

New CPD survey: what you told us

– with guide to free resources



Getting patient feedback

Involving patients
to improve your
practice

Building communities

Supporting each
other with CPD



PLUS: Using patient testimonials – what you need to know

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Education, standards and new CPD scheme

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 the *Osteopathic Practice
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x230 or x233

Registration

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 CPD audits.
cpd@osteopathy.org.uk
x235

Applying to the Register,
 annual renewal, registration
 fees, updating your details,
 practising status and
 professional indemnity
 insurance.
registration@osteopathy.
org.uk
x229, x256 or x238

Welcome to the latest edition of

the osteopath



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Want to read an article in a past issue?
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How are you preparing for the new CPD scheme? The majority of those who responded to the CPD Evaluation Survey told us you felt you adequately understood the new scheme, although there were varying levels of preparedness. You can read more about the results on page 7, including some practical tips and suggestions to help you get ready.

One of the requirements of the new CPD scheme, set to roll out from 1 October, is an objective activity. To fulfil this aspect, you could get patients to feed back about their treatment. On page 10, NCOR's Carol Fawkes explains how to get involved in the patient reported outcome measures (PROMs) initiative.

Two articles in this issue examine different ways you can build professional communities, something very much being promoted by the new CPD scheme: 'Connecting for CPD' on page 13 suggests how you might engage with peers as part of your CPD, and in the article on page 12 we hear from three osteopaths who have created a 'virtual' group.

Some of you may already use patient testimonials in your advertising or publicity, while others may be considering it. On page 14 we set out some things you need to bear in mind if you do use patient testimonials.

The new EU General Data Protection Regulation (GDPR) comes into force on 25 May. Georgina Leelodharry of the Institute of Osteopathy offers guidance for osteopaths about how to comply – see page 15.

Thank you again to those who took the time to respond to our readers' survey for *the osteopath*. We are analysing the results and will let you know what we have learned in a future issue.

Clare Conley
Managing Editor
Email: editor@osteopathy.org.uk

Watch new animation about the CPD scheme at:
bit.ly/AboutCPDscheme

the osteopath

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New body formed for European unity

Two organisations which work with osteopathic associations and registers across Europe have merged to form a new body.

The Forum on Osteopathic Regulation in Europe (FORE) and the European Federation of Osteopaths (EFO) met in Athens on 8-9 March and agreed to become the European Federation and Forum for Osteopathy (EFFO).

FORE was established as an initiative of the GOsC in 2005 and has worked since then to promote the development



of osteopathic regulation across Europe. FORE and EFO developed a closer working relationship in the development of the CEN Standard for osteopathy in Europe which was agreed in 2015.

As the interests of the two organisations had increasingly become aligned, so too did the impetus for merger increase.

The majority of the full members of the new organisation will be professional associations and other representative bodies, with the Institute of Osteopathy becoming the UK's full member. The GOsC will retain its involvement in promoting the regulation of osteopathy in Europe through associate membership of the new organisation.

Take part in consultation on quality assurance of osteopathic education

We are consulting on proposals for a number of policy changes in relation to the quality assurance of osteopathic education.

One of the GOsC's statutory duties is assuring the quality of undergraduate and pre-registration education (quality assurance) for any qualifications that we recognise.

This consultation proposes a number of policy changes in relation to the quality assurance of osteopathic education, as well as a call for evidence about other aspects of quality assurance.

The proposed changes are:

- the removal of Recognised Qualification expiry dates
- the publication of conditions to enhance transparency and accountability
- the adoption of a formal procedure to deal with concerns about osteopathic education.

The consultation also explores ways in which good practice can be identified, shared and sustained to enhance the quality of pre-registration education.

The GOsC is also exploring how it may introduce a more risk-based approach to its quality assurance process. This is to reflect sector-wide developments in



regulation, particularly in higher education, and an expectation that regulation is proportionate and more targeted and focused on areas that are in need of support.

You can read the consultation document and respond to the consultation at bit.ly/QA-consult-2018

The closing date is 3 May 2018.

New members join the Professional Conduct Committee

The GOsC Council has appointed four new members – two lay and two osteopaths – to the Professional Conduct Committee (PCC), which hears fitness to practise cases involving osteopaths. All will serve for up to four years on the PCC. The four new members are:



Helena Greenwood (osteopath)

Helena Greenwood qualified as an osteopath in 1999, prior to which she

worked for 10 years in the IT industry after completing a degree in natural sciences at Cambridge University. She has taught extensively on undergraduate and postgraduate courses, most recently having held positions as External Examiner for the University of Wales and the University College of Osteopathy.

Nora Nanayakkara (lay)

Nora is a Non-Executive Director (NED) and Audit Committee Chair at the UK Statistics Authority, and also serves as a NED at the Intellectual Property Office. She is a fitness to practise panellist at the General Dental Council and is an independent member on the Bar Council's Audit Committee.



Dr Pamela Ormerod (lay)

Pamela Ormerod has experience of health regulation as a past Chair of



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fitness to practise proceedings at the Nursing and Midwifery Council and current Chair at the General Optical Council. She is a lay panellist for the Financial Reporting Council, ACCA and CIMA. Married with four adult children, she lives in London, taught physics after university and undertook a PhD in forensic psychology as a mature student.



David Probert (osteopath)

David is a physiology graduate of Royal Holloway College and has been in practice

as an osteopath for 25 years. He runs an integrated clinic in London and is a University College of Osteopathy lecturer, Fellow of the Higher Education Academy, and has worked in the NHS. He was part of 'team-Osteo' London 2012. His experiences in several GOsC roles, including mentor and non-UK qualification/ Further Evidence of Practice assessor, have reinforced his interest in professional standards.

You can find full membership lists for all the committees on our website at: bit.ly/gosc-committees

WHO partners with Osteopathic International Alliance

The World Health Organization (WHO) has agreed that the Osteopathic International Alliance (OIA) should become an official partner body. The OIA represents professional and regulatory bodies, and educational institutions for osteopathy and osteopathic medicine around the globe.

Charles Hunt, current Chair of the OIA and Vice-Chancellor of the UK University College of Osteopathy, said: "Partnering with the WHO allows us to elevate the global osteopathic profession even more, and to represent our community of osteopaths and osteopathic physicians before this important leader in world health. Designation as 'official partner' lends additional gravitas to our advocacy efforts and interactions with the decision-makers and regulatory authorities in individual countries."

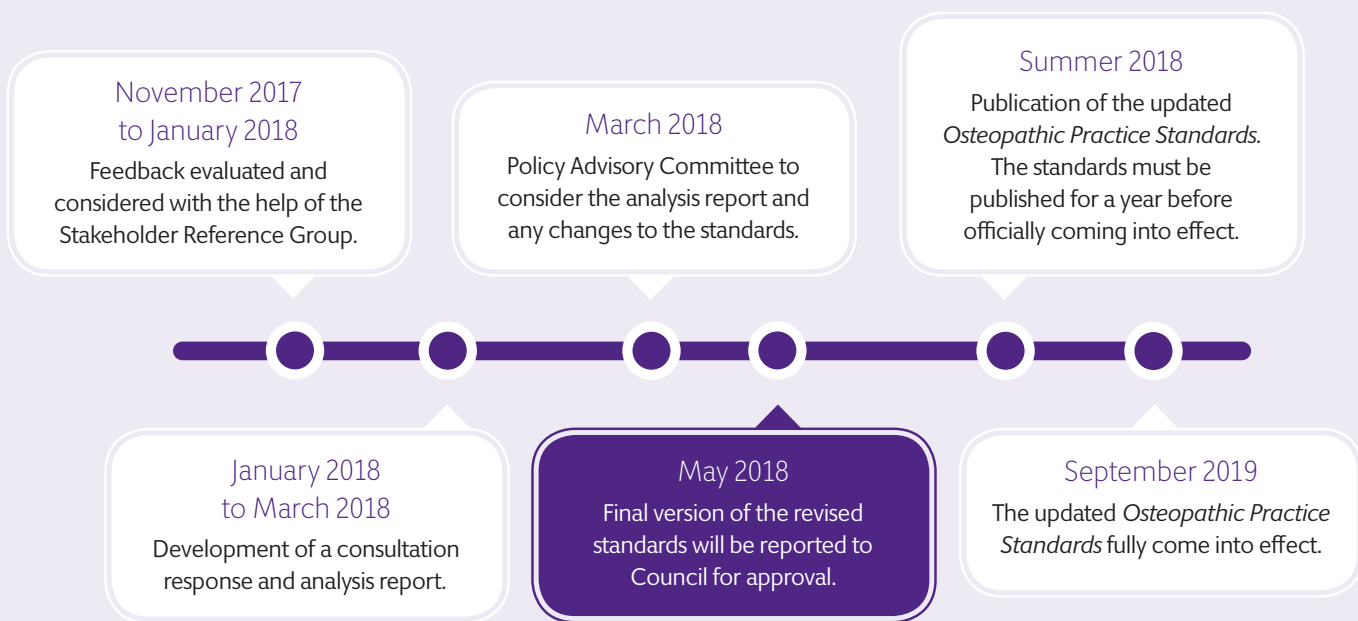


World Health Organization Headquarters in Geneva, Switzerland

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Updating the *Osteopathic Practice Standards*

The updated *Osteopathic Practice Standards* (OPS) will be published in the summer and fully come into force the following year



The outcomes of the consultation on the updated OPS, which ran from August to October last year, and the detailed analysis of the feedback, were considered by the GOSC's Policy Advisory Committee on 15 March.

The Policy Advisory Committee commended the scope of the consultation and its outcomes, and recommended the updated standards for final consideration by Council at its meeting on 3 May 2018.

The analysis took into account the broad feedback received from osteopaths and others during the consultation, and subsequent discussions with the OPS

About the Policy Advisory Committee

The Policy Advisory Committee contributes to the development of all matters of GOSC policy. It comprises three lay Council members, and three external lay members, two osteopath Council members and two external osteopath members. For further information see: bit.ly/GOSC-PAC

Stakeholder Reference Group which was featured on page 7 of the February/March issue of *the osteopath*, bit.ly/TheOsteopathFebMarch18

Stakeholders on the reference group include the Institute of Osteopathy, the National Council for Osteopathic Research, the Council of Osteopathic Educational Institutions,

the Osteopathic Alliance and patients.

You can track the progress of the standards in the timeline (above) and you can find it on the OPS site: standards.osteopathy.org.uk

We will give an overview of the consultation outcomes and details of the updated standards in a future issue of the magazine.



See: standards.osteopathy.org.uk

How are osteopaths preparing for the new CPD scheme?

Dr Stacey Clift, Professional Standards Officer at the GOsC, reports back on the findings of our second CPD Evaluation Survey and sets out what support is available

First of all, I would like to thank all of you who participated in this second CPD survey, which ran from November 2017 to January 2018.

A total of 518 osteopaths responded, which was an increase of 160 osteopaths compared with last year and represents a very high response rate for surveys of this type. This response provides good information about what osteopaths are doing and can help you consider how you might prepare for the new CPD scheme. The responses also give us here at GOsC ideas about how the free resources we are producing can be tailored to give even more support to osteopaths as the new CPD scheme comes into force.



Dr Stacey Clift

cycle depends on when they next renew their registration. This means start dates are different for different osteopaths. However, even if osteopaths are still in their current annual cycle, they can try out the elements of the new CPD scheme as part of current CPD, which will help prepare them for the new requirements when they become mandatory.

A question a number of people asked in

Key findings

Overall, the survey findings show raised awareness of the CPD scheme and reassuring, although varied, levels of preparedness. There was a greater level of detail in the questions that osteopaths were asking about the new scheme compared with the previous survey, suggesting osteopaths are engaging more with the scheme as we get nearer to its start date. You can see the main findings in the infographic.

Moving from an annual CPD cycle

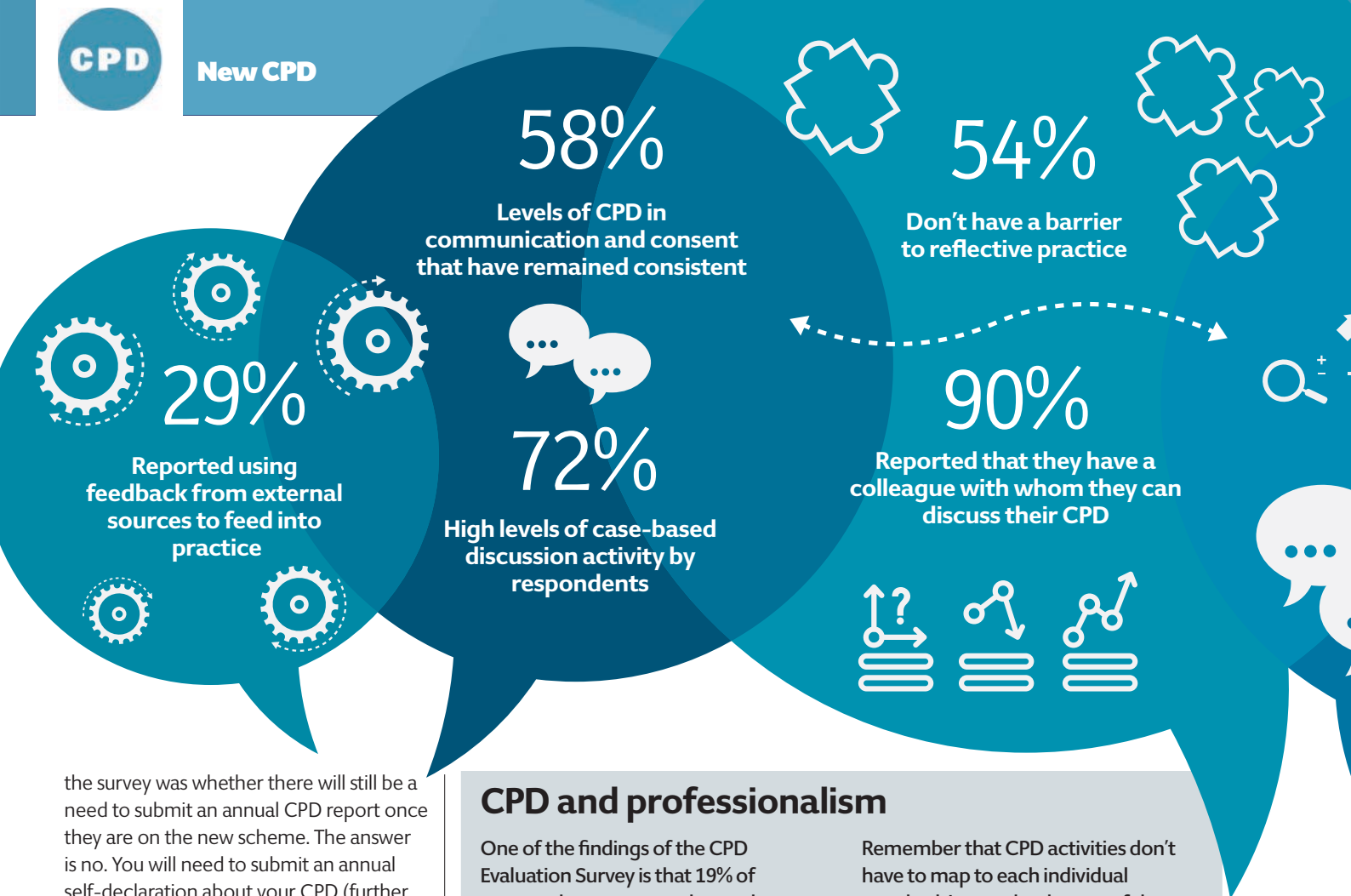
The new CPD scheme comes in from 1 October 2018, but the date an individual osteopath will enter their first three-year

43%
(up 13%)

Increased use of the four themes of the OPS to identify CPD needs or record CPD

63%

The majority of osteopaths felt they adequately understood the new CPD scheme and its four key elements



the survey was whether there will still be a need to submit an annual CPD report once they are on the new scheme. The answer is no. You will need to submit an annual self-declaration about your CPD (further details about this are in the CPD Guidelines bit.ly/DraftCPDguidelines), and keep your own record of CPD so you can show this to your peer in the peer discussion review at the end of the cycle. However, you will not need to submit an annual summary form to the GOsC once you have started your three-year cycle.

About the new CPD scheme

The majority of osteopaths responding felt that they adequately understood the new CPD scheme and its key elements (63%). If you are one of the third of osteopaths who feel less informed about the CPD scheme, you can:

- Watch the animation which summarises the CPD scheme in under 2 minutes at: bit.ly/AboutCPDscheme
- Read the new guidelines at: bit.ly/DraftCPDguidelines
- Try out one of the objective activities, for example, a case-based discussion, to help you to see how the scheme works in practice. Visit the CPD microsite to read the Case-based Discussion Workbook at bit.ly/CBDworkbook

Four themes of the *Osteopathic Practice Standards (OPS)*

43% of survey respondents told us that they have used the four themes of the

CPD and professionalism

One of the findings of the CPD Evaluation Survey is that 19% of osteopaths are unsure about what would count as CPD under the professionalism theme of the *Osteopathic Practice Standards (OPS)*; professionalism is actually a very broad theme and currently features 18 standards that relate to many aspects of professional practice.

Relevant activities relating to professionalism might include:

- Enhancing your understanding of the contributions of other healthcare professionals to patient care
- Establishing clear boundaries with patients (through case studies or group discussions)
- Data analysis and report writing
- Equality and diversity issues
- Confidentiality and data protection (for example, the new GDPR, see page 15)
- Keeping up to date with legal requirements on advertising your practice
- Analysing feedback about your practice and implementing improvements
- Supporting colleagues to enhance patient care (for example, mentoring activities)
- Health and safety issues

Remember that CPD activities don't have to map to each individual standard, just to the themes of the OPS. CPD activities are likely to cover issues from more than one theme, so consider how your CPD might be relevant across the breadth of the four OPS themes.



90%

High level of people reporting they have a trusted colleague with whom they can discuss concerns

OPS to identify their learning needs (an increase of 13% on last year). However, 19% of osteopaths are unsure what would count as CPD under the professionalism theme of the (OPS) (see box on page 8).

Undertaking objective activities

The findings show evidence that more osteopaths are using objective feedback to inform practice over time compared to

the previous year. Examples include:

- Case-based discussion now features highly as a regular or occasional group activity (72%).
- Almost 1 in 3 osteopaths currently collect feedback from external sources (for example, patient feedback, clinical audit, or feedback from another osteopath or health professional) which is a 3% increase on the previous year.

Many osteopaths are finding that undertaking objective activities provides reassurance and support and enables them to explore an area of practice that is important to them. Some osteopaths have written articles about their experience at: bit.ly/cpd-thought-pieces

Are you one of the 3 in 4 osteopaths who has tried out a case-based discussion? If not, why not consider trying it out using these resources at:

<http://bit.ly/CBDDiscussion>

Or consider getting together with a small group and try out a simple patient feedback form, learning together and supporting each other; see the resources at: bit.ly-patient-feedback

CPD in communication and consent

More than half of osteopaths responding to the survey undertook CPD in the area of communication and consent (58%). More CPD providers are also beginning to highlight communication and consent as a key component of their courses.

If you want to know more about this area, you might be interested in reading these articles and resources at:

bit.ly/ComConsent

Or read the *Osteopathic Practice Standards* relating to this area. See: bit.ly/GOS-C-OPS

Peer discussion review

The new scheme involves a peer discussion review every three years. A high percentage of osteopaths report having a colleague with whom they can discuss a case: 77% currently do this and 90% have access to someone they can discuss their CPD activity with. This year a high percentage of osteopaths report having already identified who might be their peer discussion reviewer under the new CPD

scheme (65%). This is reassuring given that we know from the CPD consultation analysis (2015) that this was an area that many osteopaths were worried about.

Are you one of the osteopaths who has not yet identified who might be your peer? Why not read the guidelines (available at: bit.ly/draftPDRguidelines) and begin to think about who might be your peer? Your peer could be an osteopath or you could choose another health professional.

If you need help to identify a peer, you could contact:

- the Institute of Osteopathy
- your regional group
- any specialist group you belong to
- your college.

When you're thinking about finding a colleague, remember these could be local to you or, if not, you could link up over the phone or via an online meeting platform.

We expect osteopaths to find the process useful and, in fact, we recently held a workshop with a group of educators and their feedback included:

"Having done the peer discussion review, I feel much happier about the whole process than at the start of the session. It was a collaborative process and not as stressful as I expected."

"The dialogue with a colleague was really useful for sharing my practice and CPD, and to get insights on this. It went in directions I wasn't expecting. The most productive area for us was around the themes of the OPS."

Check out CPD folders

Examples of CPD folders are available on our CPD microsite at cpd.osteopathy.org.uk and we will continue to add more resources such as sample completed forms in due course.

We want to help you to participate successfully in the new CPD scheme and realise real benefits to your practice. If you have questions then please email us at: newcpd@osteopathy.org.uk

Visit cpd.osteopathy.org.uk for useful resources to support you.



Getting feedback from patients

In this article about Patient Reported Outcome Measures (PROMs) **Carol Fawkes**, from NCOR, explains how you can involve patients in giving feedback and how it can be used in developing your practice and as part of your future CPD activities

Background to PROMs data collection

The PROMs data collection facility has been running for some time now and valuable data has been contributed by osteopaths using this system. The dataset currently holds approximately 1,800 completed questionnaires about the effects of osteopathic treatment.

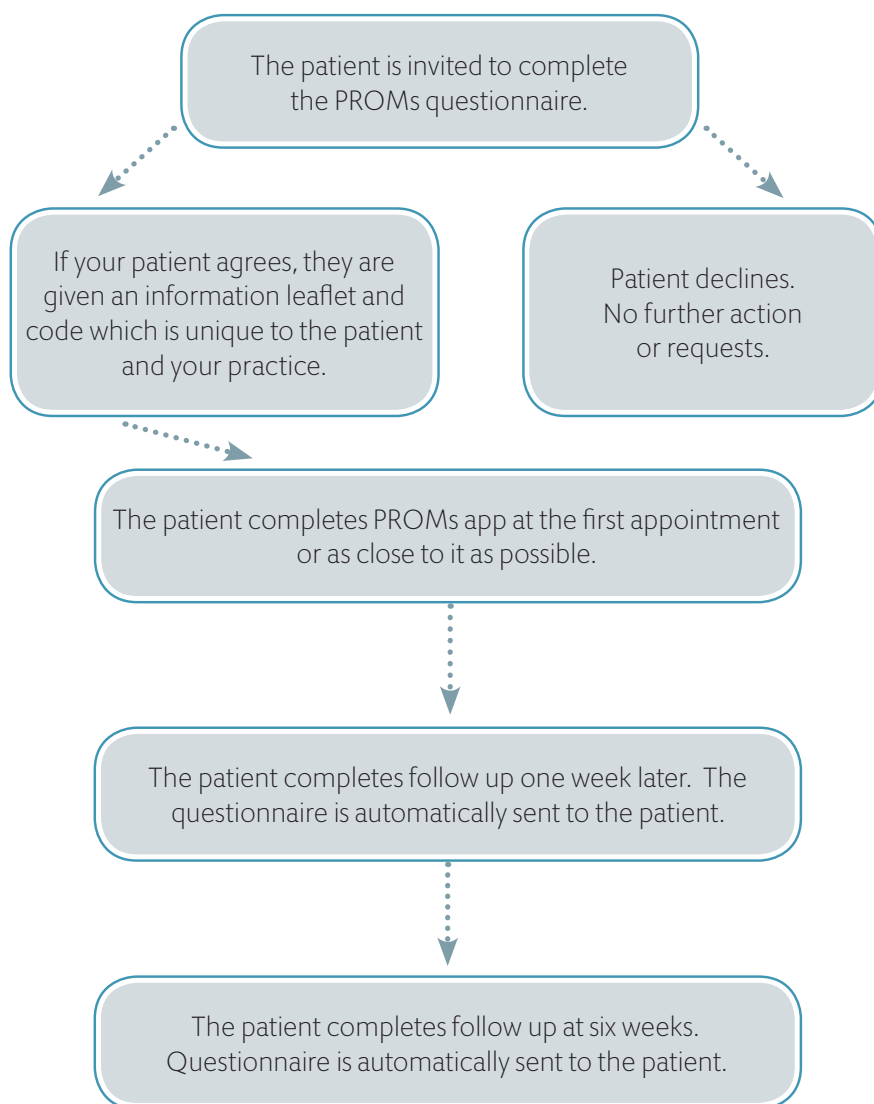
Why are we collecting data?

The first questionnaire on the PROMs app is completed by the patient at their first appointment, or as close as possible to this. The initial questionnaire contains 16 questions – they include: demographics; symptom areas; access to appointments; duration of symptoms, and reasons for seeking treatment. The single Patient Reported Outcome Measure (PROM) included in the app is the Bournemouth Questionnaire (BQ). Follow-up data is collected at one week and six weeks after the initial questionnaire has been completed, when 10 questions are asked. They include: the BQ questionnaire again; a patient satisfaction question; a patient experience question, and another asking the patient about their overall change in symptoms since beginning treatment.

We may assume we know how our patients are responding to treatment, but we can only really find out by asking them. This is the purpose of using PROMs. The additional data in the app allows us to learn more about patients seeking osteopathic care, their symptoms, and reasons for seeking treatment. This type of information is very helpful to individual osteopaths

How does the system work?

The PROMs system has been designed to be as user-friendly as possible and produce the minimum of extra work for clinicians. The system works like this:



and the profession as a whole when trying to describe osteopathy to potential patients, other clinicians, and commissioners of services.

Will using PROMs disrupt my time with the patient?

No. Patients were quite clear when initially consulted about collecting

data in practice that they did not want this process to disrupt their consultation. Equally, the process should not reduce the normal contact time with patients.

How do I ask patients to complete PROMs?

Osteopathic practices vary throughout the country. If you are in a practice with reception staff, it is easier if they have this conversation with patients. If you are working as a sole practitioner, PROMs can be introduced during treatment, or before patients leave. Patients receive an information sheet which gives them all the information they need, including contact details for the research team if they have further questions. If you are not sure what to say, call or email NCOR.

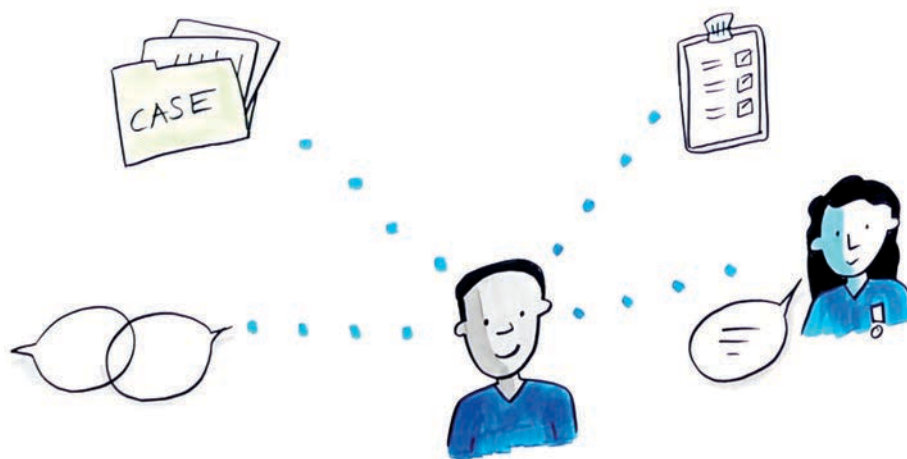
Will my patients be able to do this if they don't use apps?

Yes. The PROMs data collection system is available in two formats. One format is accessible by downloading the app from Google Play for Android devices and the App Store for Apple devices (iOS). The alternative format, the web app, involves accessing the questionnaire using the internet. An information sheet that describes the download process is available for patients and practices at:

www.ncor.org.uk/patients/prom-app

I'm concerned my older patients won't be able to do this

You shouldn't assume that because a patient is older they will not be able to use the internet or download an app. Ask your patients if they have access to the internet and an email address, and whether they would be willing to complete the PROMs questionnaire. Patients in our interview study and pilot ranged from 22 to 87 years, and they were willing to complete the PROM. Patients may decline, but they have the right to be asked.



'The dataset holds 1,800 completed questionnaires about the effects of osteopathic treatment'

I don't want to burden my patients by asking them to complete long questionnaires

In the qualitative research we undertook before developing the app, patients were quite clear that they did not want to spend too long on this process. Therefore, the questionnaire is relatively short. Patients have reported completing the questionnaire in approximately 5-10 minutes.

What happens about patients who don't have musculoskeletal symptoms?

This data collection facility allows collection of information about patients' symptoms at their initial consultation. Follow-up questionnaires also collect data about patients' global change following osteopathic care. This global change question is not symptom or area specific, so can be used for patients presenting with any type of symptom(s).

Will my data be shared with anyone else?

No. Your data summary will be fed back to you. If you choose to share your data

with others or make it publicly available that is your decision alone.

Will the PROMs data be useful to my practice?

This data will be potentially useful to the practice in terms of profiling and assessing overall changes in your patient population. That data can then help to identify opportunities for CPD activities, and areas where further information could be sought through clinical audit. Patient feedback and clinical audit are two of the objective activity options for the GOsC's new CPD requirements (bit.ly/cpd-objective-activity).

Can I just use PROMs for a short period of time?

Yes. Some osteopaths have chosen to integrate PROMs data collection into their practice for the long term but others prefer to use the system for short periods, take a break and then reintroduce it. The decision is for individual practices and clinicians.

Further information

If you would like to know more, please go to: bit.ly/NCOR-PROMS
Alternatively, you can contact Carol Fawkes at: c.fawkes@qmul.ac.uk

Ever considered creating a virtual group with your colleagues?

Three osteopaths who have done just that offer practical tips for getting started

The GOsC has been running webinars in which osteopaths have been trying out CPD activities that will meet the requirements of the new CPD scheme (See *the osteopath* December 2017/January 2018, p11, bit.ly/TheOsteopathDec17Jan18). One of the case-based discussion webinar groups found the experience so positive it is continuing to run its own virtual group even after the conclusion of the GOsC facilitated sessions. It has started trying out other objective activities, and is making good progress with patient feedback.

Sacha Babbage-Clark, Wendy Cooper and Mamta Narayan share their experiences of developing their virtual group.

Getting set up

Keen to stay in touch with each other once the GOsC webinars ended, and given that the colleagues they had met were based in different parts of the UK, Sacha explains that Skype was “the most obvious solution”.

The group nominates a leader for each session and meets at around 6pm for an hour. Agreeing a time that suits family and working life is important, and they find one hour is a manageable length of time.

“It really isn’t difficult to set up,” explains

Tips for setting up and running a virtual group

- Set goals that are realistic
- Have a quick trial run before your first session to sort out any problems, and help everyone understand the process
- Choose an area of CPD to focus on – if you are stuck for ideas visit cpd.osteopathy.org.uk and look at some of the workbooks and blogs
- Agree a time that suits your group
- Agree a length and frequency that will be manageable

Sacha. But having said that, the group did have some teething problems before their first meeting. Mamta explains: “We couldn’t get Sacha onto the Skype call, so I ended up phoning her and putting her on speakerphone.” Being new to Skype, the group now thinks they could have set up a brief trial run to sort out any problems, and to help them understand how the process would work, ensuring effective use of everyone’s time on the day.

Another useful learning point they have identified is to set goals for their meetings.

Finding their feet, the group hadn’t got around to doing this for its first meeting, but recommend doing so.

Choosing an area of CPD

One interesting and useful topic for the group to focus on was patient feedback. They decided that this was something that none of them routinely do, but could be incorporated fairly easily into their practices. They are all “collecting data from the CARE measure,” (www.caremeasure.org) and plan to compare their results later.

A comparison of case-based discussions also proved interesting as group members treat different socio-economic groups in different parts of the UK. In terms of which CPD areas to discuss in the future, the group is going to take a flexible approach. Sacha says, “I think we will decide as we go along as we want to see how we get on with the first experiment”.

An ideal way to fit in CPD with others

Pleased with how the group is going, Sacha says: “This is an ideal way to fit CPD with others into a busy life. I thoroughly enjoy discussing practice matters with the others and I look forward to our meetings”.

The feeling is that you don’t need to be a technical wizard but only need to have “a small understanding of technology”. And the group chose Skype because it was free but point out that you do need equipment to use it on. The other medium they had considered was FaceTime but not all the group had a Mac device. The answer is to choose whatever suits your group best.

When asked about the potential of using an online group to carry out a peer discussion devine, Mamta and Sacha thought this would work well, while Wendy had already made other arrangements.

If you don’t already have connections with other osteopaths Sacha recommends talking “to people on courses you go to, and if you get on, swap email addresses.”



Sacha Babbage-Clark



Mamta Narayan



Wendy Cooper

Connecting for CPD

The CPD scheme is changing from October 2018 and has a new focus on engaging with fellow osteopaths

The new CPD scheme will encourage osteopaths to get professional support from peers, strengthen the ability to learn from each other, promote discussion and support in reflecting on and enhancing practice. For osteopaths, access to a community of colleagues who have a shared experience can offer an invaluable network of professional and personal support.

Building communities

Not only can communities of osteopaths adapt quickly to their members' needs, they can also provide inexpensive CPD. Communities can encourage osteopaths to work together for the benefit of the whole profession and reduce the risks associated with working in isolation. Osteopaths who reach out to build broader networks with other osteopaths continually can enhance their practice and patient care.

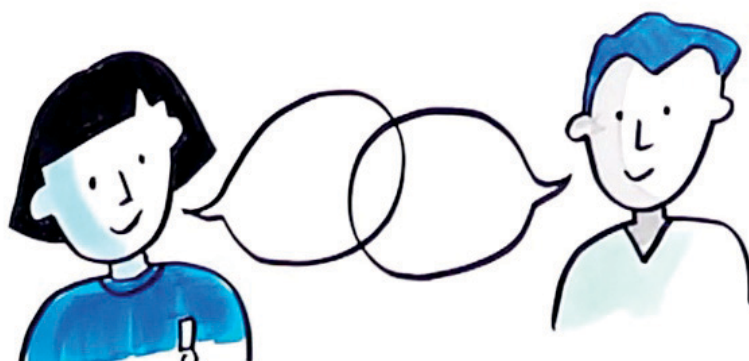
We know that some practitioners work largely alone, either as sole practitioners or in remote areas with little access to groups or support from peers. The new CPD scheme encourages osteopaths to seek support from others – to talk to colleagues and discuss their practice. Below, we set out some ways in which you can get together with other osteopaths in order to do this.

Face-to-face meetings

You could join an existing osteopathic regional group in your area. Groups have regular meetings focusing on sharing best practice and CPD events.

Groups vary considerably throughout the country, ranging from small informal groups who meet in practice premises to large societies led by committees. There are more than 30 regional societies throughout the UK and Ireland. You can check where your nearest group is at bit.ly/reg-groups

If there are no groups in your area, you could think about setting one up.



'The new CPD scheme encourages osteopaths to seek support from others'

You need to consider your catchment area and what the gap is that you wish to fill – for example, would you like to reach the whole region, create a shared interest group, or bring together alumni from your education provider? And it's a good idea to ask: what is the community's common interest?

Online meetings

Networking now often happens online, on-demand, and can be designed to fit conveniently with your working life. So professional communities of practice don't need to be bound to a physical location; the widening opportunities offered by the internet and online platforms means shared-interest groups can flourish, regardless of where their members live and practise. Social media sites like Facebook and LinkedIn, offer platforms on which you can run and promote online groups inexpensively.

There is an ever widening range of packages such as Go To Meeting www.gotomeeting.com and Skype www.skype.com/en/

How the GOsC can provide support

We recognise the importance of regional

groups for the development of the profession, as well as the demands on osteopaths running a busy practice. To assist regional or virtual groups, the GOsC can provide support by:

- helping to inform osteopaths about meetings via the events section of the CPD website
- assisting with regional mail-shots, where GOsC resources permit
- helping to determine and assess the demand in a region.

Meeting with osteopaths across the country and understanding the concerns and challenges they face in practice is a priority for the GOsC. Staff are developing a programme of face-to-face speaking engagements relating to the new CPD scheme, which includes attending regional meetings. Please contact: stowle@osteopathy.org.uk to express your interest.

i Events calendar on our CPD website: bit.ly/CPD-events

Information about creating and maintaining communities of practice from the Osteopathic Development Group: bit.ly/ODG-COP

Using patient testimonials

If you use, or are thinking of using, patient testimonials in your advertising or publicity, there are some things you should be aware of



Osteopaths, like other healthcare professionals, often make use of patient testimonials in their marketing literature and on their websites. Sometimes, osteopaths with high profile patients such as performers or athletes, are featured in articles about their work with such patients. It's worth considering that, although these methods can be very effective in promoting an individual's work or even raising the profile of the profession, there are issues around confidentiality that will always apply.

Standard D6 of the *Osteopathic Practice Standards* states: 'Respect your patients' rights to privacy and confidentiality'.

In relation to marketing or publicity, the following should be borne in mind:

Patient confidentiality applies regardless of the background or profile of the individual

All patients are entitled to expect the

same standards of confidentiality from you, no matter what their background is.

Get consent

Express consent should be obtained from a patient if it is proposed that a testimonial be used to market your practice in some way, whether or not their identity is revealed. You should be clear about the context in which any such testimonial or reference will be presented, and ensure that the patient consents to this. They should know that while they may withdraw consent in the future, it may not be possible to edit any article they are mentioned in after it has been published.

Consent in this area cannot be implied and is not transferable

If consent is obtained from a patient to refer to them in some way or use a testimonial, you will need to get further consent before doing so in another context. A celebrity patient referring

to you in a newspaper article does not mean that you are then free to promote the fact that you treat them, without their approval. Particular care is also needed when using photographs of high profile patients, which may be subject to copyright.

Even if you have consent to name a patient, care should be exercised in relation to any description of their presentation

Being given permission to name a patient is one thing, but you should be careful about revealing any of their medical details without express consent. It would be good practice to share with them any proposed wording before publication.

If in doubt, don't do it

If you have any doubts as to whether consent is required or has been given or not, then check before using any material, or making reference to a patient in a public domain.

GDPR is coming: are you ready?

Georgina Leelodharry, Head of Operations at the Institute of Osteopathy, sets out the changes

The way personal data is regulated across Europe is changing and this will affect how osteopaths need to manage the data they hold, including that of patients. The EU General Data Protection Regulation (GDPR) comes into effect this year and osteopaths will be expected to comply fully by 25 May 2018. How osteopaths run their businesses varies considerably, so it is the responsibility of each osteopath to consider the implications of GDPR given their own individual circumstances.

The purpose of GDPR is to offer individuals better control over the information that others hold about them and how that information is used, as well as to ensure that data protection legislation across Europe is consistent.

The reassuring point to remember is that many of the elements of the previous data protection legislation remain unchanged in GDPR, so if you are complying properly with current laws, much of your approach will remain the same. However, non-compliance can result in some fairly substantial fines, so it is important not to be complacent.

A significant requirement is that consent must be obtained from the person whose data is held for how it is to be used. Therefore, osteopaths will need to demonstrate how and when consent was obtained.

To obtain consent, osteopaths must make the following clear to those they hold data on:

- Why the information is required and how it will be used, for example whether you have permission to market future services to a past patient



Georgina
Leelodharry

- Whether the data will be transferred internationally
- How long the data will be kept for
- The individual's right to access, rectify or erase the data or withdraw consent at any time
- The individual's right to lodge a complaint to the Information Commissioner.

The individual you hold personal information on can make a request to access this information at any time and, if they do so, you must provide the information within one month of the request being made and in a format that is clear and understandable to them.

Osteopaths who keep paper notes and use shorthand might wish to consider the implications of this.

As an osteopath, to prepare for GDPR you will need to:

1. Ensure any clinical or support staff working at the practice are aware that the law is changing and are suitably trained.
2. Keep documentation detailing what personal data is held, where it came from and with whom it is shared so you can demonstrate accountability.
3. Review your current privacy notices and make any necessary changes.
4. Review procedures to address the new rights that individuals will have.
5. Plan how to handle requests within the new timeframes and be in a position to provide the required information.
6. Identify and document the legal basis for each type of data processing activity (you can find out more about this on the ICO website, see below).
7. Review how consent (to store patient data) is sought, obtained and recorded. This will require a very clear and specific statement of consent and a proactive opt-in process.
8. Make sure procedures are in place to detect, report and investigate data breaches.

i The Information Commissioner's Office (ICO) has information about GDPR at: ico.org.uk and information specifically for small businesses at ico.org.uk/for-organisations/business as well as a free telephone helpline: 0303 123 1113

The iO has launched a GDPR toolkit, developed by experts, which will include template policies, updated privacy notices, FAQs, and a step-by-step guide.

On 19 March the iO ran a **free GDPR webinar** for members designed specifically for osteopaths and hosted by industry expert Philip Allott. The one-hour session examined the practicality of GDPR compliance for osteopaths and included an opportunity for members to ask questions. If you missed the webinar or wish to watch it again, it is available to iO members.

All iO members can access the GDPR toolkit and webinar on the iO website, at: www.iosteopathy.org/for-osteopaths/gdpr-for-osteopaths

2018 Leadership Programme now open for applications

The Osteopathic Development Group (ODG) is planning to run its popular Osteopathic Leadership Programme again in 2018 and is seeking applications.

The leadership programme is a collaboration between the Open University (OU) and the ODG (a partnership between the leading UK osteopathic organisations) and offers osteopaths the opportunity to develop skills and build confidence about taking on a leadership role.

Nearly 60 osteopaths completed the programme in its first three years and have gone on to use their new knowledge and skills in their own practices, educational institutions, special interest groups and elsewhere.

Those who have taken part have reported significant benefits. One participant's comments summed up the experience reported by many: "I'm certainly more confident about taking on challenges or leadership roles. In the past I may have not 'gone for it,' and sat back and let others take the lead. Now, I'm much happier to put myself forward."

The programme is built around an existing 25-hour OU distance-learning leadership course and a supported work-



ODG Leadership Programme 2018


- **Deadline for applications:**
20 May 2018
- **Workshop 1:**
Saturday 16 June 2018
- **Workshop 2:**
Saturday 22 September 2018

based assignment, with the addition of two face-to-face workshops led by existing leaders within the osteopathic profession. The workshops will enable participants to identify their learning needs in the context of their profession and to apply their learning in their future professional lives.

Full details of the programme can

be downloaded from the ODG website at: <http://osteodevelopment.org.uk/theme/leadership/>. The deadline for applications is Sunday 20 May 2018.

Details of the OU course 'Developing your leadership style (BG005)', which forms the core elearning activity, can be downloaded at: www.open.ac.uk/courses/short-courses/bg005

 For further information please contact Tim Walker: twalker@osteopathy.org.uk or Matthew Rogers: matthew@iosteopathy.org.

Next steps for mentoring project

In the last six months of 2017 the Osteopathic Development Group (ODG) ran a pilot mentoring scheme for recent graduates. The pilot involved around 25 mentees and mentors (mostly the mentees' practice principals).

The pilot participants used a mentoring toolkit developed by the ODG mentoring team, which contained guidance and templates to support the relationship between mentor and mentee. The mentors who took part in the programme had a face-to-face

training session or a shorter online 'webinar' briefing.

Feedback from the pilot was mostly positive with both mentors and mentees finding that taking part in mentoring was beneficial. One participant said: "I really gained a lot from being part of this process; I love learning and being an osteopath, so it ticked lots of boxes for me and has ignited a new interest in my professional life."

The feedback also told us that we need to develop the mentoring toolkit

further before it is rolled out. There was a view that being mentored by your own practice principal isn't always appropriate and that the scope of the scheme needs to be broadened.

The ODG is now looking at how to roll out the scheme to all new graduates in 2018. If you want to find out more about the scheme, as a student who is about to graduate or as a potential mentor, please contact Tim Walker: twalker@osteopathy.org.uk or Matthew Rogers: matthew@iosteopathy.org



Applying early will save time if you want to start work quickly after you graduate. To make this easier, you don't need to send us everything in one go. You could, for example, send your health or character references earlier than your application form (or later). You can submit your application form with your fee as soon as you wish; no funds will be collected from you until your registration is live.

You can find the details of what you need to send to us on the **zone**: <https://members.osteopathy.org.uk/student-zone/how-to-register/>

Remember, you will need to post your documents to us rather than emailing them and you will need to apply for an enhanced check (see below). It's also a good idea to get in touch with a professional indemnity insurance provider so you can be ready to activate your policy once you are on the Register.

To avoid delays, please remember to check that you have filled in all the boxes on the forms and not left any sections blank. When all your completed paperwork has been received and any outstanding questions have been answered (we will contact you if we have questions), you can expect your name to be on the Register within five working days.

The Registrar will confirm this to you in writing, and at that point you

Final year students: registering with the GOsC

When to apply and how long registration takes

will need to contact your intended professional indemnity insurance provider to activate your policy. Once your insurance policy has been activated, you can start to practise.

Applying for an enhanced check for regulated activity

You must apply for an enhanced check (which used to be known as a Criminal Records Bureau or CRB check) through an 'umbrella body'. One umbrella body is GBGroup plc, which processes these checks on our behalf. We can put you in touch with GBGroup plc but you need to email registration@osteopathy.org.uk to give us your written permission to share your contact details with them.

These checks are processed by local police forces and sometimes there

are delays because of a backlog of applications, so it can be helpful to apply earlier rather than later. But you will need to get the timing right because an enhanced check only lasts for six months and must be current when your registration application is being processed by us.

Getting a health reference

Our advice to all students is to make sure you are registered with a GP. To be able to sign your health reference, your GP must either have known you for at least four years or be able to look back over your medical records covering the past four years. If this does not apply to you, please email: registration@osteopathy.org.uk explaining your situation and we will do what we can to help you.

NCOR reports on paediatric systematic review

In January, the open-access journal *BMJ Open* accepted NCOR's systematic review of manual therapies for excessively crying infants. NCOR researcher **Austin Plunkett** gives an overview of the review process, highlights some key messages, and calls for further research in this area

The Osteopathic International Alliance published a report in 2013, revealing that between 10% and 25% of osteopaths around the world regularly treat babies and children¹. Parents seek care for a variety of conditions, including excessive crying and other signs of distress, often collectively referred to as 'colic'. Critics of osteopathy often point to a lack of robust evidence in this area, and this criticism has recently become more voluble. However, it is estimated that around one in six parents continue to seek care for excessively distressed, unsettled and crying infants.

In 2014, paediatric osteopathy was selected for further exploration from NCOR's research priorities consensus study², and between February and April 2015 we conducted a crowdfunding campaign to raise money to conduct a systematic review of the literature. In line with good practice we wrote a protocol for the review in advance, which was published online in the PROSPERO register of systematic reviews in April 2016³. Before this, we advertised and conducted interviews for a reviewer to help us, eventually recruiting professional systematic reviewer Clare Miles. We were also joined by osteopath Julie Ellwood, who volunteered a great deal of her time, and has since successfully defended her PhD thesis on the relationship

between musculoskeletal dysfunction and unsettled behaviour in babies.

The review itself took around a year to complete. After sifting through over 11,400 papers we were left with 19 papers suitable for analysis: 7 randomised controlled trials (RCTs); 7 case series; 3 cohort studies; 1 service evaluation; and 1 qualitative study. We

appraised the quality of each paper, extracted the relevant data and analysed them.

What did our findings show?

Our findings suggested that manual therapies may reduce crying time by a little over an hour per day, a



ISTOCK / SOLISTOCK

message that builds on related findings from previous systematic reviews, including a Cochrane review of RCTs for infant crying time. Beyond crying time, however, our findings were inconclusive. In particular, the parents' impression of any change in the child since starting treatment was weak. The absence of this "global improvement" suggests that the small reduction in crying time might not have been sufficient enough to be meaningful for parents.

The mechanisms of action that might produce the reduction in crying time also remain unclear. Specific mechanisms examining how a therapeutic intervention might work were not consistently explored in the papers we reviewed. Perhaps it

is unsurprising that any additional attention and physical contact with a distressed infant might help to reduce its distress. However, psychosocial aspects of the relationships between the parent, child, and clinician were not explored in detail. The quality of the relationship between parent and child may have some correlation with distress as expressed by the infant, although this is a difficult subject to explore. It would be interesting to see further qualitative research that examines these relationships, and explores why parents who are ostensibly well-supported by paediatricians, health visitors and GPs seek further support from manual therapists. Such research will help us to better

'Our findings suggested that manual therapies may reduce crying time by a little over an hour per day'




understand the value of clinical treatment of infants, and to further develop therapeutic approaches.

Information about patient safety was unfortunately not collected in every study, but the eight papers that did collect this data revealed a rate of approximately 7 non-serious adverse events per 1,000 children treated. The reports of adverse events included worsening symptoms, transient difficulty feeding, and mild distress indicated by increased crying and restlessness. Three papers reported worsening symptoms in control groups, ie infants who did not receive treatment.

Safety is paramount in any clinical encounter, and even more so when consent is granted by a guardian. It is important for all osteopaths who work with children to understand their safeguarding duties, screening capabilities, scope of practice, and obligations regarding onward referral. NCOR continues to work with individual osteopaths, educational institutions, and some larger clinics throughout the UK to ensure that outcomes and experiences are recorded for analysis. To find out more about this work and to get involved, see bit.ly/ncor-proms

Without help from our donors this work would not have been possible, and the team at NCOR is grateful for the support we received. If you would like to make a donation to NCOR, no matter how small, please visit ncor.org.uk/donate. Any donation is a vital contribution towards the continuation of our work.

 The systematic review is available in full at: bit.ly/manual-therapy-for-colic

References

- 1 Osteopathic International Alliance, 2013. Osteopathy and Osteopathic Medicine A Global View of Practice, Patients, Education and the Contribution to Healthcare Delivery. Chicago:OIA. bit.ly/OIA-research
- 2 Rushton, Fawkes, Carnes, Moore, 2014. A modified Delphi consensus study to identify UK osteopathic profession research priorities. *Manual Therapy* 2014; Oct;19(5):445-52. Abstract at bit.ly/ncbi-research
- 3 bit.ly/Pros-research

Personalising your Science Direct search

Getting more from your free access to Science Direct and IJOM Plus for research and CPD

In the February/March 2018 issue of *the osteopath* on pages 16-17 (bit.ly/TheOsteopathFebMarch18), we showed you how to search the IJOM Plus package of research journals. The journals are on publisher Elsevier's Science Direct online platform, which you can access for free via the **o** zone. This article explains how you can utilise some of the additional features of Science Direct to get more from the research journals.

Once you have created your own Science Direct account you can set up email alerts to receive personalised recommendations based on your recent Science Direct research activity. You can also set up alerts to notify you of new articles related to a specific search; new issues of specific journals, book series or handbooks; or new articles or publications related to a specific topic that you are particularly interested in.

Setting up your Science Direct account

Before you can set up alerts you need to create a Science Direct account. (NB you don't need a Science Direct account to access the journals: you have automatic access to these once you have logged into the **o** zone.) To set up an account, click on the 'Register link' at the top right of any page on Science Direct and follow the instructions. Once you have created and are logged in to your account, you can set up alerts by clicking on the 'Manage alerts' link in your Science Direct account details, and following the on-screen instructions

Getting journal alerts

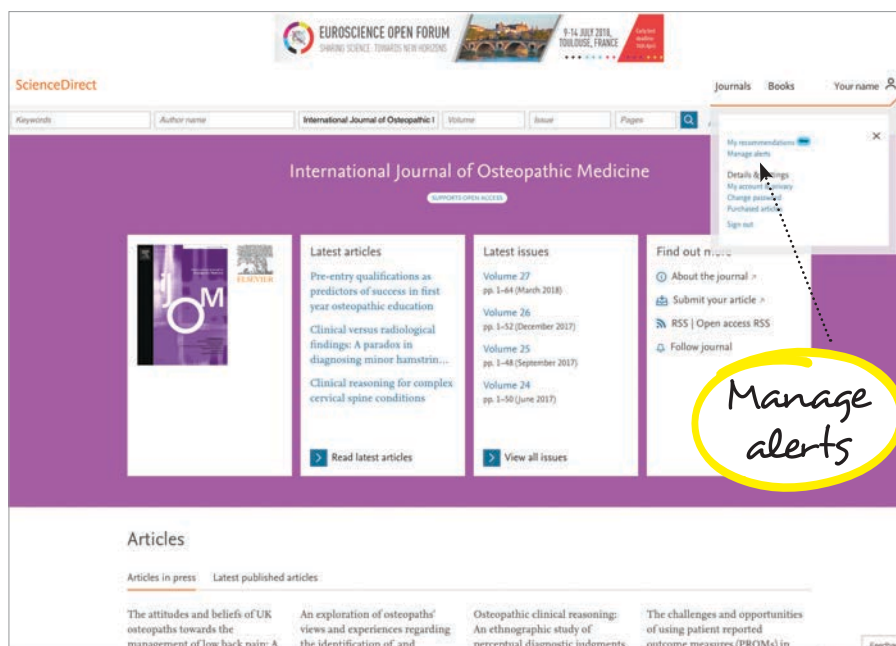
These will let you know when new issues of particular journals are available. Search or browse for the publication you want to receive alerts about and open its home page. Select 'Subscribe to new volume alerts' in the product information and choose the alert type and frequency. Then select 'Save'.

Getting search alerts

These notify you of new articles related to a specific search you have carried out previously and saved. To create a search alert, you first need to run a search (you can find out more about this in the February/March issue of *the osteopath* on pages 16-17), then save it by clicking on 'Save search alert' at the top of the results

list. You will then get email notifications when new articles are published that meet the search criteria you have specified.

i When you're logged into your account and have clicked on to 'My alerts', you can find out more about alerts by clicking on the 'Here is a more detailed walk through' link at the bottom of the page.



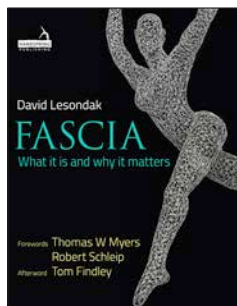
Bookshelf

Fascia: What it is and why it matters

Author: David Lesondak

Handspring Publishing (2017)

ISBN: 978-19-0914-155-1 168 pages



David Lesondak is a Myofascial Specialist and Structural Integrator at the University of Pittsburgh Medical Centre for Integrative Medicine, a founding member of the Fascia Research Society and specialises in a number of areas, including chronic pain. This book aims to provide an introduction to fascia,

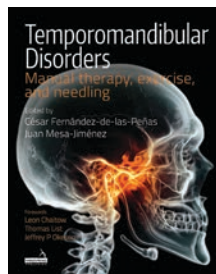
leading to a better understanding of fascia as a tissue, its role in the various systems of the body and its clinical significance. It includes forewords from Robert Schleip and Thomas W Myers.

Temporomandibular Disorders

Editors: César Fernández-de-las-Peñas and Juan Mesa-Jiménez

Handspring Publishing (2018)

ISBN 978-1-909141-80-3 350 pages



This book brings together the experience and expertise of 28 international specialists in the subject to give an account of the assessment and conservative management of temporomandibular disorders. It advocates clinical and evidence-informed practice – an approach acknowledging the value of

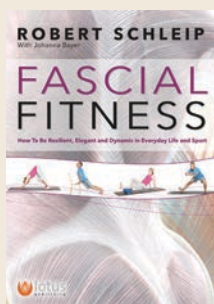
clinical experience and expertise as well as research findings.

César Fernández-de-las-Peñas is Director of the Department of Physical Therapy, Occupational Therapy, Rehabilitation and Physical Medicine at Universidad Rey Juan Carlos, Madrid, Spain. Juan Mesa-Jiménez is professor in the Faculty of Medicine and Director of the Masters in Cranio-Mandibular Dysfunction and Orofacial Pain at Universidad San Pablo CEU, Madrid, Spain.



If you would like to review this book (in exchange for a free copy), email: editor@osteopathy.org.uk

Book review



Fascial Fitness

Robert Schleip

Lotus Publishing (2017)

ISBN: 978-1-905367-71-9

Reviewed by Helen Dunn, DO

This book was very readable from the start. It is a good balance between factual and practical information, and is well illustrated with diagrams and charts.

I was drawn to review it because my knowledge of fascia and its vital integrative role in musculoskeletal dynamics

is mainly from treating patients – when I trained, there was very little emphasis, if any, given to the importance of fascia. This book, filled with the latest scientific research, bridged the gap in my knowledge and made tremendous sense.

The author became so fascinated with fascia that he furthered his understanding by initiating scientific research. Interest from researchers in related fields has seen the body of research grow, increasing the significance of fascia.

The first part of the book discusses the attributes of fascia, to help the reader understand why and how specific exercises are beneficial for maintaining good fascial integrity.

For a long time, attention

to the musculo-skeletal system has been focused on muscles, bones, nerves, coordination and strength, while fascia has not been seen as an independent contributor. Recent research and discoveries in physiology have changed the perception of connective tissue. It is now considered a sensory organ in its own right, which relays information via proprio-receptors to the central nervous system and brain. Fascia is involved in shaping, movement, communication and supply of food to the tissues and has tasks relating to strength, support and elasticity, and sensory feedback, including pain.

With age, the fibres of fascia become matted, clotted and lose elasticity. This is easily seen in the flexed posture so often seen in the elderly and is largely

due to structural change in the fascia. If it is not exercised, fascia will degenerate. In order to maintain a youthful, upright posture we must look after the fascial system. Keeping fascia flexible, strong and hydrated is crucial.

The latter half of the book shows how the specific functions of fascia can be targeted by four types of exercise: stretching, springing, feeling and reviving, along the long muscle chains of the body. The book includes a 10-minute exercise programme for the fascia, which can be added to any other programme to maintain optimum performance.

I think this book is relevant to all areas of osteopathy, but is probably too in-depth for a patient to read.

Courses 2018

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

May

9

Kinesiology taping for the athlete

Masterclass Speaker: John Gibbons
Venue: Oxford University Sports Complex, Jackdaw Lane, Oxford, OX4 1EQ
Tel: 07850 176 600
www.johngibbonsbodymaster.co.uk

12

Developing osteopathy in paediatrics – part 1

Speakers: Nancy Nunn and Daniel Stuttard
Venue: Osteopathic Centre for Children, Wandsworth, London, SW18 1GG
Tel: 020 8875 5293
cpd@fpo.org.uk
www.fpo.org.uk

12

Foot and ankle master class

Speaker: Ben Calvert-Painter and Danny Church
Venue: London School of Osteopathy, London, SE1
info@cpd-today.co.uk
www.cpd-today.co.uk

12-13

Module 1: advanced technical development – structural made easy

Speaker: Jonathan Daniells
Venue: Imperial Wharf, London
corinnejones.mih@gmail.com
www.molinari-institute-health.org

13

CVS & respiratory clinical examinations

Speaker: James Birkett
Venue: London School of Osteopathy, London, SE1
info@cpd-today.co.uk
www.cpd-today.co.uk

13

Developing osteopathy in paediatrics – part 2

Speakers: Nancy Nunn and Daniel Stuttard
Venue: Osteopathic Centre for Children, Wandsworth, London, SW18 1GG
Tel: 020 8875 5293
cpd@fpo.org.uk
www.fpo.org.uk

13

CVS & respiratory clinical examinations

Speaker: James Birkett
Venue: London School of Osteopathy, London, SE1
info@cpd-today.co.uk
www.cpd-today.co.uk

13

'Paediatric ENT – a practical approach' – treating ear, nose and throat disorders in children and teenagers

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London, SE1 3BE
Tel: 07792 384 592
mumandbabyCPD@gm.com
www.mumandbaby-at-home.com

15

Cambridgeshire Osteopathic Group – referred pain

Speaker: Dr Robert Whitaker
Venue: Selwyn College, Grange Road, Cambridge CB3 9DQ
cog@oakingtons.com

16

Shoulder and axilla part 1

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

16

Shoulder and axilla part 2

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

17-21

Balanced ligamentous tension – module 4

Speaker: Susan Turner
Venue: Hawkwood College, Stroud
Tel: 01453 767 607
admin@scco.ac
www.scco.ac

19

Exercise prescription: a process approach

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

26-27

The midline in everything

Speaker: Michael Kern
Venue: Skylight Centre, 49 Corsica Street, London, N5 1JT
Tel: 07000 785 778
info@cranio.co.uk
www.cranio.co.uk

27 May-1 June

Pregnancy – birth – post-partum

Speaker: Geneviève Kermogant and Prof Renzo Molinari
Venue: Ios (Greece)
corinnejones.mih@gmail.com
www.molinari-institute-health.org

June

2

Nutritional management of obesity: what really works?

Speaker: Prof. Adam Cunliffe
Venue: Whittington Education Centre, London, N19
Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

2

Myth of core stability: what's next?

Speaker: Prof Laurie Hartman
Venue: Whittington Education Centre, London, N19
Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

2-3

Hartman's masterclass in manipulative techniques: lower body

Speaker: Prof Laurie Hartman
Venue: Whittington Education Centre, London, N19
Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

6

Hip and groin – part 1

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

8-10

Module 2: healthy visceral – the thorax

Speaker: Francois Allart
Venue: Faculty of Medicine, Nice (France)
corinnejones.mih@gmail.com
www.molinari-institute-health.org

9

SCCO: foundation course – module 1

Speaker: Penny Price
Venue: Crista Galli, London
Tel: 01453 767 607
admin@scco.ac
www.scco.ac

10

Abdominal and neurological clinical examinations

Speaker: James Birkett
Venue: London School of Osteopathy, London, SE1
info@cpd-today.co.uk
www.cpd-today.co.uk

11-12

Advanced soft tissue techniques masterclass

Speaker: John Gibbons
Venue: Oxford University Sports Complex, Oxford
Tel: 07850 176 600
www.johngibbonsbodymaster.co.uk

13**Hip and groin part 1**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

15**Adult TMJ and face pain**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

16**Chronic pain: how improving the diagnosis allows for better outcomes**

Speaker: Georgie Oldfield
Venue: Whittington Education Centre, London, N19
Tel: 020 7263 8551
cpd@cpdo.net
www.cpdo.net

16**Managing the acute and chronic shoulder: a process approach**

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

16**Global and abdomen and coelom**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

16**Paeds – initial settling, sleep, crying**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

17**Obstetrics, biomechanics and pain**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

18**Kinesiology taping for the athlete masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex, Jackdaw Lane,

Oxford, OX4 1EQ
Tel: 07850 176 600

www.johngibbonsbodymaster.co.uk

23–24**Biodynamic craniosacral therapy introductory weekend**

Speaker: Michael Kern
Venue: Skylight Centre, 49 Corsica Street, London, N5 1JT
Tel: 07000 785 778
info@cranio.co.uk
www.cranio.co.uk

29**Adult tongue and pharynx**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

30 June–1 July**Sutherland Cranial College Conference**

Speaker: Karen Carrol
Venue: Wokefield, Reading
Tel: 01453 767 607
admin@scco.ac
www.scco.ac

July

1**Visceral pain and adhesions**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

1**Paeds: infant feeding and suckling**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

1**First aid appointed person**

Speaker: Steven Bruce
Venue: Skylight Centre, 49 Corsica Street, London, N5 1JT
Tel: 07000 785 778
info@cranio.co.uk
www.cranio.co.uk

2**Obstetrics and optimum foetal positioning**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

4**Vascular and CVS approaches – part 1**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

6–8**Module 2: healthy visceral – the abdomen**

Speaker: Franz Buset or Francois Allart
Venue: Faculty of Medicine, Nice (France)
corinnejones.mih@gmail.com
www.molinari-institute-health.org

12**Vascular and CVS approaches part 2**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

13**Adult larynx and speech**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

14**Comprehensive taping**

Speaker: Ben Calvert-Painter and Danny Church
Venue: London School of Osteopathy, London, SE1
info@cpd-today.co.uk
www.cpd-today.co.uk

14**Digestive system**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

14**Paeds – plagio and early development/movement**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

15**Obstetrics and preparation for labour/delivery**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

15**Masterclass in active taping**

Speaker: Ben Calvert-Painter and Danny Church
Venue: London School of Osteopathy, London, SE1
info@cpd-today.co.uk
www.cpd-today.co.uk

17**Kinesiology taping for the athlete masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex, Jackdaw Lane, Oxford, OX4 1EQ
Tel: 07850 176 600
www.johngibbonsbodymaster.co.uk

August

14–15**SCCO: foundation course – module 1**

Speaker: Penny Price
Venue: Lyme Regis
Tel: 01453 767 607
admin@scco.ac
www.scco.ac

September

6–7**Advanced soft tissue techniques masterclass**

Speaker: John Gibbons
Venue: Oxford University Sports Complex, Oxford
Tel: 07850 176 600
www.johngibbonsbodymaster.co.uk

7**Animal osteopathy – part-time, one year Postgraduate Certificate**

Course Leader: Stuart McGregor
Venue: OCA Oxon, OX12 9BU
Tel: 01235 768 055
Wantageclinica@msn.com

7**Respiratory system – adult**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

8**Urinary tract male and female**

Speaker: Caroline Stone
Venue: Stalybridge, East Manchester, SK15 2AA
caroline-stone.com

Classifieds

Osteopath required: Doncaster, South Yorkshire

Dedicated and enthusiastic osteopath required, willing to build own list. Busy town practice with potential to expand. Good road, rail and air links to the rest of the country. Please send CV to: twood.osteo@gmail.com

Osteopath required: Staffordshire

Leek Osteopathic Health Centre is looking to employ a highly motivated osteopath for approximately 15–20 hours per week to take over an established list, from summer 2018. Excellent structural techniques alongside patient care are essential and you must be able to work as part of a happy team. An interest in the Perrin Technique for CFS not essential but may be advantageous. CPD mentoring and administration support provided. Further information email: helen@leekosteopaths.com

Osteopath required: Christchurch, New Zealand.

Fancy a change of scenery? Great climate (hot summers, snow in winter); average 15/20-minute drive to work; skiing/snowboarding, surfing all on your doorstep; spectacular scenery and amazing hikes. Better Health

Osteopathy is seeking an enthusiastic and motivated osteopath to join our friendly, and rapidly growing clinic in Christchurch City, New Zealand. Dedicated mentorship for graduates. Full-time position, flexible working hours, friendly environment. Applicants can apply for an Essentials Skills Visa, which is a straightforward process for osteopaths. If you would like to discuss this role further, please contact Lorraine Herity on **00 64 (0)27 755 5700**, or email your CV and cover letter to: lorraine@betterhealthosteopathy.nz

Associate osteopath required Bucks/Beds/ Northants border

Practice established 34 years. Senior practitioner looking to begin decreasing hours. Applicant to be pro-active in establishing themselves within the practice as well as covering principal's gradual reduction in hours. Role will suit confident structural practitioner but other techniques would be beneficial. Please email queries/CV to: fiona.cockings.mason@hotmail.co.uk

Associate osteopath required: Derbyshire

Fantastic opportunity for motivated and reliable osteopath with good

structural skills and communication/patient-management skills to join friendly, established and respected practice in Derbyshire. Initially one to three days a week with a desire to build patient list within a busy practice where the principal is working to capacity. The position would suit someone in the local area. In house CPD and administration support. Part-time reception provided. Please send your CV and a covering letter to: info@almaosteopathicpractice.co.uk or call **01246 866947**

Associate osteopath required: Leamington Spa

We are looking for an exceptional associate to join our team. If you have recently graduated and looking for the next step, we can offer you:

- a vibrant, well-established clinic to work in
- One-to-one mentor guidance and support
- help with improving your technique and skills
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Interested in joining our team? Email us at: lsr.sophie@gmail.com Leamington Spa and Redditch Chiropractic Clinics.

Associate osteopath required: London W1/ SW5

Associate with minimum five years' experience to cover at least three sessions a week. Must have experience with pregnant mothers, newborns, children, have good musculoskeletal skills and patient rapport. Long-established practice. Send CV: antony@kaneandross.co.uk Phone: **020 7436 900**

Associate osteopath required: Rushden, Beds/Cambs/Northants borders

Are you looking for a busy clinic with friendly practitioners and masses of CPD/mentoring? We have space for an associate to join our amazing team. Our patients vary from elite athletes to babies and animals, and we're happy to help you develop your skills in whichever direction you want. Email: claire.short@ashgrovehealth.co.uk

Associate osteopath required : Melton, Suffolk

We practice on Suffolk's 'Heritage Coast', close to the beautiful market town of Woodbridge, 90 minutes from London by train. Our practice numbers mean that our team is overstretched and we need more osteopathic help. The extent of this is negotiable, according to the availability and experience of the applicant. Our practice favours a 'structural team approach' and is based on the principal's 40 years experience. There is a career opportunity for the right candidate. Please contact Andrew Gilmour with your CV at: andrewgwillowfarm@gmail.com, www.gilmourosteo.co.uk

Associate osteopath required: Warrington

Warrington multi-award-winning clinic looking for their next superstar associate! Are you looking for somewhere that you can grow to be the very best you can be, surrounded by a fun and supportive team, helping your busy list of patients get out of pain and stay well with osteopathic care? Come and join Alba:

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If you are interested in knowing more please email: jemma@albaclinic.co.uk

Associate osteopath required: Australia

Associate osteopath required within medical centre in

elegant Mount Lawley suburb, close to capuccino strip, to take over/build on current cranial/babies/ structural client base. We can offer hours to suit your availability. Experience is good but a recently qualified graduate osteopath would be welcome. Practice established by BSO graduates. All enquiries and CV to Mark Ratcliffe. Email: MarkRatcliffe9@gmail.com or call (08) 9371 3422

Associate osteopath required: Barbados

Want to live and work in the Caribbean? Full-time associate osteopath wanted to join our clinic team in beautiful Barbados. Two-year contract with possible extension. Please send your CV and a covering letter that should detail why you

are the right candidate for the position and your previous experience that has prepared you for it. Email: 360osteopathicclinic@gmail.com

Practice for sale: Watford, Hertfordshire and Hatch End, NW London.

Two separate clinics to be sold as one business or individually. Watford, established 55 years, turnover £67k. Hatch End, established 34 years, based in GP surgery, turnover £56k. Reasonable offers considered. Enquiries to practice manager by email: fiona@fionatunmore.co.uk

Treatment room for hire: London

Central London, Regent Street (W1) clinic rental for

an osteopath, preferably with own list. Available Wednesdays and Fridays (8am-9pm). 24/7 meet-and-greet reception but you would be responsible for taking your own payments and making bookings. Please email: robin.kiashek@btinternet.com with CV.

Course

Tired of prescribing the same old exercise plans? Try something new. All the big clinics are using Rehab My Patient. Easy-to-follow exercise programmes accessible in under one minute. £11.42 per month. Improve patient relationships with 400+ advice sheets, HD videos and images. Try it now. www.rehabmypatient.com



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OF OSTEOPATHY

To book visit: www.scco.ac or contact us at admin@scco.ac or 01453 767607



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QUALIFIED OSTEOPATH

SCCO CONFERENCE 2018



Leader: **Karen Carroll**

30 June – 1 July 2018

Wokefield Estate, READING

£410/£490*

non-res / res CPD: 16 hrs

* Please call us for further details of discounts for Fellows & Members and day delegate rates.

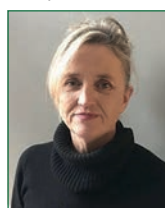
Your friendly guide to success in the new CPD environment

The aim of this conference is to give you confidence in thinking about research, critically appraising it and beginning to do simple research in our practices – an increasing requirement for osteopaths in the light of the new CPD requirements – all in easy, bite-sized chunks.

With this in mind we have created a conference to give you confidence in doing 'objective activities,' in supportive surroundings with all the elements we enjoy – a mix of lectures and practical workshops, experts to inspire you, a beautiful venue and plenty of time for meeting friends. **Visit our website for full details.**

SPEAKERS: Joining ANNE JAEKEL will be:

JO WILDY



PETER COCKHILL



KAREN CARROLL



BEN KATZ



STEVE VOGEL



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for Animals

Postgraduate Certificate in
**ANIMAL
OSTEOPATHY**
(PGCert AO)

Duration: 1 Year part-time
Location: Osteopathic Centre for Animals (Oxfordshire)
Course Leader: Stuart McGregor DO
Validating Body: University College of Osteopathy

We are currently accepting applications
for September 2018 entry.

If you would like to apply or have any questions please
email admissions: wantageclinic@msn.com
or call OCA admissions on: 01235 768055



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of Osteopathy

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FOR SALE**



- Top end Paediatric Osteopathic Clinic.
- Specialising in the treatment of babies and children.
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- Includes a Children's Clinic Hub, with ancillary services providing key in-house Occupational Therapy, Speech and Language therapy, Play Therapy, Breast Feeding and Paediatric Dietary Support.
- The clinic is generating strong annual income figures and has also developed significant referral business from related professionals.
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Enquiries in the first instance to:

Claran Baxter
Westboro Partners
Business advisors
Montenotte,
Cork, Ireland.

Phone: 00353-21-4500568 Email: cbaxter@westboro.ie



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OF OSTEOPATHY
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FEATURED COURSE

Paediatric Neurology II [P4] non-res / res
Endocrine & Chromosome **£549/£599**
with MARK WILSON & HILARY PERCIVAL



The second neurology weekend considers possible osteopathic explanations to the aetiologies of behavioural/sociological problems encountered in childhood. You will look at how osteopathy can make a difference to behavioural responses and capabilities.

"Anatomy and physiology of the limbic system followed by practical. It was excellent to explore CNS from this point of view."
"Completely focussed and helpful and enthusiastic tutors."

15-16 Sep 2018 Hawkwood, STROUD

Prior to this course there is an opportunity to take the next **DIPLOMA ACCESS DAY** making it the perfect time to join the Paediatric Diploma:

14 Sep 2018 Hawkwood, STROUD **£200/£289**

MORE COURSES

Foundation Course [M1]
with PENNY PRICE non-res

9-10 Jun 2018	Crista Galli, LONDON	£275
18-19 Aug 2018	Rocombe, LYME REGIS	£275
17-18 Nov 2018	Crista Galli, LONDON	£275

Paediatric Orthopaedics [P3]
with MARK WILSON & HILARY PERCIVAL non-res / res

28-29 Apr 2018 Hawkwood, STROUD **£549/£599**

Balanced Ligamentous Tension [M4] **CALL OFFICE****
with SUSAN TURNER non-res / res

17-21 May 2018 Hawkwood, STROUD **£995/£1250**

SCCO Conference [See larger advert]
Your friendly guide to success in the new CPD environment
with KAREN CARROLL non-res / res

30 Jun-1 Jul 2018 Wokefield, READING **£410/£490***

Osteopathy in the Cranial Field [M2]
with PAMELA VAILL CARTER non-res

10-14 Sep 2018 Columbia, LONDON **£990**

Paediatric Respiratory & Cardiology [P5]
with MARK WILSON & HILARY PERCIVAL non-res / res

2-3 Feb 2019 Hawkwood, STROUD **£549/£599**

Please call for details of entry criteria. * Discounts available for paid Fellows and Members.
**Courses with limited availability or on waitlist, please call the office for information.

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CPDO 2018

Professional Development for Manual and Physical Therapists

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cpd@cpdo.net

Date	Topic	Lecturer	Cost	Deposit	CPD points
14-15 Apr	Hartman's master class in manipulative techniques: upper body	Prof. Laurie Hartman	Fully booked		14
14-15 Apr	A process approach in manual and physical therapies	Dr. Eyal Lederman	£195	£95	14
19 May	Exercise prescription: a process approach	Dr. Eyal Lederman	£125	£125	7
2 June <small>(Saturday 10:00-13:00)</small>	Myth of core stability: what's next	Dr. Eyal Lederman	£45		3
2 June	Nutritional management of obesity: what really works	Prof. Adam Cunliffe	£125	£125	7
2-3 June	Hartman's Master class in manipulative techniques: lower body	Prof. Laurie Hartman	£375	£250	14
16 June	Managing the acute and chronic shoulder: a process approach	Dr. Eyal Lederman	£125	£125	7
16 June	Chronic Pain: How improving the diagnosis allows for better outcomes	Georgie Oldfield	£125	£125	7
6-7 Oct	Functional stretching	Dr. Eyal Lederman	£275	£150	14
3 Nov	Nutritional management of the local and systemic inflammation + Nutritional management in supporting recovery from MSK injury and post-surgery	Prof. Adam Cunliffe	£125	£125	7
3-4 Nov	Hartman's master class in manipulative techniques: upper body	Prof Laurie Hartman	£375	£250	14
16-18 Nov <small>(start Friday 17:00)</small>	Harmonic technique	Dr. Eyal Lederman	£385	£200	18
1 Dec	Human biome in health disease	Prof. Adam Cunliffe	£125	£125	7
1-2 Dec	Hartman's master class in manipulative techniques: lower body	Prof. Laurie Hartman	£375	£250	14
5-7 Dec	Barral's hormonal-visceral manipulation	Jean-Pierre Barral	Fully booked		20

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Free video:

www.cpdoathome.com

Leon Chaitow & Laurie Hartman Comparison of Neck Management



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

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HePAG provide Acupuncture foundation courses for Osteopaths, Chiropractors and Sports Therapists looking to add an effective and safe modality to their skill set.

By completing our 300 hours course, you will gain the in-depth understanding and knowledge necessary to safely administer acupuncture.

Over three weekends you will be introduced to the underlying concepts of western medical acupuncture, grounded in current research, clinical trials and case studies.

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Dates & Locations

PETERBOROUGH

- 12th May 2018
- 11th August 2018

MANCHESTER

- 23rd June 2018
- 24th November 2018

NORWICH

- 7th July 2018

LEICESTER

- 5th September 2018



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*Offer is for a limited time only- usual course price £575

Website: www.hepag.org.uk

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Email: info@hepag.org.uk

Chinese medicine in your osteopathic practice

Led by: Gordon Peck
Date: Saturday 28 to Sunday 29 April 2018
Cost: £250 (includes lunch and refreshments)



Delegates will gain a basic understanding of Chinese Medicine (including differences between dry needling and classical acupuncture) and learn practical techniques, which can be used immediately to improve effectiveness in treatment, increase sensitivity and maintain their own health.

By the end of the workshop the practitioner should have a better understanding of Oriental Medicine and a range of practical techniques to use safely in clinic and in daily life.

The Fascia

Led by: Serge Paoletti
Date: Friday 21 to Sunday 23 September 2018 (Part 1)
Cost: £400 (includes lunch and refreshments)



There are no osteopathic techniques that do not involve the fascia; whatever technique you choose you must involve it. The fascia is the first point of defence against disease and stores trauma patterns. It links all osteopathic techniques. The purpose of this course is to demonstrate the subtleties of fascia, their mode of operation and action. Through embryological, anatomical, physiological and biological study, practitioners will discover various treatment options and will discuss the latest research on the fascia to allow them to advance therapeutic possibilities. Although essential to devote a portion of this course to theory, to capture all the subtleties of the fascia, most time will be devoted to practical applications. Over the 3-days, delegates will consider techniques that correspond to the different operational aspects of fascias. The following will be considered and discussed, including clinical relevance and technical application to all parts of the body:

- Structural Techniques
- Listening and induction therapy
- General fascial equilibration and dura mater techniques
- The 'transfixing' techniques
- The techniques of 'desideration' + self correction
- Ageing of lesions
- Notions of epigenetics
- The cellular memory
- Applications for elderly patients, pregnant women and treating fertility problems

This is the first of a 2-part course - the second part will be held 25-27 January 2019.



ANIMAL OSTEOPATHY (Canine and/or Equine) Diploma courses start October 2018

This exciting programme is designed for those who have already undertaken training in animal osteopathy* and are able to demonstrate a thorough understanding of basic osteopathic assessment and treatment (including gait analysis, articulation, soft tissue and stretching). **Delivered over a series of weekends**, our Diploma course provides hours of hands-on practical with live animal models. It is intended to enhance participants' knowledge of functional anatomy, neurology (and neurological testing) and pathology, orthopaedics (with associated osteopathic testing) and integrated thinking. The course will teach students how to evaluate their clinical findings, test appropriately and treat with advanced techniques, such as Balanced Ligamentous Tension/fascial techniques, toggles and low velocity thrusts.

* Includes ESO foundation courses. For those without formal qualifications, an RPEL (Recognition of Prior Experiential Learning) process is available. Please note if you are not an osteopath, you may not use the term 'osteopath' or any such variation when advertising your services in the UK. Due to higher running costs, all animal courses are subject to sufficient delegate bookings.

CONTACT US:

European School of Osteopathy, Boxley, Maidstone, Kent, ME14 3DZ
Tel: +44 (0)1622 760816 or Email: cpd@eso.ac.uk

www.eso.ac.uk

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MATWORK LEVEL ONE - The Foundation

02 Jun (2 day)	Coleraine / Edinburgh
14 Jul (2 day)	Manchester / London
04 Aug (2 day)	London
18 Aug (2 day)	Liverpool
01 Sep (2 day)	London
08 Sep (2 day)	Falkirk

MATWORK LEVEL TWO - Class Instructor

09 Jun (2 day)	London
16 Jun (2 day)	Surrey
02 Jul (2 day)	London
07 Jul (2 day)	Manchester / London
18 Aug (2 day)	London
06 Sep (2 day)	Falkirk

MATWORK LEVEL THREE - Inter/Advanced

04 Jun (2 day)	London
14 Jul (2 day)	Falkirk
04 Aug (2 day)	Manchester
11 Aug (2 day)	Nuneaton
25 Aug (2 day)	London

CPD Courses

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Upcoming London CPD Courses

21 May	Pilates for Runners
01 Jun	Pilates & Horse Riders
02 Jun	Pilates for Spinal Surgery
07 Jun	Kids & Teens Pilates
08 Jun	Pilates & Shoulder Rehabilitation



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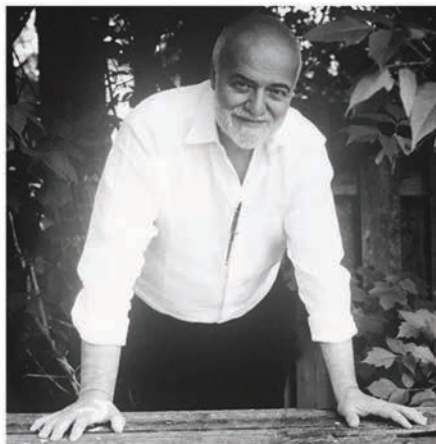
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MOLINARI INSTITUTE OF HEALTH

MIH CONFERENCE: 19 – 21 OCTOBER 2018 - LONDON

'Osteopathy, Men's, Women's and Children's Health'



'To celebrate my 40 years in Osteopathy, I am organizing a small conference dedicated to those who inspired me, those who walked beside me on the Osteo-Path and those who will follow in our footsteps. We have carefully selected the guest speakers, those whose excellent reputation is already international and those we feel represent the future of our profession.'

I look forward to welcoming you to this unique event.'

Renzo

Friday 19 October 2018: Conference Day in four sessions:

Session 1: Osteopathy with Susan Turner (UK), Jo Buekens (Luxembourg) and Christian Fossum (Norway)

Session 2: Women's Health with Prof Renzo Molinari, Geneviève Kermorgant (France) and Anja Engel-Schulmeyer (Austria)

Session 3: Men's Health with François Allart (France) and Daniel Brogan (UK)

Session 4: Children's Health with Stuart Korth (UK), Dr Larisa Lassovietskaya (Russia) and Prof Frank Willard (USA)

Saturday 20 and Sunday 21 October 2018: Eight excellent practical workshops to choose from.

The Conference is filling up fast!

For more information and to register please visit our website:

www.molinari-institute-health.org

or contact Corinne Jones at:

corinnejones.mih@gmail.com

There is still time to register on the seminars in los - Greece

Sunday 27 May to Friday 1 June 2018

Guest speakers: Geneviève Kermorgant and Prof Renzo Molinari

Topic: Pregnancy – Birth – Post-partum

Sunday 16 to Friday 21 September 2018

Guest speakers: Jonathan Daniells, Sue Turner and Prof Renzo Molinari

Topic: From Direct to Indirect Approach – Techniques made easy

Diploma in Paediatric Osteopathy (DPO)

With more than 25 successful years, the DPO is a two year programme that offers the opportunity to gain expert paediatric knowledge and work with leading paediatric osteopaths in a unique clinical environment.

- an exceptional clinical experience: all the effective learning takes place in and around the clinic.
- a syllabus delivered by an experienced faculty with diverse osteopathic backgrounds and extensive expertise and originality.
- the chance to develop a diverse set of osteopathic skills from a range of osteopathic traditions and technical approaches, not confined to one particular style or philosophy.
- the choice of standard or tailored 'flexible route' (for overseas and travelling students).
- a tailor-made Access Course run in collaboration with the Rollin E Becker Institute, designed for less experienced applicants, and offered as a unique alternative to the SCFT approved 'cranial course'.



Clinical training begins in November 2018.

Closing date for applications is 6 July 2018.

For a prospectus and details of the application process, visit www.fpo.org.uk

Alternatively, contact us on 020 8875 5293 or email admissions@fpo.org.uk

Developing Osteopathy in Paediatrics

This course is designed for osteopaths who wish to explore clinical examination and treatment of babies. It will cover differential diagnosis of the unsettled baby as well as an osteopathic understanding of the effects of birth on the structure of neonates, the resulting influence on function and the management of colic, reflux and plagiocephaly. We will also discuss the practical and legal issues related to gaining consent to examine and treat paediatric patients.

New graduates and final year students welcome!

Part 1 on **Saturday, 12 May 2018** and Part 2 on **Sunday, 13 May 2018**

Each day: **7 hours**

CPD

Paediatric First Aid

This RQF accredited qualification is designed for learners to attain the knowledge and practical competence required to deal with a range of paediatric first aid conditions and incidents. This certification is valid for three years and may be used as evidence of CPD.

FAA Level 3 Award in Paediatric First Aid

Sunday, 24 June 2018

6 hours

For details and registration contact us on 020 8875 5293 or email cpd@fpo.org.uk
www.fpo.org.uk/other-courses

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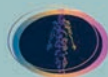
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Non-technique-based support and clinical special interest group for osteopaths interested in non-musculoskeletal conditions. You don't even have to do any 'visceral'

For anything 'non-musculoskeletal' e.g. breathing, digestion, women's and men's health issues.

Also supports non-cranial paediatric work, e.g. settling, sleep, and suckling / latch, EENT, head shapes/movement development.

Blog videos, case studies networking, professional support.



College of Non
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www.cnmo.co.uk

Have your learning assessed, and get a 'PG Cert Style' Certificate. Have your existing experience credentialed (available 2019), advertise yourself as a fellow of the college: Available for Paeds, Obstetrics, Abdominal, Pelvic and Thoracic work.

- Mother and baby certificate
- Abdomino-pelvic certificate
- Thoracic and Stomatognathic Certificate (e.g. breathing, EENT, Speech/larynx)



Caroline Stone
www.caroline-stone.com

Caroline is seeking interested parties to collaborate on a project to develop a public information service identifying practice frameworks for various clinical scenarios, and to identify research in support of practice. People and funding both required!

Instead of saying what
isn't there,
let's organise what is.

There is a lot of evidence available in support of our approaches, but it is difficult for many to access, and needs organising into a user-friendly interface to easily see what level of evidence exists for what type of outcome with what patient group/condition.



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General CPD

- Friday evening (4 hours)
- Saturday morning (6 hours)
- Saturday late afternoon/evening (4 hours)
- Sunday late morning to evening (6 hours)
- Wednesday evening lectures (3 hours)
- Practical face-to-face and also distance learning (online) versions also available

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28 April, £135, UCO

Pain in Clinical Practice

An exploration of the theory and application of managing persistent pain from a mechanism-based perspective, led by pain experts Danny Orchard and Dr Hubert van Griensven.

28–29 April, £270, UCO

The Gastrointestinal System

Led by Dr David Parry, this course aims to enhance knowledge of the gastrointestinal system. Includes visits to a dissection room and the Gordon Pathology Museum.

3 May, £205, UCO

Advanced Spinal Manipulation

Run by osteopaths Dr David Evans and Neil Wayman, this collaborative course brings together the theoretical and practical aspects of spinal manipulation.

5 May, £135, UCO

Introduction to Diagnostic Ultrasound

An accredited course providing an introduction to diagnostic ultrasound for osteopaths and other healthcare professionals, including demonstrations and practical workshops.

18 May, £205, UCO

Osteopathic Refresher

Update your existing knowledge with refreshers on postural asymmetry in children, the intervertebral disc, Still technique, evidence interpretation and visceral osteopathy.

19–20 May, £220, UCO

Foundation in Acupuncture

Expand your practice with this certified course. Delegates will learn about Western and Chinese concepts of musculoskeletal acupuncture as well as safe and effective practical techniques.

9–10 June & 7–8 July, £495, UCO



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For further information, contact:

Central Office on info@icak.co.uk
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EXPLORING THE SCOPE of Osteopathy

22nd - 23rd
APRIL

CONFERENCE Sunday 22nd April 2018

Venue: Wellcome Collection

Speakers: **Mervyn Waldman:** John Martin Littlejohn: Osteopathy as the Art & Science of Adaptation.
Chris Campbell: Our debt to John Martin Littlejohn.
Stuart Korth: Exploring the scope of Osteopathy.
Dr Wilfrid Jänig: Autonomic Nervous System and inflammation, a journey through a little explored territory.
Pascal Grolaux: The Vagus Nerve in a common pathway unifying the aetiopathogenesis of disease.

WORKSHOP Monday 23rd April 2018

Venue: London Clinic of Classical Osteopathy

Speakers: **Mervyn Waldman:** "Can classical osteopathic treatment influence neurogenic inflammation, host defense and immunopathology via its effects on the peripheral nervous system?"
Chris Campbell: Clinical mentoring at the LCCO.





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'FSM is remarkable in what it does. I attended the 4-day FSM Seminar in Dublin 4 years ago and again in Las Vegas 2 years ago - money very well spent!!! It has enabled me to help many more patients with increased efficiency. This has translated into increased patient numbers and patient satisfaction. Rather than being a separate mode of treatment I find it blends well with and enhances my other osteopathic techniques. As Osteopaths we aim to get to the root of a problem rather than just treat the symptoms, and FSM enables me to do just that. FSM has helped my practice to stand out from the crowd and increased substantially the profitability of our practice.'

Angela Stevenson D.O., Osteopath & Microcurrent Therapist, Resonant Body Health, The Lansdown Clinic, 1 Lansdown Road, Bath, BA1 5EE

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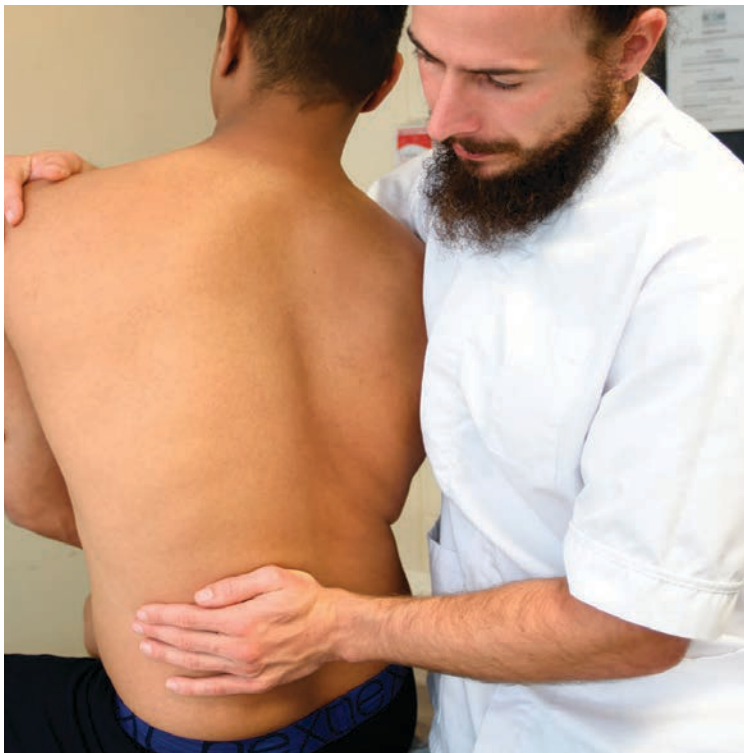
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Charity Challenge Endurance Event

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If you are already in training for your chosen sport, or have mountain experience this event is for you. Entrants are responsible for their own training and fundraising, with further information and support provided by Carolyn McGregor, Osteopath and Charity Challenge.

It costs just £75 to register (non-refundable), with the remainder of the costs (£350) due 6 weeks prior to departure. This will include two nights' accommodation, meals*, mountain leadership etc (see pack for full details). Fundraising tips and advice will be provided.

Visit the Event Website:

www.charitychallenge24peaksin24hours2018.com

For further info or make a donation:

www.facebook.com/osteopathinthelakes

Call Carolyn on 07766 330489 or email osteopathinthelakes@gmail.com for a full itinerary and information on how to register.

Your email address will be added to a database so we can send you further information on the event. You will only be contacted in relation to this event. Your personal data will never be sold or shared with third parties not related to this event, for their own marketing. Registration for the event will be direct with Charity Challenge, so you are advised to read their Privacy Policy. You can be removed from this event list at any time by emailing osteopathinthelakes@gmail.com. *excludes meal on last night. The Osteopathic Centre for Children is the clinical arm of the Foundation for Paediatric Osteopathy. Company No: 2545759 Registered Charity No: 1003934



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We are consulting on:

- Continuing Professional Development and Peer Discussion Review Guidance, closes: 14 May 2018
- Changes to the quality assurance of osteopathic education, closes: 3 May 2018
- Decision-making Guidance for the Investigating Committee, closes: 14 May 2018



See all our consultations at: bit.ly/gosc-consultations