# the osteopath

Notes and queries

Dealing with requests to access patient records p12

Preparing for the new CPD scheme p4

How your registration fee is spent p8

PLUS Your opportunity to work with the GOsC p6



General Osteopathic Council

#### Contacts

# Contents



#### **GOsC news**

New CPD scheme prepares for launch How do you do your CPD? Vacancies on Council and committees The GOsC year in review, 2015-16 European Standard on osteopathy Working with Australasian regulators 'Overarching objective' for the GOsC Linking values to practice standards



#### In practice

Who has rights to see patient records? What to do when leaving the Register Q&A: selling a human skeleton



#### Research

12

Why evidence is essential Book now for NCOR pain conference

16

#### Perspectives 18

Regulation: does it have to be this way? Developing a clinical interest group Bookshelf and book reviews

### Key GOsC services and contacts

#### Communications Enquiries about:

publication orders (including public information leaflets, GP consent forms and statements of fitness to work), Registration Marks and posters, general advice. **x242** 

#### XE-12

#### Enquiries about:

*the osteopath* magazine, e-bulletins. **x222** 

#### Enquiries about:

GOsC website (including the online Register) and **o** zone, social media. **x228** 

#### Enquiries about:

4

the media, consultations, regional groups, national healthcare policy, parliamentary and international affairs, osteopathic regulation overseas. **x245** 

#### Finance

Enquiries about: all payments, VAT. x231

#### Governance Enquiries about:

Council and committees (including all meetings and business), Chief Executive and Registrar, staff, complaints about the organisation. **x246** 

#### Regulation

Enquiries about: dealing with patient concerns, protection of title. x224

Enquiries about: complaints against an osteopath. x249

#### Research Enquiries about:

GOsC research, surveys and statistics, National Council for Osteopathic Research (NCOR), the International Journal of Osteopathic Medicine (IJOM) and access to information resources. x247

#### **Registration and CPD** Enquiries about:

the current CPD scheme, CPD audits, applying to the Register, annual renewal of registration, updating your registration details, registration fees, non-practising status, practising aboard, retiring/ resigning from the Register, professional indemnity insurance. x229, x256 or x235

#### Education, standards and the new CPD scheme Enquiries about:

osteopathic education, the Osteopathic Practice Standards, the new CPD scheme and policy development. x230 or x233

# Welcome to the latest edition of the osteopath



Courses

Course listings and advertised courses

22

36

#### Marketplace

Classified and display advertisements

Want to know more? Look out for this symbol accompanying articles in each section of the magazine for links to further information



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**Chair of Council:** Alison White **Chief Executive and Registrar:** Tim Walker



The introduction of the new CPD scheme for osteopaths begins in November and December, when hundreds of 'Early Adopters' will start trying out aspects of the scheme and forming communities to share their experiences. Turn the page for news of how the scheme is shaping up.

Whether you're an Early Adopter or not, the build-up to the new scheme's launch is a good time to think about how you currently go about choosing and undertaking CPD activities. We've developed an online CPD evaluation questionnaire which can help you reflect on your learning and link your professional development to practical outcomes – read more on page 5.

Elsewhere in this issue, we're looking both back and forward. We mark the publication of our annual report for 2015-16 by reviewing some of our activities over the year on pages 8-9, while on page 18 GOsC Chief Executive Tim Walker explores the potential for healthcare professional regulators to take a new approach focused on engagement and learning. The GOsC strives to take a supportive approach in its work – if you want to be part of setting our direction over the next few years, or play a key role in maintaining high standards in the profession, you can find out how on pages 6-7.

On the following pages you'll also find advice on dealing with requests to disclose patient information (pages 12-13); the inside story of a new clinical interest group aiming to raise osteopathy's profile as a headache treatment (page 19); and an update on some of our international activities (page 10).

If you're a final-year osteopathy student and this is the first time you've seen *the osteopath*, welcome! We hope you, and all other readers, enjoy this edition.

#### Jeremy Pinel Email: editor@osteopathy.org.uk

Bones of contention: Can you sell human remains? p15

# the osteopath

*the osteopath* is the official journal of the General Osteopathic Council.

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Send editorial to: General Osteopathic Council Osteopathy House 176 Tower Bridge Road London SE1 3LU

**Cover image:** Ioana Davies (Drutu) / Shutterstock



#### Advertising sales only: Richard Walters or John Wheaton

CPL 1 Cambridge Technopark Newmarket Road Cambridge CB5 8PB

Tel: 01223 378001 Email: theosteopath@cpl.co.uk

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# New CPD scheme prepares for launch

With hundreds of osteopaths now signed up to be Early Adopters, the introduction of the new CPD scheme will commence on a voluntary basis in November

e are delighted with the response we have received to our call for 'Early Adopters' of the new CPD scheme. As of mid-September, more than 230 osteopaths had come forward to try out the scheme – and soon they will have the opportunity to get a feel for the scheme's new features.

In November, we are organising a number of Early Adopter launch events, both online and in locations around the country, where they will be able to:

- learn about the CPD scheme and its new features
- decide what features of the scheme they will try out, and when
- meet like-minded colleagues and begin to develop supportive communities of practice and learning.

If you are an Early Adopter and you have not signed up to one of these events yet, please do! If you haven't received an email inviting you to sign up, contact EarlyAdopter@osteopathy.org.uk

The events will be followed, from December 2016 to March 2017 and beyond, by dedicated 'bite-size' sessions on specific features of the scheme. Early Adopters will take part in these (mostly online) sessions in small groups, receiving support and encouragement to carry out CPD and compare their experiences in areas such as:

- patient feedback
- case-based discussion
- clinical audit
- peer observation
- communication and consent.

Early Adopters have recently been telling us about themselves and their practice, so we can be sure that they reflect the breadth and depth of osteopathic practice. This will help to ensure that our learning resources meet the needs of all sectors of the profession: osteopaths in research and education, for example, as well as nonpractising osteopaths and those working in the NHS.

#### Acting on your feedback

The fundamentals of the new CPD scheme are set out in two documents: the new **CPD Guidelines** and the **Peer Discussion Review Guidelines**. The responses to our consultation on the scheme proposals last year have helped us to improve the guidelines' language and clarity, and are informing further improvements to our CPD resources and case studies.

Feedback on the updated guidelines and resources was provided in September at the first meeting of the **CPD Partnership Group**, with representation from the Institute of Osteopathy, education providers, regional groups, the National Council for Osteopathic Research, new graduates and our public and patient group. The Group members also considered how their organisations can help and support osteopaths to undertake the new CPD scheme's features.

The feature of the new CPD scheme that has attracted the most questions from osteopaths is the **Peer Discussion Review** - the structured discussion that every osteopath will have with a peer of their choice towards the end of each three-year 'CPD cycle', so they can discuss their CPD and their practice. Some of the 'pathfinder groups' that helped to develop the CPD scheme in 2014-15 are now working with us again to revise the *Peer Discussion Review Guidelines* further, and to enhance the resources and case studies with more examples of how Peer Discussion Reviews will work in practice.

Later this year we will be launching a dedicated **CPD website**, where you will be able to find all the guidelines, resources and support relating to the new scheme. We will welcome Early Adopters' feedback and suggestions to improve this online resource.

In spring 2017, the GOsC Council will formally announce the **start date** of the scheme for all osteopaths.

We are looking forward to working with all osteopaths on this very important development in osteopathic practice. If you have any questions or want to find out more, please contact us at: EarlyAdopter@osteopathy.org.uk o you plan your CPD activities in detail every year, based on identified learning needs, or do you tend to take advantage of CPD opportunities as they arise? Which organisations do you typically choose to deliver your CPD? Do you ever link your CPD to the themes of the Osteopathic Practice Standards? And what does 'learning with others' mean to you – training courses, or potentially a wider range of activities?.

Thinking about questions like these is a form of 'reflective learning': it can help you to link your professional development to practical outcomes, so you derive more value from each learning experience by knowing why you are doing it and how it benefits your practice. It can also widen the definition of what you consider a learning experience to be.

#### **Opportunity**

Reflective learning is central to the forthcoming new CPD scheme for osteopaths – for example, the Peer Discussion Review every three years will offer an opportunity for every osteopath to talk with a colleague about the CPD they have undertaken, and about learning needs that they can seek to address in the future.

In the build-up to the new scheme's introduction (see left), we have developed an online **CPD evaluation** which you can use right now to reflect on your recent learning activities and your approach to CPD. It should take about 30 minutes to complete, and asks a series of questions on topics including:

# How do you do your CPD?

Spend half an hour telling us about your approach to CPD – it will help you to reflect on your learning, and will give us an insight into CPD patterns across the profession

- the CPD hours you completed last year
- the activities you have undertaken with different types of provider
- whether you have done any CPD in communication and consent
- how you select CPD activities
- the obstacles that you face in selecting and doing CPD activities
- whether you collect feedback from patients, colleagues or other professionals
- whether and how you discuss your CPD with others
- your use of the GOsC's CPD resources.

You will probably find it helpful to have your most recent CPD record and a copy of the Osteopathic Practice Standards (available at: **bit.ly/gosc-ops**) in front of you when completing the evaluation. On completion, you can print a copy of your responses to keep in your CPD record folder as evidence.



You will be able to claim 30 minutes' CPD for completing the evaluation, plus any additional time that you spend reflecting on your answers.

#### Snapshot

Your completed evaluation will be sent, anonymously, to the GOsC so that we can get a snapshot of osteopaths' experiences of learning under the existing CPD scheme. This will help us to plan resources supporting the new scheme's introduction, and in future years will enable us to assess its impact. It will also help to inform CPD providers of osteopaths' CPD needs.

There will be no way to identify you from your submitted evaluation, and we will analyse the evaluations we receive collectively, not individually.

In order to record your CPD experiences at this point in time, the evaluation will be available until **Sunday 27 November**. Please take advantage of it while you can!

As well as prompting you to reflect on your current approach, the aim of the CPD evaluation is for you to think about how your CPD can contribute to improving practice – and how you can make the new CPD scheme work for you.

You can complete the CPD evaluation at: **bit.ly/gosc-cpd-evaluation** 

'You can claim 30 minutes' CPD for completing the evaluation, plus any additional time you spend reflecting on your answers'

# Would you like to join our Council or committees?

Wanted: osteopaths to play key roles in determining our corporate strategy and policies, and ensuring that everyone on the Register is fit to practise

his autumn and winter, we are seeking to fill a number of vacancies on the GOsC Council and committees – a major opportunity for you to become involved in the regulation of your profession.

We want to attract applicants with a diversity of backgrounds and experiences. 'The wider the range of osteopaths who support the GOsC's work, the better and richer its decisions will be,' says GOsC Chair Alison White.

The appointments will all commence on 1 April 2017, and will initially be for up to four years. Here is an outline of what each of the posts involves, and the attributes we are looking for.

#### Council

The GOSC Council sets the organisation's strategy and objectives; determines key policies; approves our budget and business plan; scrutinises the work of the Chief Executive and staff; and ensures that decision-making is supported by appropriate evidence and engagement with osteopaths, patients and others.

Its overall role is to ensure that the GOsC meets its statutory duties under the *Osteopaths Act* and other legislation.

Council consists of five osteopaths and five lay members. We are now recruiting to replace two current osteopath members.

You will need a range of knowledge and experience, and a commitment to effective governance. Besides demonstrating an interest in healthcare regulation, you must be able to work well in a team, communicate confidently and contribute to the oversight and scrutiny of the GOsC's work.

Council members receive a fee of £7,500 per year, and their travel and subsistence expenses are refundable. The time commitment should be no more than 18 days per year.



# Fitness to practise committees

Our **Investigating Committee** considers all complaints against osteopaths received by the GOsC. It currently has six lay and seven osteopath members, which comprise a pool from which panels are drawn to consider individual complaints. This means that members do not attend every meeting; each member is likely to sit for four to five days per year.

If the panel makes an initial determination that the osteopath complained about has a 'case to answer', the case is referred to one of the committees below. The Investigating Committee can also impose interim suspensions on osteopaths.

Where the Investigating Committee refers a complaint relating to professional misconduct or incompetence, or where an osteopath is convicted of a criminal offence, the case is heard and adjudicated on by the **Professional Conduct Committee.** It hears the evidence, decides whether the osteopath is guilty of

unacceptable professional conduct, and decides on any sanction to be imposed. The Professional Conduct Committee's

The Professional Conduct Committee's members (currently seven osteopaths and

10 lay members) also sit on the **Health Committee**, which hears cases where an osteopath's health may impair their ability to practise.

Panels of Professional Conduct and Health Committee members are convened as necessary to adjudicate on complaints, and to impose sanctions as appropriate. Members can expect to sit for approximately 20 days each year.

Currently we are recruiting one osteopath to the Investigating Committee and four osteopaths to the Professional Conduct Committee, in addition to new lay members.

The remuneration for committee members is £306 per day. Travel and subsistence expenses are also refundable.

For these committees, we are looking for applicants who can:

- understand the need to put public and patient protection to the fore in all decision-making
- process the detail of written material or oral evidence quickly and accurately
- work well under pressure of time
- demonstrate tact, discretion and common sense
- reach fair and objective decisions collectively with others.

#### **Policy Advisory Committee**

In November, we will begin recruiting for two osteopaths and two lay members to join our Policy Advisory Committee.

This committee provides Council with early input to policy discussions on a wide range of issues, including registration, practice standards, CPD, undergraduate education and fitness to practise policy. It also carries out the statutory functions of the GOsC's Education Committee as set out in the Osteopaths Act 1993, mainly relating to the recognition of qualifications.

The members being recruited will sit on the committee alongside five members of Council. Other osteopathic organisations including the Institute of Osteopathy and the Council of Osteopathic Educational Institutions can also send representatives to the committee's meetings.

The Policy Advisory Committee normally meets three times a year, for up

to a whole day. Members receive £306 remuneration per day, and their travel and subsistence expenses are refundable.

We are seeking committed individuals who work well in a team, can demonstrate an interest in the regulation of the osteopathic profession, and are able to contribute external expertise to the committee's work – ideally you will have knowledge and experience in at least one of these areas:

- education and training of osteopaths or other professionals (which could include teaching, assessment, research or management)
- regulation and/or quality assurance of higher education
- policy development in relation to professional education and training or aspects of professional practice
- development and operation of fitness to practise/disciplinary processes.

#### How and when to apply

If you think you have what it takes to fill any of these roles, visit **bit.ly/gosc-recruit** to download candidate information packs and application forms. Material about the Policy Advisory Committee vacancies will be available from mid-November. The closing dates for the vacancies are:

- Professional Conduct Committee 12 noon, Wednesday 9 November
- Investigating Committee 12 noon,
  Wednesday 23 November
- Council 12 noon,
  Wednesday 30 November
- Policy Advisory Committee 12 noon,

Wednesday 11 January 2017

You can read advice on putting together an effective application in the April/May 2016 issue of *the osteopath*, available at: **bit.ly/gosc-to-apr16** 

Good luck with your application!

# **Voices of experience**

Osteopaths who joined our Council and the Investigating Committee in April 2016 explain why they applied and share their experiences so far



'Serving on the GOsC Council has given me an opportunity for a new challenge within the field of osteopathy.

'My application to join Council stemmed from my interest in professional standards, developed through a postgraduate project on safeguarding children. I am particularly interested in the factors influencing whether

standards of professionals are maintained and improved.

'With the forthcoming changes in the CPD scheme and revision of professional standards, I was keen to bring the perspective of a clinical osteopath. I hope that in this term of Council I will contribute to a supportive and well-accepted transition to the new CPD scheme and standards, as we work with the osteopathic profession and related organisations.

'Being a Council member provides a broad range of opportunities for professional development. I personally have begun by developing an understanding of the accounts and audit processes, as well as the responsibilities and skills of non-executives in strategy and scrutiny. Participating in committees and council meetings is developing my communication and reflective skills, alongside the benefit of learning from some extremely experienced individuals.

'I hope that my experience with Council will lead to future opportunities for public appointments and involvement with healthcare-related committees.' **Deborah Smith** 



'Before graduating in osteopathy last year, I spent more than a decade as a police officer, specialising in major operations and planning – making decisions based on available data about risk.

'My dissertation for my Masters degree was on fitness to practise processes at the GOsC and the General Chiropractic Council, and what they could learn from

the police and criminal justice service in areas such as modernisation and making decisions more proportionate.

'The Investigating Committee plays an essential role in ensuring that our profession maintains its high standards, so that the public and allied professionals have confidence in osteopaths. So far I've attended two of its meetings, and a meeting about an interim suspension order; these have been very informative and interesting. Osteopaths have a unique and sometimes insular view of how they are perceived, and I've already benefited from discussing issues with lay members of the committee. It's affected how I approach osteopathy myself, particularly with regard to explaining things to patients.

'Investigating Committee members can provide feedback and recommend improvements in the Committee's processes via the chair, so it's not just a one-way flow of information and instruction from the GOsC Executive to us. I'm looking forward to increasing the Committee's efficiency in how cases are handled.' **Jim Hurden** 

# The GOsC year in review

The GOsC Annual Report and Accounts 2015-16 describe our activities between April 2014 and March 2015. Here we set out some of our achievements over the year

# Promoting public and patient safety

During 2014-15 we processed **326 successful applications** to join the Register (a net growth of 127 or 2.6 per cent). This took the number of registrants to 5,102 by 31 March 2016.

Our **registration assessors**, all of whome are qualified osteopaths, assessed 60 applicants who were educated overseas or wanted to return to practice after a period off the Register.

Following the implementation of a new EU Directive on the recognition of professional qualifications, since January 2016 we have required European nationals to **demonstrate their command of English** when they apply for GOsC registration. In preparation for this change, we amended our registration assessments for EU applicants and provided training to our assessors.

Research commissioned by the GOsC into **public and patient perceptions** of osteopathy was published in June 2015. It found, among other things, that people have far more confidence in healthcare professionals who are monitored by a regulatory body – but that most members of the public do not know that osteopathy is regulated in the UK. Over the year we stressed the benefits to osteopaths of publicising their registered status, and we supplied more than 400 **Registration Marks** on request for individual osteopaths and group practices to use on their websites and printed materials.

Our guidance documents on **student fitness to practise** and **students with disabilities or long-term health conditions** (with different versions for students and for osteopathic educational

#### 'Over the year we stressed the benefits to osteopaths of publicising their registered status'

institutions) were first produced in 2012. In 2015-16 we reviewed, expanded and updated the guidance; following a recent public consultation, the revised versions will be published in late 2016.

Between January and March 2016, GOsC staff met **254 final-year students** at 10 osteopathic educational institutions, during visits to explain the students' responsibilities as clinicians and as future regulated healthcare professionals.

We scrutinised the **annual CPD summaries** of one in five osteopaths, selected at random, and we asked 2 per cent of osteopaths to present more detailed evidence in support of their CPD activities. In the course of the year, 28 osteopaths were removed from the Register for non-compliance with their CPD requirements.

During our major public consultation on the **proposed new CPD scheme**, which ended during 2015-16, we engaged face-to-face with more than 500 osteopaths at 17 engagement events and through a webinar. Our consultation website received more than 4,800 visits, with over 1,500 documents downloaded and nearly 800 viewings of our video outlining the proposals. We received almost 380 responses to the consultation, revealing a high level of support for the new scheme; we will use the feedback received to fine-tune the scheme as it is rolled out (see page 4).

Excluding complaints from a single source about osteopaths' advertising, 52 **formal complaints** were made to us over the year (10 more than in 2014-15). Our Investigating Committee considered 35 new cases, and referred 27 of them to a full hearing. The Professional Conduct Committee heard 18 new cases, of which 11 resulted in a finding against the osteopath. Two cases were heard by the Health Committee.

We introduced new **practice notes** for the committees on the use of character evidence and on acting in the public interest. We also introduced guidance for the Health Committee to follow when imposing conditions of practice, and adopted new '**threshold criteria**' for unacceptable professional conduct – these criteria identify matters that will not usually be subject to our complaints procedure.

Our median time for investigating a complaint during the year was 14 weeks; our target was 16 weeks. The Professional Conduct Committee took a median time of 43 weeks (against a target of 52 weeks) to conclude hearings of cases.

Over the year we sent 52 'cease and desist' letters to **unregistered individuals** who were calling themselves osteopaths, and we initiated one successful prosecution against someone who continued to describe himself as a 'GOsC registered osteopath' despite being warned by us that he was committing a criminal offence by doing so.

# Improving the quality of osteopathic healthcare

We commenced a **review of the Osteopathic Practice Standards** in January 2016, with a focus on identifying areas where we can provide osteopaths with more guidance on applying the standards in practice. We invited osteopaths

#### Our strategic objectives

The annual report covers the final year of our Corporate Plan 2013-16, which set the following strategic objectives for the GOsC:

- To promote public and patient safety through proportionate, targeted and effective regulatory activity.
- To encourage and facilitate continuous improvement in the quality of osteopathic healthcare.
- To use our resources efficiently and effectively, while adapting and responding to change in the external environment.

and others to consider the effectiveness of the current standards and how they help or hinder good practice, and to record their views on an interactive website which enabled the points raised to be debated.

Our work on **values-based practice** (see page 11) continued with a seminar in May 2015 on the relationships between osteopaths' and patients' values and their links to practice standards.

Our role encompasses the development as well as the regulation of UK osteopathy, where we can identify a tangible benefit to patient safety or the quality of patient care. The GOsC is represented on five of the **Osteopathic Development Group**'s project teams, four of which made significant progress this year:

- The first Osteopathic Leadership Programme, designed and delivered in conjunction with the Open University, was successfully completed by all 20 participants.
- A website, www.osteointernational.uk, was launched to bring together a range of resources relating to osteopathy around the world.

- An app and supporting database for recording information from patients through a 'patient reported outcome measure' (PROM) were rolled out to the profession following a pilot study.
- Communities of osteopaths were supported with the publication of a guide to setting up and maintaining a local group.

# Using our resources efficiently and effectively

Alongside *the osteopath* and our e-bulletins, we continued to engage with osteopaths, patients and others through **social media**: over the year, the numbers of our Facebook and Twitter followers grew to over 1,500 and 1,700 respectively.

As part of our work with local osteopathic groups, we attended 17 group meetings across the UK to give presentations and talk with registrants. In March 2016, our annual **Regional Communications Network** meeting (held in conjunction with the Osteopathic Development Group) covered topics including advertising standards and how to grow osteopathic communities. We continued to focus on making **efficiency savings** this year – for example, by combining our CPD auditing and registration assessment functions with our finance and registration team to create a 'one-stop shop' for osteopaths and applicants. This enabled us to maintain the level of registration fees, including the £570 fee paid by most registrants, despite some additional costs such as the introduction of a levy payable by regulators to the Professional Standards Authority.

At our request, the Department of Health (England) consulted in 2015 to reduce the GOsC Council in size from 14 to 10 members. We then carried out a major **recruitment exercise** to appoint members of the reconstituted Council and our fitness to practise committees; this included an 'open day' to support potential osteopath applicants in demonstrating the competencies required for these and similar roles.

You can download the GOsC Annual Report and Accounts from our website at: bit.ly/gosc-annual-1516

# How your registration fee was spent

A breakdown of the headline registration fee (£570) to show the amounts spent on the GOsC's functions in 2015-16

#### Administration and establishment: £107.41 (19%)

Running costs, including facilities, service contracts, audit fees and non-attributable staff costs

IT infrastructure: £20.04 (4%) Keeping our websites and IT services up to date and robust

.....

.....

Governance: £56.90 (10%) Council and its committees

.....

### Communications, research and development: £115.56 (20%)

Communications with osteopaths and the public (online, in print and at events); research activities, including provision of research journals to osteopaths Education and professional standards: £61.85 (11%) Including quality assurance of educational institutions, plus development of the new CPD scheme and review of the Osteopathic Practice Standards

#### Registration: £41.19 (7%)

Maintaining the integrity of the Register; processing applications for registration and renewal

#### Fitness to practise, including legal: £167.05 (29%)

.....

Fitness to practise processes and illegal practice prosecutions; provision of legal advice to Council

# **Working together in Europe**

eptember saw the formal launch of the European Standard on Osteopathic Healthcare Provision (EN16686) at a European Parliament seminar in Brussels. Developed in collaboration with the European Committee for Standardisation (CEN), this represents the first time that pan-European standards of osteopathy have been agreed.



Sponsored by Tom Vandenkendelaere MEP, this launch provided a valuable platform to raise awareness of the standards that patients should expect from osteopaths, wherever in Europe they seek treatment. Delegates included European policymakers, patient representatives and osteopathic organisations from across Europe, including the Institute of Osteopathy (iO) and the GOsC.

While the Standard will not necessarily have an impact in the UK, where osteopathy is already regulated, it does provide a benchmark in many European countries where osteopathy is not yet regulated.

For more information about the European Standard, two sets of public information have been developed and made

Left: Marika Jevbratt, President of the European Federation of Osteopaths, with Gert Jan Goede, Chair of the Forum for Osteopathic Regulation in Europe, at the launch event for the European Standard in Brussels available in a number of languages: What to Expect from Your Osteopath is designed for prospective patients, while The European Standard on Osteopathy targets policymakers and other health professionals, with a focus on the more technical aspects of the Standard.

For more information, email seldred@osteopathy.org.uk



# Sharing information with Australasian regulators

he GOsC has signed a Memorandum of Understanding with the regulators of the osteopathic profession in Australia and New Zealand, to promote the exchange of information, streamline regulatory processes, and share best practice.

The Memorandum was signed in August by the Osteopathy Board of Australia, the Osteopathic Council of New Zealand, the Australasian Osteopathic Accreditation Council and the GOsC. Based on principles including 'facilitating the movement



of practitioners' and 'developing a common understanding of regulation and education standards', it includes a commitment by the four organisations to ensure that our registration processes for graduates from one another's countries are not unnecessarily burdensome.

We will also work collaboratively and share information and knowledge to ensure that our registers are accurate, any concerns about individual osteopaths are properly investigated, and patients and members of the public are not put at risk.

The Memorandum does not change the registration processes for UK-trained osteopaths in Australia and New Zealand. There is a 'fast track' competent authority pathway for osteopaths who qualified after 2000, while others go through a more conventional process including a practical and written assessment. To find out more about osteopathy in both countries, visit www. osteointernational.uk/osteopathy-worldwide/australasia/

# Law formally places public protection at our heart

A new 'overarching objective' for the GOsC came into effect on Monday 26 September, when Section 5 of the *Health and Social Care (Safety and Quality) Act 2015* came into effect.

Under the legislation, the *Osteopaths Act 1993* is amended to say: 'The overarching objective of the General Council in exercising its functions is the protection of the public.'

It goes on to say that this will involve pursuing the objectives of:

- protecting, promoting and maintaining public health, safety and wellbeing
- promoting and maintaining public confidence in the osteopathic profession
- promoting and maintaining proper professional standards and conduct for osteopaths.

The same overarching objective is now shared by all the UKwide health and social care professional regulators – and by the Professional Standards Authority for Health and Social Care, which oversees the regulators.

Protecting the public and patients is central to our work - see pages 8-9 for some of our activities in this area during 2015-16 - but the new overarching objective formalises this, establishing in law what the fundamental purpose of professional regulation is.

September's legislative changes also put protecting the public at the heart of our fitness to practise activities, by establishing that our Professional Conduct Committee and Health Committee must 'have regard to the overarching objective' in reaching their decisions.

#### 

# **Regulation in the real world**



### Values, standards and the real world: regulation in context

Conclusion

F. Browne, T. Walker General Osteopathic Council, UK fbrowne@osteopathy.org.uk



#### Objective

Achieving patient safety and quality of care through better understanding of the impact of regulation.

#### Methods

Literature review.

Workshops with osteopaths, other health professionals, patients and educators to:

- explore values
- develop a framework to support better partnership clinical decision making
- test framework with case studies.



#### Results

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ver the past two years, the GOsC has been exploring how values relate to standards and regulation. This has included looking at how we might better recognise what is important to the patient and the practitioner in a consultation – for example, does reducing pain or increasing mobility matter more to a patient in a particular context?

This work will help us to understand how we can support the embedding of our standards more effectively.

In September, GOsC staff spoke about our work to date at All Together Better Health – a conference in Oxford attracting healthcare practitioners, students, policymakers, researchers and patients from around the world. Our conversations with professionals from other disciplines were an opportunity to spread the message about the regulation of osteopaths in the UK, and to compare perspectives and share expertise about how health professionals work and learn together.

We stressed the importance of regulation that focuses on health professionals as human beings and seeks genuine improvements for all, demonstrated through innovative evaluation. It also identified areas for future research, which we are developing with other health regulators.

We will next be talking about our work and future collaborative projects at the Scotland Annual Regulation Conference on **Monday 31 October** in Edinburgh. A great opportunity to network with fellow health professionals, the event is free to attend, but you will need to book in advance by emailing **regulation@shscevents.co.uk** 

This poster outlined our values work for conference attendees

Common framework was helpful but still challenging when applied to case studies.

Test concept and interventions in different health contexts.

#### Next steps

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Work with the General Dental Council to explore mechanisms for making patient and practitioner values more explicit, in order to develop 'context' further. #whatmatterstoyou

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# **Confidence issue**

Your patients entrust you with sensitive information, and they expect you to keep it confidential. So what should you do if you want to share their information with another healthcare professional, or if you are asked for it by somebody else?



he requirement to respect your patients' rights to privacy and confidentiality, set out in Standard D6 of the Osteopathic Practice Standards, is central to the practitionerpatient relationship: if a patient does not trust you with their data, they may not tell you everything you need to provide care.

You may receive requests to view a patient's records from all sorts of people: members of their family, the police, solicitors, insurers, employers, benefits agencies or other health professionals. But guidance to Standard D6 says that you should not release or discuss medical details or information about the care of a patient with *anyone* unless they have given their valid consent for this.

#### Asking for consent

If you want to share any confidential patient information with anyone else, you must first decide what information they need. Provide no more than is necessary for the purpose it has been requested for, and do not disclose any information that:

- identifies a third party (other than health professionals who have cared for the patient) without their consent
- is likely in your opinion to cause serious physical or mental harm to the patient or another person
- was given by the patient on the understanding that it would remain confidential.

You should then tell the patient what information you want to share and the circumstances in which you want to share it, and ensure they understand all this.

Ask them for their consent for the information to be shared, but be clear that they can refuse. If they give their consent, ask them to confirm this in writing (for instance, by signing a consent form).

There may be times when a third party requests information about a patient, and provides written confirmation from the patient that they consent to this. If the date when the patient gave their consent was a significant time ago, it is good practice to contact them and confirm that they still want you to share the information. If you are in any doubt that they understand the nature and extent of the information requested, check this with them too.

Remember that you must be sure that any request for information about your patients is genuine. We will explore how to avoid being a victim of 'phishing' in the next issue of *the osteopath*.

#### Is consent always needed?

Your duty of confidentiality may be outweighed by other factors – if a court order or other legal authority requires you to provide information about a patient, for example. Be careful to disclose only the information required by the order.

If the police do not have a court order, they can still request voluntary disclosure under section 29 of the *Data Protection Act 1998* (where the disclosure is made in order to prevent or detect crime, or apprehend or prosecute offenders). You do not have to disclose information to the police in that situation – and you will need the patient's consent to do so, unless there is an overriding public interest (such as preventing a threat to public health or a serious criminal act) in disclosing the information without consent.

Another example of the public interest overriding confidentiality would be if you felt you should inform the DVLA about a patient who might be unfit to drive.

You may sometimes be asked for a patient's information by their insurer or employer, a government agency assessing their entitlement to benefits, or a solicitor acting for someone else. Unless the request is backed by a court order, you must obtain the patient's consent (or be satisfied that the patient has already given their consent to the requester) – and if you are writing a report about the patient for employment or insurance purposes, it is usually good practice to offer to show it to them before sending it.

If you do need to disclose information about a patient without their consent, you should inform the patient of this, unless you are prohibited from doing so (because of a criminal investigation, for example) or there is another good reason not to (such as a risk that they will become violent).

In situations involving a patient who cannot give consent, you need to know who has the right to view their records or give consent for them to be shared.

#### **Child patients**

In England, Wales and Northern Ireland, children aged 12 and over are generally expected to have the capacity to give (or refuse) their consent to the sharing of their health records, if they can show that they understand what is proposed when the issues are explained in an age-appropriate way. In Scotland, 12-year-olds are legally presumed to have the capacity to consent.

GOsC guidance (on the o zone at: bit.ly/ozone-obtaining-consent) says that establishing a child's capacity to consent is 'a matter for your professional judgment', based on whether they have 'sufficient maturity and intelligence' to understand the issue on which consent is sought.

Where a patient aged under 18 (or under 16 in Scotland) is considered incapable of giving consent, anyone with 'parental responsibility' for them can ask to see their records. But some parents do not have parental responsibility – see the box below.

If more than one person has parental responsibility, each may independently exercise rights of access. If you have a child patient who is living with their mother, and the child's father applies for access to their records, you are not obliged to inform the mother of this (but you may wish to do so).

You can refuse to allow access to a child's health records, even to someone with parental responsibility, if you think this is likely to prevent serious harm to the child or another person.

#### **Adults without capacity**

The law considers adult patients to lack capacity to consent if they cannot understand and retain relevant information to the decision they are asked to make, or cannot weigh up that information in order to make a decision. The legal definition of incapacity differs across the nations of the UK; see our guidance at: **bit.ly/ozone-obtaining-consent** for more information.

Bear in mind that a patient may have capacity to give consent to some things but not others. If they can consent to the sharing of their information, you will need that consent before disclosing their records to anyone else.

The courts may authorise individuals to make health and welfare decisions on behalf of a patient who lacks capacity. These individuals can ask you to share information about the patient with them, provided that the information is relevant to the decisions they have a legal right to make. They can also give or refuse their consent to requests from third parties for access to the patient's records.

If there are no nominated individuals, you should be prepared to disclose relevant information about an incapacitated patient to close relatives or other healthcare professionals, where such disclosures are in the interests of the patient's health. Take account of any views previously expressed by the patient, if they had capacity, about future disclosure.

#### Who has parental responsibility?

- The child's biological mother automatically has parental responsibility.
- The child's biological father automatically has parental responsibility if he was married to the mother at the time of the birth or subsequently – or, for children born after 1 December 2003 (England and Wales), 15 April 2002 (Northern Ireland) or 4 May 2006 (Scotland), if he is named on the child's birth certificate.
- Both same-sex partners have parental responsibility if they were civil partners at the time of the treatment (such as donor insemination) that resulted in the birth, or if both their names are registered on the birth certificate.
- If the biological father or the mother's same-sex partner does not automatically have parental responsibility, they can acquire it through a court order or a legal 'parental responsibility agreement' with the mother.
- Step-parents can apply for parental responsibility through a similar legal agreement with the mother.
- A child's legal guardian(s) or adoptive parent(s) automatically have parental responsibility.
- If a child's parents divorce, neither parent loses parental responsibility.
- If a child is under a care or supervision order, the local authority will share parental responsibility with the parents.

Find out more on the Gov.uk website at: **bit.ly/govuk-parental-responsibility** 

# Leaving the Register

In response to requests from osteopaths, we have produced a simple guide to the actions you need to take if you want to retire or resign from the Register. Here's a summary of the key people you need to contact

#### **The GOsC**

If you want to leave the Register, the first step is to complete the form available on the **o** zone at: **bit.ly/ozone-leave-register** and return it to us by post or email.

You will need to give your name, registration number and current contact address, plus your reason for leaving the Register and the date when you would like your registration to end.

If we accept your request, we will update your record on that date and send you a letter of confirmation. Within the next 28 days, you will need to send our Registration Department (at the GOsC address on page 3):

- your certificate of registration, including any duplicates you hold
- your GOsC ID card, if you have one.

If you pay your registration fees by direct debit, we will not collect any payments from your account once we have updated your entry on the Register. But if you have paid your fees for the year in full, you can request a partial refund by emailing **registration@osteopathy.org.uk** 

If you are retiring and you no longer wish to receive copies of *the osteopath*, please email **editor@osteopathy.org.uk** 

#### Your patients

It is important that your patients – both your current patients and those who have consulted you in the past – know in good time that you are leaving the Register, so they can make alternative arrangements for their ongoing care.

You should inform them by email or letter, stating:

- the date when you will cease to practise
- any plans you have made to sell your practice
- options for their ongoing care
- how they can request their patient records, or arrange for the records to be transferred to another practitioner – your email or letter should include a consent form with these options.

Ensure that you file the consent forms you receive, with copies of any associated correspondence – and send reminders to those patients who do not reply to your letter or email.

Some patients may continue not to respond to your request, in which case you will need to arrange for their patient notes to be kept securely if they last consulted you less then eight years ago, or if they are under 25 years old. Other patient records can be destroyed - but, again, this must be done securely.

If your practice is closing, the patient records must be stored in a secure place where they are protected from damage, loss or theft and can be retrieved easily.

If the practice is continuing in your absence, you can arrange for your patient records to be retained securely by the practice, but we recommend that you negotiate continuing rights of access in case there should be a complaint or claim about your treatment of a patient.

If you have patient records stored electronically, you may need to liaise with the software company to maintain your software licence, so you have future access to the records if required.

When destroying health records, the method you use must be effective and not compromise confidentiality. Incineration, pulping, and shredding are appropriate methods of destroying manual records. Electronic data should be destroyed using appropriate data destruction software – guidance from the Information Commissioner's Office is available at: bit ly/ico-delate-data

#### bit.ly/ico-delete-data

You should also dispose securely of any unused 'Statement of Fitness for

### When might we refuse a request to leave the Register?

An osteopath can ask to leave the Register of osteopaths (a process known as 'voluntary removal') at any time. This is usually straightforward, and they can be removed quickly.

But if the request is made by an osteopath who is subject to an ongoing fitness to practise investigation, we must consider various factors before deciding whether to agree to it.

When an osteopath is removed from the Register, any outstanding fitness to practise proceedings against them will cease – and if they later apply to be restored to the Register, it may be difficult at that time to revive the fitness to practise investigation. We therefore take the view that voluntary removal is generally not appropriate until the investigation has been completed and all the evidence gathered.

In considering a request, the Registrar will take account of:

- the public interest, including public safety and the need to maintain public confidence in the profession
- the osteopath's health
- the sincerity of their removal request

- any evidence that they may wish to continue to practise as an osteopath in the UK or overseas
- the likelihood that they will apply for restoration to the Register in the future.

More details are set out in draft Guidance on Voluntary Removal Applications, which we are consulting on until Wednesday 30 November.

To read the draft guidance and send us your views, please visit bit.ly/ gosc-consult-voluntary-removal Work' certificates and 'Forms of consent to approach a patient's healthcare practitioner'.

#### The public

Once you have left the Register, it is important to ensure that nothing gives patients or members of the public the impression that you are still an osteopath. Under section 32 of the Osteopaths Act 1993, it is a criminal offence for an unregistered person to use the titles of osteopath, osteopathic practitioner, osteopathic physician, osteopathist or osteotherapist.

You will need to review your practice website (if you are not closing it) and any other informational, promotional or advertising material. Remember that you are responsible for any information about yourself contained in business directories.

If you find content on a website saying or implying that you are an osteopath, contact the website and ask them to remove it. If this does not work, you can try contacting the hosting company to get the account disabled. Google has a 'search removal request' form, at: **bit.ly/google-removal-request**, which you can use to ask for specific websites to be removed from search results.

#### **Your insurer**

You will need to contact your professional indemnity insurance provider, to tell them that you are no longer registered and to confirm that you have 'run-off' cover in place. This ensures that, if a claim is made against you retrospectively, you will still be covered by insurance.

#### Who else?

If you are an employee, review your employment arrangements (or seek legal advice) to ensure that on retiring you will meet all of your obligations concerning your employer.

If you are a member of the Institute of Osteopathy or other bodies (such as a regional osteopathic group), let them know that you are no longer practising. The Institute of Osteopathy may be able to give you advice on selling your practice, if you need it.

You can find more information in Leaving the Register: A Guide for Osteopaths Retiring from Practice, available on the • zone at: bit.ly/ozone-leave-register

# FREQUENTLY ASKED QUESTIONS

I have a human skeleton that I would like to sell. How do I go about it?

Established by the Human Tissue Act 2004, the Human Tissue Authority (HTA) regulates the removal, storage, use and disposal of human tissue for 'research, medical treatment, post-mortem examination, teaching and public display' in England, Wales and Northern Ireland. It also performs certain tasks on behalf of the Scottish Government. Many activities involving the use of human remains require the possession of an HTA licence, but you do *not* need a licence if the bones in your possession are definitely from a person who died more than 100 years ago. Even if the bones are or may be more recent, you do not need a licence to hold them in a private collection, or to display them in your consulting room for demonstrating body movement to patients.

However, if human remains are sold and are visible to the public while on sale, an HTA licence *is* required; displaying human tissue in public without one may result in a fine and/or imprisonment. Apart from that, the sale of body parts is not covered by the Act and so is outside the HTA's remit, meaning that a sale is permissible.

Nevertheless, the HTA's Sale of Bodies, Body Parts and Tissue policy (available at: **bit.ly/hta-sale-**

> bodies) advises that you should make potential purchasers aware of the *Human Tissue Act*'s licensing provisions. It adds that 'the need to maintain dignity and respect is paramount in the handling of all human bodies and tissue'.

The HTA recommends that, if you want to dispose of human remains, you should offer them to an educational establishment that holds an HTA licence, or ask a licensed establishment whether they can dispose of the remains on your behalf. You can find a list of these at: www. hta.gov.uk/ establishments

# Why evidence is essential

This year, a plucky group of volunteers have been helping the National Council for Osteopathic Research (NCOR) to make relevant evidence easy for osteopaths to digest. Two of them tell NCOR's **Austin Plunkett** what inspired them to get involved

t NCOR, we know that being an osteopath is a busy job – so we want to make it easier for you to find and make use of the evidence from research on a range of topics relevant to your practice.

As part of our plans to create a 'Centre for Reviews', we put out a call in early 2016 for volunteers to help us produce summaries of evidence based on systematic reviews. We were delighted by the response, and we now have a committed group of pioneers who are getting stuck into a selection of recent research.



Jonathan Spadaccini, who is compiling the evidence summary on manual therapy and tendinopathy, came forward after

reading about our call for volunteers on NCOR's social media channels.

"I have an interest (but certainly no expertise!) in research, particularly after seeing my MOst dissertation published, and I feel some obligation as an osteopath to promote our amazing work beyond the patients we see," he explains. "We know there is a lot of information out there to support and inform our work, but sometimes it can be difficult or time-consuming to find this, never mind critically appraise it.

"The evidence summaries are an ideal way to engage time-pressured practitioners in up-to-date evidence in an easy-to-read, summarised format, without them having to plough through endless databases."



Fellow volunteer Julie Ellwood agrees on the need to share the evidence for osteopathy more widely: "I had been

involved in and enjoyed scientific research prior to becoming an osteopath. I knew that researching the field of osteopathy would present its own set of obstacles and challenges but, in doing a Professional Doctorate at the British School of Osteopathy I found the process to be equally rewarding.

"However, it could take several attempts to engage the attention of other healthcare professions and gain their support, and at times I found that to be frustrating. It is crucial to be able to communicate effectively with other professions in an open and nondefensive manner. To facilitate this, every healthcare profession should strive to develop its practice from a relevant and rigorous research base."

Rather than working on the evidence summaries, Julie is assisting with our



own systematic review of manual therapies for paediatric conditions. "I read about the systematic review in *the osteopath* some months ago when I was coming towards the end of my Professional Doctorate. I had a desire to do more research and, as my area of research was in paediatrics, I contacted NCOR directly."

Julie is pleased that NCOR's systematic review is considering a wide variety of evidence types. "Some aspects of osteopathic practice do not lend themselves easily to quantitative research, which is historically regarded as more robust. However, there is an increased acceptance and awareness of the validity of qualitative and mixed-method research which could form the basis of future evidenceinformed practice.

"Empirical research in the field of osteopathy is needed to test the theory and effectiveness of treatments, in order to provide best care for patients."

#### Helpful and supportive

While our systematic review is due for completion in spring 2017, we hope to publish the first batch of evidence summaries – including Jonathan's – this year.

"Initially I felt a tremendous pressure to ensure I was including all the available research, and to give it a critical appraisal thoroughly and repeatedly before writing anything, as I didn't want to risk inadvertently misinforming my colleagues," he says. "But the team at NCOR have been extremely helpful and supportive, and gave us very clear guidelines to prevent us disappearing down rabbit holes!

"Thinking about it from the perspective of a busy professional, wanting a quick summary of evidence on a particular topic, helped focus the work a lot and so the task was by no means onerous. I spent a few days per month taking a leisurely look through systematic review databases for relevant papers, then a similar period of time reading though them and making notes, all at my own pace and to my own timetable – a valuable CPD exercise, regardless of the NCOR context.

"My topic did not present that many papers, so writing a draft summary did not take too long, although I'm sure this may be different for other areas that are more widely researched."

#### Could you be a volunteer?

Our volunteer summarisers have really helped us to refine the process for producing evidence summaries, and through their feedback – and some old-fashioned trial and error – we aim to develop this into a regular programme. We'll be opening our doors to the next intake of volunteers in January, and Jonathan has no doubt that volunteering has been a positive experience:

"I found the process interesting and motivating, and it certainly helped me use thinking tools that might have become a little rusty since qualifying. I would encourage anyone with a passing interest in osteopathic research to get involved and help support our evidence-informed and evidence-based work."

If you're interested in joining next year's intake of evidence summarisers, please get in touch with me at: info@ncor.org.uk

And don't feel that you have to wait to be asked before getting involved with our work: if you ever read about any NCOR activities that you feel you'd like to contribute to, follow Julie's lead and get in touch straight away!

For updates on our systematic review and evidence summaries, you can read our monthly news bulletins at: www.ncor.org.uk/news or follow us on Facebook (www. facebook.com/ncornews) or Twitter (twitter.com/ncor\_uk)



# Pain speaking

Tickets are now on sale for NCOR's January 2017 conference. NCOR Researcher **Austin Plunkett** describes what's in store

With the title *Helping Patients to Help Themselves: Improving the Management of Persistent Pain*, our 2017 conference will be a full day of lectures and workshops featuring speakers from the fields of osteopathy, neurophysiology and psychology.

In the morning, there'll be presentations on topics ranging from 'Why doesn't my pain go away?' to changing patients' behaviour. After lunch, a series of participatory workshops on cognitive behavioural approaches will equip you with practical techniques to take home and apply in your clinic.

NCOR will provide all registered delegates with a certificate of attendance, which can be added to your CPD folder.

The conference takes place at Queen Mary University of London in Mile End, east London, from 9am to 4.30pm on **Saturday 28 January**.

Osteopaths who are keen for a bargain have already started registering for the conference at our early-bird price of £99. This offer lasts until **Monday 31 October**, after which the regular price of £120 will apply.

To book online via PayPal, or to find out what to do if you prefer to pay by cheque, visit the conference website at: **www.ncor.org.uk/conference** – where you'll also find the full conference programme, speakers' biographies, maps and directions.

If you'd like any further information, please email info@ncor.org.uk

Last year, generous osteopaths and their professional organisations around the world donated to NCOR's campaign to fund research into the treatment of paediatric patients. This enabled us to start a systematic review into this area, which will be the first published work from our new Centre for Reviews: our one-stop-shop for osteopaths looking for the findings of relevant research.

Research can be time-consuming and costly. Like many osteopaths, we are eager to do more, but sometimes we lack the resources. Please consider donating to NCOR so we can continue our work.

If osteopaths don't do this research, others from outside osteopathy will. If osteopaths want to participate in discussions that may influence the future of our profession, we need to demonstrate our ability to examine and reflect on our own practices.

You can make a donation, however small, at: www.ncor.org.uk/donate

# Does it have to be this way?

Should regulation be so focused on when things go wrong, or is there an alternative approach? GOsC Chief Executive **Tim Walker** explores the potential for playing a more supportive role

he traditional model of professional regulation is based on the control of entry to a register, along with a 'disciplinary' process to deal with complaints and concerns about registrants – all supported by the development of standards, education quality assurance, CPD activities and so on.

This model is coming under increasing pressure, for a number of reasons.

First, the number of complaints across all regulators continues to rise – and, while these involve only a tiny minority of practitioners, they can be very costly.

Second, there is growing interest, influenced in part by Harvard academic Professor Malcolm Sparrow,<sup>1</sup> in more 'preventative' or 'upstream' activity which seeks to avoid the harms that lead to disciplinary action in the first place.

Third, there is the obvious point that regulatory activities should be capable of benefiting all registrants and their patients.

#### Meeting the challenge

Changing our thinking about regulation is a challenge for regulators whose processes are often embedded in legislation, and whose approaches have been developed over a long period of time.

The GOsC has always interpreted its brief quite widely, seeking to play a supportive role for osteopaths, but we don't always have enough evidence to justify all of the activities we undertake. This is a problem not just for

#### "I would like the profession to have a goal that every osteopath is part of a 'community of practice' "

the GOsC but for all regulators looking at preventative activity, particularly as it is almost impossible to measure when problems in practice have been avoided.

We are now trying to explore these issues in new ways. For example, we have growing evidence (from complaints raised with us and claims made to insurers) that aspects of patient communication and consent still cause difficulties for osteopaths in practice.

We are also getting a better picture of those osteopaths who are more likely to be complained about: for example, it appears that the peak time to be subject to a complaint is six to 15 years after graduation. And we continue to have concerns about professional isolation, particularly among osteopaths who for whatever reason may not interact with other osteopaths (or other healthcare professionals) from day to day.

The new CPD scheme has been designed to tackle some of these issues, particularly by breaking down isolation and requiring CPD in communication and consent. But what else should we be doing as a regulator? One of our key projects this year and next is to review the Osteopathic Practice Standards, which will be complemented with more practice-focused guidance. We are also exploring whether new tools can be developed to help osteopaths minimise the risks of misunderstandings with patients. And we are very keen to support the development of local learning communities, in whatever form, where osteopaths can work together to improve their practice.

#### **Encouraging professionalism**

We know that it will never be possible (or desirable) for a regulator to oversee every aspect of osteopaths' practice. Even to try doing so would undermine the concept of professionalism that we want to encourage.

Instead, I would like the profession to set itself a goal that every osteopath is part of a 'community of practice' where, because of their passion for osteopathy, they interact regularly with others to learn how to do it better.

Our role as the regulator should be not to lead such a development but to play a facilitative role and use our resources to support these learning communities. Over time, this approach may be the key to a reduced need for 'traditional' regulatory intervention and a changed relationship between regulators and practitioners.

<sup>1</sup> Sparrow (2008) *The Character of Harms: Operational Challenges in Control,* Cambridge University Press: Cambridge, UK

# Head start





Osteopaths for Progress in Headaches and Migraines (OPHM) is a new group that aims to raise the standing of osteopathy in the treatment of headaches. One of its founders, **Helena Bridge**, explains how and why it was formed, and what it has to offer

ach of us at OPHM had a different path into our shared interest in headaches – and some, like Director Cliff Lomas, have been studying headaches for decades. For me, it started in 2014 with a migraine patient at the European School of Osteopathy (ESO) student clinic, where I was starting to tutor after a long break.

In more than 20 years in practice, I'd had reasonable success rates with headache patients, but this one had such severe symptoms, and was so distraught, that I felt disconcerted: I realised I had no real process, no reliable way to help manage her pain or assess or manage her overall situation.

This led me to undertake a PGCE in Clinical Management of Headache Conditions – and then, with support and advice from the ESO and many others, we launched a headache clinic at the ESO in April 2016. It now attracts a wide variety of patients every Wednesday evening. This type of project can be done locally by any osteopath wanting to study headaches in depth. We at OPHM are on a mission to enable our colleagues to obtain education and support so they can broaden their practices to encompass safe and effective headache management.

#### **Practitioner training**

Sadly, there are fewer than 50 medically managed headache clinics across the UK, and waiting lists can be many months long. By the time patients arrive at a specialist centre, most have medication overuse

"Most headache sufferers yearn to have someone take hold and release the built-up tension" headache as well as their original headache, and need high-level medical management. Yet all the evidence shows that, with adequate practitioner training, most headaches can be screened and managed at primary care level.

Guidelines developed by the charity Migraine in Primary Care Advisors (MIPCA) say that physical therapies should be offered as part of a multi-disciplinary migraine management plan. This is encouraging, although working in a multi-disciplinary environment presents challenges – and effective headache management requires many skills, such as knowing which questions quickly lead to a diagnosis, and how to spot when a patient needs a medication review. Reassuringly, many resources are available to guide us, if practitioners can be made aware of them.

While I was a relative newcomer to this field, several osteopaths with much more experience of it were also convinced that there should be more focus on headache management in osteopathic education. And so a few colleagues met for the first time in January 2016, drawn together by the sense that something had to be done.

Across the world, understanding of headaches is improving, as are treatments – from triptan drugs to stress management. But most sufferers, when asked, reach for their necks and yearn to have someone take hold and release the built-up tension.

Looking at evidence for manual therapies' efficacy in migraine prevention, and at our eclectic range of techniques for releasing especially the neck and shoulders through holistic treatment approaches, we were excited to feel that osteopaths might hold some kind of key to a lock. We all knew of osteopaths who successfully helped patients with headaches, ourselves included, yet the research on this aspect of osteopathy was sparse. What if this could be changed?

If osteopaths can capitalise on their ability to treat the structural aspects of headaches by also understanding the other contributory factors, we believe the profession will have a real feather in its cap. If they combine this knowledge with a multi-disciplinary approach that encompasses patients and practitioners working together to calm headache conditions, many people's lives can be transformed. And if supporting evidence can be gathered, osteopathy can become a more central part of headache management within our medical communities.

continued overleaf

# Head start



#### continued from page 19

#### **Initial steps**

Our first step in setting up OPHM was painstaking but largely enjoyable: to form a nucleus of osteopaths who were willing to steer a new shared interest group. This basically meant contacting osteopaths whose websites said they treated headaches, with a view to involving them

as founder members or perhaps as teachers with particular specialisms. We are still looking, so please email **info@ophm.org** if you feel you have a contribution to make!

We also made use of the Osteopathic Development Group's guide for regional societies (see **bit.ly/odg-regional-guide**) – this is a valuable resource for anyone looking to establish a new community of practice, whether based on geography or a shared clinical interest.

Additionally, the GOsC and the Institute of Osteopathy (iO) can help to advertise your group's events and developments. The iO's other services for groups include a free website, details of potential speakers for events and a forum for discussing ideas and issues with fellow group leaders – you can find out more at: www.osteopathy.org/regional-societies

#### **Moving forward**

OPHM exists to promote progress in:

- educating and inspiring osteopaths to treat people with headaches
- creating a lively online education hub using links to MIPCA (www.mipca.org.uk) and Migraine World Summit (www.migraineworldsummit.com)
- making other healthcare professionals and the public aware that headache conditions can be expertly managed by headache-educated osteopaths
- researching the musculoskeletal side of headaches.

To date we have held three meetings, but our first big event will be on **Saturday 26 November** at the iO Convention in Windsor (see page 34). In a four-hour teaching stream, we will introduce you to an array of approaches to headaches: medical and osteopathic management, psychological and nutritional. But this is only the beginning ...

We now have a core of expert headache clinicians to support your learning, with a telephone support line and a discussion forum on our website at: **www.ophm.org** – which, besides a blog and events calendar, will also contain a guide to common headache types, their screening, diagnosis and management, and common pitfalls of headache management. And soon we will be launching postgraduate headache seminars with respected organisations both within and outside our osteopathic schools.

Please visit the website to see what we currently offer and find out about our future plans – and if you're at the iO Convention, I hope to see you there!

# Bookshelf

#### Spine and Joint Articulation for Manual Therapists

Giles Gyer, Jimmy Michael and Ben Calvert-Painter

Handspring Publishing (2016), 392 pages ISBN: 978-1-909141-31-5



This book uses more than 300 detailed illustrations and photographs to demonstrate many adaptable and effective treatment techniques. Topics include advanced clinical screening,

safe practice and practitioner posture, and it draws on current research and theories in focusing on the intricate osteology of each spinal and peripheral segment.

#### Anatomy of Potency: Energy Osteopathy and Quantum Physics (2nd edition)

#### Nicholas Handoll

Osteopathic Supplies (2016), 188 pages ISBN: 978-0-9511356-5-5



This exploration of the source of potency - 'the potential for regeneration and renewal of the living system' - is described as 'a journey to the edge of reality'. Written by a co-founder of the

Sutherland Cranial College, it ranges from the osteopathic philosophy of healthcare to relativity and metaphysics, and explains how they relate directly to patients.

#### A selection of illustrated reference books for osteopaths

### Manipulation of the Spine, Thorax and Pelvis (4th edition)

Peter Gibbons and Philip Tehan Elsevier (2016), 336 pages ISBN: 978-0-702059-21-6



Featuring 275 images and access to a website of 56 technique videos, this is a step-bystep guide to using 41 HVLA thrust techniques safely. The new edition addresses issues of

patient consent and relative risk, examines evidence relating to clinical effectiveness, and covers the treatment of radiculopathy and musculoskeletal conditions in children and pregnant women.

If you would like to review any of these titles (in exchange for a free copy), contact the Editor at: editor@osteopathy.org.uk

# **Book reviews**



#### **Advanced Myofascial Techniques, Volume 2:** Neck, Head, Spine and Ribs

Giles Gyer, Jimmy Michael and Ben Tolson

Til Luchau Handspring Publishing ISBN: 978-1-909141-17-9 **Reviewed by** 

#### **Trevor Speller MOst**

This is the second half of a two-book series; while Volume 1 covered the shoulder, pelvis, leg and foot, here the focus on is on techniques for the most commonly encountered musculoskeletal complaints in the neck, head, jaw, spine, thorax and abdomen.

At 244 pages, it is longer than Volume 1, and consists of 20 chapters with key headings that focus on back pain, breathing restrictions, whiplash, cervical issues, TMJ, headaches, closure and sequencing. Each chapter is backed up by a list of references and further reading suggestions.

The layout is aesthetically very pleasing. There are a wide range of detailed illustrations, 3D images and perspective renderings; this gives the reader the opportunity to take a deeper dive and explore the specific section of anatomy that is being worked on, with a visual demonstration of the

hands-on techniques being applied to that region. This is a reassuring theme throughout the book.

Each section of the book has its own 'study guide', which summarises the material and helps to bring each section together, plus questions that check your understanding of the information presented.

There are clear step-bystep instructions for every complaint, and in some cases a 'QR code' which, when scanned with your mobile phone camera, gives you immediate access to a video clip showing you the technique. I found this a very useful addition.

The section on migraines and decompressing the skull was short but very insightful. The chapters on closure and sequencing were the most powerful, and provided a timely reminder of the treatment process and client encounter.

The book is most suitable for massage therapists, student practitioners and osteopaths who are at the beginning of their careers: it gives the reader a wide range of well taught and instructed myofascial techniques which could immediately be used in clinic. Many of the techniques will have been covered in most osteopathic undergraduate programmes, but reading the book is worthwhile for any osteopath; you'll be reminded of some techniques that you may have forgotten, and you may also find some new ones.



**Functional Anatomy of** the Pelvis and the **Sacroiliac Joint: A Practical Guide** John Gibbons Lotus Publishing

ISBN: 978-1-905367-66-5 **Reviewed by** Rebecca Wedlake MOst

This easy-to-read, 288-page volume is exactly what it says on the tin: a practical quide which combines clear information with a nice mix of diagrams and photographs so the reader doesn't feel overwhelmed.

The book starts with a discussion of anatomy and motion, and a useful reminder of the key features of the pelvis and sacroiliac joint. It goes on to examine the relationships of tonic and phasic muscles throughout the whole body (not just the pelvis and sacroiliac joint), before looking at exercise surrounding primary movement patterns.

Other topics covered include joint stability, muscle imbalances and myofascial slings, muscle energy techniques (METs) and the relationship of the hip, glutes and lumbar spine to the pelvis. There is a good flow to the book, which is well structured: a particularly interesting chapter on leg length discrepancy leads nicely into one devoted to

the law of spinal mechanics, for example.

The author also questions education around spinal motion, and justifies his particular teaching and belief system.

At the heart of the book are good, straightforward assessment and treatment techniques, with case studies and lots of discussion to back up each topic. Tables for dysfunction testing are included, along with an exercise sheet for outer core stabilisation - very handy for a new practitioner like me! The book contains some METs that are also described in another of the author's books, but I was glad to have them repeated here rather than being sent off to find them elsewhere.

The illustrations are simple and effective: for example, there is a lovely diagram to discuss compensation resulting from a functional scoliosis.

I was a little unsure of the percentages used for the L4-5 pain zones, and there are times when the author comes across strongly in his beliefs (while pointing out on one occasion that it is difficult to back up a particular statement with clinical research). However, he justifies his reasoning at all times with personal examples and his own findings.

This book provides plenty of food for thought and is immediately applicable to practice. As a bonus, it is easy to dip into and very affordable. Containing plenty of useful information plus encouragement to go out and explore the subject further, it should satisfy osteopathic students and more experienced practitioners alike.

# Courses 2016-17

Courses are listed for general information; inclusion does not imply approval or accreditation by the GOsC. For a comprehensive list of courses, see the o zone events diary at: bit.ly/ozone-events

#### November

#### **Building collaborative** relationships Speaker: Paul Brown Venue: British School of Osteopathy, London SE1 cpd@bso.ac.uk

www.bso.ac.uk/cpd

#### 5-6

Hormones and gut health Speakers: Pamela Vaill Carter, Jane Easty, Michael Harris and Taj Deoora Venue: Hammersmith Hospital, London W12 Tel: 01453 767607 admin@scco.ac www.scco.ac .....

#### 5-6

#### Advanced muscle energy methods - articular and soft tissue approaches

Speaker: Leon Chaitow Venue: Whittington Education Centre, London N19 Tel: 020 7263 8551 cpd@cpdo.net

www.cpdo.net .....

#### 6

#### Bump to baby, part 2: abdomen, thorax and peripheries

Speaker: Miranda Clayton Venue: London School of Osteopathy, London SE1 Tel: 07792 384592

#### osteokids@aol.com www.mumandbaby-athome.com .....

#### 10-11

#### Functional stretching

Speaker: Dr Eyal Lederman Venue: Whittington Education Centre, London N19 Tel: 020 7263 8551 cpd@cpdo.net www.cpdo.net 

#### 12-13

#### Developing osteopathy in paediatrics Speakers: Nancy Nunn and Daniel Stuttard Venue: Osteopathic Centre for Children, London SW18 Tel: 020 8875 5293 cpd@fpo.orq.uk

www.fpo.org.uk/othercourses .....

#### 16

**Cervical spine masterclass** Speaker: John Gibbons Venue: University of Oxford Sports Complex, Oxford OX4 Tel: 07850 176600 john@johngibbons bodymaster.co.uk bit.ly/jgbodymaster

#### 16

#### Kinesiology taping for the athlete Speaker: Mike Grice Venue: Birmingham Movement Therapy, Harborne B17 Tel: 07850 176600 john@johngibbons bodymaster.co.uk

bit.ly/jgbodymaster 19

Tel: 01453 767607

admin@scco.ac

www.scco.ac

19

SCCO Pathway module 10: Integrating cranial into practice Speaker: Michael Harris Venue: British School of Osteopathy, London SE1

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Patellofemoral pain: review

of evidence and practical

Speaker: David Wales

Centre, London N19

Tel: 020 7263 8551

cpd@cpdo.net www.cpdo.net

insights into management

Venue: Whittington Education

19-20

Foundation course Speaker: Penny Price Venue: Shrewsbury Osteopaths, Shropshire Tel: 01453 767607 admin@scco.ac

www.scco.ac

#### 19-20

Above the diaphragm: cardio-thoracic treatment Speaker: Dr Stephen Sandler Venue: Needham House, Hitchin, Hertfordshire www.academyof

physicalmedicine.co.uk

#### 24-27

#### Acupuncture in sports foundation course

Speaker: Bernard Nolan Venue: Whittington Education Centre, London N19 Tel: 020 7263 8551

cpd@cpdo.net www.cpdo.net

#### 26

#### Risk, assessment, communication and consent Speaker: Kelston Chorley Venue: Middlesex University, London NW4 Tel: 020 8905 1937 cpd@collegeofosteopaths. ac.uk www.collegeofosteopaths.

ac.uk/cpd-events/ .....

#### 26-27

#### Harmonic techniques Speaker: Dr Eyal Lederman Venue: Whittington Education Centre, London N19 Tel: 020 7263 8551 cpd@cpdo.net

www.cpdo.net

#### 28-29

#### Advanced soft tissue techniques

Speaker: John Gibbons Venue: University of Oxford Sports Complex, Oxford OX4 Tel: 07850 176600 john@johngibbons bodymaster.co.uk

bit.ly/jgbodymaster .....

#### December

1-4

Acupuncture techniques for sports injuries - level 1 Speaker: Bernard Nolan Venue: University of Oxford Sports Complex, Oxford OX4 Tel: 07850 176600 john@johngibbons bodymaster.co.uk bit.ly/jgbodymaster

Venue: British School of Osteopathy, London SE1 cpd@bso.ac.uk www.bso.ac.uk/cpd 19 Safe use of acupuncture during pregnancy Speaker: Justine Munur Venue: Whittington Education

Advanced spinal

Speakers: Dr David Evans and

manipulation

Neil Wavman

19

Tel: 020 7263 8551 cpd@cpdo.net www.cpdo.net

Centre, London N19

19

Risk, assessment, communication and consent Speaker: Kelston Chorley

Venue: Staffordshire University, Stoke-on-Trent Tel: 020 8905 1937 cpd@collegeofosteopaths.

ac.uk

www.collegeofosteopaths. ac.uk/cpd-events/

#### 19-20

**Osteopathic refresher** Speakers include Robin Lansman and Kevin Brownhill Venue: British School of Osteopathy, London SE1 cpd@bso.ac.uk www.bso.ac.uk/cpd

SCCO Pathway module 1:

.....

#### 2

### Communication and consent

Speaker: Mark Waters Venue: British School of Osteopathy, London SE1

cpd@bso.ac.uk www.bso.ac.uk/cpd

#### www.bso.ac.uk/cpo

#### 3

Treatment of spinal region with acupuncture

Speaker: Kam-Wah Mak Venue: Whittington Education Centre, London N19 Tel: 020 7263 8551 cpd@cpdo.net www.cpdo.net

.....

#### 5

Acupuncture techniques for sports injuries – level 2 Speaker: Bernard Nolan Venue: University of Oxford Sports Complex, Oxford OX4 Tel: 07850 176600

#### john@johngibbons bodymaster.co.uk bit.ly/jgbodymaster

#### 9-10

3D biomechanics and functional active release Speaker: Robin Lansman Venue: British School of Osteopathy, London SE1 cpd@bso.ac.uk www.bso.ac.uk/cpd

#### 10-11

SCCO Pathway module 1: Foundation course Speaker: Penny Price Venue: Crista Galli Osteopathy, London W2 Tel: 01453 767607 admin@scco.ac www.scco.ac

#### 12

Shoulder joint masterclass **13** Kinesiology taping for the athlete **14** Spinal manipulation and mobilisation technique

#### 15

The vital glutes and psoas Speaker: John Gibbons Venue: University of Oxford Sports Complex, Oxford OX4 Tel: 07850 176600 john@johngibbons bodymaster.co.uk bit.ly/jgbodymaster

#### January 2017

15

#### The miserable baby, part 1: Treating feeding and digestive disorders in babies

Speaker: Miranda Clayton Venue: London School of Osteopathy, London SE1 Tel: 07792 384592 mumandbabycpd@gm.com www.mumandbaby-athome.com/CPD

23 Knee joint masterclass 24

Hip and groin masterclass **25** 

Muscle energy techniques made simple Speaker: John Gibbons Venue: University of Oxford Sports Complex, Oxford OX4 Tel: 07850 176600 john@johngibbons

#### bodymaster.co.uk bit.ly/jgbodymaster

#### 28-29

Hartman's masterclass in manipulative techniques: upper body Speaker: Prof Laurie Hartman Venue: Whittington Education Centre, London N19 Tel: 020 7263 8551 cpd@cpdo.net www.cpdo.net

#### February

2-5 Visceral manipulation 1 Speaker: Rita Benamor Venue: Talbot Hotel Stillorgan, Dublin, Ireland Tel: +353 1210 3967 barralireland@gmail.com www.barralinstitute.ie

#### 3-5

Neuromeningeal manipulation: an integrative approach to trauma Speaker: Mark Bloemberg Venue: Talbot Hotel Stillorgan, Dublin, Ireland Tel: +353 1210 3967 barralireland@gmail.com www.barralinstitute.ie

#### 3-5

SCCO Pathway module 5: In reciprocal tension Speaker: Michael Harris Venue: The Beeches, Bournville, West Midlands Tel: 01453 767607 admin@scco.ac www.scco.ac

#### 8-10

Listening techniques 1 Speaker: Mark Bloemberg Venue: Talbot Hotel Stillorgan, Dublin, Ireland Tel: +353 1210 3967 barralireland@gmail.com www.barralinstitute.ie

#### 10-12

The osteopathic voice Speaker: Ashley Stafford Venue: Hawkwood College, Stroud, Gloucester Tel: 01453 767607 admin@scco.ac www.scco.ac

ww.scco.ac

#### 15

Bump to baby, part 1: Treating pregnant patients Speaker: Miranda Clayton Venue: London School of Osteopathy, London SE1 Tel: 07792 384592

mumandbabycpd@gm.com www.mumandbaby-athome.com/CPD

#### 17

Neuro and intracranial anatomy and pathology Speaker: David Parry Venue: British School of Osteopathy, London SE1 cpd@bso.ac.uk www.bso.ac.uk/cpd

#### 18-19

Vascular manipulation Speaker: Richard Twining Venue: European School of Osteopathy, Maidstone, Kent Tel: 01622 671558 admin@scco.ac

www.scco.ac

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#### 22-24

Barral's osteo-articular approach: lower limbs Speaker: Jean-Pierre Barral Venue: Whittington Education Centre, London N19 Tel: 020 7263 8551 cpd@cpdo.net www.cpdo.net

#### 27 Neurological testing made simple Speaker: John Gibbons

Venue: University of Oxford Sports Complex, Oxford OX4 Tel: 07850 176600 john@johngibbons bodymaster.co.uk bit.ly/jgbodymaster

#### March

3-6 SCCO Pathway module 9: Introduction to paediatrics Speaker: Hilary Percival Venue: Hawkwood College, Stroud, Gloucester Tel: 01453 767607 admin@scco.ac www.scco.ac

#### 9-12

Pelvis, sacroiliac joint and lumbar spine masterclass Speaker: John Gibbons Venue: University of Oxford Sports Complex, Oxford OX4 Tel: 07850 176600

john@johngibbons bodymaster.co.uk bit.ly/jgbodymaster

# April

#### **1-2** Neural manipulation

Speaker: Richard Twining Venue: European School of Osteopathy, Maidstone, Kent Tel: 01622 671558 cpd@eso.ac.uk www.eso.ac.uk

#### 1-2

.....

Hartman's masterclass in manipulative techniques: upper body Speaker: Prof Laurie Hartman Venue: Whittington Education Centre, London N19 Tel: 020 7263 8551 cpd@cpdo.net

www.cpdo.net

#### 5-9

#### SCCO Pathway module 2: Osteopathy in the cranial field

Speaker: Carl Surridge Venue: Columbia Hotel, London W2 Tel: 01453 767607 admin@scco.ac www.scco.ac

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5th November	London	17th October	London	22nd October	London
5th November	N. Ireland	22nd October	Cardiff	5th November	Falkirk
12th November	Manchester	26th November	Somerset	12th November	Moira
3rd December	London	3rd December	Falkirk	14th November	London
3rd December	Cheshire	3rd December	Nuneaton	3rd December	Liverpool
3rd December	Dublin	10th December	Oxford	10th December	London
More options o	ilso available	10th December	Cardiff	More options al	so available

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"I just wanted to say thank you so much for creating such a wonderful informative well taught course. I would highly recommend this course to my colleagues."

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Contact us for more info, dates, courses, locations or to book your place.



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London • Scotland • Retford • Nuneaton Liverpool • Manchester • Moira Dublin and many more.... "Extremely informative. Great modifications throughout. Really enjoyed the day, learnt lots. Will definitely book for more courses."

# ICAOR<sup>11</sup>

BCOM and AIMO are pleased to announce the 11<sup>th</sup> International Conference on Advances in Osteopathic Research

# Italy, Milan 21 - 23 April 2017

# **Call for registration**

#### **Keynote Speakers**

#### 🍰 Mr Leon Chaitow ND DO

Honorary Fellow, University of Westminster, London Editor-in-Chief, Journal of Bodywork & Movement Therapies *Keynote:* "Implications of current research on dosage of manual/osteopathic treatment of fascial dysfunction."

#### 🖁 Dr Lisa M. Hodge, Ph.D.

Associate Professor, The Department of Cell Biology and Immunology, Osteopathic Heritage Basic Science Research Chair, The Osteopathic Research Center, University of North Texas Health Science Center.

**Keynote**: "The lymphatic system and Inflammation: insight into the mechanisms of protection offered by osteopathic medicine."

#### 🝰 Dr. Silvestro Roatta, PhD

Associate Professor of Physiology, Dept. of Neuroscience, University of Torino - Politecnico

**Keynote**: "Autonomic modulation of skeletal muscle function: physiological mechanisms, implications, speculations.

#### 🖁 Dr. Alberto Gallace, Ph.D.

Researcher in Psychobiology, Department of Psychology University of Milano-Bicocca *Keynote:* "Body, Space, and Pain in the brain: the concept of body matrix."

#### 🍰 Prof Dr Wilfrid Jänig

Professor of Physiology Emeritus, Physiologisches Institut, Christian-Albrechts-Universität zu Kiel, Germany *Keynote: "Autonomic Nervous System and Inflammation."* 

#### Register now and learn more at

www.aimo-osteopatia.it/icaor11 www.bcom.ac.uk/icaor11









# CPDO 2016-17

### 20207 263 8551 cpd@cpdo.net

rofessional Development for Manual and Physical Therapists

Date	Торіс	Lecturer	Cost	Deposit	CPD points	
15 Oct	Integrated myofascial Release	Rachel Fairweather & Meghan Mari	£125	£125	7	
19-21 Oct	Barral's advanced urogenital manipulation	Jean-Pierre Barral	Fully b	ooked	20	
5-6 Nov	Advanced Muscle Energy Methods: articular and soft tissue approaches	Leon Chaitow	£295	£200	14	
19 Nov	Tendinopathies & Patellofemoral Pain: review of evidence and practical insights into management	David Wales	£125	£125	7	
19 Nov	Safe Use of Acupuncture during Pregnancy	Justine Munur	£135	£135	7	
24-27 Nov	Acupuncture in sports foundation Course	Bernard Nolan	£545	£275	24	
26-27 Nov	Harmonic techniques (start Saturday)	Dr. Eyal Lederman	£285	£200	14	
3 Dec	Treatment of spinal region with acupuncture	Kam-Wah Mak	£145	£145	7	
3-4 Dec	Hartman's Master class in manipulative techniques: lower body	Prof. Laurie Hartman	Fully t	ooked	14	
28-29 Jan 2017	Hartman's Master class in manipulative techniques: lower body	Prof. Laurie Hartman	Fully b	ooked	14	
22-24 Feb 2017	Barral's osteo-articular approach: lower limbs Only few places left	Jean-Pierre Barral	£680	£375	20	

# Booking now available for Prof. Hartman's and Barral's courses in 2017

CPDO at Home - online CPD Learning with Others and Self-Directed Learning Free membership - Pay as you go - www.cpdoathome.com



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Courses venue: Whittington Education Centre, Whittington Hospital Gordon Close, off Highgate Hill, London N19

CPDO Ltd. 15 Harberton Road, London N19 3JS, UK / 0044 (0) 207 263 8551 email: cpd@cpdo.net For more information and booking visit WWW.cpdo.net 50% discount available to students on most courses (see www.cpdo.net for further details)

# **Anatomy of Potency**

energy osteopathy and quantum physics

#### by Nicholas Handoll

#### Second edition now available ISBN: 978-0-9511356-5-5

First published in year 2000 and translated into French, German and Italian, the second edition has been revised and updated. Available from orders@osteoputhicsupplies.com or from the author: aicholas/chandoll.org

#### Reviews:

"I recommend this book to anyone who has ever sat with his or her hands upon a patient, marvelling at the capacity of life to act, wishing they understood the process more. I recommend it to all who practise esteopathy.

"A gift to osteopathy. Nicholas Handoll touchingly and paternally holds our hands while taking us on a journey. When, as the journey ends, it finally gives way to the author's reappraisal of our work based on all that's gone before, the result is a personal and deeply felt understanding of patients, practitioners, illnesses, treatments and the whole electromagnetic saup that it's all dosolved in, that simply feels true.

"This is a must read book. A seminal text on Osteopathy and the New Physics. Very well referenced, erudite and readable. If all you wanted was to understand modern physics this book is the broadest and most readable, yet true to the science, I have found. I thoroughly enjoyed it. I will return to Anatomy of Potency many times.

"Anatomy of Potency is for the secker of knowledge and for the individual who questions. Nicholas Handoll is asking for us to look in between the lines of William Sutherland's work and search for a deeper appreciation and understanding of the mechanism that motivates the forces of healing. Nicholan Handoll offers as a view of 21" century Osteopathy.

"The central question of the book is: What is the source of the physiological motion, first described by Dr Sutherland? Finding the usually proffered answers to this question incomplete, the author asks his readers to shift mental perspective and consider new ways of experiencing themselves in spacetime. We are given the beginnings of a possible language to enable us to speak together more precisely and to explain to others what it is that we fielt when we place our hands and contact the living tissues of our patients. Terrific!

"The first part of the book justifies its cover-price but, for me, the excitement was in the second half. The final three chapters are masterful. Wow!



Now for the first time in England:

# **Energy Osteopathy**

A full day course with Nicholas Handoll and Caroline Penn

Energy Osteopathy is an easily assimilable summary of Anatomy of Potency, complete with practicals.

### Sunday 6<sup>th</sup> November 2016 Regents Conference Centre, Regents Park, London, NWI 4NS

We will explore:

What is Energy Osteopathy? What are we? Are we what we believe we are? What is the environment in which we live? What is energy? How does this affect our patients and our treatment?

Wow! this course has changed the way I think about osteopathy and given me ideas about how to put that in practise.

The course has helped me to accept the things I feel in my palpation. ATS would have loved this course!

The understanding from this course gives a framework for cranial osteopathy that was missing for me.

I loved parts of the book but the course brings the whole subject together - energy - health & osteopathy

I am glad I read the book first, now I have the big picture and where osteopathic palpation fits in, so I shall read it again! At last - a scientific understanding of cranial work and how to do it all in one day!

I thought I'd be out of my depth with the physics but Nicholas took us by the hand, step by step on a fascinating journey & I loved every minute!

I wish I'd done this course years ago, I feel I've leap-frogged to a whole new dimension of understanding and application of osteopathic principles/philosophy

To reserve a place please e-mail: nicholas@handoll.org

Places are limited so please do not delay.

To book, please visit: WWW.SCCO.ac or call 01453 767607

Some courses require a minimum level of qualification; please contact us for further details.

#### **NOVEMBER 2016**

#### **Hormones & Gut Health**

5-6 November 2016 £330\* non-res W12 Centre, London

CPD: 16 hrs Leaders: Pamela Vaill Carter, Taj Deoora

A weekend of standalone, 1-day courses. Day 1 considers the endocrine challenges of pregnancy and post-partum, the menopause and treating older adults. Day 2 deepens your understanding of the role of the gut in health and disease.

You do not need to have attended February's Hormones & Immunity to book this course.

Module 10: Integrating	Cranial into Practice
19 November 2016	£165 non-res
BSO, London	CPD: 8 hrs

#### Leader: Alison Brown

. . . ...

A one day course aimed at helping you to integrate cranial work into your existing osteopathic practice, and to give you the confidence to communicate effectively with your patients.

#### FEBRUARY 2017

Module 5: In Reciprocal Tension

3-5 February 2017	£945** res
The Beeches, Bournville	CPD: 24 hrs
1 1 141 111 1	

#### Leader: Michael Harris

Develop palpatory awareness of whole-body interconnectedness, discover the secrets of the body's structural integrity and explore how this may influence treatment.

#### **MARCH 2017**

#### Module 9: Introduction to Paediatrics

3-6 March 2017	
Hawkwood, Stroud	

#### Leader: Hilary Percival

This introductory course will prepare you to practice safely and examine your young patients with confidence and with a deeper appreciation of the extraordinary journey from embryo to childhood.

Bookings are now open for the 2018-2019 Paediatric Osteopathic Diploma.

osteopathy within the cranial field.

Start your Fellowship journey wi MODULE 1: FOUNDATION (		D: 16 hrs non-res
Leader: Penny Price (Tim Marris, Dec 2016)	19-20 November 2016	Shrewsbury
Have you ever wondered about the	10-11 December 2016	London
anatomy above the atlanto-occipital joint? Or what influence the structures within the	25-26 February 2017	London
head, neck and pelvis may have on the rest	20-21 May 2017	Edinburgh

£1100\*\* non-res

CPD: 32 hrs

#### FEATURED COURSE The Osteopathic Voice

10-12 February 2017

Hawkwood, Stroud

CPD: 16 hrs

£460\* res

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Staged payments available &

a small deposit secures

your place.

#### Leader: Ashley Stafford (with Sue Turner)

An inspirational course covering neurology, anatomy, embryology and the extensive network of connections and influences on the vocal apparatus; from cranial base to pelvic floor and beyond. It includes voice, breath and body-work informed by osteopathic principles and palpation, as well as practical sessions to engage the allimportant channel of breath, sound and feeling.

#### **APRIL 2017**

Module 2: Osteopathy in the Cranial Field 5-9 April 2017 £950 non-res CPD: 40 hrs

Columbia Hotel, London Leader: Carl Surridge

Our flagship Osteopathy in the Cranial Field course is an overview of the whole cranial concept, covering all the key areas, and includes treatment approaches that you can use immediately in practice.

#### **MAY 2017**

Module 4: Balanced Ligamentous Tension 11-15 May 2017 £980\*\* non-res Hawkwood, Stroud CPD: 34 hrs

Leader: Sue Turner

An excellent introduction to working with involuntary mechanisms in clinical practice and to the treatment of body-wide joints.

#### **JUNE 2017**

#### **Head First Conference**

10-11 lune 2017

1-2 July 2017

W12 Centre, London

£390\* non-res CPD: 16 hrs

London

Guest Speaker: Prof. Frank Willard Our conference will focus on head trauma, concussion and relevant osteopathic treatment strategies.

#### **JULY 2017**

#### Module 7: Spark in the Motor

7-9 July 2017	£945** res
The Beaches, Bournville	CPD: 24 hrs
Leader: Rowan Douglas-N	Aort

Explore the art and science of osteopathy addressing the nervous system, cerebrospinal fluid and the subtle fluctuations and bioenergetic communication throughout the fluid fields of the body.

#### **INTERNATIONAL SPOTLIGHT**

**Module 9:** Introduction to Paediatrics €900 non-res 18-20 November 2016 24-25 June 2017 €600 non-res San Sebastián, SPAIN CPD: 24+18 hrs

Leaders: Mark Wilson, José Apeztegia Module 9 is now available over two parts in Spain! Held in the stunningly located Hotel Monte Igueldo, Part 1 covers the same curriculum as our UK Module 9 except for the Red Flag day. These serious considerations are dealt with in the mandatory Part 2 along with the internationally-recognised Emergency First Aid certificate. BILINGUAL

#### Embryology

12-14 March 2017	€550* non-res
14-16 March 2017	€550* non-res
Göttingen, GERMANY	CPD: 16 hrs

#### Leader: Guus van der Bie

Two opportunities to take this exciting course on the fascinating hidden world of embryology in the unique surroundings of Göttingen University's Blechschmidt IN ENGLISH Collection.

Exclusive booking for Faculty & Fellows until end November, general bookings thereafter.

\*Member/Fellow discounts available. \*\*Residential and non-residential rates available. Please contact us for further details.



COURSE CALENDAR Sutherland Cranial College OF OSTEOPATHY



# **Postgraduate courses**

### **Vascular Manipulation**

Course leader: Richard Twining

Date:	Saturday 18 to Sunday 19 February 2017
Cost:	£280 (includes lunch and refreshments)
CPD:	14 hours
Location:	Boxley House, Maidstone

"By liberating a femoral artery one can easily gain a 10-30 degrees of extension of a hip, or when normalising a vertebral artery one can realise a gain of 10-30 degrees of sidebend" Chauffeur, Pratt & Michard (2009)

This course will review the global fluid exchanges, pressures and circulations in the body and their significance for health and dysfunction and then focus on the faster flowing fluids of the vascular system, the biomechanics of its connective tissue matrix and how to manipulate vessels, directly and indirectly, in both the musculoskeletal and visceral networks to improve musculoskeletal mobility, visceral function and tissue quality.

### **Neural Manipulation**

Course leader: Richard Twining

Date:	Saturday 1 to Sunday 2 April 2017
Cost:	£280 (includes lunch and refreshments)
CPD:	14 hours
Location:	Boxley House, Maidstone

On average 50% of peripheral nerves consist of connective tissue, which forms a matrix extending through the body and which behaves biomechanically in a similar way to other connective tissue.

This course will review the research evidence for the biomechanics of the peripheral nervous system, its pathways and how to release restrictions of the parietal nerves with both direct and indirect techniques to diminish neurogenic pain and increase musculoskeletal mobility.



### Richard Twining D.O. BSc (Hons) Osteopathy, Postgraduate Certificate in Osteopathy

Richard Twining is a graduate of the ESO and taught the visceral osteopathy course between 2006 and 2012. He is currently Consultant to the ESO's International Department, a member of the Royal Society of Medicine and teaches across Europe. He has an interest in the integrative and holistic aspects of osteopathy and is a founder faculty member of the the Japan Traditional Osteopathy College.

First Aid Training - Affordable, QCF accredited first aid training now available through the ESO - Courses start at just £40 - Visit www.esotraining.co.uk



#### Visceral Integration within osteopathic practice

Presented by Jean-Marie Beuckels

Saturday 14th January

To find out more visit: www.eso.ac.uk/ postgraduate

### International Conference

Summer 2017

To register your interest contact Jessica Williams, PA to the Executive Team. +44 (0)1622 671558 jessicawilliams@eso.ac.uk



#### **CONTACT US:**

European School of Osteopathy, Boxley, Maidstone, Kent, ME14 3DZ Tel: +44 (0)1622 671558 or Email: cpd@eso.ac.uk WWW.ESO.aC.Uk



### THE BRITISH SCHOOL OF OSTEOPATHY Continuing Professional Development

For the full course list visit: www.bso.ac.uk/cpd or bcok online at www.bit.ly/bso\_cpd

#### **3D Biomechanics and Functional Active Release**

Date : Friday 9th and Saturday 10th December Times: 09:00-17:00 both days **Cost :** £270 CPD: 14 Hours Tutor: Robin Lansman Location : BSO Teaching Centre, London



Biometrics will introduce you to active palpation and assessment in motion. You will explore the functional assessment of dancers and athletes at all levels and learn about active standing examination. This will lead onto evaluating 3D, including stability, strength, symmetry and fatigue using the 3D squat. Functional Active Release is practitioner applied focal inhibition combined with patient-controlled multi-planar active movements. This approach produces deep and lasting changes in function, helping to reduce the chances of injury and improving sports performance by quickly and effectively releasing deep postural stiffness

#### Neuro and Intracranial Anatomy and Pathology Date : Friday 17th February

Times: 09:00-17:00 Cost : £205 CPD: 7 hours **Tutor** : David Parry Location : BSO Teaching Centre, Gordon Museum



A day spent in multiple learning landscapes to enforce and enhance knowledge of intracranial anatomy and selected pathology. The learner will first attend a lecture that will lay the foundation for the rest of the day's learning. The afternoon is spent in part (2 hours) in the dissecting room, looking and discussing normal anatomy on cadavers that will support the lecture and be a basis for the rest of the session (2 hours) that will be spent looking at potted real pathology and discussing the presentation and case histories of each example.

#### **Ultrasound Introduction**

Date : Sat 18th Feb Times: 09:00-17:00 **Cost** : £135 CPD: 7 hours Tutor : Dave Baker Location : BSO Teaching Centre, London



This highly practical Introductory Ultrasound course is designed by clinical contributors to www.theultrasoundsite.co.uk, and is tailored to specifically meet the needs of health professionals looking to develop their clinical skills utilising diagnostic ultrasound. The course aims to enhance clinicians' understanding and awareness of diagnostic musculoskeletal ultrasound and how it will change your practice. It will be run by three highly experienced extended scope physiotherapists using musculoskeletal ultrasound in an outpatient department for the past 5 years. This course provides a fantastic learning opportunity, using numerous case study examples and is ideal for beginners or those with limited scanning experience. This is a comprehensive practical course focused upon developing quality assurance .There will be high tutor and scanner to student ratios ensuring that everyone is thoroughly involved in the sessions.

#### Get in touch...

For a full list of all our CPD courses or to book your place today, phone on 020 7089 5333 or email cpd@bso.ac.uk.

#### What's coming up...

Sat 5 Nov **Building Collaborative Relationships** Sat 19th Nov Advanced Spinal Manipulation Fri 9 & Sat 10 Dec **3D Biomechanics & Functional Active** Release Fri 27th Ian **Emergency First Aid** Sat 28th Jan **Ergonomics** Sat 28th and Sun 29th Jan Osteopathic Refresher Sat 18th Feb Ultrasound Introduction Sun 23rd Apr Neonatology Sat 13 and Sun 14 May Advanced Osteopathic Paediatric Respiratory and ENT Medicine

#### 2017

We're planning our CPD programme for the year ahead—please share your ideas and requests via cpd@bso.ac.uk.

#### Follow us...



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of Osteopathy

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We have a variety of teaching rooms, practical rooms and meeting rooms available for hire in our Central London location at competitive rates.

Phone Husaina on 020 7089 5319 or visit <u>www.bso.ac.uk</u> for a full list of what's available.

THE BRITISH SCHOOL OF OSTEOPATHY

#### Postgraduate Certificate in Integrated Care Of Older Adults\*

Did you know that by 2030, one in five people in England will be aged over 65? This is why we have specifically designed the only award bearing course in the UK for those who wish to develop specialists skills in osteopathic care of older adults (over 65 years). This course will equip practising osteopaths with contemporary, evidence-informed knowledge, practical and clinical skills in the specialist area of advanced osteopathic management of older adults.

- Learn topics such as the biology of ageing, effects of polypharmacy and nutrition on health, the impact of complex co-morbidities on prognosis
- Learn patient-centred comprehensive evaluation and management strategies of older adults, including riskassessment
- Learn to critically appraise plausibility of contemporary and established models of osteopathic care for the elderly
- Learn concepts of safeguarding supported by effective communication and team working
- Enables you to establish links with local practitioners that manage and treat older adults.
- Assessments in the form of written course work
- Flexible with weekend classes, allowing you to commute as well as combine work and study
- Suitable for graduate and experienced osteopaths

Our next cohort will begin April 2017.\* For more information:

Course Leader: Shireen Ismail s.ismail@bso.ac.uk

Admissions: admissions@bso.ac.uk or 020 7089 5356

Subject to validation

# verbiercpd 2017

30 Hours CPD January 28th – February 4th



Allow yourself the pleasure of fulfilling your yearly CPD whilst skiing or snowboarding in the intoxicating atmosphere of Verbier in the Swiss Alps. This year the focus of the lectures is on complicated spinal presentations, rehabilitation and training.

#### The lecturers are;

#### Alex Ashburner. MSc MCSP HCPC

'ACL Rehabilitation' 'Assessment and training for optimal performance'

#### James Beck DO, GOsC

Low back pain—The conundrum

The complex

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Conference 2017

Discounts for early bookings end 30 November 2016

# The Future of Paediatric Osteopathy

The Foundation for Paediatric Osteopathy is delighted to invite you to the third international conference in London. Following the success of the 2012 and 2015 conferences we have brought together another unique combination of speakers to inspire you. All osteopaths will gain from this opportunity to learn from the lectures and share their experience with other paediatric osteopaths.

Our speakers include:

Peter Armitage DO DPO FSCCO

Peter Brown BA(Hons) CQSW MA PGDip

Chris Campbell DO

Dr Jayne Donegan MBBS DRCOG DFFP DCH MRCGP MFHom

Nerys Hughes BSc(Hons)

Stuart Korth DO DPO FICO

Susan Turner MADO

Dr Beatrix Urbanek MSc DO DPO

Professor Frank Willard PhD

Join us at: **Regent's University London,** Inner Circle, Regent's Park, London NW1 4NS For details and registration visit: www.fpo.org.uk/ conferences

#### **Developing Osteopathy in Paediatrics Course**

#### Developing Osteopathy in Paediatrics: Part 1 12 Nov 2016

We are repeating the April course due to popular demand. Designed for osteopaths who wish to explore clinical examination of babies, it will also cover differential diagnosis of the unsettled baby, an osteopathic understanding of the effects of birth on the structure of the body and its influence on function.

#### Developing Osteopathy in Paediatrics: Part 2 13 Nov 2016

This follows on from the first Developing Osteopathy in Paediatrics Course, and considers the principles of diagnostic clinical reasoning, paediatric practice, clinical presentation and treatment of infants; addressing, among other issues, colic, gastroesophageal reflux and plagiocephaly.

### FINAL DAYS BOOK NOW!

Each course: **7 hours.** New graduates and final year students welcome.

For details and booking form: www.fpo.org.uk/other-courses 020 8875 5293 or cpd@fpo.org.uk

### CONTINUING PROFESSIONAL DEVELOPMENT (CPD)



# ABOUT THE CONFERENCE

#### **1st Emirates Osteopathic Conference**

The 1st Emirates Osteopathic Conference will be held on the 17th and 18th of February 2017 at Al Badia Golf Club by Intercontinental, Dubai, UAE. It is the first osteopathic conference to be held in the Middle East.

Osteopathy has been practised in Dubai for over 30 years and is rapidly gaining popularity as a healthcare profession. Dubai is fast developing as a hub for medical tourism in the MENA region and osteopathy plays an important role in patient care.

"Osteopathy across the Life Span" as the conference theme reflects the broadness of osteopathic practice, from the care of infants to the care of the elderly. Invited keynote presentations, workshops and poster presentations will provide a platform, not only for discussing existing knowledge and innovative osteopathic interventions, but also for finding new ideas and ways of research in the field of osteopathy.

This conference will be of interest to osteopaths, physiotherapists and other healthcare practitioners, and healthcare regulators.

To register, please visit www.emiratesosteopathicconference.com/ schedule

If you want to be a part of the first Osteopathic Conference in the UAE and discuss your work with the experts, you can also submit abstracts for poster presentations.

For more details, please visit: www.emiratesosteopathicconference.com/ abstract-submission

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# OSTEOPATHY ACROSS THE LIFE SPAN

17 - 18 FEBRUARY 2017 DUBAI, UNITED ARAB EMIRATES

FEATURED PEAKERS



# Reaching Out iO Convention



# **Nov 25th - Nov 27th 2016** Beaumont Estate Hotel, Old Windsor

The iO Annual Convention takes place next month with a line-up of speakers, workshops and networking opportunities that makes it the must-go-to event in the osteopathic calendar.

Renzo Molinari • Clive Hayden • Liz Hayden • Phil Parker

'Reaching Out' is the theme for this year's convention. We have all acknowledged the importance of reaching out to each other in the osteopathic community and as these bonds grow ever stronger, we are now looking beyond our own profession and reaching out to others.



In addition to popular speakers from the osteopathic community, we are delighted to host the following speakers from outside osteopathy;

#### **Charles Greenough**

former National Clinical Director for Spinal Care

#### **Dr Andrew Dowson**

founder & head of the Headache department within Neurology at King's College Hospital & clinical lead on the Headache Management section of the Pain Masters course at the University of Edinburgh's School of Clinical Sciences

Jo Sayer National Osteoporosis Society

Wendy Holden Arthritis Action

Choose from a range of streamed sessions and conferences which allow you to create your own unique convention experience tailored to your own educational and career development goals.

### Book at www.osteopathy.org/convention-2016/

#### **'MEET THE GIANTS'**

Laurie Hartman, Stuart Korth and Renzo Molinari **17 and 18 December 2016** Imperial Wharf - London

**The Molinari Institute of Health** is pleased to announce an exceptional seminar providing the unique opportunity to listen to and practise with three "Giants" of British Osteopathy.

**Mr Hartman** will show many methods of manipulating with almost no force applied to the patient, producing amazing results and very quick to learn for most practitioners.

**Mr Korth** will talk about his 50 years' experience in Osteopathy and will guide the students in mastering the techniques he has developed, applied on different clinical cases.

**Mr Molinari** will show how manual approaches (direct, indirect, cranial, visceral and spinal) can specifically promote Women's Health. He will demonstrate these different techniques giving the delegates the opportunity to do the same.

To register please contact Corinne Jones at corinnejones.mih@gmail.com

Or for more information please visit our website: **www.molinari-institute-of-health.org** 



#### VISCERAL AND OBSTETRIC ASSOCIATION Clinical Special Interest Group http://visceralandobstetricassociation.co.uk

What is isn't: a technique driven group just looking at visceral manipulation or rubbing pregnant bellies!

What it is:

- To understand how osteopaths could or should provide care for patients with digestive, breathing, urogenital, circulatory or other 'systemic' conditions in adults and / children, including obstetric paediatric and palliative care considerations
- 2) What is the scope of osteopathy alongside medical practice, what constitutes good practice and what are the standards of procedure and management?
- 3) How can the wide scope of technical and philosophical approaches be combined / accommodated into a recognisable form that can be communicated?
- 4) What outcomes are we aiming at? How can practice be evidenced? How can we advance and evaluate clinical practice change and development and how can we communicate these fields of practice?
- A group that collaboratively explores osteopathic practice and evidence and develops frameworks for care which aim to be permissive to the breadth of osteopathy, not restrictive in concepts
- 6) The Association will aim to provide a degree of knowledge and information for regulatory and other interested parties who develop policies and who consider fitness to practice and suchlike

What does it cost: FREE TILL MARCH 31 2017. THEN MEMBERSHIP FEE OF £20 PER ANNUM.

Members can access a moodle website / elearning platform for forums, webchats, news feeds, clinical updates and more, and have access to 4 free practical workshops a year.



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#### Caroline Stone Lectures 2016-2017

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All details on http://carolinestone.getmoodle.net/

4 DEC 2	016 TH	E TONGUE, VOICE, JAW, THROAT
7 JAN 20	017 V 8	O - FREE WORKSHOP
12 MAR		DOMINO-PELVIC PAIN AND SCARRING / HESIONS
26 MAR	OP	TIMUM FOETAL POSITIONING
23 APR	V 8	O – FREE WORKSHOP
21 MAY	VIS	CERAL VASCULAR WORK
18 JUN	POST PARTU	IM RECOVERY, INC BREASTFEEDING
2 JULY		LE UROGENITAL, PERINEAL AND VIC PAIN
16 JUL	V 8	O - FREE WORKSHOP
17 SEPT	BRI	EATHING DYSFUNCTION
8 OCT	NO	N CRANIAL PAEDS COURSE 1
19 NOV	NO	N CRANIAL PAEDS COURSE 2
3 DEC	V 8	O – FREE WORKSHOP

# Classifieds

#### Osteopath required: Derbyshire

Long-established practitioner (www.osteopathy4life.com) needs fellow osteopath to help manage expanding patient list. Mentoring, support and flexible working arrangement guaranteed. To arrange an initial informal discussion, call Paul Ashburner on 01773 843 033 or email paul@osteopathy4life.com

#### Osteopath required: London

Exciting opportunity for a cranial osteopath to run their own practice and see existing clients, and be supported by a well-established osteopathic practice based in a busy, multi-disciplinary clinic in prime location, London NW2. Huge scope for successful practice. Email info@chaimcentre.com

#### Osteopath required: Suffolk

Osteopath to rent a treatment room full- or part-time. The room is in a brand new modern wellness and fitness centre in Needham Market (Suffolk). For more details, please call Kara Foster on **07909 693227** 

#### Osteopath required: Middlesex

Full-time osteopath required for a busy clinic based in Eastcote. If you are highly motivated and enthusiastic and wish to get proper mentoring and coaching through clinic, send your CV to info@healthyspine.co.uk

#### Osteopath required: Ireland

Full-time position in busy Drogheda practice. Every age group treated. You must be enthusiastic, caring and a good listener, and have common sense when dealing with patients. Flexibility of approach and ability to fit in with our system of treating will be necessary. Some evening work. Six-month trial period, salary negotiable. May suit a graduate. Reply by email to barneyflanneryosteopath@ gmail.com, with CV, saying why you would like to work with us.

#### Osteopath required: Ireland

Full time structural osteopath required (preferably with a minimum of three to five years' experience) for immediate start in our busy clinic in Limerick. Possibilities for further opportunity. For more information, please email Breffni at info@ riverviewclinic.ie or call 00353 876210421

#### Associate osteopath required: Buckinghamshire

Confident osteopath required in south Bucks practice (www.bucksosteopathy.com), 35 minutes from Marylebone

by train/Metropolitan line. Two half-days building to two full days (flexible). You will receive good remuneration and operate within a practice that loves what it does, receiving individual support. Please email sarahegill@gmail.com

### Associate osteopath required: Cheshire

Full time associate required to join busy multi-therapy practice in Nantwich. There is also an opportunity for the successful candidate to work within the equine side of the business, treating horses all over the UK and the Channel Islands. Fantastic career opportunity for the right person. Start date asap. Please send your CV to **tilstone@btopenworld.com** or call **01270 629933** 

#### Associate osteopath required: Hertfordshire

The Osteopathic House in Rickmansworth is looking for a new associate to join our team for two sessions a week, Tuesday and Saturdays, with room to expand in the near future. Candidate must have sound knowledge, good osteopathic philosophy and will be given business skills and further training as part of the contract. Please contact health@ theosteopathichouse.com with a CV and covering letter.

#### Associate osteopath required: Somerset

Two to four days a week, Monday/Friday to cover parttime 10 months' maternity leave from the beginning of December. Plus a permanent part-time position in a busy multi-disciplinary clinic in Portishead, North Somerset. We are seeking good cranial and structural skills with an interest in the management of complex and longstanding pain conditions. We may consider separating the two posts. Please send application and CV to Pattie White at: healthcare@ walnutgroveclinic.com

#### Associate osteopath required: West Yorkshire

Associate wanted in Holmfirth, two to three days a week. Will be taking over an existing busy patient list. Please send CV to Hannah Stringer info@ holmevalleyosteopathy. co.uk

#### Associate osteopath required: Northern Ireland

Excellent job opportunity: we urgently require an osteopath with good structural and cranial skills to take over a full three-day list with fulltime potential, in picturesque Comber, Co Down. Excellent support and remuneration offered. Please contact Julia for further information. Tel **07812 059358** Email julmurdoch@ gmail.com

### Associate osteopath required: Ireland

Associate wanted for busy practice in Westport, Co. Mayo, Ireland. Initially two to three days leading to full-time. Osteopath should be looking for long-term position. Largely structural-based practice. Mentoring provided by principal. All enquiries and CVs to **bdrummclinic@gmail.com** 

#### Practice for sale: Bournemouth

Turnover of £40k (based on 15-hour week), medical office lease £7.5k (inclusive) with 24/7 use at no further cost. Open to negotiations, including lump sum/staged payments. Ideal for relocation or recent graduate wanting a guaranteed income. Email: mj@xxosteo.com

#### Practice for sale: Somerset

A rare opportunity to purchase a substantial four-bedroom house with private enclosed rear gardens in north Somerset. Attached to the house is a spacious, self-contained osteopathy suite with both interior and exterior access, comprising reception area with clients' cloakroom and two treatment rooms. Beyond the osteopathy suite is a small annexe comprising bedsitting room, kitchenette and bathroom. The property has parking for at least 10 vehicles and is in the heart of a busy town just south of Bath. It has current D1 use and has until recently been used as a busy osteopathy practice with a loyal patient base. Contact ros@ michaelgouldproperty.co.uk or 01761 409000

#### Course: 'Meet the Giants'

Laurie Hartman, Stuart Korth and Professor Renzo Molinari. Come and take part in demonstrations showing unity in diversity. Short theoretical presentations followed by practical workshops. Date: 17-18 December 2016. Venue: London SW6. Price: £300. Contact: corinnejones.mih@gmail. com or visit www.molinariinstitute-of-health.org

#### Online course: Google AdWords for Osteopaths

This is for you if you have tried AdWords without success, you think AdWords is too complicated for you, or you would like to optimise your current AdWords account to its full potential. A well-managed account can be the key element to sustained practice growth. This tried and tested system is presented by a practising osteopath, who has been there and done it. Use coupon code OSTEO to get 33% discount. Visit https://handsonsuccess. mykajabi.com

#### Free online course: Sports injuries

Sports Rehab Academy is dedicated to providing manual therapists with a valuable online resource to enable them to master the art of diagnosis, treatment and rehab of a wide variety of sports injuries. Try one of our free courses today! Email: **sportsrehabacademy@ outlook.com** for details.

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# Best Reception

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#### A bit about Best Reception

Established in 2006, Best Reception have been providing services to Osteopaths and other private practitioners for over 6 years. Our dedication to customer service, close ties with our clients and our friendly yet professional service has resulted in phenomenal client retention and year-onyear growth, every year.

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