

Osteopathic Practice Standards

CONSULTATION DOCUMENT NOVEMBER 2008

General Osteopathic Council

Osteopathic Practice Standards

CONSULTATION

The General Osteopathic Council (GOsC) is committed to ensuring that the standards that apply to osteopaths are kept under review and updated when necessary to ensure that they continue to offer adequate protection to the public and that they are as clear as possible to follow.

Arising from a recent comprehensive review of the standards, the GOsC has produced revised Osteopathic Practice Standards for consultation. The revised Osteopathic Practice Standards are aimed at replacing the *Standard 2000 – Standard of Proficiency*, originally published in 1999. That document is available on the GOsC website at http://www.osteopathy.org.uk/about_gosc/about_standards.php.

We welcome your views on the draft Osteopathic Practice Standards.

The consultation questions about each of the Osteopathic Practice Standards are at the end of the section and you can type your answers directly into the box below each question. There are two general questions at the end of this document.

When you have completed your response, click on the submit button at the end of the document to email your response to us at standards@osteopathy.org.uk.

THE CONSULTATION CLOSES ON 30 JUNE 2009.

Introduction to the Osteopathic Practice Standards

The Osteopathic Practice Standards set out the core standards of competence and proficiency which it is agreed – within the osteopathic and other healthcare professions – are required to ensure patient safety and confidence.

Osteopaths are primary contact healthcare professionals and the standards are aimed at equipping osteopaths to operate effectively as part of the wider healthcare community. In that respect, the standards cover the full range of the osteopath's responsibilities, from their legal obligations to patients to their duty to maintain competence through continuing professional development.

What is expected of you

The Osteopathic Practice Standards play a central role in the requirements for osteopathic training and the achievement and retention of registration with the General Osteopathic Council. The GOsC therefore requires you to meet and maintain these standards.

The Osteopathic Practice Standards are intended to complement the GOsC Code of Practice, which outlines the required standards of conduct, performance and ethics.

All osteopaths should familiarise themselves with the standards outlined in this document and ensure that they are meeting them.

Reviewing the Osteopathic Practice Standards

Section 13 of the Osteopaths Act 1993 requires the General Osteopathic Council to determine the standard of proficiency required for the competent and safe practice of osteopathy.

The GOsC keeps these standards under continuing review and will update them when necessary. We aim to thoroughly review and republish the Osteopathic Practice Standards document every five years, issuing supplementary information in the intervening period, if necessary.

The GOsC will always widely publicise any changes made to the Osteopathic Practice Standards well in advance, with a minimum of one year's notice before a change comes into force, to allow osteopaths to meet any new standards through continuing professional development.

The current standards, which came into force in 2000, are set out in the document Standard 2000 – Standard of Proficiency. This is available for comparison on the GOsC website at www.osteopathy.org.uk/about_gosc/about_standards.php. The main changes to Standard 2000 – Standard of Proficiency are summarised on page 4.

Specific changes in the revised Osteopathic Practice Standards

ORGANISATION OF INFORMATION

Comments on *Standard 2000 – Standard of Proficiency* suggested that its organisation was confusing and the text unnecessarily repetitious. This has been addressed in the Osteopathic Practice Standards by the following amendments:

- a. Under each standard, the initial text has been reduced to one or more short introductory paragraphs. The specific requirements are then listed.
- b. The aim was also to simplify and clarify the language. For example, the awkward sounding 'Areas of Capability' has been replaced by the more specific 'Osteopathic Practice Standards', which is also the title of the document.
- c. The standards have been restructured to emphasise the importance of patient safety and communication standards, i.e. those grouped under 'Patient Partnership'.
- d. Each standard describes an area of osteopathic practice and provides a list of key requirements in that area.

CONTENT

We draw your attention to the following specific changes in content:

The previous Capability K, in relation to palpation (*Standard 2000* – page 17), has been removed and incorporated into other standards about patient evaluation and treatment. It was felt that, while this is an important area, it is just one aspect of an overall integrated evaluation of patients and should be incorporated into other relevant areas to highlight this integration.

A new Standard 6 has been added to deal with 'patient trust'. This outlines the standards required in this area, and draws links between these standards and the requirements of the GOsC Code of Practice.

LANGUAGE

The language has been simplified to make the standards clearer and unambiguous.

Other standards relevant to the Osteopathic Practice Standards are:

- > The Code of Practice the standards of conduct, performance and ethics required of osteopaths
- > Osteopathy Benchmark Statement the standards that inform osteopathic pre-registration education and training

Osteopathic Practice Standards

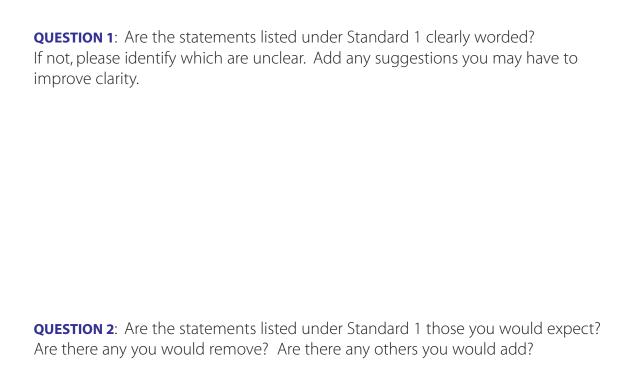
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Principles and Scientific Basis of Osteopathy

Standard 1 – Clinical knowledge and skills

An osteopath must posses the relevant clinical knowledge and skills required to perform his/her function as a healthcare professional. This knowledge will be drawn from formal training and other sources, for example, a critical consideration of relevant, contemporary scientific research evidence in osteopathy and other relevant disciplines. A key requirement of an osteopath is a highly skilled sense of touch, known as palpation.

- 1.1 a detailed knowledge of human structure and function, with special emphasis on the neuro-musculoskeletal system. This should be sufficient to recognise, identify and differentiate between normal and abnormal anatomical structures and processes in the human body
- 1.2 an ability to recognise where the presenting problem may mask underlying pathologies
- 1.3 a knowledge of human disease sufficient to inform clinical judgement, and to enable recognition of disorders not suitable for osteopathic treatment
- 1.4 a knowledge of human psychology and sociology, sufficient to provide a context for clinical decision-making and patient management
- 1.5 an understanding of the principles of biomechanics sufficient to assess the effect of forces acting within living matter, especially in the effective use of such forces in the application of osteopathic techniques
- 1.6 an advanced knowledge of the palpatory characteristics of the normal and abnormal functioning of different body tissues and systems
- 1.7 a well-developed level of palpatory skill for effective use in diagnosis, treatment and monitoring of treatment changes
- 1.8 the skills required to determine changes in tissues and joint movement by the appropriate use of observation, palpation and motion evaluation
- 1.9 an ability to locate, evaluate and apply relevant high-quality research evidence in osteopathic practice.

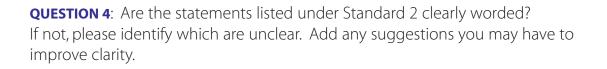


QUESTION 3: Standard 1 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 2 – Understanding of osteopathic concepts and principles

Osteopaths must demonstrate an understanding of osteopathic concepts and principles. These concepts and principles should be applied critically and continuously to patient care.

- a comprehensive understanding of the principles and concepts of osteopathy and how these inform and guide rational clinical decision-making
- an awareness of the range of osteopathic approaches to health, disease and illness and how these are used to inform appropriate patient care and management
- 2.3 an understanding of how osteopathic principles are expressed and translated into action through a number of different osteopathic treatment and management approaches, and how such approaches can be selected and modified to meet the needs of an individual patient
- 2.4 the ability to consider the patient as a whole and recognise that a presenting problem may be caused by underlying health concerns
- 2.5 a critical appreciation of the highly skilled sense of touch, known as palpation, which is employed by osteopaths in patient evaluation and treatment.



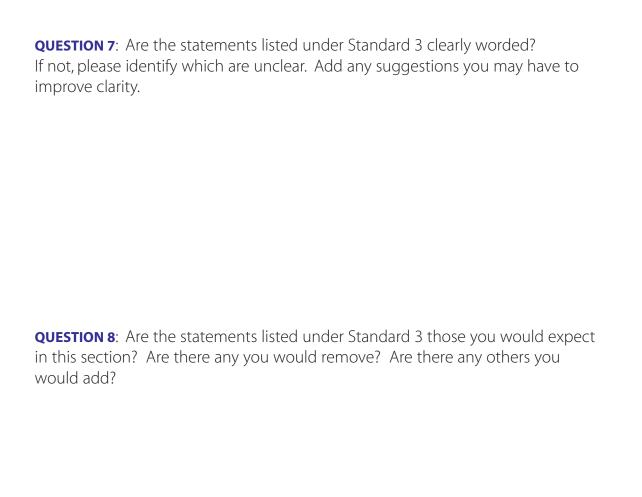
QUESTION 5: Are the statements listed under Standard 2 those you would expect in this section? Are there any you would remove? Are there any others you would add?

QUESTION 6: Standard 2 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 3 – Personal qualities and skills

Osteopaths must be self-aware and have a conscious, mature and realistic insight into their personal strengths and limitations.

- 3.1 a sufficient level of coordination and dexterity to deliver high standards of osteopathic care
- an ability to reflect on and identify his/her own personal and professional strengths and limitations and address these through self-development, including continuing professional development
- 3.3 an ability to recognise the need to seek assistance from professional colleagues
- 3.4 appropriate management skills to enable them to address clinical uncertainty in an ethical and professional manner
- 3.5 problem-solving and thinking skills in order to inform and guide the interpretation of clinical and other data, in order to justify clinical reasoning and decision-making
- 3.6 a willingness to support and assist professional colleagues
- an ability to adopt appropriate strategies for physical and psychological self-care during interactions with patients, in order to maintain their own health.



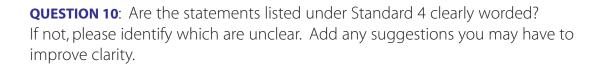
QUESTION 9: Standard 3 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Patient Partnership

Standard 4 – Interaction with patients

The therapeutic relationship between osteopath and patient requires absolute trust and confidence. Osteopaths must be able to establish and maintain an ethical and appropriately empathetic relationship with a patient. A key characteristic of osteopathic treatment is the use of a highly skilled sense of touch, known as palpation.

- 4.1 an awareness and understanding of the ethical issues related to practice as outlined in the GOsC Code of Practice, to enable the formulation of effective and justifiable management strategies to cope with these issues
- 4.2 an ability to deal with clinical uncertainty, so that effective management takes place, to ensure that the patient receives high-quality care and is kept appropriately informed
- 4.3 the skills and self-awareness required to manage clinical challenges posed by unfamiliar circumstances or environments
- 4.4 an ability to maintain a professional manner in situations in which personal incompatibility arises with a patient, ensuring patient care is maintained
- 4.5 maintenance of patient confidentiality and that the osteopath is acting only with the informed consent of the patient in compliance with the GOsC Code of Practice and data protection legislation
- 4.6 an awareness of the importance of maintaining a high level of physical and psychological health, in order to ensure clinical effectiveness and ensure patient safety
- an ability to make complete, legible and accurate records of clinical interaction with the patient as close as possible to the time this occurs.



QUESTION 11: Are the statements listed under Standard 4 those you would expect in this section? Are there any you would remove? Are there any others you would add?

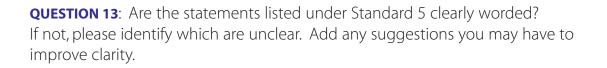
QUESTION 12: Standard 4 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 5 – Communication

Effective communication is a key requirement for the delivery of high-quality osteopathic care.

To communicate effectively, an osteopath must be able to demonstrate:

- 5.1 well-developed listening skills and respect for patients' views
- 5.2 an ability to recognise the range and forms of human communication, including his/her own strengths and limitations in specific clinical encounters
- 5.3 an ability to select and move between different forms of communication with patients whilst maintaining a commitment to ethical values and considerations
- 5.4 an ability to communicate with patients in a manner that the patient can understand, providing clear information on osteopathy, its limitations, strengths and potential, and responding fully and honestly to patients' questions
- 5.5 an ability to explain to patients their condition, how this might progress, the treatment options and the risks associated with treatment, in a manner that permits the patient to make a fully informed decision about treatment
- 5.6 an ability to adapt communication strategies to suit the specific needs of a patient, including the use of interpreters if necessary
- 5.7 an ability to critically evaluate research and other findings concerning the efficacy and application of osteopathic interventions and the therapeutic claims of other healthcare disciplines.



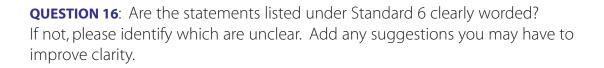
QUESTION 14: Are the statements listed under Standard 5 those you would expect in this section? Are there any you would remove? Are there any others you would add?

QUESTION 15: Standard 5 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 6 - Patient trust

Osteopaths must encourage the development of trust with their patients using a range of ethical strategies. Patient trust issues are covered in detail in the GOsC Code of Practice and all osteopaths must observe the requirements of this code.

- an empathetic approach, which ensures that patients' privacy and dignity is respected and that each patient is considered as an individual
- 6.2 complete integrity in dealings with patients, acting always in the patient's best interests
- an ability to maintain a professional relationship with patients by being open and honest, avoiding any conduct that would amount to an abuse of professional position or would unduly influence patients' views
- an ability to communicate effectively and efficiently with patients in all areas and at every stage of the patient partnership, particularly in relation to the risks of treatment and in obtaining consent for treatment (both of which should be recorded in the patient's notes)
- 6.5 awareness of the implications of ethnicity, gender, sexuality, disability, religion and belief for approaches to treatment, and the importance of respecting patients' wishes in relation to these issues. In this context, attention must be paid to the patient's wishes regarding protection of modesty, in particular the provision of chaperones
- 6.6 an understanding of the need to ensure the safety of patients at all times by adhering to health and safety requirements, with particular emphasis on minimising the risk of cross-infection
- 6.7 the skills necessary to evaluate effectively any risks to the patient during osteopathic care.



QUESTION 17: Are the statements listed under Standard 6 those you would expect in this section? Are there any you would remove? Are there any others you would add?

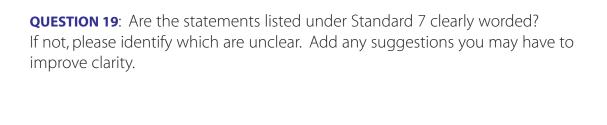
QUESTION 18: Standard 6 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Clinical Practice

Standard 7 - Patient evaluation

Osteopaths must show sensitivity to the concerns of the patient and seek to identify the patient's needs by taking a comprehensive and relevant case history. Osteopaths must also be able to conduct a thorough and detailed physical examination of the patient, using observational, palpatory and other relevant skills, to inform clinical reasoning and the generation of a set of possible causes of the patient's condition (a differential diagnosis), and to guide the formulation of a treatment approach.

- 7.1 an ability to take and record a detailed case history of the patient and make an analysis of the patient's presenting complaint
- 7.2 an ability to adapt the case history taking to take account of the presenting complaint, the sensitivities of the patient or the patient's communication style
- 7.3 an ability to recognise the relative importance of biological, psychological and social factors in the patient's presenting complaint
- 7.4 an ability to recognise non-verbal communication cues
- 7.5 a sensitivity to the impact of ethnicity, gender, religion/belief, sexuality, disability and socio-economic status on the patient's health, and an ability to adapt the evaluation and treatment to take account of these
- 7.6 an ability to integrate and respond to information and data acquired by verbal and non-verbal means
- 7.7 an ability to select and conduct appropriate clinical investigations for a patient, taking into account the nature of the complaint and the results of the case history taking
- 7.8 the ability to formulate appropriate diagnostic hypotheses to explain the patient's presenting complaint and, through a process of deduction, select the most likely diagnosis
- 7.9 an ability to make complete, legible and accurate records of the outcomes of the patient evaluation as close to the time of evaluation as possible
- 7.10 an ability to generate and discuss the content of referral letters and other forms of communication with professional colleagues
- 7.11 the skills required to communicate effectively with the patient at all stages of the evaluation, ensuring that the patient understands what is happening; that any patient sensitivities (such as those in 7.5) are taken into account; and that the patient is involved in decisions.



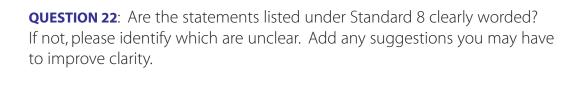
QUESTION 20: Are the statements listed under Standard 7 those you would expect in this section? Are there any you would remove? Are there any others you would add?

QUESTION 21: Standard 7 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 8 – Planning, monitoring and justifying osteopathic treatment

Osteopaths must be able to formulate a justifiable osteopathic treatment plan or an alternative course of action, which should be clearly communicated to the patient. The treatment plan must take into account the findings of the evaluation and be appropriate, to ensure the patient's safety.

- an awareness of the scope of his/her competence and the need to treat patients solely within the confines of that level of competence
- an ability to select an appropriate range of osteopathic techniques and patient management approaches to ensure the care of an individual patient
- 8.3 an ability to select, justify and undertake the most appropriate course of action based on the diagnosis, the osteopath's personal limits of competence, the likely effects of osteopathic treatment and relevant, high-quality, up-to-date research evidence
- an ability to formulate a treatment plan and explain this to the patient, outlining the risks associated with the proposed treatments and alternative options
- an ability to adapt treatment plans based on the wishes of the patient (as listed previously in 6.5)
- an ability to discuss with patients the outcomes of treatment and how their condition is likely to progress.



QUESTION 23: Are the statements listed under Standard 8 those you would expect in this section? Are there any you would remove? Are there any others you would add?

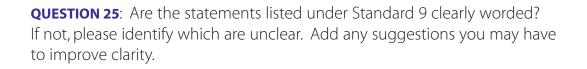
QUESTION 24: Standard 8 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 9 – Undertaking osteopathic treatment and patient management

Osteopaths must be able to justify the selection, use and modification of any form of osteopathic technique and must receive the consent of the patient for any treatment. Osteopaths must monitor responses to treatment, using clinical examination and patient feedback.

Osteopaths must be able to recognise conditions and situations where a specific form of osteopathic intervention is inappropriate and substitute alternative, effective approaches or arrange an appropriate referral.

- 9.1 an awareness of the indications and contraindications of using specific osteopathic techniques or such techniques in modified form
- 9.2 an ability to monitor the effect of treatment during its application
- 9.3 an ability to adapt an osteopathic technique or treatment approach in response to findings from palpatory examination.



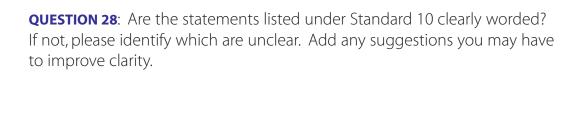
QUESTION 26: Are the statements listed under Standard 9 those you would expect in this section? Are there any you would remove? Are there any others you would add?

QUESTION 27: Standard 9 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 10 – Evaluation of post-treatment response

Osteopaths must undertake routine evaluation of their professional actions and activities. This is especially relevant in the assessment of the health status of a patient following an osteopathic treatment.

- 10.1 an ability to evaluate critically the response of an individual patient to osteopathic treatment and modify the approach to treatment as necessary
- 10.2 an ability to justify the decision to continue, modify or cease osteopathic treatment
- 10.3 an ability to recognise adverse reactions to osteopathic treatment and take appropriate action, including referral to another healthcare professional when appropriate.



QUESTION 29: Are the statements listed under Standard 10 those you would expect in this section? Are there any you would remove? Are there any others you would add?

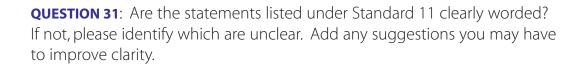
QUESTION 30: Standard 10 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Professionalism

Standard 11 - Professional and ethical responsibilities

Osteopaths have a responsibility to deliver ethical, competent and safe osteopathic care to all patients.

- 11.1 an ability to practise osteopathy safely, competently and lawfully
- 11.2 an understanding of the need to abide by the standards of ethics and conduct set out in the GOsC Code of Practice for osteopaths
- 11.3 an ability to identify and work within his/her limitations with respect to clinical practice in order to maintain patient safety
- 11.4 an ability to identify and work within his/her competence in the fields of education and research
- 11.5 professional integrity in relation to claims made about qualifications, skills, experience and knowledge
- 11.6 an ability to deal appropriately with situations where there may be a conflict of interest.



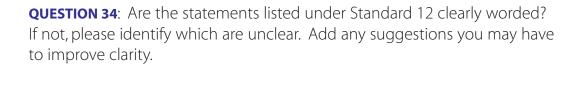
QUESTION 32: Are the statements listed under Standard 11 those you would expect in this section? Are there any you would remove? Are there any others you would add?

QUESTION 33: Standard 11 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 12 – Providing a high-quality practice environment for osteopathic healthcare

Osteopaths must ensure that the environment in which they practise provides high standards of safety and care for both patients and staff.

- 12.1 an understanding of the legal requirements of operating an osteopathic practice, to ensure the comfort and safety of patients and staff
- 12.2 knowledge of the legal requirements regarding the provision of a clean and hygienic practice environment where the risk of cross-infection is minimised
- 12.3 the ability to take appropriate action if there is good reason to believe that patient safety or care is, or could be, seriously compromised by an inadequate practice environment or practice policies
- 12.4 the knowledge required to develop ongoing monitoring measures within the practice in order to maintain and enhance the quality of patient safety and care
- 12.5 an ability to manage effectively any professional and support staff in order to meet the needs of the practice and in compliance with legal requirements
- 12.6 an ability to maintain patient records and information in compliance with legal and ethical requirements of confidentiality
- 12.7 an ability to interact effectively with external individuals and organisations, including other healthcare professionals, insurance companies, public service organisations and other quality assurance organisations in the interests of the safety and care of patients
- 12.8 knowledge of the legal and ethical requirements for the maintenance of financial and other practice data.



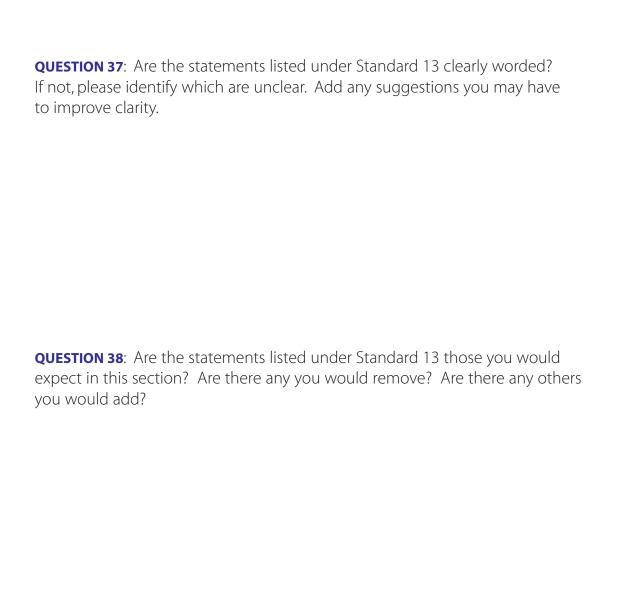
QUESTION 35: Are the statements listed under Standard 12 those you would expect in this section? Are there any you would remove? Are there any others you would add?

QUESTION 36: Standard 12 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 13 – Working with other healthcare professionals

Osteopaths are independent primary contact healthcare professionals, but must consider the contribution of other healthcare professionals to ensure best patient care. Many osteopaths receive referrals from medical and other healthcare professionals, and many work within multidisciplinary healthcare teams.

- 13.1 a consideration of the potential contribution of other healthcare professionals to the wellbeing of a patient
- 13.2 an understanding of current healthcare delivery with particular reference to primary healthcare, and the contribution to this of osteopathy
- 13.3 an ability to evaluate critically the professional opinion of conventional and non-conventional healthcare professions relevant to his/her patients' care and how these relate to the practice of osteopathy
- 13.4 an understanding of the range and limitations of operational relationships between osteopaths and other healthcare professionals and a knowledge of referral procedures
- 13.5 effective participation in the planning, implementation and evaluation of multi-professional approaches to healthcare, where such approaches are appropriate.



QUESTION 39: Standard 13 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 14 - Processing information and data

To deliver high-quality healthcare, osteopaths need to respond effectively to requirements for the production of high-quality written material and data. Osteopaths must record their findings accurately and, when appropriate, exchange information with patients, other healthcare professionals and any other authorised parties with a legitimate interest. In addition, osteopaths must be capable of locating, selecting, retrieving and processing information as necessary.

- 14.1 sufficient competence in the use of information and communication technology to allow for the effective and efficient management of an osteopathic practice, including interaction with other healthcare professionals
- 14.2 knowledge of the legal requirements associated with the storage of both paper and electronic records
- an ability to develop mechanisms for storing and retrieving financial and other practice data which will enable compliance with legal requirements in relation to requests for information from patients or other authorised parties
- 14.4 the competence to produce written reports and presentations suitable for referral and related purposes
- 14.5 an ability to collect and analyse both quantitative and qualitative data sufficient for the monitoring of the quality of his/her own professional practice.



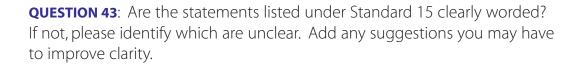
QUESTION 41: Are the statements listed under Standard 14 those you would expect in this section? Are there any you would remove? Are there any others you would add?

QUESTION 42: Standard 14 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

Standard 15 – Maintaining good osteopathic practice

Osteopaths must be committed to maintaining and enhancing their osteopathic practice in order to continue to deliver high-quality patient care throughout their working life.

- 15.1 an ability to critically appraise osteopathic practice and act accordingly on the findings
- 15.2 a commitment to continuing professional development (CPD)and compliance with the requirements in relation to CPD as determined by the General Osteopathic Council
- 15.3 regular monitoring of the quality of the osteopathic care they deliver
- 15.4 constructive responses to evaluations of his/her practice including the undertaking of further training where necessary
- 15.5 an ability to keep up-to-date with contemporary advice related to osteopathic healthcare and to integrate this into his/her clinical practice.



QUESTION 44: Are the statements listed under Standard 15 those you would expect in this section? Are there any you would remove? Are there any others you would add?

QUESTION 45: Standard 15 is intended to apply to all osteopaths. Are there any equality and diversity implications arising for osteopaths or the public in relation to gender, race or disability? If so, please identify and give details.

General Questions

QUESTION 46: Do the changes to the organisation of the information and to the language achieve greater clarity and simplicity? Indicate any further changes you believe may be necessary. Please refer to *Standard 2000 – Standard of Proficiency* to help you.

QUESTION 47: Are there any equality and diversity implications in relation to the clarity and accessibility of this document?



If you have any difficulty accessing or reading this document, contact the General Osteopathic Council on

tel: 020 7357 6655 ext 235

or email: standards@osteopathy.org.uk

The General Osteopathic Council

Osteopathy House 176 Tower Bridge Road London SE1 3LU

Tel: 020 7357 6655 Fax: 020 7357 0011

Email: standards@osteopathy.org.uk

Web: www.osteopathy.org.uk