Tony Longaretti

Tony qualified at the London School of Osteopathy in 1996 and in addition to practising in Queens Park, London, with a primarily structural approach, in 1998 he helped set up the London Osteopathic Society.

Running our first webinar

London Osteopathic Society (LOS)

Tony Longaretti, regional lead for the LOS, attended one of the GOSc webinars in April, where he discovered how to create online CPD for his group, encouraging him to hold his first webinar which he ran later the same month. He shares his tips on how to get started.

'Despite initial apprehension, our first webinar went very well. We had 54 attendees along with a guest speaker discussing clinical reflection, finishing with a question and answer session. We have a further two webinars planned for the next two weeks and committee members seem very enthusiastic.'

Here are Tony's tips:

- I would recommend testing your session out with a friend or colleague in advance.
- You will learn a lot from your first webinar, try adding those learning points as notes and etiquette 'rules' on your website to share with attendees.
- Before the webinar, discuss how you will work together with the speaker, whether they wish to take the questions themselves or whether they are incorporating PowerPoint into their presentation, for example.

Tips for setting up a virtual CPD group

If you would like to set up your own virtual CPD group, perhaps because your local area doesn't currently have a local or regional group or you just think it would work best for you, here are some useful hints and tips to help get

you started. These tips have been drawn from our experiences in running GOsC webinars in which osteopaths have been trying out CPD activities that will enable them to meet the requirements of the new scheme:

BEFORE YOUR ONLINE EVENT	
Choosing a platform	Look at the functionalities of the free versions of each online platform and decide which one works for your event.
Preparing material	Agree a length and frequency that will be manageable, consider running bitesize sessions. Decide a CPD topic area to be discussed. If you are stuck for ideas visit cpd.osteopathy.org.uk
Inviting your group	Send out joining instructions to participants including link/phone dial-in details and some screenshots of what they are likely to see once they are logged in. Think about whether you need to send out any slides or pre-event reading in advance. Keep in regular contact and remind your group about the session a week before and/or the day before.
Presenters or hosts	It's a good idea to do a test run and practice with others in advance, even if everyone is familiar with the platform or content.
Practical considerations	Log in with plenty of time before the event and check your sound and internet connection. Ask your participants to log in 15 minutes ahead of the event to deal with any technical problems they might experience. It might be a good idea to come up with a backup plan in case of any technical issues eg having a colleague logged on to observe in the background and offer support if needed. Make sure you're happy with your space at home: <ul style="list-style-type: none"> ■ if possible, choose a place where you are less likely to get disturbed ■ encourage your members to do the same ie choosing/setting up an intentional space
DURING YOUR ONLINE EVENT	
Etiquette for online events	Run through with attendees how to use the control functions before starting the session. For example, webcams, audio, screen share, chat/message box, how to see who is participating. Set some ground rules for participation eg respecting others, confidentiality of learning space: – 'what's discussed here, stays here'. Consider asking all attendees to mute themselves when they are not talking so that the potential for background disruption is minimised. To help give everyone a fair chance to ask and answer questions, consider asking attendees to send their questions using the online chat function and have a dedicated person checking the chat box. Remember to share your screen so that attendees can follow any slides at the same time. If you are going to record the session to share with others who cannot attend, you should seek permission in advance.
AFTER YOUR ONLINE EVENT	
Seek feedback	Ask attendees to let you know how they found the session eg what worked well? What could have worked better?



IDEAS FOR REMOTE CPD

Here are some ideas for CPD you can do remotely and for free:

- think about joining or setting up a virtual CPD group
- carry out a case-based discussion on the phone or via video call with colleagues
- try out a practice Peer Discussion Review with a colleague
- explore the free CPD resources on the GOsC's CPD site, including a series of CPD workbooks
- make use of your free access to the International Journal of Osteopathic Medicine and other research journals via the o zone
- Visit cpd.osteopathy.org.uk/virtual-cpd for links to all these suggestions.

MORE INFORMATION

- If you're not yet a member of your regional group, and would like to join one, find out more: cpd.osteopathy.org.uk/groups
- To help with setting up and planning online CPD events, we have developed additional resources to help osteopaths feel more confident in an online environment. If you would like a resource pack on planning online CPD events, please email Stacey Clift at: sclift@osteopathy.org.uk
- Find out how other osteopaths have set up a virtual group: cpd.osteopathy.org.uk/virtualgroups
- You can get further practical help with CPD using the following workbooks: Case-based discussion, Peer observation, Patient feedback, Visit: cpd.osteopathy.org.uk/workbooks
- For more on the GOsC CPD webinars, visit: cpd.osteopathy.org.uk/events

Courses 2020

For more courses, see the CPD site at: cpd.osteopathy.org.uk/events
Please email details of future courses to: info@osteopathy.org.uk
Inclusion of courses does not imply approval or accreditation by the GOsC.
Please check directly with the event organisers for any cancellations or updates in light of COVID-19.

August

12

Case-based discussion

Venue: webinar
academyofphysicalmedicine.co.uk

25

Case-based discussion

Venue: webinar
academyofphysicalmedicine.co.uk

September

9

Case-based discussion

Venue: webinar
academyofphysicalmedicine.co.uk

22

Case-based discussion

Venue: webinar
academyofphysicalmedicine.co.uk

26

How to use placebos to help patients: an evidence-based approach

Speaker: Dr Jeremy Howick
Venue: Whittington Education Centre, London N19
Tel: 020 7263 8551
cpd@cpdo.net
cpdo.net

26

Managing the acute and chronic shoulder: a process approach

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre
cpdo.net

October

3

Functional exercise prescription

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre
cpdo.net

3

Introduction to global postural re-education

Speaker: Emiliano Grossi
Venue: Whittington Education Centre
cpdo.net

10

Osteopathic approach to head and neck trauma

Speaker: Walter McKone
Venue: Whittington Education Centre
cpdo.net

10-11

A process approach in manual and physical therapies

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre
cpdo.net

14

Case-based discussion

Venue: webinar
academyofphysicalmedicine.co.uk

17-18

Osteopathic spinal articulation and adjustment

Course leader: Danny Mace
Venue: European School of Osteopathy, Maidstone
Tel: 01622 671 558
cpd@eso.ac.uk
eso.ac.uk/postgraduate

Classifieds

Osteopath required: Fulham, London

We are on the lookout for a future great member for our team. If you are passionate about the application of osteopathic principles, want to learn and perform at a high level, if you have an interest in classical osteopathy and

paediatric experience, then you might just be the person we are looking for! For more information fulhamosteopaths.co.uk/more/jobs

Practice for lease or sale: Scotland

A unique opportunity has arisen to lease or purchase a long-standing practice. The principal has been in business for over 40 years in a busy town in the North of Scotland. The lease terms would be extremely attractive

to a practitioner looking for an exciting business opportunity. The practice has a database of over 7,500 clients and the patient base is essentially adult and structurally oriented. For full details contact bm@invernessosteopaths.co.uk



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MORE COURSES

Paediatric Diploma Access Day [P0]
with HILARY PERCIVAL & MARK WILSON

Hawkwood, STROUD non-res / res

4 SEP 2020 £200/£289

Developing Brain & Emergent Behaviour [P4]
with HILARY PERCIVAL & MARK WILSON

Hawkwood, STROUD non-res / res

5-6 SEP 2020 £549/£599

Clinical Application of Biodynamic Embryology [Pt2]
with HENRY KLESSEN

Göttingen, GERMANY non-res

24-25 SEP 2020 *£390

Foundation Course [M1]
with PENNY PRICE **OPEN TO ANY QUALIFIED OSTEOPATH**

Crista Galli, LONDON non-res

7-8 NOV 2020 £275

Integrating Cranial into Practice [M10]
with JEREMY GILBEY

UCO, LONDON day

21 NOV 2020 £165

Establishing Oxygenation & Vascular Flow [P5]
with HILARY PERCIVAL & MARK WILSON

Hawkwood, STROUD non-res / res

27-28 FEB 2021 £549/£599

Osteopathy in the Cranial Field [M2]
with TAJINDER DEOORA

£250 NEW GRADUATE BURSARY AVAILABLE

Columbia Hotel, LONDON non-res

10-14 MAR 2021 £990

Balanced Ligamentous Tension [M4]
with SUSAN TURNER **OPEN TO ANY QUALIFIED OSTEOPATH**

Hawkwood, STROUD non-res / res

13-17 MAY 2021 £1150/£1400

FEATURED COURSES

Osteopathy in the Cranial Field [M2]

Leader: DIANNA HARVEY



PRAISE FROM STUDENTS: "Loved it, one of the best courses I've been on!" - "Excellent course for all levels of cranial understanding."

1-5 OCT 2020

£250 NEW GRADUATE BURSARY AVAILABLE

Hawkwood, STROUD

non-residential / residential

£1100 / £1350

Our flagship course! Study and apply the key hypotheses that comprise Osteopathy in the Cranial Field as developed by Sutherland. Over the course of 50 years Dr. Sutherland developed key concepts, the five phenomena, as a way of assessing and treating whole body function. Each of these are introduced along with treatment approaches that you can use immediately in practice.

In Reciprocal Tension [M5]

Leader: PAMELA VAILL CARTER



PRAISE FROM STUDENTS: "The whole course dynamic was great. The flow between structured, well presented and researched lectures, to the well controlled and directed practicals - all fantastic!"

19-21 FEB 2021

Hawkwood, STROUD

non-residential / residential

£895 / £995

Develop your palpatory awareness of the connective tissue throughout the whole body, discover the secrets of the body's structural tensegrity, and explore how this can influence the treatment of patients. Sutherland advised us to "treat the spaces not the structures". We explore how to shift perspective to those spaces and how they are contained and connected, via reciprocal tension, throughout the body.

The First Year of Life [M9]

Leader: HILARY PERCIVAL



PRAISE FROM STUDENTS: "Amazing knowledge provided which was both understandable and inspirational." - "Very insightful and helpful to see and experience things from alternating perspectives."

5-8 MAR 2021

Hawkwood, STROUD

non-residential / residential

£1100 / £1350

We all started life *in utero*, have been born and had a childhood. This experience along with our genetic programming makes us who we are. This course provides a sound basis on which to build your paediatric knowledge and prepares you to practice safely and examine your young patients with confidence and with a deeper appreciation of this extraordinary journey from embryo to childhood.

* Discounts available for paid Fellows and Members

Some courses have a minimum entry requirement, please call us for further details.

shared learning, knowledge & practice

M10 is not run or managed by the University College of Osteopathy, and the UCO does not in any way endorse the course content of any external provider.



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Join us!

Autumn Roadshows

We believe that as we emerge from the current crisis, we will need to provide as many opportunities as possible for osteopaths to come together, re-group and look forward to 2021 and beyond.

The Roadshows are an opportunity to meet the iO team and fellow osteopaths, share views, ideas and best practice. The events are open to all osteopaths and account for a full day's CPD.

Join us at one of the locations listed below or provide your suggestion of a location in the UK that you think we should visit.

- Swansea
- York
- London (location near M25)

For more information and to book visit:
[iOsteopathy.org/roadshows](https://iosteopathy.org/roadshows)

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[iOsteopathy.org/io-public-liability-insurance-renewal](https://iosteopathy.org/io-public-liability-insurance-renewal)

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Osteopathic Spinal Articulation and Adjustment

Presented by Danny Mace

Saturday 17 - Sunday 18 October - £300

This is one of two courses that will review osteopathic technique, from articulation to HVT. These are predominantly practical courses with the majority of time spent practising techniques and gaining confidence in each approach.

Each course will begin with a theory element covering the safety implications of techniques, for example red flags and gaining consent for specific techniques and adjustments; we will then cover the latest research on how techniques work and how effective they are, followed by a review of anatomy for the specific areas, to gain an understanding of what we are effecting. The course will then move on to practical techniques and adjustments of lumbar spine, thoracic spine, C/T junction and the rib cage, covering a number of different techniques, articulation and HVT.



Introduction to primitive reflexes and developmental delay

Presented by Jamie Taylor and supported by Lynsey Taylor

Saturday 14 - Sunday 15 November 2020 - £300

This course aims to provide a seminar for osteopaths with an interest in child development, integrating assessment and treatment regimes to support children with retained reflexes. Combining practical demonstration and theory with task orientated learning, the course will explore the role of osteopathic manual therapy in post birth aetiological factors.

The course will provide clinical tools in which to improve participants' osteopathic paediatric skills. The competency will improve examination, diagnosis and treatment, concentrating on several specific areas of child development, integrating this into osteopath's existing body of knowledge. Theoretical content will include: theory of aetiology of developmental delay; description of global developmental delay.



Canine & Equine CPD Courses

New Online Learning

Animal Osteopathy International is taking its Level I and Level II courses online over the coming months, with mixed modality learning for those who want to attain full certification (which is required to practice safely).

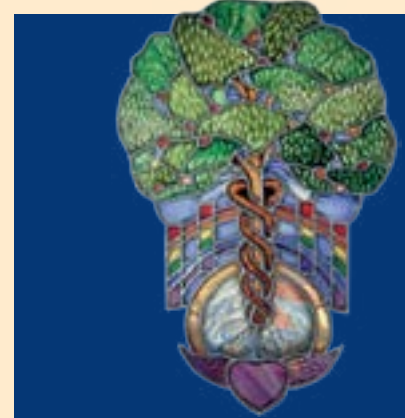
Final year students (starting from the end of year 3) and graduates may apply. Level I offers the students an excellent base upon which to start a career in animal osteopathy and Level II extends the student's specialist learning to a place of clinical competence, as would be acceptable for clinical practice.

For more information go to: animalosteopathyinternational.com



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You can find all the latest updates from the GOsC; the key advice from government and relevant agencies; plus other useful information, collated together on the COVID-19 section of our website. Please check back regularly as the content is changing frequently.

You will find:

