

the osteopath

International Journal of Osteopathic Medicine enclosed

Revalidation – developing the assessment criteria

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General
Osteopathic
Council



General
Osteopathic
Council

The General Osteopathic Council
Osteopathy House
176 Tower Bridge Road
London SE1 3LU
tel | 020 7357 6655
fax | 020 7357 0011
email | info@osteopathy.org.uk
www.osteopathy.org.uk

Chair of Council: Professor Adrian Eddleston
Chief Executive & Registrar: Evlynn Gilvarry

Key GOsC services

**Freephone helpline
for osteopaths** **0800 917 8031**

**Communications & Osteopathic
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Enquiries about conferences, workshops & events, *The Osteopath*, GOsC websites, Certification Mark, the media, NHS, publication orders (including GP consent forms & off-work certificates), presentation material, Regional Communications Network, consultations.

Professional Standards **ext 238 / 235 / 240**

Enquiries about continuing professional development, osteopathic education, standards of practice, Assessments of Clinical Competence, Recognised Qualification process, NCOR.

Finance & Administration **ext 231**

Enquiries about registration fees, VAT, payments.

Public affairs **ext 245 / 247**

Enquiries about national healthcare policy, parliamentary and international affairs.

Registration **ext 229 / 256**

Enquiries about annual renewal of registration, updating your Register details, non-practising status, practising abroad, graduate registration, retiring/resigning from the Register, professional indemnity insurance.

Regulation **ext 224 / 249 / 236**

Enquiries about the *Code of Practice for Osteopaths*, dealing with patient concerns, ethical guidance & consent forms, fitness to practise, Protection of Title.

Clerk to Council **01580 720 213**

Enquiries about Council Members and meetings, GOsC Committee business, Governance.

Chair / Chief Executive & Registrar **ext 246**

GOsC staff contacts

Monika Bojczuk (ext 235)
Professional Standards Assistant
monikab@osteopathy.org.uk

Fiona Browne (ext 239)
Head of Professional Standards
fbrowne@osteopathy.org.uk

Brenda Buckingham (ext 256)
Senior Registration Officer
brendab@osteopathy.org.uk

Alan Currie (ext 233)
Head of Registration
alanc@osteopathy.org.uk

Marcus Dye (ext 240)
Professional Standards Manager
marcusd@osteopathy.org.uk

Sarah Eldred (ext 245)
Communications Manager
sarahe@osteopathy.org.uk

Kellie Green (ext 236)
Regulation Manager
kellieg@osteopathy.org.uk

Sonia van Heerden (ext 242)
Information Officer
soniavh@osteopathy.org.uk

Margot Pinder (ext 228)
Web Manager
margotp@osteopathy.org.uk

Priya Popat (ext 249)
Regulation Officer
ppopat@osteopathy.org.uk

Jane Quinnell (01580 720 213)
Governance Manager
janeq@osteopathy.org.uk

Matthew Redford (ext 231)
Head of Finance & Administration
matthewr@osteopathy.org.uk

Anna Ripley (ext 224)
Regulation Assistant
annar@osteopathy.org.uk

Abdul Saadeddin (ext 251)
Facilities Manager
abduls@osteopathy.org.uk

Marcia Scott (ext 246)
Assistant to Chief Executive & Registrar
marcias@osteopathy.org.uk

Kelly Smith (ext 229)
Registration Administrator
ksmith@osteopathy.org.uk

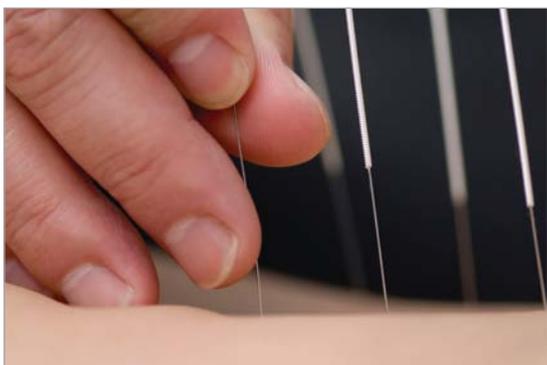
Velia Soames (ext 248)
Head of Regulation
velias@osteopathy.org.uk

Brigid Tucker (ext 247)
Head of Policy & Communications
brigidt@osteopathy.org.uk

Jodie Ward (ext 222)
Senior Communications Officer
jward@osteopathy.org.uk

Joy Winyard (ext 238)
Professional Standards Officer
joyw@osteopathy.org.uk

the osteopath



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Send editorial to:

General Osteopathic Council
Osteopathy House
176 Tower Bridge Road
London SE1 3LU

Email: editor@osteopathy.org.uk
Tel: 020 7357 6655
Fax: 020 7357 0011

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Advertising sales only:

The Advertisement Manager
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Cowden Close
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Hawkhurst
Kent TN18 4QT

Tel: 01580 753 322
Fax: 01580 754 104
Email: osteopath@wealdenad.co.uk

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Revalidation

– developing the assessment criteria

Fiona Browne, Head of Professional Standards

In the April/May issue of *The Osteopath*, we outlined our plans for recruiting a team of experts to draft assessment criteria for the revalidation scheme. Interviews and appointments took place in March and the successful candidates have now begun work on developing the criteria. The team of experts includes:

Caitrian Guthrie

Caitrian is the Assessment Expert Team Leader. She has been a staff nurse for almost 10 years and, during this time, has developed a strong interest in education, subsequently teaching at Robert Gordon University, Aberdeen, as a senior lecturer. Caitrian has carried out a wide range of work relating to assessment and work strategies for the Nursing and Midwifery Council, NHS Education for Scotland, the Healthcare Professions Council, the Faculty of Homeopathy, and the Out of Hours Service for NHS Scotland.

Caitrian has a number of postgraduate qualifications, including a postgraduate certificate in Education, and is currently undertaking a doctorate in Education; her research area is the maintenance of continuing professional development through online learning. Caitrian has extensive experience in designing and implementing a range of educationally sound assessment strategies for practitioners to undertake in traditional face-to-face settings, virtual learning environments and in the workplace.

Simeon London

Simeon is a practising osteopath based in Howwood, Scotland. He graduated from the British School of Osteopathy (BSO) in 1995, and has since been involved in osteopathic education at all levels. He is currently Head of Clinical Practice at the BSO.

Simeon has designed many varied assessment tools at a master's level (both practical and written assessments) and has experience in developing, delivering and evaluating postgraduate training courses for qualified osteopaths. He has also been involved in the development of postgraduate and undergraduate master's programmes both in the UK and internationally.

Judith Neaves

Judith is a practising osteopath and runs her own private clinic. She has 10 years' experience in the use of osteopathy within NHS settings, both in primary and secondary care, and is a qualified medical practitioner. Currently the Head of the London College of Osteopathic Medicine, Judith has extensive experience of osteopathic and medical education at undergraduate and postgraduate levels, and is involved in the assessment of portfolios submitted by GPs in their application for membership of the Royal College of General Practitioners.



To ensure that the responses to last year's revalidation consultation are taken into account when developing the assessment criteria and associated work, the Assessment Expert Team will be able to co-opt expertise as and when necessary. For example, this may include consulting osteopaths with a special interest in the cranial approach or those who treat particular groups of patients, such as children.

Further osteopathic input will also be sought to ensure the draft assessment criteria are as broad as possible in terms of osteopathic perspectives. A 'virtual' reference group will be established online to comment on the criteria and associated work before it is presented to the Revalidation Standards and Assessment Working Group and Council. This group will be populated by a variety of stakeholders, including osteopaths with a broad spectrum of practice and experience, patients and members of the public, and researchers and educators.

The work of the Assessment Expert Team involves the following:

- > A valid, fair and fit-for-purpose set of assessment criteria to support revalidation.

- > Advice on evidence that may be submitted to fulfil the criteria.
- > Advice on any changes to the standards required.
- > Advice on appropriate moderating mechanisms and processes to ensure assessment is carried out in an open, transparent and fair way.
- > Advice on appropriate skills and expertise for assessors to enable them to undertake the assessment during the pilots.
- > Advice on appropriate preparation and training for assessors during the pilots.

It is hoped that the initial phase of this work will be completed this autumn. We will continue to keep you updated on the progress of the draft revalidation scheme via the **o** zone and public website (www.osteopathy.org.uk/practice/standards-of-practice/revalidation/).

For further information on the draft revalidation scheme or the upcoming pilots, or to share your views with us, contact the Professional Standards Department on 020 7357 6655 ext 235 or email: revalidation@osteopathy.org.uk.



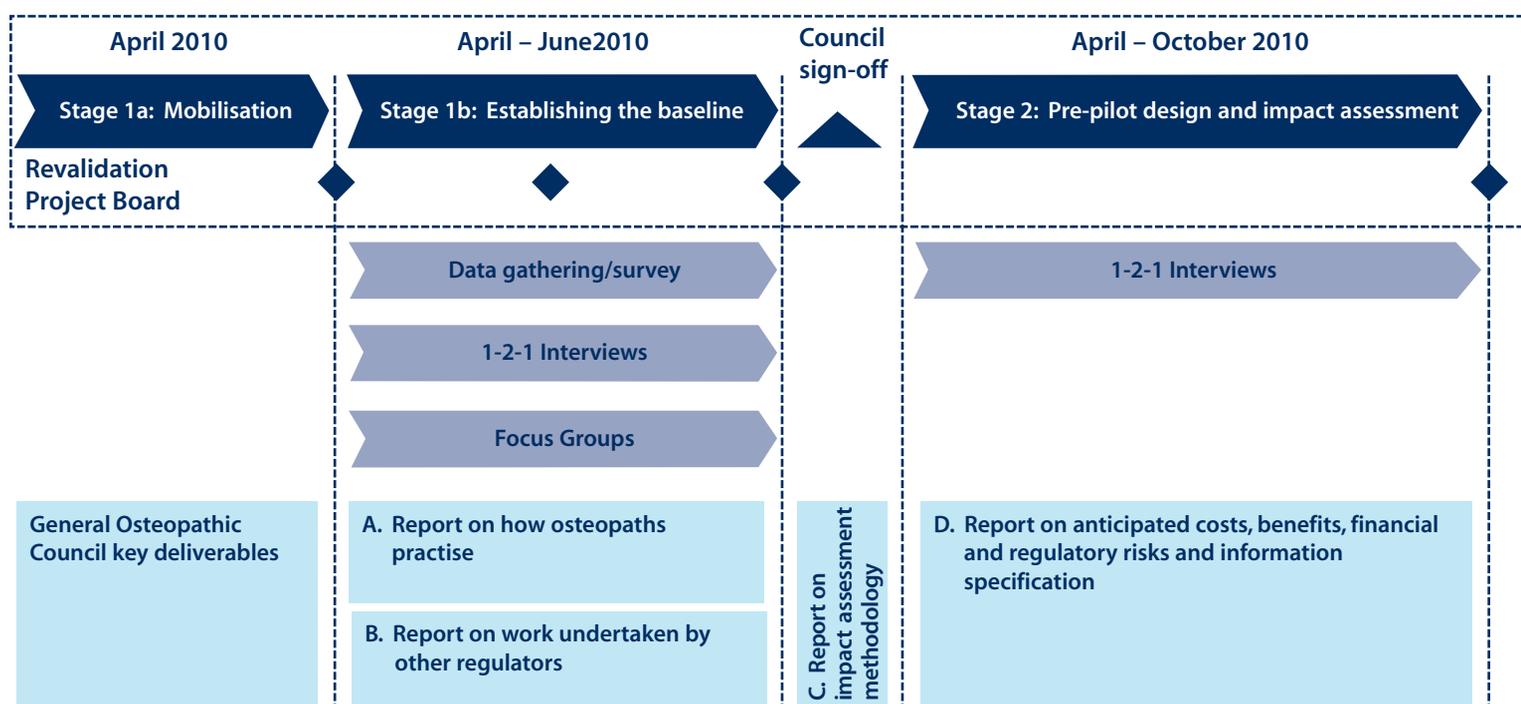
Assessing the proposed revalidation scheme

In the last issue of *The Osteopath* (April/May, pages 4 and 5), we introduced you to the KPMG team who are undertaking an assessment of the proposed revalidation scheme for osteopaths. The team will be looking at the costs, benefits, financial and regulatory risks, and the equality impact of the draft scheme, which will help with the preparation of a comprehensive pilot to test and evaluate the scheme in 2011.

The team presented their plan to the GOSC Council in April and received approval to proceed. The assessment will be qualitative and quantitative in nature – to understand the costs and benefits of revalidation and to gain more information about risk.

Talking to osteopaths, patients and other stakeholders will form a vital part of this assessment. To understand the impact of the scheme from the perspective of the profession and other interested groups, the KPMG team are keen to speak to representatives from the following groups of stakeholders:

- > osteopaths representing a range of practice settings, i.e. full and part-time, rural and urban, private and NHS, educationists and researchers, etc.
- > students of osteopathy
- > Regional Osteopathic Societies
- > special interest groups, such as the Sutherland Society, the Osteopathic Sports Care Association, and the Society of Osteopaths in Animal Practice
- > the British Osteopathic Association
- > other healthcare regulators
- > Osteopathic Educational Institutions and other employers of osteopaths
- > osteopathic insurers/defence unions
- > National Council for Osteopathic Research
- > the international osteopathic community
- > patients and the public.



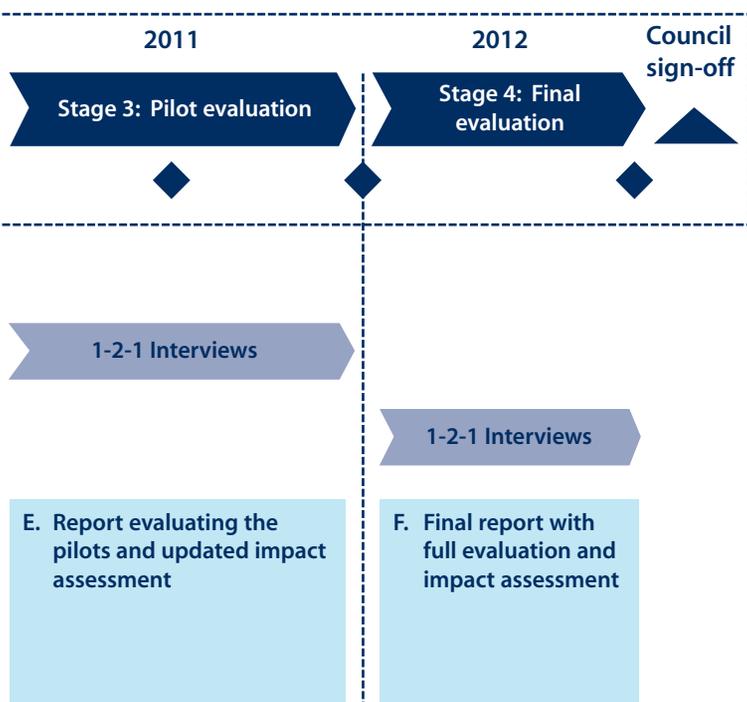
In order to reach a broad cross-section of the profession and gather as many views as possible, the KPMG team plan to use a number of research methods, including:

- > the gathering and analysis of existing data
- > a survey
- > focus groups
- > one-to-one interviews.

Current plans are based on the timeline below, which outlines the proposed engagement from now until 2012. However, as the pilots will ultimately inform the development of the revalidation scheme, the research methods used and timings may vary. To ensure this process is not unnecessarily time-consuming for the profession, KPMG will build upon data and views already expressed by you during past consultation exercises.

A series of events in the months ahead will outline the work undertaken on revalidation and will seek your views and feedback on the proposed scheme. In due course, we will also start recruiting volunteers to take part in the pilots and contribute to the shaping of the scheme.

Further information on these events and the recruitment process will be available as soon as the dates are finalised. Do keep checking the **o** zone for updates, as well as our newly launched revalidation page on our public website (www.osteopathy.org.uk/practice/standards-of-practice/revalidation/), which features all papers relating to the proposed scheme.



To share your views with us on the draft revalidation scheme or to volunteer for the upcoming pilots, contact the Professional Standards Department on 020 7357 6655 ext 235 or email: revalidation@osteopathy.org.uk.

In Council

Jane Quinnell, Clerk to Council

14 April 2010 – 67th meeting of the General Osteopathic Council

RECIPROCAL REGISTRATION ARRANGEMENTS WITH AUSTRALIA AND NEW ZEALAND

The Council was updated on the progress of GOsC talks with the osteopathic regulatory bodies in Australia and New Zealand to identify and agree arrangements for registering individuals from all three countries on terms that enable each regulator to meet their statutory duties, whilst removing unnecessary obstacles in the way of migrating osteopaths.

The Council agreed to direct the Chair to sign a Memorandum of Understanding, setting out the commitment of the three regulators to work together (see page 13 for further information).

BUSINESS PLAN AND BUDGET FOR 2010/11

The Council received and approved the draft Business Plan and Budget for 2010/11. Regular reports on its implementation will be made to the Council at each meeting.

TRANSPARENCY OF COSTS

Following a recommendation by the Remuneration Committee, the Council agreed to publish annually the following information in respect of non-executives and the Chief Executive:

- > Annual fee of Chair of the Council;
- > Annual fee of Council members;
- > Annual fee of Chair of the Finance Committee (Treasurer), Audit Committee and Education Committee;
- > Daily rates paid to non-Council committee members;

- > Amounts paid in expenses to individual Council members and committee members; and
- > Total employment costs of the Chief Executive – salary, pension and National Insurance.

NATIONAL COUNCIL FOR OSTEOPATHIC RESEARCH (NCOR)

Annual Report 2008/09

The Council noted NCOR's Annual Report for 2008/09, which included an overview of the status of key projects, along with research reports from each of the Osteopathic Educational Institutions.

Future relationship with NCOR

The Council considered the Research Strategy Working Group's review of the GOsC's relationship with NCOR in light of the Council's own research priorities. The Council fully acknowledged the very significant contribution made by NCOR since its inception in 2003; in particular, the potential of both the Standardised Data Collection and Adverse Events projects and the very valuable role NCOR plays in acting as an information resource for the media, the public and the profession. Although the Council felt the GOsC's financial support of NCOR to date had been justified, it concluded that it could not continue to support NCOR indefinitely and that the time was right to signal an end date for this.

The Council therefore decided that funding should continue until the expiry of the current Chair's term in 2012 to avoid an abrupt withdrawal of funding. The GOsC and NCOR will continue to agree the nature of work to be undertaken until then. Funding for NCOR's operational costs for the year 2010/11 was also agreed.

PATIENT EXPECTATIONS RESEARCH

A report was presented to the Council on the progress of the research project commissioned by the GOsC into patient expectations of osteopathic care. At the date of the meeting, 1,606 questionnaires had been returned and the data was being inputted ready for analysis. A full report will then be submitted to the GOsC. Although this is later than expected, the Council accepted the need to allow a little extra time for receipt of a sufficient number of completed questionnaires and to produce a comprehensive report.

REVALIDATION

The Council noted the progress of the revalidation work programme and received a presentation from KPMG on their proposals for undertaking an evaluation and impact assessment of the draft revalidation scheme (see pages 6 and 7). Council also received an update on the work of the Revalidation Standards and Assessment Working Group and the recruitment of external experts to develop assessment criteria for revalidation (see pages 4 and 5 for further information).

FITNESS TO PRACTISE COMMITTEES REPORTS

The Chairs of the Investigating Committee and Professional Conduct Committee presented reports which covered the first year of the committees appointed in April 2009.

Investigating Committee (IC)

The 33 complaints considered by the IC during the year raised a wide range of issues concerning allegations of unacceptable professional conduct and professional incompetence, including case history taking; diagnosis and treatment;

post-treatment evaluation; referral decisions; communication; record keeping; consent; and complaints handling. A small number of cases involved concerns about the registrant's health, practising without insurance, and allegations involving possible breaches of sexual boundaries.

The Council agreed to the appointment of two more osteopath members to the Investigating Committee: Miles Crook and Yvonne McNiven.

Professional Conduct Committee (PCC)

The Council noted the summary of the 10 full hearings and six other hearings by the PCC, covering issues of communication (including failure to obtain valid consent, explaining intended treatment, and inadequate responses to complaints); inadequate practise (including patient modesty, case history taking, failure to justify continued treatment and excessive treatment); and inadequate record keeping. The Committee raised a general observation that some osteopaths may become 'routinised' in their practice and, as a result, were not recognising that habitual practise may fall short of the standard expected of an osteopath.

Fitness to Practise Policy Committee

The Council agreed to the establishment of a Fitness to Practise Policy Committee to act as a forum for consideration of fitness to practise policy matters.

Remuneration in fitness to practise matters

Cancellation of hearings

The Council agreed a policy for the reimbursement of panelists and legal assessors where their attendance was no longer required because a hearing had

been cancelled at short notice or a hearing had 'run short':

- > To pay the attendance fee to panel members where notice of cancellation is given seven days or fewer before a hearing, with the seven-day interval to include weekends.
- > To pay the attendance fee to panel members for all days booked for a hearing, even if a case concludes in fewer than the scheduled number of days.
- > To reimburse expenses incurred by panel members before the cancellation of a hearing where such expenses cannot be recovered by the panel member.
- > To pay the legal assessors one additional day's payment where a case completes before the allotted time.

Reading time for Investigating Committee (IC) panelists

The Council agreed a policy for payment of a £75 flat fee to IC panelists for reading material in connection with casework, in addition to the daily rate of £300. IC panelists will be required to make a claim for this flat fee as it will not be paid automatically.

STAKEHOLDER ENGAGEMENT

As a statutory regulator, the GOSC has a specific duty to engage actively with all relevant stakeholders. This ensures the GOSC has proper regard for the interests of registrants and osteopathic patients. The GOSC is committed also to working with those concerned with the education, training and employment of osteopaths, and with the regulation of healthcare professions and provision of health services, in the interests of promoting patient safety and high standards of osteopathic practice.

The Council receives an overview of stakeholder engagement activities at each of its meetings and a copy of the report can be obtained from the GOSC's Communications Department on 020 7357 6655 ext 242 or by emailing: info@osteopathy.org.uk.

APPRAISALS OF MEMBERS OF THE GOVERNANCE STRUCTURE

Following the development of a new appraisal scheme and completion of their first year, all members of the governance structure are currently undertaking their first appraisals.

Future Council meetings

- > 13 July 2010
- > 14 October 2010
- > 18 January 2011
- > 12 April 2011

Meetings begin at 10am at Osteopathy House and agendas for the public session are available on the GOSC public website (www.osteopathy.org.uk) or from Jane Quinnell, approximately 7 to 10 days before the meeting. Public sessions of Council meetings are open to members of the public, including osteopaths.

For further information, contact Jane Quinnell on 01580 720 213 or email: janeq@osteopathy.org.uk.

GOSC seeks new Chief Executive & Registrar



Evlynn Gilvarry, Chief Executive & Registrar, will be leaving later this year to take up the post of Chief Executive & Registrar at the General Dental Council.

Commenting on Evlynn's departure, Professor Adrian Eddleston, Chair of the GOSC, said: "Evlynn has made a

major contribution to the work of the Council, and together with all the staff here, has ensured that we are a forward looking, innovative and fair regulator. We will miss her skills and experience."

Evlynn Gilvarry said: "It has been very rewarding to work with the staff and the Council of the GOSC and its key stakeholders. I look forward to continuing the important work in hand over the next few months and to facilitating a smooth handover in due course."

Ms Gilvarry will leave the GOSC in October 2010. An advertisement to recruit her successor was placed in the *Sunday Times* on 23 May and was also available on our public website and

the **o** zone. The closing date for applications was 11 June, with final interviews likely to take place towards the end of July.

For further information, contact Amanda Chadwick, Human Resources Manager, on 020 7357 6655 ext 252 or email: amandac@osteopathy.org.uk.

Regional Communications Network

Representatives of the Regional Osteopathic Societies across the UK attended a meeting at Osteopathy House on Friday 21 May to share views and information on key regulatory developments affecting osteopathic practice.

These meetings provide an invaluable forum for the GOSC to engage with representatives of the profession at an early stage in future policy development, exploring how these plans could work in practice.

Representatives heard from the KPMG team who will be carrying out an independent analysis of revalidation (see pages 6 and 7), and were introduced to Caitrian Guthrie, Assessment Expert Team Leader, who will be drafting the assessment criteria for the scheme, along with the other members of the Team (see pages 4 and 5). Other discussion topics included the Vetting and Barring Scheme and ISA registration, reciprocal arrangements with Australia and New Zealand and the merger of the Osteopathic Practice Standards and *Code of Practice*.

Briefing papers on all of the substantive items on the agenda are available on the **o** zone. Representatives who attended the meeting are encouraged to report back to members of regional groups to inform discussion at local osteopathic meetings and generate feedback to the GOSC. If you are currently not a member of a Regional Society, you can find more information on how to join by visiting the **o** zone.

For further information on the briefing papers or any of the issues discussed at the meeting, contact us at: info@osteopathy.org.uk or call 020 7357 6655 ext 242.

Friday 21 May 2010

AGENDA

- 1 Taking the draft revalidation scheme forward**
Introducing KPMG
Assessment Expert Team: role and timescales
Planned pilots for 2011
- 2 International regulation**
Developing European osteopathic standards
Reciprocal arrangements with Australia and New Zealand
World Health Organization standards
- 3 GOSC research strategy**
OPEn project update
Adverse Events research
International Journal of Osteopathic Medicine
Future of NCOR funding
- 4 Issues update**
Advertising standards
Business and Corporate Plans
Scope of Practice
- 5 E-GOSC: enhancing online communications**
Your new **o** zone
E-bulletins: feedback and suggestions
- 6 Combining the Osteopathic Practice Standards and Code of Practice**
- 7 Vetting and Barring Scheme: ISA registration**

Six months to register under new powers

Individuals who did not apply for registration with the GOsC in the initial two-year transition period (1998–2000) now have just six months to join the Register. Applications will be accepted until 31 December 2010.

Under new powers sought by the GOsC, those who would like to be considered for registration must meet the following criteria. The individual must:

- > have obtained a qualification in osteopathy in the United Kingdom before 9 May 2000;
- > have practised as an osteopath before 9 May 2000;
- > have not practised as an osteopath in the United Kingdom on or after 9 May 2000;
- > have a good reason for not having made a successful application for registration during the transition period; and
- > be capable of the competent and safe practice of osteopathy.

Each application for registration will be assessed in three stages.

The applicant must:

- > provide evidence that they have gained an osteopathic qualification in the UK;
- > submit written evidence of practice, detailing past experience and strategies for dealing with specific situations; and

- > demonstrate the management of two new patients in a clinical setting.

The GOsC aims to complete the application process within four months. However, this is dependent on how long it takes for an applicant to submit all of the required information.

Applications must be received by 31 December 2010, but the processing of applications may continue until an outcome is reached.

For further information on how to apply, or to download an application form, visit www.osteopathy.org.uk/practice/how-to-register-uk/qualified-9-may-2009/.



Spotlight on student fitness to practise

The GOsC has recently been looking at the issues surrounding the fitness to practise of students. As part of this work, we have established a Student Fitness to Practise Working Group, which met for the first time in May.

Due to the relatively low number of osteopathic students, and the small proportion of students whose fitness to practise is called into question, it is difficult for Osteopathic Educational Institutions (OElS) to build up a body of expertise within their own schools. The new Group will support the pooling of that expertise and will consider the need for guidance to support the OElS. This may include developing guidance on the meaning of student fitness to practise; how students should be supported; how allegations of misconduct and incompetence against students should be investigated and adjudicated upon; and the appropriateness of any sanctions that may be imposed as a result.

The Group will also look at the need for further guidance for students on professionalism, fitness to practise and their obligation to ensure patient and public protection.

In addition, we have published a statement outlining the limited circumstances in which a UK osteopath graduate can have their registration application reconsidered on the grounds of conduct or health. You can read the full statement on our public website (www.osteopathy.org.uk/practice/how-to-register-uk/).

For further information on any of these areas of our work, contact Fiona Browne, Head of Professional Standards, on 020 7357 6655 ext 239 or email: fbrowne@osteopathy.org.uk.

The Osteopath goes interactive

The *Osteopath* magazine is now available as a digital edition on the GOSC public website and the **o zone** (www.osteopathy.org.uk). Readers can view each issue as an interactive publication, with links to relevant websites and email addresses for further information, and are able to turn pages like a hard copy, search for specific content, and zoom in and out of pages for enhanced clarity.

Accessing the new digital editions is just as easy as downloading the original online version of the magazine. Simply click the interactive icon on 'The Osteopath' page under 'Resources' and 'Publications' on our public website or log on to the **o zone** and click on the 'Publications' page.

If you would like further information on the new digital editions of *The Osteopath*, contact Jodie Ward, Senior Communications Officer, on 020 7357 6655 ext 222 or email: jward@osteopathy.org.uk.



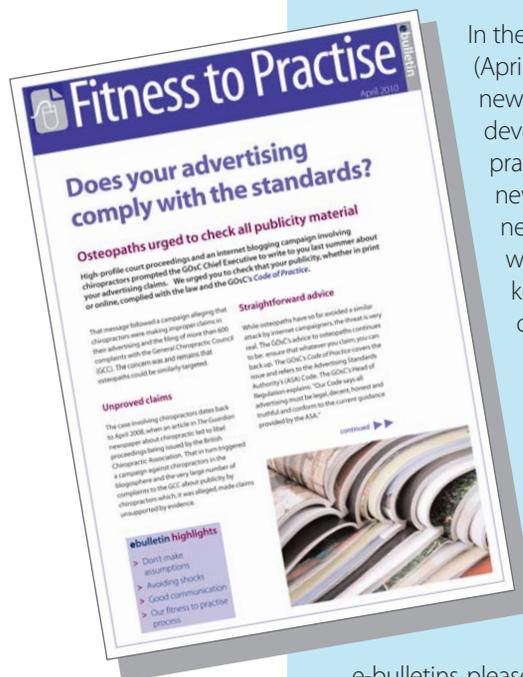
Redesigning the o zone

The **o zone** is currently being redesigned to make it a more effective resource for osteopaths. We asked you for your views last year on the content for an improved **o zone** website, and the feedback we received has been very helpful in developing plans for the future site.

The redevelopment of the **o zone** is now underway and we will bring you a more detailed report in the next issue of *The Osteopath*.

We also need your input for the next stage of the development and are looking for volunteers to help test the site as it nears completion. You will be able to take part in the testing from your own computer and this is likely to take place in July, but the exact dates will be confirmed nearer the time.

If you would like to be involved in testing the site, contact Margot Pinder, Web Manager, at: webmanager@osteopathy.org.uk. Please include your name and registration number on the email.



GOSC news at your fingertips

In the last issue of *The Osteopath* (April/May, page 6), we told you that two new email communications were being developed to update you on fitness to practise issues and the latest GOSC news. The first editions of the GOSC news and fitness to practise e-bulletins were sent out in April and we are now keen to hear your thoughts on the content, format and language used.

You can share your views with us by emailing: info@osteopathy.org.uk.

Both of these resources are emailed directly to osteopaths who have provided us with an email address.

If you haven't received the e-bulletins, please contact our Registration Department to update your details on 020 7357 6655 ext 229 or email: registration@osteopathy.org.uk.

Pan-European standards for osteopathy

Despite the best efforts of an Icelandic volcano, members of the Forum for Osteopathic Regulation in Europe (FORE) and the European Federation of Osteopaths (EFO) met in Brussels on 16 April to explore further the development of formal European osteopathic standards. Whilst FORE and EFO have agreed European standards of osteopathic education, training and practice, these have no legal basis. There is also a growing momentum in the number of Member State governments considering regulation, but this takes time. For this reason, the standardisation of osteopathic services across the EU, through the European Committee of Standardisation (CEN), is being considered.

CEN is the official EU-recognised provider of European Standards. A European Standard is a technical publication that is used as a rule, guideline or definition. CEN Standards are created by bringing together all interested parties, including providers, consumers and regulators of a particular product or service, in this case osteopathy. The decision-making process takes up to 36 months and involves public consultation.

Whilst a CEN Standard (adopted by national standardisation agencies) would not override existing legislation, such as the UK's Osteopaths Act, it would provide

a benchmark standard for osteopathy in those countries currently without any regulatory mechanisms, giving the public more confidence in European osteopathic care. The opticians, chiropractors and aesthetic surgeons are just some of the health professionals already in the process of developing a CEN Standard.

Following discussion in April about the costs, time frames, potential opposition and alternative models, it was accepted that EFO and FORE members should agree in principle to a CEN Standard on osteopathy services. This agreement does not yet constitute a firm commitment, as a

national standardisation agency – to provide a secretariat function – has yet to be confirmed. An EFO/FORE sub-group has been proposed to review which national standardisation agency would provide the most efficient and cost-effective secretariat for this work. A decision to formally commit to a European Standard will not be made before October 2010.

For further information, contact Sarah Eldred, Communications Manager, on 020 7357 6655 ext 245 or email: sarahe@osteopathy.org.uk.

Reciprocal registration arrangements with Australia and New Zealand

In April, the GOsC Council directed the Chair to sign a Memorandum of Understanding on reciprocal arrangements with the Osteopathy Board of Australia and the New Zealand Osteopathic Council. This memorandum sets out the commitment of all three regulators to work together to simplify the registration process for osteopaths moving between Australia, New Zealand and the UK.

Currently, osteopaths with a qualification from Australia, New Zealand or the UK who seek registration in one of these countries other than their home State, are subject to lengthy and costly assessment processes. Whilst these processes are aimed at ensuring the safety of patients, there is a risk that the processes pose unnecessarily high barriers to professional mobility. This not only works to the disadvantage of individuals interested in practising abroad, but may also inhibit the flow of

research and teaching expertise critical to the development of osteopathy.

To take this forward, each regulator will now be compiling and sharing information on their respective regulatory regimes, reviewing reciprocal arrangements in place in other relevant professions, and exploring the challenges of effective information exchange and potential draft overseas assessment processes. If successful, this collaboration could, in the future, also extend to university accreditation, Continuing Professional Development, scope of practice development and revalidation.

The overall aim is to agree a scheme of appropriate reciprocal arrangements from January 2012. Any changes to current GOsC registration processes will go out to consultation to the profession and wider public before coming into effect.

For further information, contact Sarah Eldred, Communications Manager, on 020 7357 6655 ext 245 or email: sarahe@osteopathy.org.uk.

Effectiveness of manual therapies

Osteopaths have been strongly urged to ensure that information provided to patients and the public that identifies conditions which may respond well to osteopathic treatment is based on solid evidence resulting from research of good standard.

A recently published review of the evidence base for a wide range of conditions frequently mentioned by manual therapists may offer helpful guidance to osteopaths and their patients. The review, **'The Effectiveness of manual therapies: the UK evidence report'** by Gert Bronfort and others, was commissioned by the General Chiropractic Council to assist chiropractors' compliance with the law and the Advertising Standards Authority's (ASA) requirements on healthcare advertising, as set out in the British Code of Advertising, Sales Promotion and Direct Marketing (CAP Code).

The Bronfort review, which includes particularly helpful evidence summary tables, was published in the February 2010 issue of *Chiropractic & Osteopathy* and is available on the GOsC public website and the **o** zone. It is accompanied by a commentary by Professor Martin Underwood, professor of primary care at the University of Warwick.

The review finds there is evidence to support the use of manual therapies for the effective treatment of a range of primarily musculoskeletal disorders. The evidence suggests spinal manipulation is ineffective in treating asthma, hypertension, pneumonia, and childhood colic, amongst other conditions.

Osteopaths are reminded that they should regularly review their practice leaflets, website content and print advertising to ensure that their publicity complies with the ASA's requirements, as well as the GOsC's *Code of Practice*.

If you are not clear whether your advertising complies with the CAP Code, you can contact the CAP Copy Advice team directly on 020 7492 2100 or by email at: advice@cap.org.uk. Further information on the CAP Code is also available on the **o** zone.



The National Council for Osteopathic Research (NCOR) has considered the review and issued the following statement, commenting on its scope, relevance and quality:

"This report represents an extensive piece of work and the authors are to be congratulated for the scope of this endeavour. It represents a body of work which will make interesting reading for all health professionals who practise the range of techniques captured under the umbrella term of "manual therapy".

"The authors have attempted to address the evidence for a wide range of conditions, both musculoskeletal and non-musculoskeletal, which chiropractors offer to treat, using research conducted by many health professions and involving a range of techniques.

"The nature of a review based primarily on systematic reviews is that it acts as a rapid scoring exercise with the benefits of highlighting where research is currently strong and where it is lacking. The approach used in this report, as the authors indicate, does not allow for critical appraisal of the included systematic

reviews and clinical guidelines. This lack of evaluation of the quality of the methodological approaches used in the trials included within the systematic reviews in the report is an omission noted by the authors as being outside of the scope of this report. Systematic reviews often contain non-specific use of terminology about the nature of the interventions used in the randomised controlled trials they examine, for example "manipulation". This makes their application to clinical practice and patient care challenging.

As a scoping exercise, this work provides healthcare professionals with an indication as to areas where research is currently lacking and where, possibly, to prioritise funding for future scientific investigation."

The NCOR website will soon offer a searchable database of all relevant published research, including the GCC review, for practitioners and the public.

A quick review of what's in the latest IJOM

Robert Moran MHS (Osteo), co-editor of IJOM

In the 'Masterclass' published in the latest issue (page 42), osteopath Nicholas Penney provides a succinct review of the biopsychosocial model and argues that it is consistent with osteopathic principles. Although this model has now been described in print for more than 30 years, there appears to be only sparse acknowledgement of the model within osteopathy literature. This is quite surprising given the obvious elegance of the model and its inclusion of the various domains used to describe health.

Adopting this model would provide a common basis for inter-professional communication and assist greatly in informing the potential role of osteopathy in public and private healthcare. Penney concludes with some interesting commentary regarding the potential of the biopsychosocial model to provide a substantial evidence base from which to practise and points out that it may also enable, with appropriate training, an expansion of the therapeutic tools that we have available. The biopsychosocial model may even provide a more sophisticated and contemporary basis for practice than is currently offered through reference to the classical osteopathic principles. Penney's contribution is timely given the increasing visibility of interdisciplinary practice in many publicly-funded health services. The use of explanatory models and terminology that is common to all healthcare professions can only lead to better inter-professional communication and hopefully impact favourably on patient care. There are many issues to be teased out here, and hopefully other authors within the profession will further evaluate the potential usefulness of the biopsychosocial model in the contemporary practice of osteopathy. Penney points out that a greater understanding of pain within a biopsychosocial model may allow a widening of the scope of osteopathic consultation and, somewhat contentiously, he suggests that this may also lead naturally to consideration of therapeutic options being employed beyond the familiar 'hands on' techniques that appear to characterise osteopathic treatment.

One such option is 'mindfulness meditation' and in this issue Mars and Abbey contribute a systematic review of mindfulness meditation as a healthcare intervention (page 56). The methods section of systematic reviews can be heavy reading for those without much interest or background in research methodology, however, the 'Introduction' and 'Discussion' sections will be of interest to all readers. In their discussion, Mars and Abbey draw an interesting comparison between mindfulness as a health intervention and the principles of osteopathy.

We're pleased to be publishing a 'Case Report' in this issue (page 67). We don't receive many submissions in this category but we are always very keen to publish case reports that have educational value. Chakraverty et al report a case of delayed recognition of an odontoid peg fracture in an elderly woman, which makes for interesting reading. The CPD section also includes an activity in relation to this case.

Finally, in this issue Browning provides a commentary (page 70) about teaching and learning manual osteopathic technique – a topic that is central to the curriculum in all osteopathy teaching programmes. Despite its importance, the use of current teaching and learning theory in teaching practical skills to osteopaths has received little attention in the osteopathy literature. Browning reviews the key principles in the development of manual skills and the article will be of particular interest to anyone involved in teaching practical osteopathic skills at any level. As Lucas pointed out in the last editorial¹, the web brings incredible opportunities for interaction, and the impact of the internet in developing new modes of teaching and learning is rapidly emerging as innovative uses are found for new web 2.0 tools. I wonder how long it will be before an osteopathy student shows up in technique class with a video camera in hand and instantly posts a clip of their own technique performance to the web for critical feedback from their local and international peers?

Reference

1. Lucas NP. Osteopathy 2.0: Osteopathy and the new web. *Int J Osteopath Med* 2010;13:1-2.



NCOR research hub news



www.ncor.org.uk

Hub meetings

For further information about the work being undertaken by these groups, contact Carol Fawkes, NCOR Research Development Officer, on: 01273 643 457 (Monday–Thursday) or email: c.a.fawkes@brighton.ac.uk.



> EXETER

Saturday 3 July
10am–12pm
Developing a study looking at career progression amongst osteopaths.

> HAYWARDS HEATH

Sunday 4 July
10am–12pm
Evidence for cranial osteopathy.

> LEEDS

Tuesday 29 June
7–9pm
Looking at papers communicating risk.

Conference calendar

> 17–20 June

2nd Italian Congress on Osteopathic Medicine

Further information can be obtained by contacting: info@marrapese-editore.com.

> 12–13 November

The British Osteopathic Association Annual Convention, Warwickshire

Further information is available at www.osteopathy.org.

Osteoarthritis – a brief summary of the evidence

Part 1 – the use of exercise and its effect on pain

Carol Fawkes, NCOR Research Development Officer

BACKGROUND

Osteoarthritis is a common condition which is metabolically active and dynamic, being notable for the progressive loss and degeneration of articular cartilage, the formation of osteophytes reducing joint movement, and sclerosis of the subchondral bone^{1,3}. Estimates suggest that up to 8.5 million people in the UK are affected by joint pain that may be attributed to osteoarthritis⁴. Clinical features including pain, bony tenderness and crepitus are frequently accompanied by swelling and instability of the joint. The combined features commonly result in disability⁵.

Osteoarthritis (OA) can affect many joint sites, either singly or in combination; in single joint sites (most commonly in the knee, hip and hand) it demonstrates a consistent age-related increase in prevalence⁶. The most common site of peripheral joint pain lasting for more than one week in the past month is the knee joint in 19% of adults over the age of 45; the highest prevalence of knee pain (35%) is in women aged 75 and over⁷. In adults aged 50 years and over, 23% report severe knee pain and disability⁸. When considering hand symptoms, one month period prevalence ranges from 12% in adults aged 45 years and over⁷ to 30% in adults aged 50 years and over⁹.

Radiographic changes are not commonly associated with levels of disability¹⁰, or the clinical progression of symptoms¹¹. The prevalence of radiographic arthritis is higher in women than in men, especially over the age of 50 in cases of hand and knee arthritis. Radiographic changes are present in 25% of communities with knee osteoarthritis¹². Ethnic differences in radiographic arthritis have been hard to distinguish although recent reports comparing Chinese and US populations have demonstrated much lower levels of hip osteoarthritis in the Chinese, although levels of hand and knee osteoarthritis were generally similar¹³.

PHYSIOLOGICAL SUMMARY OF WHAT OCCURS

A number of studies have been conducted to try and identify biochemical changes as a result of OA changes and to discriminate between early and end-stage disease to act as parameters to measure disease severity. Honsawek et al identified that plasma levels of bone morphogenic protein-7 significantly correlated with disease severity¹⁴. In further studies they found that osteopontin in both plasma and synovial fluid is related to progressive OA joint damage¹⁵.

RISK FACTORS FOR ARTHRITIS

The numerous risk factors for OA reflect the fact that it is not a single condition but a common complex disorder. The risk factors are broadly divisible into:

- > Genetic factors – the responsible genes have not been identified, but heritability estimates for hand, knee and hip osteoarthritis are high at 40–60%.
- > Constitutional factors – these can include ageing, the female sex, obesity, and high bone density.
- > Biomechanical factors – these tend to be more local and include joint injury, occupational or recreational usage, reduced muscle strength, joint laxity, and joint malalignment.

In the latter two categories, it should be considered that many of the environmental or lifestyle risk factors are reversible. This can be said of obesity or muscle weakness, and occupational or recreational joint trauma. The importance of individual risk will vary, as will their effects on joint sites. The risk factors that affect the development of OA may vary from those affecting its progression and outcomes¹⁶.

Current guidelines consider a variety of different interventions that exist to assist in the management of OA. They consider

exercise, manual therapy, weight loss, and pharmacological management. In this article the role of exercise will be considered.

EXERCISE

Exercise is commonly used and recommended by health professionals to reduce pain^{17,18} and improve function. Any exercise programme should be targeted at the joints affected by OA, and aim to improve general mobility, function, wellbeing and self-efficacy. More intensive exercise can strengthen muscles around the affected joints. The mistaken belief that exercise contributes to 'wearing out of the joints' prevents many people from exercising in any form; in a similar vein, the fear that symptoms will be exacerbated often puts people off exercise. Hurley et al (2007) found that although some patients may experience a temporary exacerbation, the vast majority of patients, irrespective of the severity of their symptoms, will not experience any adverse reaction¹⁹.

The 2008 guidelines developed by the National Institute for Health and Clinical Excellence (NICE) considered the evidence for a range of different types of exercise interventions¹⁶. In view of the large number of studies in this area, only studies involving randomised controlled trials (RCT) were included in the evidence review. Activities involving land-based exercises were examined: 13 RCTs were identified using aerobic and strengthening exercises for the knee joint alone. A summary of the findings of the trials and their outcomes in attempting to reduce pain is included within Table 1 (see pages 18 and 19).

The NICE review was one of many pieces of evidence considered by Williams et al (2010) to develop a booklet for the active management of hip and knee osteoarthritis²⁰.

Adverse reactions and events were not studied consistently in all of the exercise studies, but their risk is considered to be low if the appropriate exercise is recommended after thorough assessment by a trained healthcare professional.

Table 1: A summary of the findings of the trials and their outcome in attempting to reduce pain

Citation	Research design	Sample size (number of patients)	Interventions studied
Roddy et al, 2005 ²⁰	Meta-analysis	449	Aerobic exercise compared with no exercise as a control
Roddy et al, 2005 ²⁰	Meta-analysis	2,004	Home-based quadriceps strengthening exercise vs control of no exercise
Tak ES. The effects of an exercise programme for older adults with osteoarthritis of the hip. <i>J Rheumatol.</i> 2005;32(6):1106-13.	Randomised controlled trial (RCT)	94	Strength training exercise and home exercise vs control of no exercise
Messier SP, Thompson CD, Ettinger WH Jr et al. Effects of long-term aerobic or weight training regimens on gait in older, osteoarthritic population. <i>J Appl Biomech.</i> 1997;13(2):205-25.	RCT	103	Aerobic training exercise groups vs health education, and weight training exercise groups vs health education
Brismee JM, Paige RL, Chyu MC et al. Group and home based tai chi in elderly subjects with knee osteoarthritis: a randomised controlled trial. <i>Clinical Rehabilitation.</i> 2007;21(2):99-111.	RCT	41	Tai chi exercise vs an attention control (involving attending health lectures)
Thorstensson CA, Roos EM, Petersson IF et al. Six-week high-intensity exercise programme for middle-aged patients with knee osteoarthritis: a randomised controlled trial. <i>BMC Musculoskeletal Disorders.</i> 2005;6(27).	RCT	61	Weight-bearing exercise vs no treatment as a control
Van Baar ME, Dekker J, Oostendorp RA et al. Effectiveness of exercise in patients with osteoarthritis of hip or knee: nine months' follow-up. <i>Annals of Rheumatic Diseases.</i> 2001;60(12):1123-1130.	RCT	183	Strengthening exercise vs educational advice
Borjesson M, Roberston E, Weidenhielm L et al. Physiotherapy in knee osteoarthritis: effect on pain and walking. <i>Physiotherapy Research International.</i> 1996;1(2):89-97.	RCT	68	Strengthening exercise vs no treatment as a control
Lefler C and Armstrong WJ. Exercise in the treatment of osteoarthritis in the hands of the elderly. <i>Clinical Kinesiology.</i> 2004;58(2):1-6.	RCT	19	Strength training vs usual treatment
Fransen M, Nairn L, Winstanley J et al. Physical activity for osteoarthritis management: a randomised controlled trial evaluating hydrotherapy or tai chi classes. <i>Arthritis and Rheumatism.</i> 2007;57(3):407-14.	RCT	152	Tai chi vs an attention control (involving being on the waiting list for tai chi classes)

Outcomes studied	Outcome of study
Pain	Study favoured the use of exercise
Pain	Study favoured the use of exercise
1. Self-reported pain (visual analogue score [VAS]) 2. Harris Hip Score (HHS)	Study favoured the use of exercise
1. Intensity and frequency of transfer pain, e.g. getting in and out of the car or in and out of bed 2. Intensity and frequency of pain on ambulation	Study favoured the use of exercise for intensity and frequency of transfer pain, but was not significant for ambulatory symptoms
1. Mean overall knee pain measured with VAS 2. Mean maximum knee pain measured with VAS	Study favoured the use of exercise for both scores mid-treatment but was not significant for either score when measured post-treatment
Pain measured using the Knee injury Osteoarthritis Outcome Score (KOOS)	Not significant when measured at six months post-intervention
Pain score using VAS	Not significant when measured at nine months post-intervention
Pain during walking measured using Borg 11–grade scale	Not significant when outcome assessed at the end of the study
Pain measured using a six-point rating scale	Not significant when outcome assessed at the end of the study
Pain measured using the Western Ontario and McMaster Universities Arthritis Index	Not significant when outcome assessed at the end of the study

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Further combinations of exercise and manual therapy have been studied and these will be reviewed in Part 2 of this article in the next edition of *The Osteopath*.

Osteopathy in Perinatology

9–11 July 2010, Barcelona

This three-day event has been organised by the International Institute of Advanced Studies in Osteopathy (IASO). The main conference will take place on Saturday 10 July, with workshops being held on Friday 9 and Sunday 11 July.

The conference will explore topics such as the umbilical sphere, the neurological exploration of infants and the importance of foetal positioning. Speakers include Sue Turner DO MA (Hons) PGCE MSCC, Professor Renzo Molinari DO and Heike Philippi PhD DO.

Delegates will be able to choose which workshops to attend on a variety of subjects, including post-natal unfoldment, research in paediatrics, and the awakening of the senses in the foetus.

A full programme of the conference timings and workshop subjects is available on the IASO website at: www.advancedosteopathy.com. Registration forms should be returned to: m.orrils@advancedosteopathy.com.

Osteopathy Convention: International and Interdisciplinary Symposium of Osteopathy

19–21 November 2010, Berlin

This three-day conference will look at osteopathy approaches to newborns and infants through a mixture of lectures and workshops. Delegates will have the opportunity to explore topics such as maxillofacial dysmorphies, gastrointestinal disorders in children, and the basic rights of children in treatment.

Speakers include Dr Viola Frymann DO FAAO FCA, a direct student of Sutherland and one of the world's leading osteopaths in the treatment of children; Ulrike Hämmerle MSc DO DPO, co-founder of the Osteopathic Centre for Children in Vienna; and Christina Lenz BSc Ost MSC Ost Paed DO DPO, academic director of the MSC programme in osteopathy at the German School of Osteopathy and clinical tutor at the Osteopathic Centre for Children in London.

Delegates will also have the opportunity to attend a pre-conference workshop by Terence Dowling MA PhD BA on 17 November and a post-conference workshop by Dr Viola Frymann on 22 November.

For further information on the programme or to book your place at the conference, visit www.osteopathie-schule.de or email: osd@osteopathie-schule.de.

The Complex Patient: An Integrated Approach

25–26 September 2010, Buckinghamshire

Dr Robert Kissner BA (Hons) MA PhD and Gerry Gajadharsingh DO will explore breathing evaluation, management and applied capnometry diagnostic investigations during this two-day lecture and workshop.

On the first day, delegates will look at techniques to change patients' breathing behaviour by improving diagnosis and equipping delegates with the tools to conduct a breathing evaluation. Day two will focus on the use of diagnostic investigations, such as blood tests, their functional and pathological interpretation, and development of appropriate management strategies for a variety of patient presentations.

The package price of £440 includes Saturday evening accommodation and meals at Chartridge Conference Centre near Chesham. For further information or to reserve your place, visit www.thehealthequation.co.uk or call 020 7631 1414.



5th Children's Complementary Therapy Network (CCTN) Conference

7 May 2011, Birmingham

The 5th CCTN Conference offers delegates the opportunity to learn and share knowledge and experience in the conventional and complementary therapy management of children with Attention Deficit Hyperactive Disorder (ADHD).

The Children's Complementary Therapy Network provides a common platform for professionals (including complementary therapists, doctors, nurses and physiotherapists) to share training, education and clinical practice in the use of complementary therapies for children.

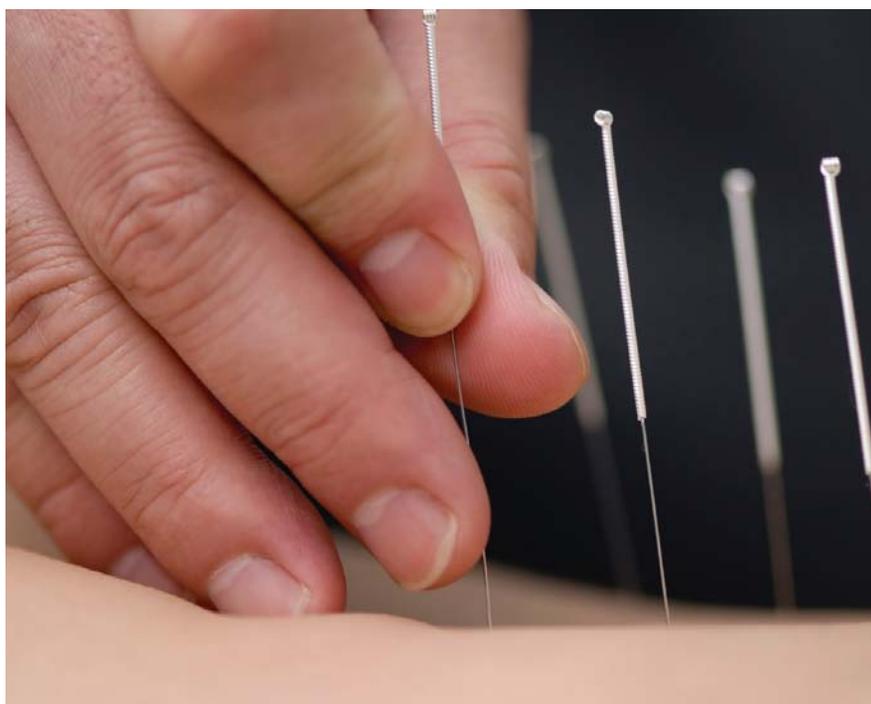
As well as the main presentations during the day, delegates will be able to participate in interactive workshops on therapeutic techniques used in various complementary therapy disciplines.

To register your interest in this conference, or to submit an abstract or poster, visit <http://cctn.freshwinds.org.uk> or email: cctn@freshwinds.org.uk. For further information, contact Dr Pankaj Shah on 0121 415 6670.



The British Conference of Acupuncture and Oriental Medicine

11–12 September 2010, Egham, Surrey



This event is the UK's largest conference on acupuncture and oriental medicine and provides a platform for cutting-edge debate and content.

Delegates will have the opportunity to hear from 24 speakers from across the world, exploring topics such as musculoskeletal pain and differential diagnosis and treatment, acupuncture and neurological conditions, the efficacy of Chinese medicine, and nutrition.

A reduced rate of £109 per day is available for osteopaths. Accommodation should be booked directly with the venue for those who wish to stay on site at Royal Holloway, University of London.

For further information, contact Nigel Kay, Conference Manager, on 020 8735 1216 or email: nigel@acupuncture.org.uk.

Courses 2010

Courses are listed for general information. This does not imply approval or accreditation by the GOsC.

For a more comprehensive list of courses, visit the CPD resources section of the o zone website – www.osteopathy.org.uk.

June

> 4

Craniosacral therapy – introductory day

Speaker: Thomas Attlee
Venue: London
tel: 020 7483 0120
e-mail: info@ccst.co.uk
website: www.ccst.co.uk

> 4–5

Clinical applications of the polyvagal theory

Speakers: Professor Stephen Porges & Katherine Ukleja
Venue: Columbia Hotel, London W2
tel: 07000 785 778
email: info@cranio.co.uk
website: www.cranio.co.uk

> 7–8

Advanced soft tissue course

Speaker: John Gibbons
Venue: Oxford University Sport, Jackdaw Lane, Oxford OX4 1EQ
tel: 07850 176 600
email: j.gibbons@peaksport.co.uk
website: www.peaksport.co.uk

> 10–12 & 18–19

Preliminary course in osteopathy in the cranial field

Speaker: Nick Woodhead
Venue: The British School of Osteopathy, 275 Borough High Street SE1 1JE
tel: 020 7089 5315
email: g.arnold@bso.ac.uk

> 11

Cervical spine masterclass

Speaker: John Gibbons
Venue: Oxford University Sport, Jackdaw Lane, Oxford OX4 1EQ
tel: 07850 176 600
email: j.gibbons@peaksport.co.uk
website: www.peaksport.co.uk

> 11–12

Visceral osteopathy: The abdomen part 2

Speaker: Joanna Crill-Dawson
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 11–16

Craniosacral therapy – introductory course

Speaker: Thomas Attlee
Venue: London.
tel: 020 7483 0120
email: info@ccst.co.uk
website: www.ccst.co.uk

> 12

Shoulder joint masterclass

Speaker: John Gibbons
Venue: Oxford University Sport, Jackdaw Lane, Oxford OX4 1EQ
tel: 07850 176 600
email: j.gibbons@peaksport.co.uk
website: www.peaksport.co.uk

> 13–17

Module 2/3: Osteopathy in the cranial field

Speaker: Michael Harris
Venue: Columbia Hotel, London W2
tel: 01291 622 555
website: www.sutherlandcranialcollege.co.uk

> 18–19

Craniosacral therapy introductory weekend

Venue: Skylight Centre 2, London N5
tel: 07000 785 778
email: info@cranio.co.uk
website: www.cranio.co.uk

> 24

First aid appointed person course

Speaker: Steve Bruce
Venue: Movingartsbase, Liverpool Road, London N1
tel: 07000 785 778
email: info@cranio.co.uk
website: www.cranio.co.uk

> 25–26

Breathing evaluation, management and applied capnometry diagnostic investigations

Speakers: Gerry Gajadharsingh & Dr Robert Kissner
Venue: Chartridge Conference Centre, Chesham, Buckinghamshire
tel: 020 7631 1414
email: info@thehealthequation.co.uk

> 30

How to treat: Tennis elbow

Speaker: Professor Eyal Lederman
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 30

The therapeutic relationship in manual therapy

Speaker: Tsafi Lederman
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

October

> 1–2 October &

1–2 November

Osteopathic approach to internal medicine

Speaker: To be confirmed
Venue: Hawkwood College, Stroud
tel: 01291 622 555
website: www.sutherlandcranialcollege.co.uk

> 1–3

Module 1 foundation

Speaker: Alison Brown
Venue: Hawkwood College, Stroud
tel: 01291 622 555
website: www.sutherlandcranialcollege.co.uk

> 1–3

Dynamic neuromuscular stabilisation – course A

Speakers: Petra Valouchova & Lucie Oplova
Venue: European School of Osteopathy, Maidstone, Kent
email: corinnejones@eso.ac.uk
website: www.eso.ac.uk

> 2–3

Osteopathic technique: Cervical spine, CD and UEX

Speaker: Professor Laurie Hartman
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 2

Osteopathy and sports conference

Venue: The British School of Osteopathy, 275 Borough High Street SE1 1JE
tel: 020 7089 5315
email: g.arnold@bso.ac.uk

> 7–9

The osteo-articular approach – part 2

Speaker: Jean-Pierre Barral
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 10–12 & 18–19

Preliminary course in osteopathy in the cranial field

Speaker: Nick Woodhead
Venue: The British School of Osteopathy, 275 Borough High Street, London SE1 1JE
tel: 020 7089 5315
email: g.arnold@bso.ac.uk

> 23–24

Touch as a therapeutic intervention

Speaker: Tsafi Lederman
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 23–24

Management and rehabilitation of breathing pattern disorders

Speaker: Leon Chaitow
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 28

Drop-in supervision using case scenarios

Speaker: Dr Massud Wasel
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 28

How to treat: Whiplash injuries

Speaker: Professor Eyal Lederman
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 28

Clinic reasoning using case scenarios

Speaker: Dr Massud Wasel
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 28–31

How bones breathe

Speaker: Dr Michael Shea BA MA PhD BCST
Venue: Skylight Centre 2, London N5
tel: 07000 785 778
email: info@cranio.co.uk
website: www.cranio.co.uk

November

> 5–7

Pregnancy care

Speaker: Averille Morgan
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 5–7

Module 7: Spark in the motor

Speaker: Kok Weng Lim
Venue: Columbia Hotel London W2
tel: 01291 622 555
website: www.sutherlandcranialcollege.co.uk

> 19–21

Harmonic technique

Speaker: Professor Eyal Lederman
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 19–22

Advanced therapy course

Speaker: John Gibbons
Venue: Oxford University Sport, Jackdaw Lane, Oxford OX4 1EQ
tel: 07850 176 600
email: j.gibbons@peaksport.co.uk
website: www.peaksport.co.uk

> 20

The therapeutic relationship in manual therapy

Speaker: Tsafi Lederman
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 20–21

Basic visceral: The thorax

Speaker: Joanna Crill-Dawson
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

> 23

Fascia research: What's new and relevant for manual therapists?

Speaker: Dr Robert Schleip
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19
tel: 020 7263 8551
email: cpd@cpdo.net

Attention osteopaths:

To advertise your course in the free course listing in *The Osteopath* and on the o zone, email details to the editor: editor@osteopathy.org.uk.

The resource is open to all osteopaths running courses for their colleagues.

CLASSIFIEDS

RECRUITMENT

Osteopath required one/two days pw to share professional practice in Shirley, Solihull, West Midlands. Opening due to previous osteopath relocating. Contact Nina: 01217 441 100 / 07790 697 558 or ninawhild@tiscali.co.uk.

Maternity locum required mid-August for one year, two days pw – Tuesday and Wednesday (Salisbury area). Osteopath must have confident HVT and cranial skills. Dry needling a benefit. Taking over a very established list. The applicant must be friendly, confident and outgoing. Please send a covering letter about your experience and CV: rhianosborne@googlemail.com.

Osteopath required to join long-established multidisciplinary practice in west London. Excellent facilities, competitive rates and supportive environment. Minimum two years' professional experience, existing client base preferable, though not essential. Available days: Monday, Wednesday and Saturday. Contact Stelyana: 020 8741 9264 or info@brackenburyclinic.com.

Nottingham osteopath required for modern practice one/two days pw to become member of growing team. Suit enthusiastic person with good attention to detail. New graduates welcome to apply. Send CV: wendy.dove@virginnet. 01159 604 100.

Experienced osteopath required for long-established practice in west London. Applicants should be competent in structural osteopathy, an interest in craniosacral technique an advantage. Practice also has Pilates studio, mat and equipment classes, and massage, so capacity to work as part of a team essential. Please send CV: david@dauidatton.co.uk.

Mid-Warwickshire maternity locum: BUPA-registered practitioner required two/three days pw (negotiable) for approx six months from July/August 2010. Possible ongoing associateship. Locum for principal of 10 years with traditional bias: GOT, manipulation, with strong osteopathic medicine principles. Additional cranial/visceral skills advantageous. Ground floor premises with parking, easy links to Chiltern trains and M40/42. Please reply with CV: osteo@westburyhealth.com.

Associate position available. Good, confident structural osteopath required to take over existing list in Jersey. Other skills beneficial, but not necessary. Send CV to Lucy: admin@theosteopath.co.je.

Associate required: Enthusiastic practitioner required for Cambridgeshire practice (St Neots). Mainly structural approach, ideally should also be comfortable with cranial work. Two days pw, potential to increase to four days. Please email CV: irina@hunts-osteopaths.co.uk or call 01480 435 554.

Cranial osteopath needed to join busy multidisciplinary team in Reading. You will work alongside 10 other practitioners, have full reception support and enjoy being part of a multidisciplinary team. You should have exceptional cranial skills, including experience with babies. Shift possibilities are Mondays, Wednesday pm and/or Saturday am. Applications to: melina@harrisonclinic.co.uk or The Harrison Clinic Ltd, Reading Road, Arborfield, Reading, Berks RG2 9HT.

Goodwill for sale, M4 corridor. Long-standing patient list 25+ years. Scope for expansion. Reason for sale – relocating due to domestic circumstances. £30k ono. Three + years' accounts available. Contact Miss R Sharp 07973 642 376, renatasharp@hotmail.com.

St Andrews Osteopaths & Natural Health Clinic goodwill for sale. Set in the centre of this beautiful historic town, with sandy beaches and numerous golf courses. Established for 12 years, with excellent reputation and busy structural patient list. Good links with GPs and consultants. Clinic in walk-in condition, giving instant income. Contact Hannah on: hannah@standrewsosteopaths.co.uk, 01334 477 424.

Great opportunity for enthusiastic osteopath to join well-established multidisciplinary practice. Private complementary health clinic in Moreton, Wirral. Beautiful clinic room, fully-furnished for the purpose of osteopathy, favourable terms. Interested members should contact Mark: 07740 785 066, mark@markbrennanchiroprody.co.uk.

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Goodwill for sale in Worcester, to include a very effective website. Mixed cranial/structural. Est. 12 years. Principal hopes to stay on one/two days pw. Sale due to young family taking up so much time. Email: info@countysteopaths.co.uk or phone Joanna: 01886 833 387.

Buckinghamshire practice for sale in Chiltern Valley, five minutes from M40. Beautiful surroundings, parking, very low overheads, potential to expand. Est. 12 years. Please reply to: chilternosteopath@yahoo.co.uk.

Treatment room to let in Harley Street, W1. Large, quiet room with electric couch, available 8am–7pm, on Thursdays and Fridays. Wireless broadband, CPD, in holistic medical practice, to suit established osteopath with own list. Phone Dr Alice Greene on 07815 763 570.

COURSES

The Aaron Mattes four-day Active Isolated Stretching and Strengthening (AIS) Seminar, 14–17 October 2010. AIS should be of interest to every practitioner who deals with the musculoskeletal system. Apart from treating common and sports-related injuries, AIS is used to treat muscular and neurological diseases. This is a rare and golden opportunity to attend an AIS seminar in the UK presented by Aaron L. Mattes, the founder and developer of AIS (www.stretchingusa.com). Venue: Park Inn Heathrow Hotel. Cost: £480. CPD: 32 hours. Registration details: www.stretchinggb.com. Email: info@stretchinggb.com. 020 8897 0377 / 07984 005 366.

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CPDO

2010

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11-12 Sept	Visceral Osteopathy: the abdomen part 2 (new course)	Joanna Cril-Dawson	£205	£125
2-3 Oct	Osteopathic technique: Cervical spine, CD and UEX (fully booked)	Prof Laurie Hartman	£255	£150
7-9 Oct	The osteo-articular approach - part 2 (fully booked)	Jean-Pierre Barral	Fully booked	
23-24 Oct	Management and rehabilitation of breathing pattern disorders	Leon Chaitow	£255	£150
23-24 Oct	Touch as a therapeutic intervention	Tsafi Lederman	£235	£125
5-6-7 Nov	Pregnancy Care	Averile Morgan	£295	£200
20 Nov	The therapeutic relationship in manual therapy	Tsafi Lederman	£125	£125
19-20-21 Nov	Harmonic technique	Prof. Eyal Lederman	£375	£200
20-21 Nov	Basic visceral: The thorax	Joanna Cril Dawson	£235	£125
27-28 Nov	Integrative osteopathic technique: SI joints pelvis and LEX (new course)	Prof Laurie Hartman	£255	£150
Evening workshops 19.00-22.00		50% discount for students on most courses		
30 Sept	How to treat: Tennis elbow	Prof. Eyal Lederman	£40	£40
28 Oct	Drop-in supervision	Dr. Massud Wasel	£40	£45
23 Nov	Fascia research: what's new and relevant for manual therapists?	Dr. Robert Schleip	£40	£45
20 Oct	How to treat: Whiplash injuries	Prof. Eyal Lederman	£40	£40
25 Nov	How to treat: Impingement syndrome of the shoulder	Prof. Eyal Lederman	£40	£40

Venue for courses: Middlesex University, Archway Campus, Highgate Hill, London N19

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E-mail:

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Details of the venue, starting times and a copy of the programme will be sent to you with confirmation of your booking. In case of cancellation of course or lecturer all deposits will be refunded. The course organisers reserve the right to change the course contents and substitute leaders without advance notice. The organisers hold no responsibility for the contents and clinical application of the material taught on the courses.

All cheques should be made to CPDO Ltd. and sent to the office address:

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THE BRITISH SCHOOL OF OSTEOPATHY

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Ergonomics and Osteopathy

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

The course leader David Annett is a freelance Ergonomics Consultant with over 15 years' experience and an honours degree in Ergonomics, as well as a practising Osteopath.

Date: Saturday 10th July 2010

Course fee: £95

CPD: 6 hours

Practice Development for Osteopaths

Course participants will also learn how to focus on their target market's wants and needs and learn how important this is in attracting patients to their clinics. In turn this will lead to an increase in patient numbers and to overall patient satisfaction.

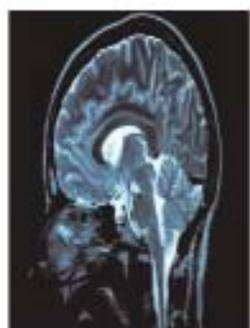
This course is practical in nature and aims to help each participant come away with an increased understanding of how to go about building their own practices. The course is aimed both at osteopaths who are just starting out in their own practice and also those who may have been in practice for longer periods but would like to have a fresh look at building their patient lists.

Andre Duquemin the course leader, is both a certified professional coach and osteopath. He works with health professionals to help them build their practices with integrity.

Date: Saturday 17th July 2010

Course fee: £95

CPD: 6 hours



Preliminary Course in Osteopathy in the Cranial Field

The preliminary 5-day course is approved by the SCTF and includes the detailed anatomy and physiology specific to the involuntary approach, together with instruction in the basic principles of diagnosis and treatment procedures. Approximately half of the contact time is devoted to practical instruction in groups of 4 participants to 1 tutor giving intensive, participant-centred tuition in practical skills.

Dates: Friday 10th, Saturday 11th, Sunday 12th and Saturday 18th, Sunday 19th September 2010

Course fee: £975.00, with discounts for new graduates (£100 deposit required with application)

Deadline for applications and payment of full course fees: Friday 13th August 2010 (subject to availability).

CPD: 40 hours

Osteopathy and Sports Conference 2010

Join with colleagues from across the sector in an exciting day focused on the role of osteopathy in sport. Working in partnership with OSCA, the BSO has compiled an exciting programme with workshop streams that encompass acute/chronic injuries, sports psychology and rehabilitation. Participants will gain techniques and skills that they can use at once in practice. Experts from the field have agreed to present at this exciting event, including Professor Alison McGrogan (Professor of Musculoskeletal Biodynamics at Imperial College), Jonathan Betser (Osteopath), Tom Hewetson (Osteopath), Jonathan Beacon (Orthopaedic Surgeon), Fiona Hendry (Osteopath) and John Neal (Sports Psychologist).

As well as CPD hours, participants will be credited with 10 CPD points from OSCA.

Date: Saturday 2nd October 2010

Course fee: £125

CPD: 7 hours



All courses are held at the British School of Osteopathy in central London.

To apply or find out more, please contact Gayda Arnold on 020 7089 5315 or g.arnold@bso.ac.uk



THE BRITISH SCHOOL OF OSTEOPATHY

Postgraduate Courses

www.bso.ac.uk

The BSO is currently developing a portfolio of postgraduate programmes designed to enable osteopaths and other health care practitioners to develop their competence in the areas of research, teaching and specialist clinical practice.

Professional Doctorate in Osteopathy

This doctoral degree programme, offers the most advanced level of formal learning in osteopathy outside the USA. The course has taught elements, for those who are keen and able to engage with the challenges thrown up by doctoral level scholarship and in-depth enquiry into your profession.

Planned start date of September 2010

Course Leader: Professor Stephen Tyreman PhD

MSc in Osteopathy

Designed for practising osteopaths this stimulating, flexible programme includes opportunities to advance existing skills, acquire new knowledge, interact with peer group and fulfil CPD requirements by combining a choice of core and elective modules. This programme will provide osteopaths with opportunities to further develop their core capabilities, advance their professional practice and consider future specialisms in osteopathic care.

Planned start date of January 2011

Course Leader: Andrew Lay

Postgraduate Certificate Research Methods

This programme is designed to equip osteopaths and other manual therapists with the knowledge and skills required to evaluate practice; and to consider, design, propose and deliver research. It offers two modules: Advanced Research Methods and Design; and Statistics for Health Care Research. Each module will involve a four day course which will utilise a variety of teaching approaches including lectures, seminars and practical workshops, supported by assignments.

Planned start date of September 2010

Course Leader: Jorge Esteves

Postgraduate Certificate in Academic and Clinical Education

This programme is designed to equip osteopathic, chiropractic and physiotherapy educators with the knowledge and skills required to effectively support students in both classroom and clinic based settings. It offers two modules: Education for Academic Teaching; and Education for Clinical Supervision and Teaching Technical Skills. Each module will involve a four day course which will utilise a variety of teaching approaches including lectures, seminars and practical workshops, supported by assignments.

Planned start date of January 2011

Course Leader: Fiona Hendry

To register your interest for further information when available, please contact:

Gayda Arnold on 020 7089 5315 or g.arnold@bso.ac.uk

For information on our postgraduate provision, please contact:

Jorge Esteves, Head of Postgraduate Studies and Student Research



Sutherland Cranial College

Join the S.C.C. training programme

We offer a 9-course programme in Involuntary Motion Studies from entry level to advanced level with a 1:4 tutor-student ratio.

- Module 1 Introduction to osteopathy in the cranial field
- Module 2-3 Osteopathy in the cranial field
- Module 4 Balanced Ligamentous Tension (BLT) techniques applied to the whole body
- Module 5 Reciprocal tension – membranes and principles
- Module 6 The dynamic basicranium
- Module 7 The CNS, fluids and the 'Spark in the Motor'
- Module 8 The functional face
- Module 9 Paediatrics



Our entry level (module 1) and basic courses (modules 2-3) provide a high standard of training in palpation of the Involuntary Mechanism (IVM) and a grounding in osteopathic treatment approaches.

Module 4 is a useful bridge between structural and cranial approaches, working on the joints with BLT principles.

Our Pathway Courses (modules 5-9) are aimed at practitioners wanting to refine and advance their IVM skills and knowledge. These can be taken in any order.



An introduction to Cranial Osteopathy

Module 1

| New 2-day Foundation Course; dates and location by arrangement | Fee: £275 | CPD: 16hrs



Osteopathy in the cranial field

Module 2/3

An exciting approach to cranial osteopathy, with a balance of theory and practical sessions. The course helps students to centre, palpate and diagnose using the involuntary mechanism and begin to learn treatment principles which can be used in practice to treat a wide range of patients.

"Brilliant – really worth the money and effort to get here. Very high standard"

Course Director: Michael Harris DO MSCC

13-17 September 2010 | Columbia Hotel Bayswater London

Fee: £1149 | New graduates: £999 | CPD: 40hrs | Eligibility: Module 1 or equivalent

Fee includes buffet lunch and refreshments

New Graduate scholarship. The SCC is offering a limited number of scholarships to new graduates for Modules 1 and 2. Full details and application form available from the website or office.



An osteopathic approach to internal medicine

New course

A new course developing osteopathic understanding and treatment approaches of the visceral systems.

Course Directors: Liz Hayden DO MSCC and Clive Hayden MSc paeds DO MSCC

1-2 October and 1-2 November 2010 | Hawkwood College Stroud Gloucestershire

Fee: £895 | CPD: 32hrs | Eligibility: Module 2 or equivalent and Module 4 is recommended



Spark in the motor

Module 7

An in-depth exploration of the nervous system and fluid management approaches.

Course Director: Kok Weng Lim DO MSCC

10-12 November 2010 | Columbia Hotel Bayswater London

Fee: £799 | CPD: 32hrs | Eligibility: Module 2 and Module 3 or equivalent

See SCC website for more details or contact the course office. Telephone 01291 622555

www.sutherlandcranialcollege.co.uk email info@sutherlandcranialcollege.co.uk

Deposit £100, stage payments available. Credit cards accepted

Sutherland Cranial College Stuart House The Back Chepstow NP16 5HH

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Dynamic Neuromuscular Stabilization

Following an extremely well received introductory seminar held in January 2010, and in response to delegate demand, we are pleased to announce a series of Dynamic Neuromuscular Stabilization (DNS) courses:

Course A - Friday 1 to Sunday 3 October 2010 (21hrs CPD)

Presented by Petra Valouchova, PT, PhD and Lucie Oplova, PT
(members of Prof Kolar's DNS team)
Cost: £450 (inclusive of lunch and refreshments)

Course B - Friday 28 to Sunday 30 January 2011 (21hrs CPD)

Presented by Prof Pavel Kolar, PaedDr, PhD and Dr Alena Kobesova, MD
Cost: £450 (inclusive of lunch and refreshments)

Courses limited to 30 delegates

"The effects of Professor Kolar's techniques are dramatic and can easily be assimilated into osteopathic practice ... this knowledge will improve your results tenfold"
Roger Kingsford DO

"One of the most interesting courses I have been on and one which will add a major dimension to my practice. Thank you for finding Professor Kolar"
Seminar feedback, January 2010



Last chance to book ...



Animal Osteopathy - Presented by Tony Nevin DO

Saturday 5 to Sunday 6 June 2010 (14hrs CPD)
Cost: £270 (inclusive of lunch and refreshments)

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- Presentation on workshops in Kenya

For further information please contact:
Corinne Jones, European School of Osteopathy,
Boxley House, Maidstone, Kent, ME14 3DZ
Tel: +44 (0)1622 674558 or E-mail: corinnejones@eso.ac.uk

The path to quality training

The **Rollin E. Becker Institute** is an **SCTP approved** organisation providing education, practical skills and development with osteopathy in the cranial field (OCF). Established by an existing team of highly educated, motivated and experienced teacher-practitioners in OCF, the Rollin E. Becker Institute blends philosophical traditions with developments in knowledge of the cranial concept. We aim to inspire newcomers to OCF, as well as those already practising, by delivering essential and expert knowledge, invigorating the way you work.

The **Rollin E. Becker Institute** is committed to delivering a high quality programme of courses, master-classes and seminars relevant to the challenges facing osteopaths in the 21st century. Visit www.rollinbeckerinstitute.co.uk for more details.



Train with the Rollin E. Becker Institute in 2010

Understanding the Cranial Base

Date: 04/07/2010 Venue: L.S.O Cost: £135.00

An interactive workshop designed to reinforce and expand your knowledge of the detailed anatomy and function of the cranial base. We provide individual guidance on how to improve your palpatory awareness and focus your anatomical understanding, enabling you to improve your diagnostic skills and treatment.

Osteopathic Guide to Ophthalmology

Date: 30/10/2010 Venue: L.S.O Cost: £135.00

Revise the detailed anatomy of the eye and its associated orbital contents. Then consider the common ophthalmic conditions that occur in everyday practice, and the signs and symptoms for referring referrals. Practice your clinical methods, including the use of ophthalmoscopes. Concludes with practical sessions on the mechanics of the orbit and its function from a clinical and treatment perspective.

Tissue Quality - Explorations In Palpation

Date: 05/12/2010 Venue: F.P.O./O.C.C Cost: £135.00

An experiential day to explore and develop palpation skills where we will consider structure and function as it is expressed as tissue quality.

Looking at how we assess tissue quality and health, and then use the knowledge to inform our treatment and management; using palpation exercises to improve your understanding of how osteopathic intervention can change the health of the tissues.

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Foundation for
Paediatric Osteopathy

Diploma in Paediatric Osteopathy - 2010 intake

Applications are being accepted for The Foundation for Paediatric Osteopathy's Diploma programme. The course provides a unique opportunity to work with, and learn from, leading practitioners in the field of paediatric osteopathy. It is of relevance to osteopaths treating children in general practice and osteopaths intending to specialise in the osteopathic care of children.

This two-year course encourages reflective, self-directed learning and is designed to provide the necessary experiences, knowledge and skills to manage a wide variety of clinical presentations. Over a two year period, each student will spend over 650 hours learning whilst managing and treating their own patients under the supervision of paediatric specialists. Working within the Osteopathic Centre for Children will expose students to a diverse group of patients with conditions from commonly presenting colicky babies to obscure genetic syndromes as parents seek help from a clinic which is recognised internationally by families for its expertise in this field. The clinical work also includes the opportunity to treat very sick and premature infants in a hospital neonatal intensive care unit. Tutorials, weekend seminars and written coursework support the clinical teaching.

At the end of this course, the Foundation expects that every graduate will be both confident and competent to treat and/or manage the full range of paediatric presentations.

Applicants must be registered with the General Osteopathic Council and have completed a postgraduate Sutherland Cranial Teaching Foundation (SCTF) approved course before October 2010. All applicants must provide an enhanced criminal records disclosure.

A prospectus and details of the application process are available on line at www.fpo.org.uk.

Closing date for receipt of applications is 30th June, 2010.

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Would you like to be part of a Regional Osteopathic Society? Could you benefit from attending regular meetings with osteopaths in your area?

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If you would like to be part of one these groups, visit the o zone (www.osteopathy.org.uk) for more information on locations and how to join.