



General  
Osteopathic  
Council

YEAR IN REVIEW  
GOsC ANNUAL  
REPORT HIGHLIGHTS

YOUR Qs ANSWERED  
PRACTISE PEER  
DISCUSSION REVIEW

PATIENTS  
ATTITUDES TO  
CORONAVIRUS

# The Osteopath

Supporting high standards in osteopathic practice

WINTER 2020/2021 | VOL 23 | ISSUE 5

CPD SURVEY 2020

**HOW HAS  
COVID-19  
AFFECTED  
YOUR  
CPD?**

Take part in  
this year's CPD  
survey and get  
help planning and  
reflecting on  
your practice





General  
Osteopathic  
Council

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**CPD scheme:**

[cpd.osteopathy.org.uk](http://cpd.osteopathy.org.uk)

**Osteopathic Practice Standards:**  
[standards.osteopathy.org.uk](http://standards.osteopathy.org.uk)

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**Chief Executive and Registrar:**  
**Matthew Redford**

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## The Osteopath

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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](http://osteopathy.org.uk/covid-19)

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

## Useful contacts

### Communications

Publications (including public information leaflets), Registration Marks and posters.

[info@osteopathy.org.uk](mailto:info@osteopathy.org.uk)  
**x242**

The Osteopath magazine and ebulletins.

[editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

Events, regional groups and social media.

[goscmail@osteopathy.org.uk](mailto:goscmail@osteopathy.org.uk)  
**x254**

Media enquiries.

[pressoffice@osteopathy.org.uk](mailto:pressoffice@osteopathy.org.uk)  
**x242**

GOSC website (including the online Register) and

o zone, International Journal of Osteopathic Medicine.

[webmanager@osteopathy.org.uk](mailto:webmanager@osteopathy.org.uk)  
**x228**

### Governance

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

[council@osteopathy.org.uk](mailto:council@osteopathy.org.uk)

### Regulation

Concerns or complaints against an osteopath. Reporting unregistered practice.

[regulation@osteopathy.org.uk](mailto:regulation@osteopathy.org.uk)  
**x224**

Freedom of information requests.

[foirequests@osteopathy.org.uk](mailto:foirequests@osteopathy.org.uk)

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Osteopathic education, the Osteopathic Practice Standards, the CPD scheme, policy development and research, enhanced patient partnership, patient care and patient safety.

[standards@osteopathy.org.uk](mailto:standards@osteopathy.org.uk)  
**x230 or x233 or x240**

### Registration

Applying to the Register, annual renewal, registration fees, updating your details, practising status and professional indemnity insurance.

[registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk)

CPD scheme and CPD audits.

[cpd@osteopathy.org.uk](mailto:cpd@osteopathy.org.uk)



16



12



10



20

# Welcome



Our annual CPD evaluation survey is now open – you can read all about it on page 12. New for this year are questions on what impact COVID-19 is having on your CPD and practice and what support you need from us as a result. We look forward to hearing from you.

Are you seeking feedback from your patients during the pandemic? On page 8, Rachel Heatley, GOsC's Senior Research and Policy Officer, reports on her conversations with patients to seek their views on COVID-19 and its impact on osteopathic practice. Rachel also looks at how incorporating patient feedback will help you meet the objective activity requirement of the CPD scheme.

Have you chosen your peer yet or are you wondering how to begin preparing for your Peer Discussion Review (PDR)? On page 16 we answer some of the most common questions we get asked about the PDR when we are speaking with osteopaths.

On page 10, osteopath Joanna Cram talks us through her experiences of moving her group's face-to-face CPD online for the first time, and how her members continue to adapt, learn and improve as they go.

You can now download your certificate of registration by logging into the **o** zone, Adarsh Muppane, Senior Communications Officer, explains how on page 7.

And finally, you'll find the GOsC's year in review in the shape of our Annual Report on page 20 as we reflect on some of the key developments in the first year of our 2019–2024 strategic plan.

I hope you enjoy this final issue of 2020. Stay well and I wish you all the best for the festive season.

**Clare Conley**

Managing Editor

Email: [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

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# UPDATE

Winter 2020/2021

## GOsC NEWS

### Annual CPD survey now open

Our annual CPD evaluation survey is now open and presents a chance for osteopaths to provide valuable feedback to help us further understand the impact of COVID-19 and what resources osteopaths may need.

We have designed the survey to support osteopaths in planning their CPD and reflecting on their practice. New for this year, in what is the 4th survey we have run, is a section that focuses on the impact COVID-19 is having on CPD and practice.

Last year's survey received over 450 responses, which helped us to develop tools and resources to assist osteopaths in undertaking the new scheme.

The survey will run until 31 January 2021. We're looking to hear from as many osteopaths as possible, to help us get a greater understanding of concerns or needs around CPD, so we will be in a better position to be able to provide appropriate support.

See page 12 for more information about this year's survey.

You can take the survey at:  
[bit.ly/CPDsurvey20](https://bit.ly/CPDsurvey20)



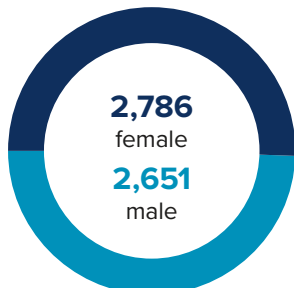
## GOsC NEWS

Check the COVID-19 section of our website for latest updates

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 at: [osteopathy.org.uk/covid-19](https://osteopathy.org.uk/covid-19) Please check back regularly as the content is being updated frequently.

## SNAPSHOT

### REGISTER STATISTICS: 1 NOV 2020



**454**

practise in the rest of the world

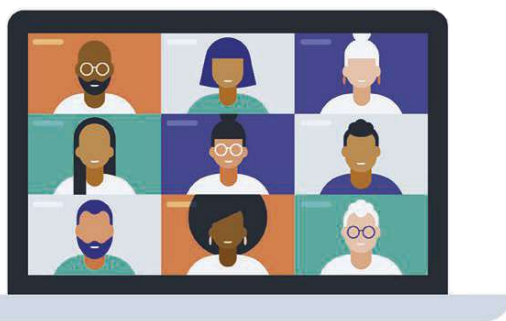


## GOsC NEWS

## GOsC runs first fitness to practise webinar

We held our first fitness to practise webinar with Sheleen McCormack, GOsC's Director of Fitness to Practise, on 28 September.

The webinar included discussions about our role as the regulator, what the steps are if someone raises a concern, what the process is like for the patient or witness, and how they can be assisted by the independent charity Victim Support. See the autumn 2020



issue for more about the confidential Victim Support helpline:

[bit.ly/TheOsteoAutumn20](https://bit.ly/TheOsteoAutumn20)

Thanks to everyone who attended and for their engagement and feedback. We plan to run more webinars – if you would like to attend or have ideas for topics, email: [stowle@osteopathy.org.uk](mailto:stowle@osteopathy.org.uk)

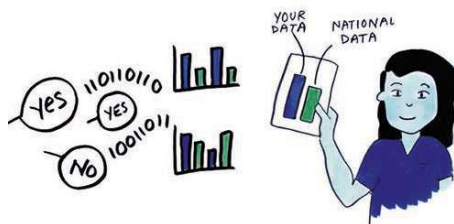
## CPD SCHEME

## Watch out for new PROMs app animation

The National Council for Osteopathic Research (NCOR) has launched a new animation to explain its system for collection of Patient Reported Outcome Measures (PROMs) data. This app-based system can be used to gather anonymous feedback from patients and enables osteopaths to reflect on how patients respond to osteopathic treatment over a period of time. The app contains questions about basic patient demographics, the areas of symptoms, the reasons for seeking treatment, and how patients feel after osteopathic care.

The questions are quick and easy for patients to complete and NCOR will analyse the data and provide a summary report to individual osteopaths. With increasing information now available on longer term symptoms, the questionnaire asks patients about any lasting symptoms they've suffered as a result of having COVID-19, and provides a free text form to respond to the questions about their reason for seeking treatment. Reflection on the report provided by NCOR enables osteopaths to both

Patient  
Reported  
Outcome  
Measures



enhance their practice and also meet the objective activity requirement of the CPD scheme.

You can watch the animation at: [cpd.osteopathy.org.uk/proms](https://cpd.osteopathy.org.uk/proms)

## GOsC NEWS

## Annual Report and Accounts for 2019-20 published



Annual Report  
and Accounts  
2019-20



We have published our latest Annual Report and Accounts, providing an overview of our work and the financial report for 2019-20. The Annual Report covers the year to 31 March 2020, which saw considerable change taking place within osteopathy, and describes GOsC's achievements in the first year of our 2019-2024 Strategic Plan. In his Chief Executive and Registrar's introduction, Matthew Redford reflects on the many positive developments over the past year, including the updated Osteopathic Practice Standards coming into effect, and other recent projects that aim to benefit patients and the profession.

You can read more about this year's Annual Report and Accounts on page 20, including a look at what your registration fee funds.

You can read the complete report, which is available to view or download, at: [osteopathy.org.uk/annualreport](https://osteopathy.org.uk/annualreport)

## ODG NEWS

# Osteopathic Development Group publishes new guidance



A new guide that aims to support those working with children and young people to consider and plan their CPD requirements has been published by the Osteopathic Development Group (ODG). The ODG brings together the national osteopathic organisations in the UK, working in partnership to support the

long-term development of osteopathy and, along with GOsC, comprises the Institute of Osteopathy, Council for Osteopathic Educational Institutions, the National Council for Osteopathic Research and the Osteopathic Alliance.

'Guidance for working with children and young people', authored by osteopaths Liz Hayden, Ben Katz and Nancy Nunn, provides a framework for reflecting on your practice and to support planning your CPD in this area.

Within the guide are links to learning resources. Each topic is mapped to the Osteopathic Practice Standards, making it easy to demonstrate how you have met the requirements of the CPD scheme once you have completed learning in a particular topic. Also included is a self-assessment tool for self-directed learning, which can be completed as evidence of your CPD.

Read the guide at: [ioeosteopathy.org/guidance-for-working-with-children](https://ioeosteopathy.org/guidance-for-working-with-children)

## GOsC NEWS

## GOsC responds to consultation on Welsh Language Standards

The GOsC has responded to a consultation by the Welsh Government on draft Welsh language standards for professional healthcare regulatory bodies and the Professional Standards Authority for Health and Social Care. The proposed standards aim to improve Welsh language services that the regulatory bodies provide, and make it clear what the regulatory bodies need to do in terms of the Welsh language. Our response sets out how we anticipate that we would work proportionately to implement the standards. Read the consultation response at: [osteopathy.org.uk/welsh-language-response-2020](https://osteopathy.org.uk/welsh-language-response-2020)



## CPD SCHEME

## New peer matching platform launched

The professional membership body, the Institute of Osteopathy (iO), has launched a new online peer directory.

The new platform is open to everyone, not just iO members, and can be used to help you search and identify a peer with whom you can conduct your Peer Discussion Review (PDR). You can read more about PDR on pages 16-18. If you have yet to identify your peer for your PDR, find out more at: [iopeerreview.onpld.com](https://iopeerreview.onpld.com)

## IN BRIEF

## Your mental health and wellbeing

It's always important to take the time to take care of your own mental health and wellbeing, and even more so during these challenging circumstances. We have collated some free resources that you might find helpful. You can read them at: [osteopathy.org.uk/mental-health-and-wellbeing](https://osteopathy.org.uk/mental-health-and-wellbeing)

# Your registration certificate is now online



**Adarsh Muppane**, Senior Communications Officer, explains how to access your digital Registration Certificate

**O**steopaths are now able to access their certificate of registration by logging into the **o zone** at: [ozone.osteopathy.org.uk](https://ozone.osteopathy.org.uk)

The new digital certificates replace the paper copies previously issued, so when an osteopath renews their registration in future, they will always be able to access their latest certificate via the **o zone**.

This makes it easier for osteopaths to email anyone who requires verification, such as insurance companies, with an attachment of their certificate.

Osteopaths can also print off as many copies as required should they wish to do so – for example if they work in more than one practice and want to display their certificate.

Here's how to get yours.

## Step 1: Log in to the o zone

Visit the **o zone** at: [ozone.osteopathy.org.uk](https://ozone.osteopathy.org.uk) and log in using your Registration number and your password. If you are unsure of your password, click 'Forgotten password' to create a new one.

## Step 2: Download your certificate

After logging in, you'll be taken to the 'Welcome back' page, which will show a summary of your record details. You will then see a 'Download certificate' link as highlighted in the image on the right.

Click the 'Download certificate' link. Your certificate will then download and should open in your browser window or PDF viewer, depending on the settings on your device. You should see your name and registration details displayed on the certificate.

You can then print the certificate if you wish to do so, or you can store it on your device. ●



## NEED ANY HELP?

If you encounter any issues in trying to access your certificate online, please email: [info@osteopathy.org.uk](mailto:info@osteopathy.org.uk)



# Getting the patient view



**Rachel Heatley**, GOSC's Senior Research and Policy Officer, reports on our conversations with patients seeking their views on COVID-19 and its impact on osteopathic practice

**T**he coronavirus pandemic has made patient involvement even more crucial when it comes to policy development and decision making. In the previous issue of *The Osteopath*, Patient Director at the NHS, David Gilbert, explained how the pandemic has impacted patient input.

Here at the GOSC, we want to ensure that as the coronavirus situation evolves, the patient voice is at the heart of what we do. Over the summer we held online focus groups with patients to explore the impact of the pandemic on their perspectives about osteopathic practice. The first focus group took place in early June as lockdown restrictions were beginning to ease. The second was held in late August to gauge how patient views had evolved as the UK moved to a state of 'new normal'.

## Our participants

We talked to 10 patients, a mix of male and female, from Scotland, London, and the south east of England, ranging in age from mid-thirties to early eighties. To ensure accessibility for all participants some of these conversations were conducted over the phone with patients who were not confident about using video conferencing software.

With devolved nations adopting different coronavirus regulations, we are working hard to diversify our patient recruitment and were pleased to hear from patients in Scotland as part of this project. We are keen to continue this approach to ensure we are reaching all areas of the UK.

If you think any of your patients would be keen to get involved, see the box below.

In terms of the patients' experience of osteopathy, four participants regularly attend education provider clinics while the majority are new and returning patients of sole practitioners in private practice.



## DO YOU KNOW ANY PATIENTS WHO WOULD LIKE TO GET INVOLVED?

We are keen to hear from a wide range of patients throughout the UK to ensure that we are not making assumptions about what patients want or need. If you think any of your patients would be interested and willing to get involved in future activities, we can provide training and the support necessary for them to participate fully. This will help inform our work and enhance their skills, which they may find useful in other contexts. You can download a free poster/flyer from [osteopathy.org.uk/patient-voice](https://osteopathy.org.uk/patient-voice)

We sought specific feedback on:

- their experience of the coronavirus pandemic
  - whether they had sought treatment during lockdown and if they intended to seek treatment as measures eased
  - the use of personal protective equipment (PPE) and telehealth
  - the types of information they would like from their osteopath about face-to-face treatment at this time
  - whether they felt there are any gaps – from a patient perspective – in the GOSC infection control guidance.
- See: [osteopathy.org.uk/covid-19/#osteopathicpractices](https://osteopathy.org.uk/covid-19/#osteopathicpractices)

## Coming out of lockdown

Although the numbers of patients involved in these focus groups were quite low, so we need to be cautious about extrapolating the findings, it was interesting to note that there were marked differences between the two groups' attitudes to treatment. At the first focus group there was a general sense of risk aversion among the patients as a result of the pandemic, with none of the attendees having sought treatment during the national lockdown from March to June 2020. Their reluctance to visit their osteopath centred around travelling on public transport and their pain levels needing to be significantly higher before they would seek treatment.

A repeatedly raised but not unexpected concern focused on safety and infection control as



a result of being in close contact with an osteopath. This also included the need for transparent health and safety policies. Other concerns focused on the potential impact of PPE on both verbal and non-verbal communication, particularly the accessibility issues posed by osteopaths wearing face masks. One patient was concerned that the communication of touch would be lost if osteopaths were to wear gloves.

### Decision-making challenges

Some patients reported wanting 'certainty' or for things to 'be declared safe' to return to osteopathic treatment and one expressed finding it difficult to consent to treatment because they did not understand all of the risks.

Underpinning some of the participants' decision making with regards to seeking treatment appeared to be a lack of confidence and trust in government guidance and data, rather than any lack of trust in their osteopath.

All participants in the June focus group said they would be open to osteopathic treatment via video conferencing but raised questions about accessibility issues. A particular concern focused on patients who

may not be able to have treatment because they do not have a laptop or smartphone, or those who do have access may still be excluded from treatment because they cannot use the technology without support.

Looking to the future, patients reported concerns that the pandemic might drive up the price of osteopathic treatment leaving those in need unable to afford treatment. None of the patients' osteopaths had reopened their practice in early June but when asked if they would return to clinics once they were open, the majority said they would do so but would advise their more vulnerable family and friends to wait. One patient who was in the shielding category said they felt 'safer in pain' and were too scared to access treatment because of the risk of contracting COVID-19.

### Evolving perspectives

Speaking to the second set of patients at the end of August both in the focus group and during phone interviews, there was a marked shift in views on osteopathic care. Many of the participants had long-term health conditions and had accessed telehealth appointments during the pandemic, but said they would not have felt safe accessing face-to-face care even if their osteopathic clinic had been open.

All but one of the patients we spoke to had booked face-to-face treatment very soon after the early lockdown restrictions eased, citing the amount of pain they were in as the driving factor for their decision. These patients continue to have regular appointments with their osteopath.

One participant reported considerable concerns about the barriers patients with disabilities might be experiencing when accessing osteopathic treatment. In particular, their concern was that the deaf and hearing impaired would find it difficult to communicate as a result of face masks and how this would hamper the process of getting consent. In addition, the participant queried what adjustments clinics could make for blind patients to help them socially distance rather than just using signage such as arrows or posters.

Throughout the discussions and interviews the issue of shared



### FIND OUT MORE ABOUT YOUR PATIENTS' ATTITUDES TO COVID-19

If you would like to seek feedback from your patients about their views on osteopathic treatment during the pandemic, we have developed a patient feedback survey template to help you do that.

The idea for the survey came from osteopaths who attended GOsC webinars over the summer and wanted to incorporate their patients' views when planning the reopening of their clinics.

The survey template is divided into three main sections: pre-treatment, experiences of appointments during COVID-19, and after care/self-help. You could use the whole template or pick the sections that are most relevant to your practice at the moment.

Undertaking a patient feedback survey and analysing and reflecting on the results will help you meet the objective activity requirement of the CPD scheme (see page 19). You can download the template at: [cpd.osteopathy.org.uk/patientfeedbackworkbook](https://cpd.osteopathy.org.uk/patientfeedbackworkbook)

responsibility between a practitioner and patient featured heavily, with patients arguing that they had a part to play in ensuring safety for both themselves, the practitioner, and others during the pandemic. There was a strong sense of having the right to make decisions for themselves about their care and the right to access it.

The experience of lockdown had made a few of the patients seek out self-help measures such as prescribed exercises, Pilates classes and motivated them to consider their stress levels and manage work triggers that would assist with their general wellbeing. ●

# Learning with others in a virtual world

**Joanna Cram**, osteopath and Chair of the Scottish Osteopathic Society, one of the osteopathic regional groups, talks us through her experiences of suddenly needing to facilitate online CPD for her members when the country went into lockdown

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**W**hen I took on the role of Chair of the Scottish Osteopathic Society in 2018, my main aim was to foster the importance of the professional support and friendship that comes with regular 'face-to-face' meetings at nice venues, with good food and excellent speakers. When our country went into lockdown in March 2020, it was with doubt and trepidation that I quickly announced we would be moving things online, and pledged to continue to meet the needs of our members.

I had absolutely no previous experience of hosting CPD online, and certainly would not consider my skillset to include virtual technology! The first step was a tutorial via a GOSc webinar with other regional leads across the UK. It all seemed relatively simple, so I quickly set up our first virtual committee meeting.

'Smoothly' is most certainly not how things went! After fumbling about feebly for over 20 minutes, we decided to try switching from GoToMeeting to Zoom. Within a few minutes I could see the beaming, smiling faces of the committee. We all felt proud! It was wonderful to connect with each other again and to share our recent experiences during what had been a very unsettling time.

The Scottish Osteopathic Society usually has its events and speakers planned a year in advance, and our next meeting was scheduled for June 2020. I am proud to say that the day went ahead and was excellent and very interactive. We even set up 'breakout rooms' to





**‘Instead of our usual large practical element, we focussed on the theory behind the techniques. This aspect is often overlooked, and it was interesting to consider our osteopathic principles again’**

put our newfound skills into practice. The committee and our members felt a surge of confidence that we could indeed continue to meet our CPD requirements as well as enjoy seeing one another.

Our next challenge was how to deliver our main event of the year: our annual weekend conference and AGM that had been scheduled for September. We contacted several speakers from various professional backgrounds and, thankfully, they all agreed to present online, a new skill for each of them but it's amazing how adaptable we can become when the need arises.

A few last-minute dramas did indeed occur including when one of our key speakers had to pull out a few days before the event. Thankfully we secured another specialist speaker on the same topic. I am certain this could not have been done so swiftly had the meeting involved

travel of any significant distance. Our pre-pandemic plans had also included a large practical element, so instead we focussed on the theory and principles behind the techniques. This aspect is often overlooked, and it was interesting to consider our osteopathic principles again. There were also a few technological conundrums that arose throughout the day, but as we are all new to this way of learning, camaraderie and support rather than frustration were shown.

This new virtual way of working has allowed us to maintain a professional community of support and learning. All our members can access our events for free, and we do welcome new members. If you would like to join our thriving, lively and friendly community, please join us on Facebook and get in touch with our committee via email: [scottishosteopathicsociety@gmail.com](mailto:scottishosteopathicsociety@gmail.com) ●



### MORE INFORMATION

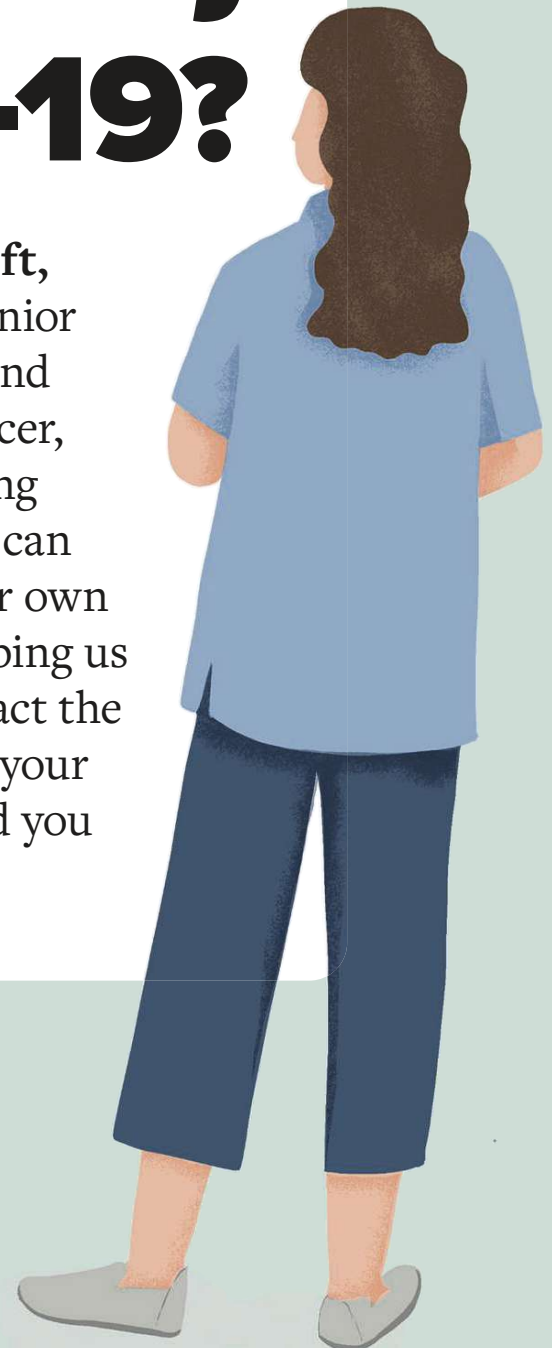
- If you're not yet a member of a regional group and would like to join one, find out more: [cpd.osteopathy.org.uk/groups](http://cpd.osteopathy.org.uk/groups)
- If you'd like to find out more information about setting up your own regional group see: [cpd.osteopathy.org.uk/learn-from-others/running-a-group](http://cpd.osteopathy.org.uk/learn-from-others/running-a-group)
- Read about how other osteopaths have set up a virtual group and get some tips: [cpd.osteopathy.org.uk/virtualgroups](http://cpd.osteopathy.org.uk/virtualgroups)
- 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 to find out more, please email Stacey Clift at: [sclift@osteopathy.org.uk](mailto:sclift@osteopathy.org.uk)
- You can get further help with CPD by using one of our practical workbooks. Visit: [cpd.osteopathy.org.uk/workbooks](http://cpd.osteopathy.org.uk/workbooks)
- For more details about the GOsC CPD webinars, visit: [cpd.osteopathy.org.uk/events](http://cpd.osteopathy.org.uk/events)
- Read more about putting virtual CPD into practice in the July/August issue of The Osteopath ([bit.ly/TheOsteoJulAug20](http://bit.ly/TheOsteoJulAug20)) and get some practical tips for setting up a virtual group (pages 20-21)

# Is your CPD being affected by COVID-19?



**Stacey Clift,**  
GOSc's Senior  
Research and  
Policy Officer,

explains how completing this year's CPD survey can help you reflect on your own development while helping us to understand the impact the pandemic is having on your CPD and practice – and you can claim CPD for it!





**T**he GOsC's 4th annual CPD survey is now open and will run until 31 January 2021. We have designed the survey to support osteopaths in planning their CPD and reflecting on their practice, it will also provide valuable feedback to help us further understand the impact of COVID-19 and what resources you may need to help you get the most out of the CPD scheme.

New for this year is a section that focuses on the impact COVID-19 is having on your CPD and practice. So even if you have completed the survey before, it's still worthwhile taking part again to help you take stock of where you are with your CPD and to have your voice heard at this challenging time. The more osteopaths we hear from, the better informed we will be. This will put us in a better position to be able to help osteopaths with their concerns or needs around their CPD.

### **The survey can be used as a resource for learning**

When you complete the survey, you will be taken through the key areas of CPD that will help with your preparation and planning. This can provide a framework for thinking about your CPD.

In addition to collecting information to help us understand how confident osteopaths are feeling approaching the scheme, it is also intended to be a learning resource to help everyone who completes it to identify and help answer any

questions they may have about their CPD and the scheme.

We have included links to key resources on particular aspects of the CPD scheme throughout the survey. This will help if you are unclear about things such as: Peer Discussion Review, what counts as an objective activity, or how to go about recording your reflections on your practice.

We have planned the survey in a way to allow you to think about the range and context of your practice, which in turn will help you to think about your CPD.

You might want to use the resources as you go along or you could just check out what is available for future use, then bookmark these links on your browser.

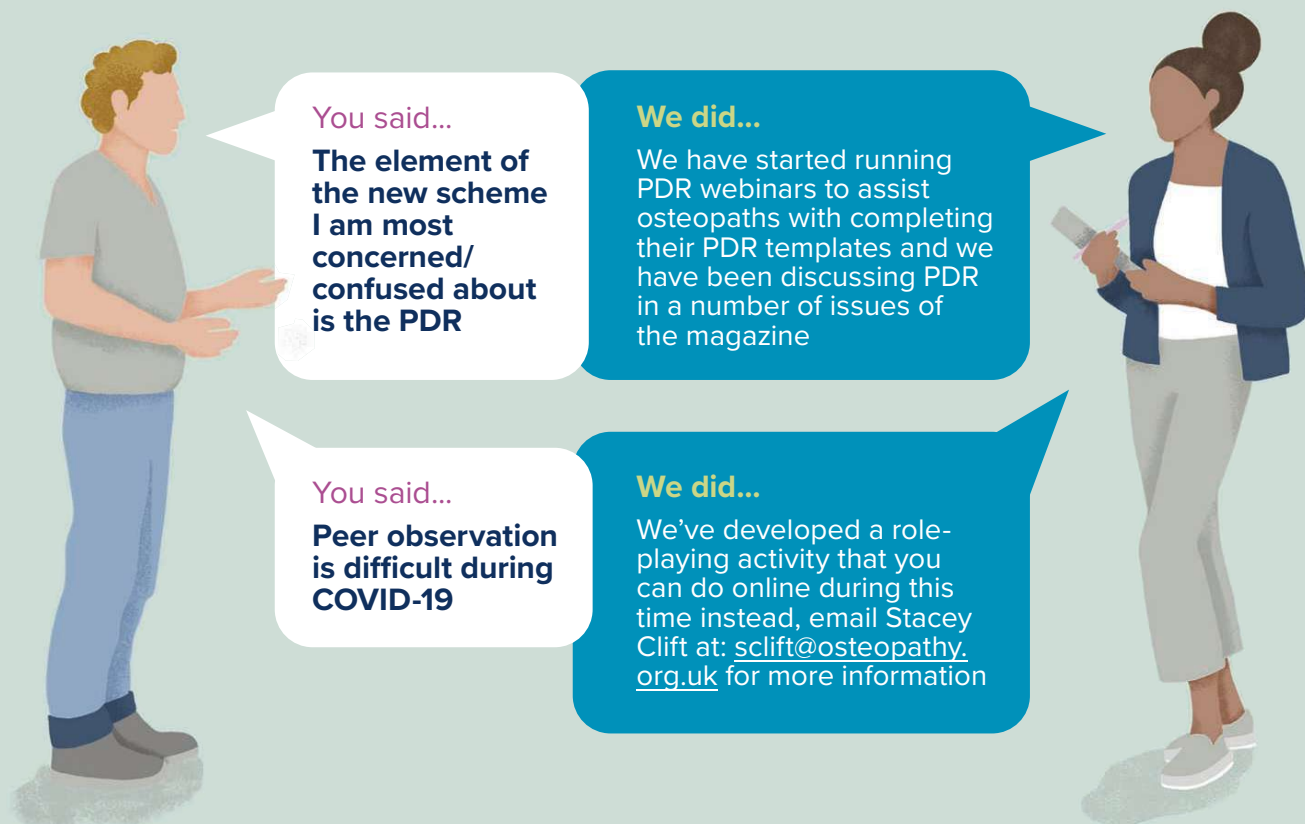
### **You said: We did**

We know from what you have already told us that documenting and evidencing CPD is often a concern for many osteopaths.

Osteopaths often report being worried about recording their reflections because it gets in the way of actual practice.

We have also found through conversations with some osteopaths that many are already doing activities that will count as CPD, without necessarily realising it. You too might find by completing the survey that you are already covering some elements that you had not thought of as requirements of the CPD scheme.

→ p14





## The impact of COVID-19

We realise the nature of the COVID-19 pandemic will inevitably mean that some osteopaths will find it easier than others to participate regularly in CPD activities at the current time, especially 'learning with others'. For example, osteopaths working in a front-line role caring for acute patients in some way, who are ill themselves, or have caring or home-schooling responsibilities may have less time to undertake CPD. Consequently, in this year's survey, we

attempt to explore how COVID-19 has impacted on your CPD and practice, so that we can help support you through this challenging time. We have added a section specifically about the impact of COVID-19 on your CPD and practice which includes questions on:

- CPD events, activities or courses that have been cancelled or postponed as a result of COVID-19
- Whether there has been sufficient

online provision for those activities that have been cancelled/postponed

- How COVID-19 has affected your CPD in relation to key aspects of the CPD scheme
- How COVID-19 has affected activities involving learning with others
- Concerns you may have about completing your CPD cycle, given the current context
- Support needed with CPD activities as a result of COVID-19

## Your step-by-step guide to taking the survey

**1.** You can claim up to one hour of CPD for completion of the survey, plus any additional time you spend reflecting on the content, either individually or with a colleague.

**2.** It is possible to complete the survey in about 40 minutes, but if you want to spend longer and gain more from the process, you can claim the full hour of CPD. The survey will take longer this year because there is an additional section on the impact of COVID-19 on both your CPD and practice.

**3.** You would probably find it helpful to have your online CPD Diary open or CPD records in front of you when completing the survey and perhaps also a copy of the Osteopathic Practice Standards (OPS) or the OPS website: [standards.osteopathy.org.uk](https://standards.osteopathy.org.uk) open. You might also find it useful to have any other records that you keep to hand for reference such as number of patients treated etc.

**4.** You can pause at any time during the survey, click on the 'finish later' button at the foot of the page you are on, and resume a little later by simply putting your email address in the box provided and pressing the 'send' button.

**5.** Once completed, you can save an electronic copy of your survey answers as evidence of CPD. You will only have 15 minutes to download them after you have submitted at the end of the survey, so remember to do this straightaway.

**6.** You could consider using this survey as a 'learning with others' exercise with colleagues or your CPD group, given that reflective learning and connecting with others are central to the CPD scheme.

**7.** Responses to the survey are confidential and anonymous. There is no way of linking data to respondents.

**8.** Closing date for responses is 31 January 2021.

## Take the survey now

Go to [bit.ly/CPDsurgery20](https://bit.ly/CPDsurgery20)

## What you've told us about the CPD survey

A number of osteopaths who tested the survey for us before we launched it share why they recommend taking part



"I see dual benefits in completing the GOsC CPD survey. It's a great opportunity to reflect on and assess the CPD

scheme and feed this back through the survey responses. If you want to make your voice heard, I strongly recommend you complete it.

"Secondly, I found completing the survey really helpful for thinking more strategically about my learning and development needs. It prompted me to assess my skill gaps in relation to the needs of my local community and the wider public health strategy context. With this in mind, I asked myself the question: what steps do I need to take to make myself more marketable and socially useful? I'm working on the answer."

**Nigel Robinson**, osteopath



"This survey really helped me to get back into a CPD frame of mind. It's a great way to get started on the new CPD format,

and it's very helpful to have the offer of someone to talk to if we are feeling confused about any aspect. I think the COVID-19 section is very relevant as the pandemic has completely reshaped life and professional practice this year."

**Liz Elander**, osteopath and GOsC Council member

"It is great to do the survey again, as you see how much further along the process you are in comparison to last year. Completing it gives you a good idea of what areas you need to work on, and suggests things you might not have thought of doing (eg a dry run of the Peer Discussion Review before



the actual one). It also gives you a base from which to start thinking and planning, so that you don't end up trying to do everything in

a rush. What I also found useful was that the survey makes suggestions of how to fulfil some of the requirements and points you towards the various resources that are available: the CPD site, workbooks and templates."

**Olwen Grindley**, osteopath



"The survey highlights the areas you may still need to cover in your CPD. It allows you to reflect on how you are coping

with the new CPD scheme and gives you the chance to think about the positives and negatives related to how COVID has impacted your clinic."

**Jane Oates**, osteopath

### COMPLETING THE CPD SURVEY WILL:

- Help you to consider your annual CPD practice.
- Help you to consider how CPD contributes to safe practice and enhances patient care.
- Help the GOsC to continually understand the impact of the CPD scheme as it is implemented, enabling us to offer tailored support and resources to osteopaths.
- Help the GOsC to further understand the impact COVID-19 is having on both your CPD and practice.

And remember it counts as CPD, which you can claim.

# Have you chosen your peer?



**Stacey Towle**, Senior Communications Officer, explains why practising a Peer Discussion Review can help you to reflect on and plan your CPD over your three-year cycle



## New updated PDR template

The PDR template is designed to help structure a supportive conversation and provides a 'walk-through' for the osteopath and their chosen peer. The template should be completed and agreed by both osteopath and peer and should also be included in the osteopath's CPD records.

Based on feedback from the profession, we have updated and redesigned the PDR template to make it easier to use. We've annotated the form with some hints and tips and colour coded the sections to make it clearer who fills in which sections (ie osteopath or peer). See: [cpd.osteopathy.org.uk/pdr-template](http://cpd.osteopathy.org.uk/pdr-template)



## What is a Peer Discussion Review?

**B**y the end of your three-year CPD cycle, you will need to have completed your Peer Discussion Review (PDR) with a colleague of your choice (you can choose an osteopath or another registered health professional), to enable you to reflect on your CPD and practice. This will normally take place towards the end of the cycle, although you might decide to do one of the following:

- Have a practice run and try it out in Year 1 or Year 2 of your CPD cycle to familiarise yourself with the PDR template.
- Complete the PDR template section by section as you meet the different elements of the scheme, so do it as you go along.
- Do your PDR early in Year 3 to allow time for any further CPD development if needed.

## SHARE YOUR VIEWS

If you are planning to undertake your PDR early, or to do it in bite-size chunks throughout the year, you might find it helpful to use the updated template. We would be very interested to hear about how you get on if you would be happy to share your experiences with us, please contact Stacey Towle: [stowle@ostoeopathy.org.uk](mailto:stowle@ostoeopathy.org.uk)



## Your questions answered

Here are some of the most common questions we get asked about the Peer Discussion Review (PDR) when we are engaging with osteopaths.

### Does my peer need to be an osteopath?

You can choose an osteopath or another registered health professional eg chiropractor or physiotherapist. Some osteopaths prefer to select peers who have the same kind of osteopathic approach as they do. While other osteopaths feel more comfortable discussing their practice with others and wish to select a peer who is an osteopath with a different approach or another health professional.

### When should I choose my peer?

Although you don't have to complete a Peer Discussion Review until towards the end of the three-year cycle, it's a good idea to identify and agree your peer at the outset of the CPD cycle so that you can build a relationship in which you feel comfortable discussing your practice, and to help you get the most out of the process. Read more about how



practising a Peer Discussion Review helped osteopath Lucy Ross-Browne plan her CPD, in the July/August 2019 issue of The Osteopath, page 14: [bit.ly/TheOsteoJulAug19](http://bit.ly/TheOsteoJulAug19)

### Where can I find a peer?

There are osteopathic organisations who can put you in touch with peers, for example you can contact:

- Your local regional group – contact details are available on the CPD website at: [cpd.osteopathy.org.uk/event/osteopathic-regional-groups](http://cpd.osteopathy.org.uk/event/osteopathic-regional-groups)
- Osteopathic educational providers – contact details are available at: [osteopathy.org.uk/practice/becoming-an-osteopath/training-courses](http://osteopathy.org.uk/practice/becoming-an-osteopath/training-courses)
- Members of the Osteopathic Alliance organisations at: [osteopathicalliance.org](http://osteopathicalliance.org)
- Members and clinical interest

groups such as the Osteopathic Sports Care Association at:

[osca.org.uk](http://osca.org.uk)

■ The Institute of Osteopathy has launched an online 'Peer' matching platform on which you can search and identify a peer (see p6):

[iopeerreview.onpld.com](http://iopeerreview.onpld.com)

■ You might also want to consider contacting your alumni group

Once you have found your peer, you could also choose to carry out your PDR over the phone or via online video calls and start carrying out elements of your PDR with your peer now. If you have completed your objective activity – why not meet with your peer remotely and have a go at completing that section of your PDR so you can do it in bite-sized chunks?

### What is the purpose of a PDR?

The purpose of the Peer Discussion Review is to enable your peer to confirm that you have engaged with the CPD scheme requirements and therefore have met the CPD standards. It is important for the PDR to be conducted in a supportive way that emphasises and encourages engagement and enhances practice. The value should be in the discussion itself.

## Getting to grips with PDR during lockdown

Some osteopaths have been joining the GOsC's webinars to learn more about the Peer Discussion Review (PDR) process. They chose to complete the PDR form on a step-by-step basis with their peer, so if they had previously completed their objective activity via a GOsC webinar, they have begun to sign off Standard 2 of their PDR form. We report here how a group of osteopaths approached completing their PDR template together:

- One osteopath completed the template for the other two peers in advance, so they could see how it could be done.
- Two peers said seeing a completed version was easier to work from.



- The reviewing osteopath asked: What evidence are you going to show me in terms of your case-based discussion?
- They then sent their reflection templates and shared on-screen their GOsC online CPD Diaries.
- They each had a constructive chat

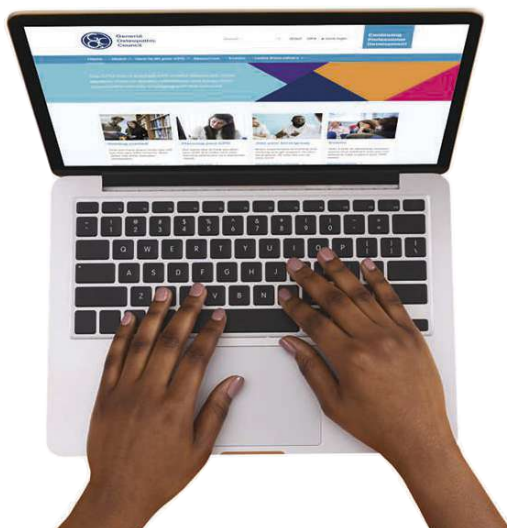
and asked a few questions about the CPD each of them had undertaken.

- Each of them went away and filled out the respective feedback for each other.
- When the first peer provided feedback, she mapped which of the Osteopathic Practice Standards they had each met.
- For one of the peers, seeing those references in advance made a big difference to writing the feedback for his two peers in relation to the Osteopathic Practice Standards.
- The group recommended that other osteopaths should pre-read the Osteopathic Practice Standards twice before completing their PDR form.

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## How do I get started with PDR?

1. Decide and agree who is going to be your peer for your Peer Discussion Review (PDR).
2. You might find it helpful to use the 'Choosing a peer' decision tree to help you decide who you would like to have as your peer (see below).
3. Download and familiarise yourself with the PDR template: [cpd.osteopathy.org.uk/pdr-template](http://cpd.osteopathy.org.uk/pdr-template)
4. If you have completed an element of the scheme, eg if you have done an objective activity, you could meet with your peer online/remotely and have a go at completing Standard 2 together. Standard 2 is a substantial part of the PDR template, so why not give it a go now.



## Need help finding a peer?

Have you found a peer for your PDR? If not, you could try using the new online peer directory from the professional membership body, the Institute of Osteopathy (iO). The new platform is open to everyone, not just (iO) members, and can be used to help you search and identify a peer with whom you can conduct your PDR. See: [iopeerreview.onpld.com](http://iopeerreview.onpld.com)



**Peer Discussion Review**

**MORE INFORMATION**

- Read about PDR as a group exercise [cpd.osteopathy.org.uk/PDRgroup](http://cpd.osteopathy.org.uk/PDRgroup)
- Download the case-based discussion workbook [cpd.osteopathy.org.uk/CBDworkbook](http://cpd.osteopathy.org.uk/CBDworkbook)
- Read more about Peer Discussion Review at [cpd.osteopathy.org.uk/pdr](http://cpd.osteopathy.org.uk/pdr)

## Choosing a peer

Try out this decision tree to help you choose a peer that is right for you

**Q1:** What matters to you when choosing a peer for Peer Discussion Review?

**Q2:** Do you want a peer who is known to you?

**YES**

### Consider your networks:

- Other health professionals who you work with
- Fellow alumni from your college
- Principals or associates in your practice
- Osteopaths you have met on CPD courses - if they are not local to you, you could make a video or phone call to carry out the Peer Discussion Review

**Q3:** How will you work with your peer?

### Consider your priorities:

- The ability to build trust with your peer, feeling confident to discuss your practice and CPD
- A context where uncertainty or mistakes are regarded as an opportunity for learning/a peer who is an equal rather than feeling judged
- Someone who practices like you (eg with a structural or a cranial approach)
- Someone who practices in a different way to you to gain a different perspective and perhaps some challenge

### Consider identifying a peer through:

- Osteopathic educational providers
- Regional groups
- Institute of Osteopathy

### Consider:

- How will you agree your peer?
- How will you work together?
- Will you do a practice run at the beginning of the process? Will you leave it all to the end of the three years?

# So what exactly is an objective activity?



**Liz Niman**, Head of Communications and Engagement, answers some of your most common questions

An objective activity is one of the requirements of the CPD scheme, and you need to carry out at least one over the three years of your CPD cycle, but some osteopaths have been asking us what exactly they need to do to fulfil this requirement.

## What counts as an objective CPD activity?

An objective activity is any CPD activity that involves you getting 'objective' feedback on your practice as an osteopath, which then enables you to analyse and reflect on this to show how it has informed your practice. Options for an objective activity include a case-based discussion, patient feedback, Patient Reported Outcome Measures (PROMs), clinical audit or a peer observation.

## How many objective activities do I need to do?

You need to carry out at least one objective activity over your three-year cycle but you can choose to incorporate more objective feedback into your CPD if you wish. Osteopaths who have, for example, got feedback from their patients or done a case-based discussion have

found that they have enjoyed getting the feedback or discussing the cases with colleagues, and are choosing to do these activities more often.

## Can I get objective feedback on any aspect of my role?

Yes, you can get feedback on any aspect of your role, so when thinking about choosing your objective activity also think about your range of practice. For example, you may wish to gain external feedback from colleagues eg by sharing challenging cases, using a particular technique or differential diagnosis to improve efficiency of your clinical practice. You may wish to seek feedback from your patients on specific areas of patient care or patient satisfaction. Depending on your role, these other examples would also allow you to meet the objective feedback requirement: a teacher getting feedback from students; a CPD group organiser getting feedback from members; or a performance appraisal if you do those at your practice.

## What is the difference between a case-based discussion and the Peer Discussion Review?

A number of osteopaths have been telling us that they get confused between these two requirements. A case-based discussion is a means of gathering objective feedback on your practice from a colleague by sharing a challenging case. It enables you to reflect on what you did and what you might do differently next time when faced with a similar clinical encounter. This is different to your Peer Discussion Review (PDR), which takes place towards the end of your cycle. The PDR is a structured, formal discussion with a peer (who can be an osteopath or another health professional), about

your osteopathic professional practice and your CPD activities. The aim of this discussion is to demonstrate and confirm that you have complied with and met the CPD scheme requirements. You can read more about the PDR on pages 16 to 18. ●



## WATCH NEW PROMs APP ANIMATION

The National Council for Osteopathic Research (NCOR) has launched a new animation to explain its system for collection of Patient Reported Outcome Measures (PROMs) data.

Watch the animation to find out how easy and useful it is to use PROMs. It's a great way to meet the objectivity activity requirement of the CPD scheme, so do give it a try if you haven't already.

You can read more about the launch of the animation on page 5, and you can watch it here: [cpd.osteopathy.org.uk/proms](http://cpd.osteopathy.org.uk/proms) Look out for further information from NCOR about PROMs in a future article.

## FIND OUT MORE

You'll find workbooks, templates, case studies and other resources at: [cpd.osteopathy.org.uk/objective-activity](http://cpd.osteopathy.org.uk/objective-activity) – you can filter by the type of objective activity you are interested in, and the type of resource. You can read workbooks on objective activities such as patient feedback, case-based discussion and peer observation at: [cpd.osteopathy.org.uk/workbooks](http://cpd.osteopathy.org.uk/workbooks)

# The GOsC's year in review

Our latest **Annual Report** for the year to 31 March 2020 saw considerable change taking place within osteopathy. The Annual Report describes what we achieved in the first year of our 2019-2024 Strategic Plan. This is set out under our four overarching strategic goals

## STRATEGIC GOAL 1: We will support the osteopathic profession to deliver high-quality care, which will protect patients and the public in the context of a changing healthcare landscape



### Osteopathic Practice Standards

- An extensive programme of activity helped raise awareness of the updated Osteopathic Practice Standards (OPS) which came into effect 1 September 2019, including face-to-face and online stakeholder engagement.
- Registration assessment documents updated and consulted on to ensure implementation of the updated OPS.
- OPS pocket guide sent to every osteopath.

### Continuing professional development

Continued engagement with stakeholders to help implement the new CPD scheme.

- Your Guide to the New CPD Scheme booklet posted out to all osteopaths plus individual emails sent including links to [cpd.osteopathy.org.uk](http://cpd.osteopathy.org.uk) and a digital version of the CPD guide to support osteopaths starting the scheme.

- 6 CPD workbooks updated, plus other resources created: visuals, templates, case studies and infographics.
- 13 webinars run to support osteopaths to implement the scheme. They covered: case-based discussion, peer observation and patient feedback.
- Overarching strategy introduced to measure impact and to ensure mitigation of any risks, and realisation of the benefits of the new CPD scheme.
- 2 focus groups held with recent graduates to better understand how they were approaching the scheme and to explore their support networks.
- 9% of osteopaths completed our 3rd annual CPD evaluation survey.
- Prototype resources produced to support patients and practitioners to identify what is important in patient consultation in accordance with the OPS.
- Article by some of the GOsC team published in Journal of Evaluation in Clinical Practice. This detailed our work on values with others including practitioners, patients, General Dental Council, Collaborating Centre for Values Based Practice in Health and Social Care, University College of Osteopathy, and research agency Community Research. Read the article at [bit.ly/Wiley-Connecting](http://bit.ly/Wiley-Connecting)
- 612 osteopaths completed an independent survey on their views

of regulation and its impact on practice.

- COVID-19 interim infection guidance published referencing specific OPS standards.

## STRATEGIC GOAL 2:

## We will develop our assurance of osteopathic education to produce high-quality graduates who are ready to practise

- Together with the General Chiropractic Council we consulted with the 9 osteopathic educational providers and the 4 chiropractic educational institutions on how patients contribute to clinical education.
- A review of the Guidance for Osteopathic Pre-registration Education planned and agreed.
- We worked with the Council for Osteopathic Educational Institutions and the educational providers to support development of osteopathic educators and help build a community.
- Quality Assurance was a focus for our work and the Policy Advisory Committee reviewed our programme resulting in a number of updates.



## STRATEGIC GOAL 3: We will build closer relationships with the public and the profession based on trust and transparency

### Communicating and engaging with stakeholders

- 4 consultations carried out, see: [osteopathy.org.uk/past-consultations](https://osteopathy.org.uk/past-consultations)
- Regular face-to-face and online meetings held with wide range of stakeholders
- Presented at 8 events
- Published 6 issues of The Osteopath
- 14 ebulletins produced

### Social media followers increased to:

2,600 Facebook and 2,800 Twitter

### Patients

- Increased our partnership with patients to help understand relationships between osteopaths' and patients' expectations.
- Regional group lead feedback helped

inform development of promotional materials encouraging patient involvement.

### Promoting equality and diversity

- Through our social media we promoted awareness of LGBT+ History Month and the #TimeToTalk mental health awareness campaign.

## STRATEGIC GOAL 4: We will be an exemplar in modern healthcare regulation

### Protecting the integrity of the Register

5,439 osteopaths on the Register at 31 March 2020. The number of osteopaths in the UK continued to grow: 287 new or returning osteopaths joined the Register: [osteopathy.org.uk/register-search](https://osteopathy.org.uk/register-search) 31 registration assessments carried out. Not all concerns raised with us about potential illegal practice require action, but 67 'cease and desist' letters were sent and 47 cases resolved. 2 prosecutions for using the osteopathic

title while not registered with the GOsC commenced.

### Fitness to practise

110 concerns received and, of these, 52 made formal 40 cases considered by the GOsC's Investigating Committee and, of those: 26 referred to a full hearing 14 determined as 'no case to answer' 24 cases concluded by the Professional Conduct Committee: in 13, a sanction was imposed against the osteopath.

### Types of concerns raised about osteopaths

- NCOR's report, Types of Concerns Raised about Osteopaths and Osteopathic Services in 2013-2017, showed reported concerns from patients are at their lowest rate since data collection began. Most concerns relate to communication and consent.

### Governance and performance

- The GOsC met all the Professional Standards Authority for Health and Social Care standards of good regulation, for the tenth year running.
- A new Chair of Council and three new Council members were recruited.

### Administration and establishment £119.20 (21%)

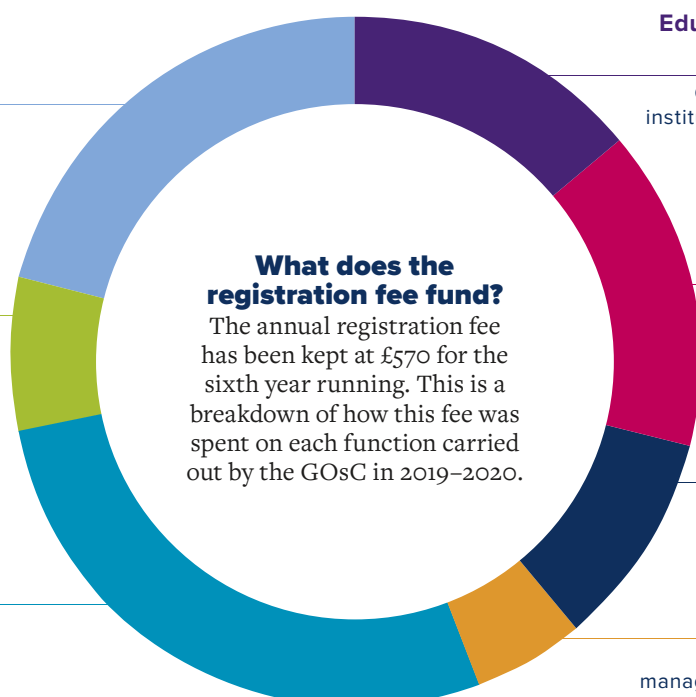
Includes premises, office administration and audit fees.

### Governance £42.98 (8%)

Running of Council and Committees and also includes levy to Professional Standards Authority of £13,410.

### Fitness to practise, including legal £155.60 (27%)

Conducting investigations and holding hearings; Committees and legal costs.



### Education and professional standards £77.08 (14%)

Quality assuring osteopathic educational institutions; developing the new CPD scheme, and reviewing and updating the OPS.

### Communications and research £89.34 (16%)

Includes GOsC communications and free access to research journals for osteopaths via the o zone.

### Registration £56.46 (10%)

Maintaining the Register and registration assessment costs.

### IT infrastructure £29.34 (5%)

IT for the Register, customer relationship management system and other office services.

# Courses 2021

For more courses, see the CPD site at: [cpd.osteopathy.org.uk/events](http://cpd.osteopathy.org.uk/events)

## January

**4**

### Learning with others

**Venue:** Webinar  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

**6**

### Learning with others

**Venue:** Webinar  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

**11**

### Patient feedback

**Course Leader:** Dr Stacey Clift  
**Venue:** GOsC Webinar  
[sclift@osteopathy.org.uk](mailto:sclift@osteopathy.org.uk)

**13**

### Case-based discussion

**Venue:** Webinar  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

**16**

### Cauda Equina Syndrome and other spinal red flags

**Course Leaders:** Chris Mercer and Laura Finucane  
**Venue:** University College of Osteopathy (UCO), 275 Borough High Street, London SE1 1JE  
**Tel:** 020 7089 5333  
[bit.ly/UCO-ces-Jan21](http://bit.ly/UCO-ces-Jan21)

**16-17**

### The neck: clinical rehabilitation

**Course Leader:** Chris Worsfold  
**Venue:** UCO  
[bit.ly/UCO-the-neck-Jan21](http://bit.ly/UCO-the-neck-Jan21)

**19**

### Learning with others

**Venue:** Webinar  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

**19**

### Case-based discussion

**Course Leader:** Dr Stacey Clift  
**Venue:** GOsC Webinar  
[sclift@osteopathy.org.uk](mailto:sclift@osteopathy.org.uk)

**21**

### Learning with others

**Venue:** Webinar  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

**26**

### Case-based discussion

**Venue:** Webinar  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

**30**

### Cervical spine risk assessment and consent for manual therapists

**Course Leaders:** Roger Kerry and Steven Vogel  
**Venue:** UCO  
[bit.ly/UCO-spine-assess-Jan21](http://bit.ly/UCO-spine-assess-Jan21)

**30-31**

### Applied biomechanics of the spine

**Course Leader:** Francesco Contiero  
**Venue:** UCO  
[bit.ly/UCO-applied-biomech-Jan21](http://bit.ly/UCO-applied-biomech-Jan21)

Please email details of future courses to: [info@osteopathy.org.uk](mailto: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.

# Classifieds

## Osteopath required: Hampshire

Warsash Therapy Rooms, based in the heart of Warsash Village, has a team of the very best practitioners in the area offering a variety of therapies. We are looking for one or two osteopaths to join our team. Please send your CV and brief email to: [info@warsashtherapyrooms.co.uk](mailto:info@warsashtherapyrooms.co.uk)

## Osteopath required: Liverpool

Part time osteopath vacancy. South Liverpool. May include

evenings/weekends. Email CV to [jen@jennifergreen.co](mailto:jen@jennifergreen.co)

## Osteopath required: London

We're a really busy practice with three clinics in South Bucks – Amersham, Beaconsfield and Gerrards Cross (all between 20-35m train from Marylebone station). Two sessions per week initially with development opportunities offered; gait analysis, CPD scheme including with local surgeons plus ongoing mentoring. To start at asap. Please send CV if

you are interested to: [sarah@bucksosteopathy.com](mailto:sarah@bucksosteopathy.com)

## Osteopath required: Yorkshire

Cathedral Osteopaths are looking for our next team member. Are you looking for your next challenge? Would you appreciate 1:1 focussed mentoring from an experienced practitioner with over 20 years in the industry? Are you looking to increase your knowledge and understanding of chronic and complex back problems? Would you like to get proficient

at reading MRI scans? The clinic is centrally located in the beautiful historic city of Ripon in Nidderdale and has close links to Leeds, Harrogate, York and Northallerton. This is an opportunity to work in an established and thriving private practice with a comprehensive mentoring programme to enhance your clinical and business skills. Opening hours Monday to Saturday includes evenings. Please apply in the first instance with a covering letter and CV to [vanessa@cathedralosteopaths.co.uk](mailto:vanessa@cathedralosteopaths.co.uk)

### Associate osteopath required: Devon

To join our busy Devon practice. Great opportunity for an osteo to build upon an already busy list, a structural approach, preferably with sports massage and medical acupuncture is desirable. Experienced osteopath or confident new graduate. Mondays, Thursdays and Saturdays available. For more info about our clinic: [www.williamsosteopathy.co.uk](http://www.williamsosteopathy.co.uk) Please email your interest to: [williamsosteopathy@gmail.com](mailto:williamsosteopathy@gmail.com)

### Associate required: Maidstone, Kent

We are looking for an osteopath initially to cover two days including evenings and Saturdays at our well established clinic. The new team member will benefit from CPD opportunities, support and mentoring from

experienced osteopaths. If you are interested please to get in touch with Scott Daniels with a covering letter and CV to [info@scottdanielsosteopath.co.uk](mailto:info@scottdanielsosteopath.co.uk)

### Associate required: Shropshire

Opportunity to join a friendly, well-established, multidisciplinary practice. Initially two days a week. Support/mentoring available if required. Candidate must be motivated, professional and have a high level of interpersonal skills. Both structural and cranial approaches considered. Please send CV to: [jlees206@gmail.com](mailto:jlees206@gmail.com) or telephone 01630 656546.

### Practice for sale: Bath

Practice for sale due to retirement. This is a great and affordable opportunity to take over a long-running

multi-disciplinary clinic in central Bath. I am happy to work alongside someone for a limited time, and may be open to other suggestions, including passing on the patient list. For further details please contact Alison Temple-Smith on 07763 566711.

### Rooms available: London

West Hill House purpose-built consulting rooms, set in a wonderful location. Rooms are suitable for osteopathy providing a safe, COVID-19 secure environment. A receptionist is on hand for your bookings. For further information go to [www.consulting-rooms.co.uk](http://www.consulting-rooms.co.uk)

### Room to rent: Farnborough

I am currently setting up a shop for myself and would like one other practitioner to join me. I am a podiatrist but I'm new

to the area where I am setting up and will have 2-3 days where I'm not busy so would like to make this available to osteopaths. The shop is in Farnborough, Hampshire on a busy high street location with street parking right outside. There is a waiting room and a toilet and kitchen area. I would be looking at charging £50 during the day and £25 in the evening. My telephone number is 07719 162795.

### TO ADVERTISE

**Contact:** Debbie Blackman

**Tel:** 0117 300 8562

**Email:**

[theosteopathadvertise@immediate.co.uk](mailto:theosteopathadvertise@immediate.co.uk)

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At the heart of everything we do is our drive to support the interests of our members, and promote the vital role that each and every osteopath contributes to the health of the nation.

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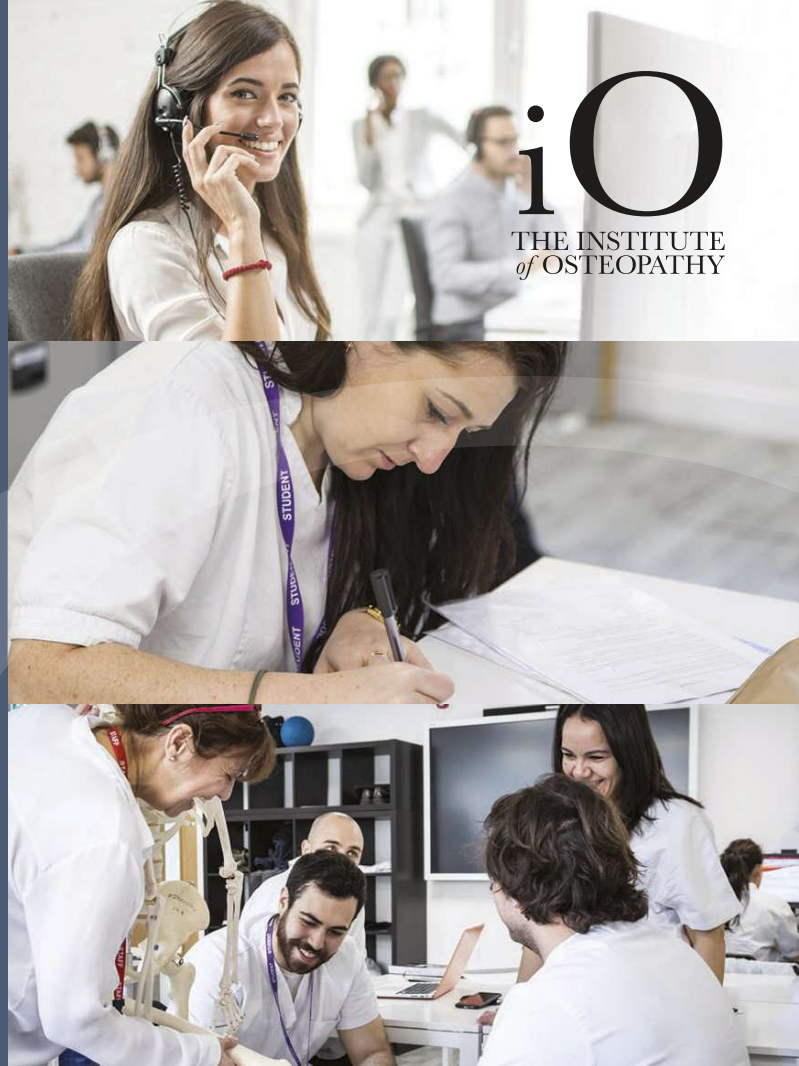
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## FEATURED COURSES



### MODULE 9: The First Year of Life

non-residential **£1100**  
residential **£1350**

**Leader:** HILARY PERCIVAL

We all started life in utero, have been born and had a childhood. The events of this crucial period prime our body for adulthood and also shape our anatomy and functional body on many levels. To understand the journey of childhood allows us as osteopaths to understand how the adult body has developed. This course allows you to identify with the child's unique anatomy and teaches the techniques that work to improve the function to allow healthy development.

Hawkwood, STROUD

**5–8 MAR 2021**

**Gateway to the Paediatric Diploma and includes a voucher worth £150 off any diploma course**



### FINDING HEALTH: Building Resilience in a Stressful World

non-residential **\*£390**  
residential, share **\*£490**

**Guest leader:** ORIANNE EVANS

The founders of osteopathy spoke of "finding health" as a distinctive feature of osteopathic work. What does this mean in our current world with our busy lifestyle? How is Still's model of the triune nature of Man relevant to our lives? How can osteopathy increase our patient's access to their health? In this course we will study some of the mechanisms of balanced physiology and reactions to stress, exploring ways in which we can support these systems with osteopathic treatment.

Hawkwood, STROUD

**17–18 APR 2021**

**Includes pre- & post-course distance learning for the same price as a regular short course weekend**

## MORE COURSES FROM THE SCCO

Foundation Course [M1] with PENNY PRICE Crista Galli, LONDON <b>5–6 DEC 2020</b> <b>£275</b>	In Reciprocal Tension [M5] with PAMELA VAILL CARTER Hawkwood, STROUD <b>19–21 FEB 2021</b> <b>£895/£995</b>	Balanced Ligamentous Tension [M4] with SUSAN TURNER Hawkwood, STROUD <b>13–17 MAY 2021</b> <b>£1165/£1400</b>
Foundation Course [M1] with PENNY PRICE Hawkwood, STROUD <b>23–24 JAN 2021</b> <b>£300</b>	Establishing Oxygenation & Vascular Flow [P5] with HILARY PERCIVAL & MARK WILSON Hawkwood, STROUD <b>27–28 FEB 2021</b> <b>£549/£599</b>	Abdominal Motions [P6] with HILARY PERCIVAL & MARK WILSON Hawkwood, STROUD <b>5–6 JUN 2021</b> <b>£549/£599</b>
Foundation Course [M1] with PENNY PRICE Crista Galli, LONDON <b>13–14 FEB 2021</b> <b>£275</b>	Osteopathy in the Cranial Field [M2] with TAJINDER DEOORA Columbia Hotel, LONDON <b>10–14 MAR 2021</b> <b>£990</b>	Spark in the Motor [M7] with DAVID DOUGLAS-MORT Hawkwood, STROUD <b>25–27 JUN 2021</b> <b>£895/£995</b>

*Some courses have a minimum entry requirement, contact us for further details.*

*\* Discounts available for paid Fellows & Members*



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### The Register of Paediatric Osteopaths

The FPO will be launching the Register of Paediatric Osteopaths in the new year. The Register will be open to any qualified osteopath who can meet the competences outlined in the ODG's Guidance for Osteopaths Working with Children and Young People. This will be done through the presentation of a portfolio, and, on occasions with a structured interview.

The purposes of the Register are to enable the public to find osteopaths who have a particular training in paediatrics, to bring together the various groups and courses concerning osteopathy in the paediatric field and to safeguard the right of osteopaths to treat young patients.

Early indication of interest in membership will attract a reduction in registration fees.



### CPD COURSES

#### - ADVANCING YOUR OSTEOPATHIC SKILLS IN THE CRANIAL FIELD

Nicholas Woodhead DO and Carole Meredith DO

Dates: 9-10 January, 13-14 February and 27 February 2021

A flexible 5 day course, which can be booked in its entirety or as single days | An opportunity to advance skills, revise and improve cranial anatomy, learn, try alternative approaches to suit your own requirements.

**NEW GRADUATES AND FINAL YEAR STUDENTS ARE WELCOME TO REGISTER**

For more info and registration visit [occ.uk.com/continuing-professional-development](http://occ.uk.com/continuing-professional-development),  
call 0203 887 8813 or email [educationregistrar@occ.uk.com](mailto:educationregistrar@occ.uk.com)

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# **WE WANT TO HEAR FROM YOU**

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[bit.ly/CPDsurvey20](https://bit.ly/CPDsurvey20)

Survey closes  
31 January 2021

## **Taking the survey will:**

- help you consider your annual CPD activity
- help you assess how CPD contributes to safe practice and enhances patient care
- help the GOsC to offer the support and resources osteopaths need
- enable the GOsC to discover the impact COVID-19 is having on your CPD and practice

... and you can claim up to one hour of CPD, plus your reflecting time.

