the osteopath





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

tel: 020 7357 6655 email: info@osteopathy.org.uk www.osteopathy.org.uk

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

Welcome to the new edition of

the osteopath



In this edition, on page 7 Chief Executive Tim Walker explains how healthcare regulation might be changing and how these changes could affect you. You can also share your views on osteopathic regulation by taking the independent survey (see page 6).

On pages 4 and 5, learn about our new draft 'enforcement of title' policy and what steps we will take to prosecute anyone illegally calling themselves an osteopath.

What activities count as CPD and would these include martial arts or art classes? On page 10, we share the findings from our latest CPD audit and offer advice on what activities can and can't count towards your professional development.

Are your contact details up to date on the Register? Have you recently started working at a new or additional practice? On page 13, find out how you can update your practice details on the online Register and ensure that prospective patients can find you.

And, did you know that Sherlock Holmes' sidekick Doctor Watson was actually an osteopath? Find out on page 16 how a 19th century osteopath in Scotland inspired one of the most famous literary creations.

We hope you enjoy reading this edition.

Suzanne Miller

Email: editor@osteopathy.org.uk

What do you think of our new look? Take our five-minute survey - see insert



the osteopath

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Protecting patients, protecting you

We are inviting your views on our proposed new policies on whistleblowing and enforcement of protected titles

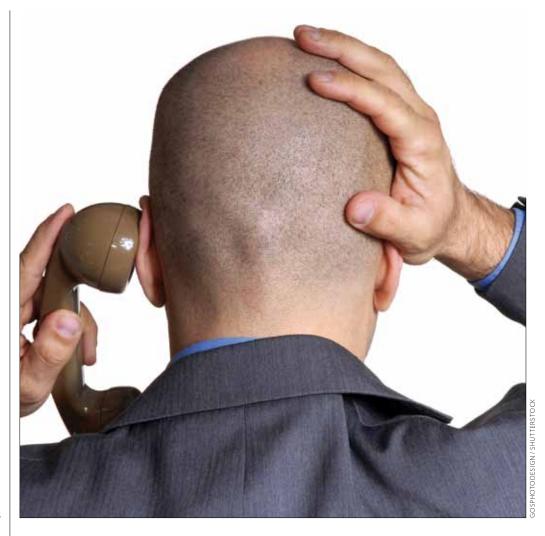
What is whistleblowing?

'Whistleblowing' is the raising of a concern, either within the workplace or externally, about a danger, risk, malpractice or wrongdoing that affects others.

In the UK, 'whistleblowers' are protected by legislation. This legislation primarily applies to employees and not to people who are selfemployed. So, for example, you are covered by the legislation if you are an osteopath working in the NHS, a large practice or an osteopathic educational institution. It also applies to people you might employ including a receptionist or other member of staff. While self-employed osteopaths may not be covered by this legislation, they nevertheless have a duty under the Osteopathic Practice Standards to raise concerns about other healthcare professionals.

Under this legislation, the GOsC is one of the bodies to which whistleblowing concerns can be reported, referred to as a 'prescribed body'. The legal protection in relation to the GOsC applies whether or not the whistleblower is an osteopath.

It is important that we have a policy setting out the type of concerns that we are able to consider, the actions we will take and the timescales for



doing so, along with links to further sources of information and advice. This draft policy can be found here http:// tinyurl.com/mwf39mb

- Is it clear how to raise a concern with us?
- Is it clear what sorts of concerns we can consider?
- Is it clear what action we can

- take in response to a concern being raised?
- Does the policy provide sufficient information about other regulators to whom concerns can be raised?
- Does the policy provide sufficient information about further sources of advice on whistleblowing issues?

Your views

Our draft policies on whistleblowing and enforcement of title can be found at: http://tinyurl.com/qbsqtx. The consultations on these run until 1 September 2014.



What is enforcement of title?

Under the legislation governing the regulation of osteopathy, the use of certain titles is restricted to individuals who are registered with the GOsC, including osteopath, osteopathic practitioner, osteopathic physician, osteopathist and osteotherapist. This means it is

Reporting illegal practice

If you think someone is calling themselves an osteopath when they are not registered with us, you can let us know by contacting our Regulation Department, by email on regulation@ osteopathy.org.uk; by telephone on 020 7357 6655 x224 or 249; or by post to:

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

a criminal offence for a person who is not registered with us to use these titles, and we have the right to prosecute - a process referred to as 'protection of title' or 'section 32' after the relevant part of the Osteopaths Act. Our recent prosecution of David Thunder for unlawful practice is an example of this (see above).

We know from our 2012 Registrants' survey that most osteopaths are likely to take action if they were aware of an unregistered practitioner claiming falsely to be an osteopath, and we are grateful to osteopaths who alert us to incidences of illegal practice. The survey also suggested that osteopaths would welcome more feedback from the GOsC on what we have done when they have reported incidences of illegal practice. We also recognise that it would be helpful

for osteopaths and the public to see how and when we enforce protection of title, in a draft formal policy http://tinyurl. com/pghs59e

London man convicted of falsely claiming to be an osteopath

On 16 April 2014, David James Edward Thunder pleaded quilty at Westminster Magistrates' Court to using the title of 'osteopath' while not registered with the General Osteopathic Council (GOsC).

Thunder, who provided services at Neal's Yard in Covent Garden, had been removed from the GOsC Register in 2007 but continued to call himself a 'medically trained osteopath' on his website.

He was fined and ordered to pay costs to the GOsC, along with a victim surcharge.

More information can be found on the GOsC website at: http://tinyurl.com/llckvvq

Our aim is to ensure that available resources are used to their best effect by focusing on title misuse that presents a risk to patient safety and public protection, to deter offenders and encourage ongoing compliance with the law.

This draft policy seeks to adopt a proportionate response to allegations of unlawful use of protected titles. Criminal convictions will only be initiated after 'cease and desist' letters (instructing the offenders to comply with the law), where there is a realistic prospect of securing a criminal conviction, and where it is in the public interest for the GOsC to bring the prosecution.

Having read the draft policy, we want to know what you think.

- Is it clear what actions we will take when notified of a possible misuse of title?
- Is it clear what criteria we take into account in deciding whether or not to initiate criminal proceedings?
- Do you understand the public interest test we will apply when deciding whether or not to prosecute?
- Should we reclaim the costs of a criminal prosecution against the defendant if he or she pleads guilty or is found quilty?
- Should we seek publicity in every case in which a successful prosecution is obtained?

Further information

ther information Contact the Regulation Team on 020 7357 6655 x249 or at: regulation @osteopathy.org.uk



What does regulation mean to you?

The GOsC has commissioned research into the effectiveness of osteopathic regulation. As part of this, osteopaths are invited to take part in an independently monitored survey

ow has regulation affected your practice? What would constitute 'good' regulation of the osteopathic profession?

More than 50 people from across the osteopathic community answered these questions and more as part of independent research we have commissioned to help us improve how we regulate the profession.

The interviews, held earlier this year, were carried out by a research team led by Professor Gerry McGivern of the University of Warwick, in order to:

- Explore opinions of osteopathy as a profession and practice
- Find out what osteopaths think good practice and professionalism means, and to what extent osteopaths

believe osteopathic regulation and standards affect them in their day-today practice

- Explore views of osteopathic regulation and standards, which of these interviewees find most and least helpful, and how these can be improved
- Gain a wide range of perspectives that reflect the diversity of osteopathic practice.

All osteopaths can share their views – anonymously – in an online survey launching in July As well as osteopaths, interviewees included representatives from advanced practice, from the osteopathic educational institutions, regional osteopathic groups, patients and experts in regulation more broadly.

Have your say

As part of this research, all osteopaths can share their views - anonymously - in an online survey launching in July. The survey will test whether beliefs and trends that emerged during the interviews are common among the osteopathic community. The research team is completely independent, no participant can be identified from the answers they give, and individual responses will not be relayed to the GOsC.

How to take part in the survey

The online survey will be available from July on the GOsC website. The link to it will be published in the GOsC monthly e-bulletin, and we strongly encourage all osteopaths to take part.

More information about the research project – including a timetable for research activities – was on page 10 of the Feb/Mar edition of the osteopath (http://tinyurl.com/o6n27cz)

Further information

You can read the original research proposal on our website at: http://tinyurl.com/pv25hxc If you have any questions about this research, please get in touch with Professor Gerry McGivern (Gerry. McGivern@wbs.ac.uk)



All change in osteopathy regulation?

Launched in 2011, the Government's review of healthcare professional regulation is drawing to a close. GOsC Chief Executive and Registrar **Tim Walker** explores what this means for the osteopathic profession

n 2 April, the combined Law Commissions of England and Wales, Northern Ireland and Scotland published their long-awaited review of professional regulation and a draft Bill for consideration by Parliament. The 450-page report was the culmination of three years of consultation and drafting, and is expected to provide more consistency between the work of the UK's healthcare regulators.

The central plank of the proposals is the replacement of the *Osteopaths Act 1993*, and the nine other pieces of legislation that govern UK health professions, with a single new Act covering all the professions. However, this does not mean that the General Osteopathic Council would cease to exist; the draft Bill proposes the same number of regulators, each with similar duties and powers in respect of the professions they regulate.

While the draft Bill proposes that there should be more consistency between the regulators, it is not proposed that there should be a uniform

approach to regulation. Each regulator would have the power to make its own rules according to the individual circumstances of their profession.

We don't yet know when the new legislation will come into effect, but it is unlikely to be before summer 2016 at the earliest. Once the new law is in place, the GOSC will need to rewrite all its existing rules, for example around registration, CPD, and fitness to practise.

So is this big shake-up worth it and will there be any benefit to osteopaths? I think the answer to this question is an unequivocal yes.

Since the Osteopaths Act was passed in 1993, best practice in the way in which all professions (not just for healthcare) are regulated has evolved considerably. While the bigger regulators, such as the General Medical Council, have had changes to their legislation and been able to make new rules, it has not always been possible for the GOsC to do this.

Under the new proposals, we will have the opportunity to update our legislation and make some of our

processes more efficient and cheaper, leading to benefits for patients and osteopaths alike.

For example, at the moment we have to investigate some fitness to practise complaints that we believe to be trivial and not matters for the GOSC; in future we hope that these will be able to be dismissed without referral to an investigating committee. We also hope that we will be able to make other processes for registrants easier, while at the same time ensuring that patients continue to be protected.

While the prospect of having to rewrite all our rules and change our processes may be daunting, it is a good opportunity for the GOSC to bring these up-to-date and ensure that the regulation of the our profession and the protection of the public are of the highest standard.

You can read a summary of the Law Commissions' report and draft bill at: http://tinyurl.com/lb39ku4, while the full report is available at: http://tinyurl.com/ma3cuj2





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What do you think of *the osteopath*? - tell us in just five minutes

You may have noticed that *the* osteopath magazine is looking a bit different these days.

The re-designed magazine was launched in December last year and, based on what you told us in our 2012 survey, is intended to be a better magazine for you, our readers.

know your thoughts. What do you think of our new look? Is it interesting to read? Is it useful? Are there any improvements that you would suggest?

Your feedback is invaluable, so please spare less than five minutes to complete our 2014 readership survey, either by posting the survey enclosed in this issue, or by filling this out online at: www.surveymonkey.com/s/DJ8KQKH

The survey closes 30 September 2014. For more information, contact Suzanne Miller, Senior

Communications Officer, on 020 7357 6655 x222 or at: editor@osteopathy.org.uk

the osteopath

the law on regulation





Ensuring osteopathy graduates are competent, safe and fit to practise is important – not just to protect patients but to promote public confidence in the profession and osteopathic practice.

As part of this, we commission the Quality

Assurance Agency for Higher Education (QAA) to carry out periodic reviews of osteopathic educational institutions. Now, new legislation has prompted us to examine this process to ensure it continues to be fit for purpose, and we are keen to hear your thoughts.

Why are we consulting on quality assurance?

New legislation proposed by the Law Commissions, along with Government recommendations from the Francis Report findings, have suggested that the views of patients, healthcare professionals and students should be more prominent in healthcare provision, and in the delivery of healthcare education.

With this in mind, we want our approach to osteopathic education to be informed by the views of the profession, along with those of patients, students and other key players in the osteopathic community.

Areas that the consultation will explore include:

- How other organisations can be involved with the review process
- How patients, students and staff can be involved
- How often quality assurance reviews should be carried out
- What information should be collected and how

- Whether some reviews should focus on a particular standard
- How reviews should be funded.

Why your views matter

Graduates who are not fit to practise could pose a danger to patients and have the potential to damage the reputation of the profession. It is in your interest to help us prevent this by making sure that high-quality osteopathic education is maintained.

These are important issues for the development of osteopathic practice. Take time to discuss and consider these issues with your colleagues in the month ahead. Later in the year, we will be inviting your views on this vital issue.

If you have any questions, please contact the Professional Standards Manager, Marcus Dye, on 020 7357 6655 x240 or at: mdye@osteopathy.org.uk

Working with you to improve CPD

Making sure that you are up to speed with new developments in osteopathy, as well as skills, knowledge and communication, is the key aim of our CPD scheme

e are working closely with a number of groups of osteopaths to develop a new CPD scheme which supports quality of care and reassures patients that osteopaths continue to be fit to practise. These proposals build on the work we did in 2012 around both revalidation and CPD.

A key element of what the scheme is providing is a Peer Discussion Review that all osteopaths would undertake every three years, and on which we will be consulting more widely later in the year. Part of this will be a guide for osteopaths, which will include case studies and other supporting materials currently being developed and tested by regional groups, osteopathic educational institutions and other osteopathic organisations.

What's proposed for the new CPD scheme?

We are proposing that CPD remain primarily self-directed but within a three-year, rather than annual, cycle. It will continue to consist of 30 hours of CPD per year, including at least 15 hours learning with others. Within a three-year cycle, 90 hours of CPD must be undertaken (with at least 45 hours of learning with others) and comprise the following:

- CPD in each of the four themes of the Osteopathic Practice Standards (communication and patient partnership; knowledge, skills and performance; safety and quality in practice, and; professionalism)
- CPD in communication and consent
- One 'objective activity' examples of which include patient feedback, peer observation, clinical audit or case-based discussion. This should inform future practice and CPD.

Towards the end of the three-year CPD cycle, osteopaths will undertake a Peer Discussion Review, in which they will discuss and review with a suitable colleague their practice, CPD activities and needs. Key to this is a respectful and supportive environment where sharing challenges and learning experiences are indicators of strong practice. The discussion can be with another osteopath or through an arrangement with a regional group, an educational institution, a CPD provider or other health professional.

The Peer Discussion Review will mark the end of each three-year cycle and the beginning of the next.

Pathfinding groups of osteopaths in Belfast, Carlisle, London and Lymm are working hard to test out proposed information and develop case studies to support the CPD and peer review discussion process. The idea is to simplify the scheme and help osteopaths understand how they might approach

the activities described above for consultation.

Next steps

These proposals for a revised CPD scheme for osteopaths, and the supporting guidelines will be the subject of wide consultation towards the end of the year. The CPD pathfinder groups are currently also helping to identify frequently asked questions and key areas where further explanation may be required.

We are extremely grateful to all those osteopaths who are helping us develop and test these materials to ensure these are ready for consultation.

Further information

We will keep you updated with our progress in *the osteopath*. In the meantime, for further information please contact the Professional Standards Team on 020 7357 6655 x235 or at: psadmin@osteopathy.org.uk



Does an art class count as CPD?

Keep your activities professional and not personal when it comes to enhancing your osteopathic development. Your record may be randomly selected for auditing

rt classes, martial arts and a furniture design workshop were some of the more unusual activities that osteopaths tried to claim as part of their continuing professional development (CPD) between June 2013 and March 2014. The findings emerged during a recent random audit of 101 CPD folders.

If you have been registered for more than a year, you will need to complete an annual summary form of your CPD activities, and keep a folder of evidence to support these activities. This is a condition of your registration and you will need to keep the evidence for up to five years. We carry out an audit every year to check that the evidence in the folders matches your annual summary form, and that all activities submitted meet our guidelines.

More than half of osteopaths audited in 2013-14 provided acceptable evidence first time, but the remainder had incomplete information. Of these:

- Some were unaware that they needed to keep at least one piece of evidence for every single activity they have listed on their CPD annual summary forms of the last five years
- Certificates proving course attendance were missing the name of the osteopath or had not been signed by the course provider
- Evidence was not dated and/ or did not match titles/order



of activities on the annual summary form

 Some activities were not relevant to osteopathic professional development.

What makes CPD relevant?

Not all CPD activities need to relate directly to osteopathy, provided you are able to explain how the course has maintained or enhanced your professional work as an osteopath. So, while a timemanagement or business

course could be considered part of your professional development, art classes, martial arts and a furnituredesign workshop are unlikely to be accepted as these relate to personal rather than professional development.

For information about acceptable CPD activities, see page 15 of the CPD Guidelines (www.osteopathy.org.uk/uploads/cpd_guidelines_interactive.pdf).

Our next CPD audits will take place in July and

September. If you are selected for audit, you will need to send us a copy of your CPD folder. You can do this either by post or by scanning and emailing the copies.

Further information

If you have any questions about how to provide evidence of your CPD, or whether activities meet the guidelines, we can help. Contact us on 020 7357 6655 x238 or at: cpd@osteopathy.org.uk

Withdrawal of Certification Mark

Earlier this year, we introduced a number of GOsC resources to help osteopaths promote their registration. These include bespoke Registration Marks for individual osteopaths, a generic

Mark for group osteopathic practices, and new public information posters.

With the introduction of these new Marks. we are withdrawing use of the 'Safe in our hands' Certification Mark (right) at the end of this year, so you should aim to stop using this device within the next six months.

General

Council

I'M REGISTERED

Registration no. 0000

www.osteopathy.org.uk

Osteopathic

We have also withdrawn use of the GOsC corporate logo, which is for use by the GOsC only. If you currently have the corporate

logo as a hyperlink to our public website, we suggest you replace this with the new Registration Marks, and use these as a link to the 'Search the Register' function on the GOsC public website.

To apply for your individual or group practice Registration Mark and/or to order the new public information posters, go to the 'Promoting your registration' page in the 'My registration' section of the o zone.



In Council - key decisions

1 May 2014 - 83rd meeting of the **General Osteopathic Council**

Here are some of the outcomes from the meeting. The agenda and all papers can be found at: www.osteopathy.org.uk/ about/the-organisation/meetings

Communications and engagement activity

Council received a report on year one of the GOsC's three-year Communications and Engagement Strategy. Informed by research and feedback from osteopaths, patients and the public, this Strategy consists of six overarching objectives that underpin the GOsC's commitment to: understand and respond to the needs and concerns of patients and the public; increase registrant engagement in the development of osteopathic standards;

support osteopaths to have a clear understanding of what is required of them as health professionals; work in partnership with others to reduce practitioner isolation and promote the development of the profession; ensure our stakeholders understand, value and have confidence in regulation and the GOsC; and input to the regulatory agenda across the UK and internationally.

To read the report in full, see http:// tinyurl.com/lfsrco3

New guidance for fitness to practise hearings

Council approved three practice notes that ensure fitness to practise hearings remain consistent, and help parties and witnesses know what to expect. The notes cover the special measures that fitness to practise

committees should follow when dealing with vulnerable witnesses and cases of a highly sensitive nature, the requirements for persons acting as expert witnesses, and the processes for considering an undertaking (a solemn written promise by the osteopath as to how they will conduct their practice) at interim suspension-order hearings.

Other decisions

Council agreed to public consultations on GOsC policies relating to whistleblowing and 'Protection of title' enforcement, scheduled for June (see pages 4-5), and a public consultation on education quality assurance; this consultation will launch later this year. It also approved the new guidelines and procedures for appeals against Registration decisions, following a public consultation on this last year which supported the proposal for a Registration Appeals Committee.

Future Council meetings

Wednesday 23 July 2014 Thursday 6 November 2014 Wednesday 4 February 2015

Meetings take place at 10am, at Osteopathy House, and osteopaths are welcome to attend. For further information, contact Marcia Scott on 020 7357 6655 x246 or email mscott@osteopathy.org.uk



Frequently asked questions

Find out out about overcoming problems logging on to the \bullet zone and how to access the latest research journals. If you have a query, please contact us

I'm having difficulty logging onto the o zone. I don't know my registration number or password and the 'forgotten password' facility doesn't work.

Your registration number is on your certificate of registration but you can also look yourself up on the online Register. Go to www.osteopathy.org.uk/information/finding-anosteopath and select the option to search the Register by last name. Once you have found your entry, click on it to bring up a pop-up box; your registration number will be at the top. Alternatively, call 020 7357 6655 x229 and we will look it up for you.

Unless you have changed it, your password is your date of birth written as dd/mm/yyyy, e.g. 04/06/1975 (don't forget the forward slashes). If you have changed your password but can't remember it, click the 'forgotten password' link, fill in your

email address and your password will be emailed to you. Please note this only works if we already have an email address on the system for you which matches the one you have provided here. Otherwise, you will need to call the Registration Department on 020 7357 6655 x229 with your registration number

and current email address.

If you need further assistance, email **webmanager@osteopathy.org.uk** or call 020 7357 6655 x228.

How can I read articles in International Journal of Osteopathic Medicine (IJOM) and the other research journals? Whe



Our research journals package from Elsevier was revised this year, to include new journals *The Lancet* and *Pain*, and the whole suite of

journals is now available on Elsevier's Science Direct website which osteopaths access via the • zone. We regret, however, that we and Elsevier are currently experiencing some technical difficulties that are affecting free access to these journals. The company that hosts the • zone is working to resolve the technical problem as soon as possible.

Further information

In the meantime, if there are articles you wish to read, please contact Margot Pinder, GOsC Web Manager, on **mpinder@osteopathy.org. uk**, and she will send you PDF copies of the articles that you require.

We apologise for the inconvenience this may cause you and we aim to restore free access very soon.



Can patients find you?

Moved practice recently or now working at more than one clinic? Changed your name?

lose to 6,000 people every month use the online Register on the GOsC website to find an osteopath. That's nearly 70,000 searches carried out every year by people seeking osteopathic treatment, and many patients rely on this to find a suitable osteopath.

Make sure you don't miss out on potential business keep your Register information up to date and provide as much information as you can to help patients find you when they need you.

Make sure you don't miss out on potential business

To add/change any information about your practice/s, email or telephone

on the Register, log onto the • zone and select 'My Registration', followed by 'Update my details'. You can only do this if the practice you want to

Registration Team on 020 7357 6655 x229 or email registration@osteopathy. org.uk. If you wish to be

registered under a

Registration team, giving the reason, along with evidence of your name change - for example, a marriage certificate or new passport.



Registration due? Renew online

You can renew your registration and pay your fees quickly and easily online:

- 1. On the o zone, visit the 'My Registration' page, select 'Update my details' and then 'Annual renewal'.
- 2. Complete the annual renewal form. You will be asked to confirm that you have not been subject to any criminal or civil investigation, that your current health and fitness will not have a negative impact on patients and other health professionals, and whether

you need a replacement ID

If you are practising in the UK, unless your professional indemnity insurance is with the Institute of Osteopathy (formerly the British Osteopathic Association), you will need to provide a copy of your insurance policy.

You can either scan and email this to registration@ osteopathy.org.uk, or post a copy to the Registration Team, General Osteopathic Council, Osteopathy House, 176 Tower Bridge Road, London SE1 3LU.

3. Click 'Submit'. Check that your information is correct and click 'Continue'.

If you pay your fees in a single payment, select 'payment of fees' and follow the online instructions.

Payment will be deducted as soon as you have completed the payment process.

A confirmation email will be sent to you along with a unique reference number. Please note, it takes 24 hours for your payment to reflect on our system. A receipt for payment will be sent to you by post.

If you pay your fees by existing Direct Debit, your charges will not be displayed on the website for payment, payments will continue to be deducted monthly and details of your payment schedule will be sent to you separately.

Further information

If you have any problems or any feedback on the online registration process, please contact the Registration Team on 020 7357 6655 x229 or email registration@ osteopathy.org.uk



In a bid to develop the profession further, the main osteopathic organisations last year agreed to collaborate on eight projects. What progress has been made?

ne of the key outcomes of the GOsC regional conferences in 2012 was an agreement from the osteopathic organisations involved to work together on a shared agenda for the development of the profession.

Along with the GOsC, these organisations are:

- The Institute of Osteopathy (iO) (formerly the British Osteopathic Association) as the professional association for UK osteopathy
- The Council for Osteopathic Educational Institutions (COEI), which represents all educational institutions offering osteopathic preregistration courses
- The National Council for Osteopathic Research (NCOR), the umbrella group which aims to foster research, increase research capacity and raise the profile of osteopathic-relevant research
- The Osteopathic Alliance (OA), which represents most of the independent osteopathic postgraduate development and training colleges.

Last year, these organisations agreed to work in partnership on eight projects to support the development of the profession, in the following areas:

- Advanced clinical practice
- Career development
- International collaboration
- Leadership
- Mentoring
- Patient Reported Outcomes Measure (PROM) database development
- Regional support
- Service standards.

Details of all the projects are on the GOsC's website at: http://tinyurl.com/lh6gkzw

This information will also soon be available on the dedicated Osteopathic Development Group pages of the new iO website.

All five organisations are contributing to the projects to achieve shared goals. None of the projects 'belongs' to a single organisation; accountability for their delivery rests with the 'Osteopathic Development Group', a board made up of representatives from COEI, GOSC, iO, NCOR and the OA.

All osteopaths are welcome to get involved and contribute their thoughts to this important work. Further information and contact details are below. The GOsC Council is supporting this venture by considering applications for grants, and has now agreed funding for three projects:

Identifying osteopaths with additional qualifications

The first grant has been awarded for the project on Advanced Clinical Practice. The aim of this research is to support the development of the osteopathic profession and promote patient and public interests, by helping patients identify osteopaths who possess additional skills and qualifications. The project team includes representatives of the COEI, GOSC and OA.

As a result of the funding, independent consultants have been appointed to support the project and we will update you on new appointees soon.

Learning from mistakes

A second grant has been given to NCOR to complete the development of two adverse event reporting and learning platforms. One of these is specifically for patients to feedback on their experiences of osteopathic care; the other is for osteopaths to share their knowledge of incidents that have occurred in practice,

including both clinical incidents and practice management issues. This will provide useful material for osteopaths' CPD and related activities by offering an anonymous space to discuss challenging events in practice. It will allow them to learn from others' experience in a respectful environment to support both patient and practitioner safety.

Assisting graduates into practice

At its May meeting, Council approved a further grant for initial development of a mentoring scheme to support newly qualified graduates as they move from studying to independent practice.

The first part of the project will be to identify the most suitable approach to mentoring in the context of osteopathic practice. This will be followed by a pilot mentoring programme within the profession.

Further information

The Osteopathic Development Group projects are supported by Programme Coordinator Matthew Rogers, who is based at the iO. Matthew can be contacted at: matthew@osteopathy.org

Institute of Osteopathy Annual Convention goes global, collaborative and multistream

Book your place at osteopathy's premier event taking place this October. **Nik Watson**, Communications and PR Manager at the iO, invites your participation

From the 3-5 October, the Institute of Osteopathy – formerly the British Osteopathic Association (BOA) – will be holding the first iO Annual Convention, with a number of radical developments to make this a unique, multi-faceted event that will give delegates a much wider selection of learning and networking opportunities.

The iO is co-hosting the convention with the Osteopathic International Alliance (OIA), the worldwide organisation for osteopathic institutions, and is being joined

by the three main European osteopathic bodies (Forum for Osteopathic Regulation in Europe, The Osteopathic European Academic Network, and the European Federation of Osteopaths), who will be holding their general meetings ahead of the main conference. The UK regional societies are also being invited to a GOsC **Regional Communications** Network meeting to consult on a mix of regulatory and Osteopathic Development Group issues.

Osteopaths will be able to develop their clinical skills, hear

about the latest research and developments in osteopathy, improve their practice management know-how, and get involved in a wide range of discussions, workshops and lectures while enjoying the luxurious surroundings of the four-star Runnymede Hotel, situated on the Thames in Eqham, Surrey.

The iO is collaborating with a wide range of educational establishments to bring the best in osteopathic thinking to the event, with a programme three times larger than in previous conventions, split into multiple simultaneous streams.

This year, we have thrown it open to the profession, offering a platform to showcase the best of osteopathy. The topics included are a direct response to a member survey that we conducted at the start of the year. They asked for a wider variety of presentations on information that was directly relevant to their day-to-day practice.

As a result, this year's event includes contributions from almost 20 organisations with more than 30 different presentations – along with those offered by OIA – across the three days. It features subjects such as: management of acute immune illness; osteopathic sports medicine; care of older people; kinetic chain and dynamic biomechanics; women's health issues; classical osteopathy; animal practice; working in the

NHS, and much more.

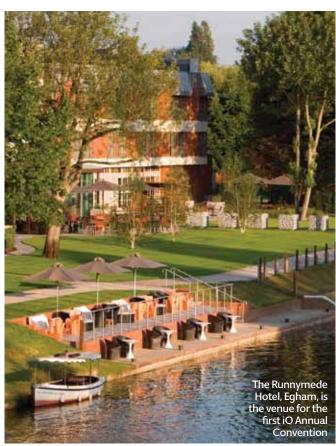
There will be an International dinner on the Friday evening and the Annual Convention Gala dinner on Saturday, which will also celebrate excellence in osteopathy with the presentation of a number of awards.

The convention is open to all osteopaths and iO members can apply for discounted places from £140 per day.

For more information and bookings, visit the iO's new website at www.osteopathy.org



The BOA has rebranded as the iO to signify the evolution of the organisation, providing a greater range of services and support for osteopaths and helping to develop and promote the profession. The new website will feature more resources and information for osteopaths and opportunities for practitioners to connect and share good practice.



'Osteopathy, my dear Watson'

History has revealed that one of Sir Arthur Conan Doyle's most famous characters was – however improbably – based on one of Britain's first osteopaths

The adventures of Sherlock Holmes were not so much about the 'elementary' as they were about 'osteopathy'. That's according to Dundee-based osteopath Tim Baker who asserts that a 19th-century osteopath was the inspiration for Sherlock Holmes's famous sidekick, Dr Watson.

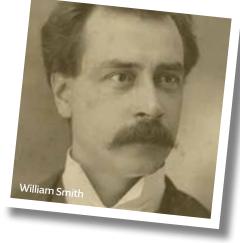
William Smith (1862-1912), who practised in Dundee a short distance from Tim Baker's practice, was one of Britain's first osteopaths and studied medicine at Edinburgh University alongside Sir Arthur Conan Doyle. It was Smith's son, Cuthbert, who confirmed the connection in an American newspaper article in 1938.

'The detective's companion Watson was my father William Smith', he wrote.

Tim Baker made the astonishing discovery during the annual meeting of the Scottish Osteopathic Society in Aberdeen, where guest speaker Jason Haxton, curator of the American Museum of Osteopathy, related Smith's story.

Tim said: 'Jason Haxton had done some work on the history of osteopathy with reference to Scotland and two of the main players were William Smith and Martin Littlejohn, both Edinburgh-trained doctors who went to America and played a leading role in bringing osteopathy into the 20th century. I started to pay a bit more attention as I knew that William Smith had a practice in Dundee in the early part of the century but I knew nothing else.

'Over coffee, I asked Jason more questions and I realised that William Smith had been practising 50 yards from me 100 years ago.'



Tim then saw the speaker's archive material, which contained the startling revelation in the article by Smith's son that his father was the inspiration for Dr Watson.

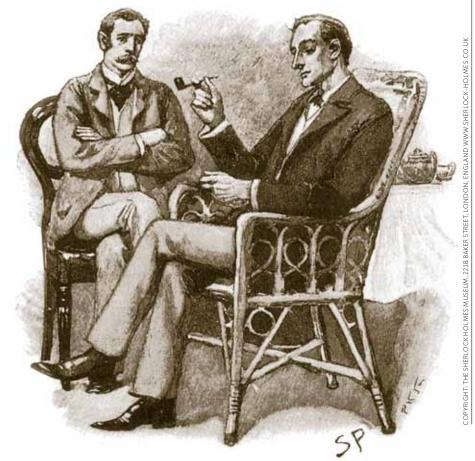
Cuthbert Smith wrote: 'The character of Watson was written around my father but it was merely a friendly gesture on Doyle's part and not based on any personal merits connected with the remarkable character of the stories of Joseph.' The archive material suggests also that the character of Holmes was based on Smith and Doyle's mutual acquaintance, Dr Joseph Bell.

According to Cuthbert Smith, Doyle and his father marvelled at Bell's talent, presented in a daily parade of breathtaking deliberations. Doyle was so impressed by Bell's powers of deduction - an uncanny ability to diagnose patients before they would speak a word to him about their afflictions - that Doyle drew on him as the inspiration for Holmes. Bell not only agreed to this but offered the author many helpful suggestions.

William Smith emigrated to America in 1862 where he met Andrew Taylor Still and became involved with the American School of Osteopathy. He returned to Dundee in 1910 where he opened an osteopathic clinic in Windsor Terrace. He died two years later, aged 49.

The GOsC thanks Chief Reporter Andrew Argo at The Courier for allowing his article to be reproduced in the osteopath. The full article, 'Sherlock's sidekick's elementary link to Dundee' (06/02/14) - is available at: http://tinyurl.com/qcp4kzp

Special thanks also to Jason Haxton at the American Museum of Osteopathy for allowing us to use the image of William Smith.



PROMs in practice

Many of you will know about Patient Reported Outcome Measures (PROMs) but may be less clear about their nature and value, and how they apply to practice. **Carol Fawkes**, Senior Research Officer at the National Council for Osteopathic Research (NCOR), explains



PROM is essentially a form of questionnaire used to measure a patient's health status. In osteopathic practice, that measurement might include the pain experienced by the patient, their level of disability, quality of life, fatigue or satisfaction with the care they have received. What is most significant is that this measure is from the patient's (rather than the osteopath's) perspective.

PROMs have a range of uses, including:

- Measuring the effectiveness of care
- Encouraging discussion with patients
- Monitoring progress
- Use as a decision-aid for the treatment plan.

PROM data is being increasingly

sought by a range of different stakeholders involved in osteopathic practice, such as insurers and health commissioners. To support this demand, and the needs of a maturing and developing profession, NCOR is devising a way to capture **outcome** data electronically. This facility has been developed by undertaking a systematic review of selected PROMs and qualitative work – involving both osteopaths and patients – to investigate their views on PROMs, as well as practice-based data collection.

What do patients think about PROMs?

Thank you to those osteopaths who have recruited patients to take part in the short (30-minute) interviews about PROMs. We have been asking patients what they think about

PROM data is increasingly important in osteopathic practice

completing PROMs when they go to see an osteopath, the usefulness of different types, and using either the internet (web app) or a mobile app to give their feedback.

We would like to hear from more patients

If you think any of your patients might be interested, the participant information sheet can be found at: http://tinyurl.com/k9ok6d6
Alternatively, please contact Carol Fawkes on 07732 178308 or at: c.fawkes@qmul.ac.uk

Using PROMs in osteopathic practice

The PROM data-collection facility for osteopaths has been tested during development in one private practice, and is now ready for testing in more practices.

Volunteer practices wanted

We are now looking for volunteers who are interested in piloting the app in their practices to collect data from 15 current patients. If you are interested in finding out more, please contact Carol Fawkes on 07732 178308 or at: c.fawkes@qmul.ac.uk

More information about this and other work contributing to the PROM data collection project can be found on the NCOR PROMs website under Stages 4 and 5 at: http://tinyurl.com/mf36myt

Understanding fibromyalgia

Fibromyalgia, sometimes called fibrositis, is characterised by widespread pain in the body. A thorough understanding by both patients and healthcare professionals is key to diagnosing and treating this chronic condition. NCOR's **Dawn Carnes**,

Carol Fawkes and Elena Ward report



What are the symptoms of fibromyalgia?

Symptoms include multiple muscular tender points, hyperalgesia, allodynia, symptoms of fatigue, unrefreshing sleep and cognitive dysfunction (some patients experience a combination of these¹,²). Other reported symptoms include headaches, irritable bowel syndrome, urinary urgency, feeling irritable, pins and needles and/or a feeling of swelling in the hands and feet in the absence of actual swelling³.

Who gets it?

Fibromyalgia affects more women than men and commonly presents in people aged 30-50, although it can affect people at any age. The reported prevalence of fibromyalgia varies, possibly due to the challenges in diagnosing the condition and its similarities with other conditions; potentially as many as one in 25 people globally has the condition⁴.

What causes it?

The causes of fibromyalgia are still unknown but an increasing body of evidence shows an interaction between psychological and social factors, with pain processing mechanisms playing an important role in the condition, rather than actual tissue damage and inflammation¹,². There may also be a genetic factor.

Manifestations of central sensitisation have been identified in patients with

fibromyalgia and other chronic pain conditions such as chronic fatigue syndrome and chronic whiplashassociated disorder2. Studies have investigated pain processing in patients with fibromyalgia and have found: less-effective pain inhibition pathways; abnormal signalling in areas of the brain involved in processing pain and emotions; and differences between inhibitory and excitatory neurotransmitters in cerebrospinal fluid samples in patients with fibromyalgia, compared with controls1. Whether these changes are causative is still unknown.

How is fibromyalgia diagnosed?

Diagnosis is mostly based on clinical presentation, as there are no useful blood tests or imaging methods for making a diagnosis1. The presence of tender points, outlined in the American College of Rheumatology (ACR) 1990 criteria, are sometimes used, as these are convenient to assess quickly in clinic. However, they do not take into account the other associated symptoms of fibromyalgia and tender points are not exclusively present in patients with fibromyalgia¹,⁵. Furthermore, it was found that up to 25 per cent of patients with fibromyalgia do not fit the ACR 1990 criteria. The ACR criteria have since been updated and no longer include digital palpation of the tender points.

The ACR 2010 criteria comprise two scales: the Widespread Pain Index and the Symptom Severity Index, and take into account the duration of the patient's symptoms6.

Fibromyalgia can occur in conjunction with other painful diseases, such as osteoarthritis, rheumatoid arthritis and systemic lupus erythematosus. It is, therefore, important not to ascribe all of a patient's symptoms to fibromyalgia, and to refer patients to their GP if you suspect that there may be another cause for their symptoms1.

Treating fibromyalgia

There is currently no cure for fibromyalgia, but some treatments are useful in managing the condition. Evidence supports both aerobic exercise and strength training for improving

wellbeing, pain and tenderness, with the strongest evidence being for aerobic exercise¹, ⁷. Moderate evidence exists for heated pool or spa treatments¹. Weak evidence supports the use of manipulation, massage, electrotherapy and ultrasound, but research in these areas is generally limited by small sample sizes1.

Evidence summarised by a Cochrane systematic review of acupuncture for fibromyalgia showed some effectiveness of this treatment for reducing pain in the short term8.

In addition to exercise, there is also strong evidence for education and psychological and behavioural therapy for fibromyalgia; both exercise and psychological therapies are recommended in the Canadian guidelines for fibromyalgia but no equivalent guidelines exist in the UK9. Education for patients and carers has been consistently shown to help those with fibromyalgia. An important aspect of this intervention may be the group delivery of education, which has commonly been used in trials1.

Living and coping with a long-term condition can lead to a decline in psychological wellbeing. As mood can affect a patient's perception, a negative cycle may ensue. Cognitive Behavioural Therapy (CBT) can be used to help patients overcome negative thought processes, and has been shown to have a small effect in reducing pain, negative mood and disability, even in the longer term10.

It has been shown that selfmanagement and pain-management courses combining exercise, education and a psychological intervention such as CBT are consistently effective for patients with fibromyalgia¹¹.

Evidence for various pharmaceuticals exists for the management of fibromyalgia, namely analgesics, opioids, antidepressants and anticonvulsants1. Different drugs target specific symptoms of fibromyalgia, so a combination of drugs may be recommended or a focus placed on the most troublesome symptom for the patient. Decisions about drug therapy should be made following a discussion with the patient and take into account the potential benefits and risks.

Where can I get more information?

Various information resources about fibromyalgia exist for practitioners, patients and their families. Arthritis Research UK has information on its website and a downloadable leaflet for patients¹². The Fibromyalgia Association UK, Fibromyalgia Support Northern Ireland and Fibromyalgia Friends Scotland all provide support and information for people with fibromyalgia¹³, ¹⁴, ¹⁵.

For information about pharmacological pain management in general, there is a summary on the NCOR website at: http://tinyurl.com/kglzect

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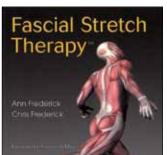
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Bookshelf

A selection of illustrated reference books for osteopaths



Fascial Stretch Therapy: For Manual and **Movement Therapists**

Christopher Frederick and Ann Frederick

Handspring Publishing (2014) ISBN 978-1-909141-08-7 224 pages

How the therapist or trainer can integrate fascial stretch

therapy in their current practice, business or workplace.

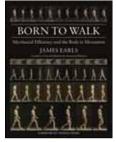
Born to Walk: Myofascial Efficiency and the Body in Movement

James Earls

Lotus Publishing (2014) ISBN 978-1-905367-47-4 213 pages

Born to Walk is designed for movement therapy practitioners, physiotherapists, osteopaths, chiropractors, massage

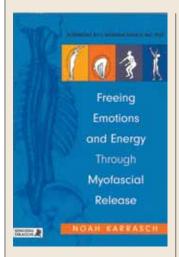
therapists, and bodywork specialists wishing to help patients through a better understanding of gait and its mechanics.





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

Book reviews



Freeing Emotions and Energy through Myofascial Release

Noah Karrasch

Singing Dragon (2012) ISBN 978-1-84819-085-6 Reviewed by Nigel Parker, BSc (Hons) Ost

There is primarily a homespun, self-help theme running through Noah Karrasch's book. It's a sort of Louise Hay meets Ida Rolf ('inventor' of Rolfing), meets Eastern Chakras. Reader exploration of the stretching, postural improvement and

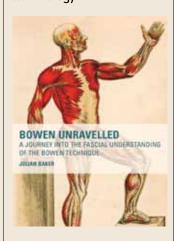
positive, balanced life attitude is recommended as essential to enable effective instruction to patients.

Karrasch, a Rolfer himself, suggests a self-creative stretching regime. First, he loosely sets out a small core set of 'deep line' stretches rather than individual muscles, based (as he says) on Anatomy Trains (Thomas Myers), but encourages broader exploration to find personal areas of tension. Releasing these tension areas not only lays the foundation for freedom of 'energy' to move through the body, avoid stagnation and ill-health, but can, on occasion, release the emotional fixating life event that established the holding pattern - a sort of selfpsychotherapy.

While the idea has to be applauded - the 'deep-line' stretching is something I myself have found effective for a number of years - the overall result is weak. A number of the stretches are for the fit and supple only -

any restriction in the hip joint would make the suggested mobilisation impractical and much of the reading is 'woolly', while the discussion of Wilhelm Reich (pioneer of bodywork therapy) is plainly wrong.

For example, Karrasch takes Reich to task for labels and terms that Reich never used and are Karrasch's own terminology.



Bowen Unravelled: A Journey into the Fascial **Understanding of the Bowen Technique**

Julian Baker

Lotus Publishing (2013) ISBN 978-1-905367-40-5 Reviewed by H Del Ponte Julian Baker takes you on a journey through the body, describing the steps and movements of the Bowen Technique.

The perspective offered in the early chapters (covering fascia, history and anatomy) led me to believe that there are aspects of philosophy that overlap with osteopathy.

The areas of anatomy are explored through discussion and an 'everything is connected to everything' approach, and supported by images taken from dissections. The discussion about fascial connections when working on various parts of the body provided food for thought for my own working style.

Bowen Unravelled is an interesting read, which offers evidence and cases for the efficacy of the Bowen Technique.

If you are considering training in this area, this book is an invaluable resource. It provides a nice introduction to the Bowen Technique if you do not have any previous knowledge.

Courses 2014 September

Courses are listed for general information and inclusion. This does not imply approval or accreditation by the GOsC. For a more comprehensive list of courses, visit the CPD resources section of the o zone www.osteopathy.org.uk

July

Cranio-Sacral Therapy -**Introductory Day**

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

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A Practical Guide to **Kinesiology Taping**

Speaker: John Gibbons Venue: University of Oxford Oxford OX4 1EQ john@johngibbons bodymaster.co.uk www.johngibbons bodymaster.co.uk

Cervical Spine Masterclass

Speaker: John Gibbons Venue: University of Oxford Oxford OX4 1EQ john@johngibbons bodymaster.co.uk www.johngibbons bodymaster.co.uk

Shoulder Joint Masterclass

Speaker: John Gibbons Venue: University of Oxford Oxford OX4 1EQ john@johngibbons bodymaster.co.uk www.johngibbons bodymaster.co.uk

Neurological Testing made simple

Speaker: John Gibbons Venue: University of Oxford Oxford OX4 1EQ john@johngibbons bodymaster.co.uk www.johngibbons bodymaster.co.uk

In Reciprocal Tension

Speaker: Micheal Harris Venue: Stroud info@sutherlandcranial college.co.uk www.sutherlandcranial college.co.uk

Cranio-Sacral Therapy -**Introductory Course (first** stage of full professional training)

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

Muscle Energy Techniques (METs) Made Simple

Speaker: John Gibbons Venue: University of Oxford Oxford OX4 1EQ john@johngibbons bodymaster.co.uk www.johngibbons bodymaster.co.uk

'The Miserable Baby' Part 2 - Further treatment approaches to the unsettled baby

Speaker: Miranda Clayton Venue: London School of Osteopathy, London SE1 3BE Tel: 07792 384592 osteokids@aol.com www.mumandbaby-athome.com/CPD%20page2.html

August

29 August-1 September

Advanced Therapy Masterclass

Speaker: John Gibbons Venue: University of Oxford Oxford OX4 1EQ john@johngibbons bodymaster.co.uk www.johngibbons bodymaster.co.uk

Spinal Manipulation and **Mobilisation Techniques Masterclass**

Speaker: John Gibbons Venue: University of Oxford Oxford OX4 1EQ john@johngibbons bodymaster.co.uk www.johngibbons bodymaster.co.uk

A Practical Guide to **Kinesiology Taping**

Speaker: John Gibbons Venue: University of Oxford Oxford OX4 1EQ john@johngibbons bodymaster.co.uk www.johngibbons bodymaster.co.uk

Headaches and Migraines

Speakers: Richard Katesmark and Cliff Lomas Venue: British School of Osteopathy info@cheyhamlodge.co.uk

Using Osteopathy to Treat Elephants

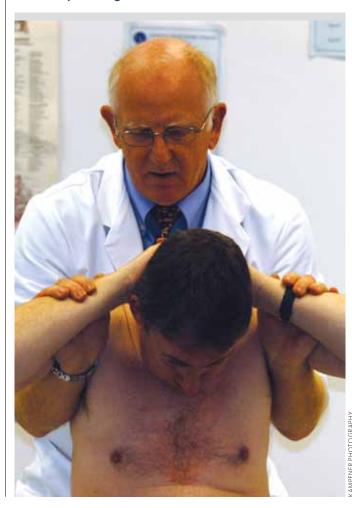
Speaker: Tony Nevin Venue: Thailand Tel: 01242 221153 tonynevin@blueyonder. co.uk

Complete Clinical Competence Series Signs & Symptoms

Speaker: Gary Lutz DO Venue: Warwick Hilton, Warwickshire Tel: 020 8504 1462 taoseminars@gmail.com

An Introduction to **Energy Medicine**

Speaker: Harry Oldfield Venue: Warwick Hilton, Warwickshire Tel: 020 8504 1462 taoseminars@gmail.com



7 Spinal Manipulation: Day 7 of 9

Complete Manipulation Course Speaker: Dr Eedy Venue: Warwick Hilton Tel: 020 8504 1462 taoseminars@gmail.com

0

Neurological Testing Made Simple

Speaker: John Gibbons
Venue: University of Oxford
Oxford OX4 1EQ
john@johngibbons
bodymaster.co.uk
www.johngibbons
bodymaster.co.uk

10-11

Advanced Soft Tissue Techniques Masterclass

Speaker: John Gibbons
Venue: University of Oxford
Oxford OX4 1EQ
john@johngibbons
bodymaster.co.uk
www.johngibbons
bodymaster.co.uk

16-20

Osteopathy in the Cranial Field

Speaker: Ana Bennett Venue: London info@sutherlandcranial college.co.uk www.sutherlandcranial college.co.uk

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Frozen Shoulder

Speaker: Dr Kaz Harding Venue: Warwick Hilton Tel: 020 8504 1462 taoseminars@gmail.com

20-21

I – The Dynamics of Applied Kinesiology Evaluation

Speaker: Tracy S Gates DO, DIBAK and Jim Townhill DC, DIBAK

Venue: Weald House, Worthing, West Sussex

info@hanzechiropractie.nl www.icak.co.uk

20-21

Functional Stretching

Speaker: Dr Eyal Lederman Venue: Whittington Education Centre, London

www.cpdaonline.com

20-21 Hip and Pelvis Pain

Speaker: CPDO-Jing ollaboration

Venue: Whittington Education

Centre, London www.cpdaonline.com

Speaker: Dr Eedy

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Muscle Power Techniques: Day 7 of 9

Venue: Warwick Hilton Tel: 020 8504 1462 taoseminars@gmail.com

22-23

Touch - Advanced Cranio-Sacral Workshop

Speaker: Katherine Ukleja D.O., Venue: Skylight Centre, 49 Corsica Street, London N5 1JT Tel: 07000 785778 info@cranio.co.uk www.cranio.co.uk

23

Muscle Energy Techniques (METs) Made Simple

Speaker: John Gibbons
Venue: University of Oxford
Oxford OX4 1EQ
john@johngibbons
bodymaster.co.uk
www.johngibbons
bodymaster.co.uk

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BLT Refresher Day (Module 4)

Speaker: Zenna Zwierzchowska Venue: London info@sutherlandcranial college.co.uk www.sutherlandcranial college.co.uk

Test your OPS knowledge online

Making sure you are familiar with the Osteopathic Practice Standards (OPS) can help prepare you for ethical dilemmas that may arise in practice. You can test your knowledge and how you would respond to ethical challenges using the GOsC e-learning module on the • zone.

Exploring ethical dilemmas in practice – part one is on the OPS support pages at: www.osteopathy.org.uk/ozone/practice-guidance/Osteopathic-practice-standards The module asks a series of interactive questions related to a practice scenario, and offers you multiple choice options suggesting relevant parts of the OPS that may apply. You can also use this to count towards your CPD.

Other modules will be added in the coming months, and we encourage you to use this to check your knowledge of the OPS and its application to practice.

(N.B. If you are not already logged into the **o** zone, the link above will take you to the login page. Once you have logged in, try the link again)





UPCOMING COURSES

www.sutherlandcranialcollege.co.uk 01453 767607

JUNE 2014

MODULE 1 - FOUNDATION COURSE

Course Director: Dianna Harvey

FSCCO **Fee:** £275

Date: June 28 - 29, London

Course Summary: For established osteopaths and newly graduated osteopaths interesting in exploring cranial practice. Fun and accessible, this course introduces you to the embryology, anatomy and function of the cranium, sacrum and related structures by means of mini lectures, palpation and group exercises including model making.

JULY 2014

MODULE 5 - IN RECIPROCAL TENSION

Course Director: Michael Harris

FSCCO Fee: £895

Date: 18-20 July, Stroud

Course summary: Interconnected and dynamic; explore the anatomy and physiology of our membranes and fascia and how to apply them in treatment.

SEPTEMBER 2014

MODULE 2 - OSTEOPATHY IN THE CRANIAL FIELD

Course Director: Ana Bennett,

FSCCO

Fee: £1225 (non-residential). New graduate discounts apply

Date: 15-19 September, London

Course summary: Introducing the key concepts of the five phenomena as a way of studying and understanding the body as a whole.

CLINICAL REVIEW DAY - THE FUNCTIONAL FACE

Date: 20th Sept, London

Fee: £165

Course summary: For those who have completed Module 8 to review their clinical practice with Dianna Harvey FSCCO

OCTOBER 2014

MODULE 1 - FOUNDATION COURSE

Course Director: Penny Price, FSCCO

Fee: £275

Date: October 18th & 19th, Bath

Course Summary: For established and newly graduated osteopaths interesting in exploring cranial practice.

MODULE 7 - SPARK IN THE MOTOR

Course Director: Rowan Douglas-

Mort, FSCCO.

Date: 24th - 26th Oct, Stroud

Fee: £895

Course summary: Understanding the integrated role of the CNS within the body wide fluid function.

NOVEMBER 2014

MODULE 10 - INTEGRATING CRANIAL INTO PRACTICE

Course Director: Michael Harris,

FSCCO

Date: 8th Nov, London **Fee:** £165 practice including

communicating effectively with patients.

Course summary: Michael Harris helps integrate cranial work into existing osteopathic

RACHEL BROOKS "KEY ELEMENTS IN MY CLINICAL PRACTICE"

Fellows & Faculty Only

Course Director: Rachel Brooks **Dates:** 14th - 16th Nov, or 21st - 23rd

Nov, Stroud **Fee:** £445 - £545

Course summary: Covering Rollin Becker's teaching including the relationship between patient and physician, working with Stillness and using compressive forces.

All courses and conferences are eligible for CPD Courses also run overseas, check website for details





Foundation Course in Acupuncture with BMAS

Date: 12th-13th July & 9th-10th August

Cost: £580 CPD: 24 hours

This brand new 4 day course is a mixture of lectures and practical sessions, with a maximum of 12 people attending the course. The course fee includes, tuition, a full set of



£870 if you book and pay in full

before 27th June!

course notes, 100 needles, lunches and daytime refreshments throughout the two weekends. Participants who complete the BMAS Foundation Course are entitled to reduced rate membership of the Society for their first two years.

Who is the course open to?

All healthcare professionals who are regulated by statute in the UK, including students.

Course requirements:

Please note that you must complete a criteria form to attend the course, which is available on our website or by contacting cpd@bso.ac.uk. Early bird booking discount - only

Osteopathy in the Cranial Field

Dates: 5th-7th & 13th-14th September 2014 Cost: £870 Early Bird / £975 thereafter

CPD: 40 hours

This course is approved by the Sutherland Cranial Teaching Foundation and has been held annually at the BSO for 40 years. The basic course takes place over 5 days and includes the detailed anatomy and physiology which is specific to the involuntary approach. Alongside this, you will explore the basic principles of diagnosis and treatment procedures. There is 1 tutor to every 4 participants so that receive intensive, participant-centred tuition in the practical elements of the course. The course leaders are all experienced postgraduate lecturers with vast expertise in this area.

What discounts are available?

- BSO graduates from 2013 and 2014 £780
- BSO graduates from other years £877
- 2014 graduates from other schools with RQ status £877
- · Full price £975

Please email cpd@bso.ac.uk to enquire about paying in instalments.

Advanced Ergonomics

Date: Saturday 25th October

Cost: £125 CPD: 7 hours

This advanced course will build on your knowledge of ergonomics gained through CPD and practical experience. The emphasis is on applied practice to ensure that you can effectively support your patients in their work environment.



Am I eligible to attend?

If you have already completed the basics ergonomics course or think you have sufficient experience in this area already then you are welcome to attend. Please get in touch if you are unsure about your suitability.

Who is the course leader?

David Annett is a registered osteopath and ergonomist with the Institute of Ergonomics and Human Factors.

Get in touch...

For a full list of all our CPD courses or to book your place today, contact Sarah McLaughlin on 020 7089 5352 or cpd@bso.ac.uk.

What's on?

Sat 5 July

- · Anatomy, Dissection & Pathology **NEW**
- Thoracic Outlet Syndrome and Shoulder Dysfunction
- Challenging Patients: Overcoming Obstacles Through NLP NEW

Sun 6 July

. Still Technique 2

Sat 5 & Sun 6 July

- Obstetrics & Osteopathy
- · Nutrition in Practice
- Paediatric Osteopathy
- 12-13 July & 9-10 August
- Acupuncture with BMAS

Sat 6 & Sun 7 September

Osteopathic Refresher

5-7 & 13-14 September

- Osteopathy in the Cranial Field (5 day course)
- 18 October (4 dates)
- · OsteoMAP at the ESO

25 October

- Advanced Ergonomics
- Pain & Pharmacology
- Anatomy, Dissection & Pathology **NEW**

26 October

 Introduction to Osteopathic Psychology

Keep up to date...

Our Twitter account is the quickest and easiest way to keep up to date with new courses and great offers.



@BSO CPD

MSc Osteopathy - Achieving the next level

This flexible programme is designed to develop your professional capability in clinical practice, education and research. It gives you the opportunity to develop and critically apply your knowledge and skills in the areas of business, practice management and professional leadership.

This course is structured to allow you to complete specific units of learning as CPD or undertake the full course of study.

Each module will run on one Saturday a month over four months. A variety of teaching approaches will be utilised including lectures, seminars and practical workshops, all supported by assignments.

Start date: September 2014
Course Leader: Shireen Ismail
Duration: 3 years (2 units per year)
Course fee: £1,150 per 30 credit unit



Post Graduate Certificate in Academic and Clinical Education

This unique programme is designed to equip you with the knowledge and skills to effectively

support students in classroom and clinic-based settings.



The two modules, Education for Academic Teaching and Education for Clinical Supervision & Teaching Technical Skills, have a strong focus on clinical and practical skills.

Each module involves a four-day course of lectures, seminars and practical workshops, which are supported by assignments.

Start date: September 2014
Course Leader: Dr Jorge Esteves
Course fee: £2,300

Professional Doctorate in Osteopathy

This programme, the first of its kind, blends teaching and self-motivated investigation that will allow you to make use of a range of specialists who are experts in a variety of disciplines.



You will be introduced to highly relevant, but not normally associated, subjects and will have the opportunity to work at the cutting edge of osteopathic theory and practice. The emphasis will be not just on understanding a theoretical body of

knowledge, but on the nature of practice itself.

The course gives you the opportunity to investigate some of the key challenges facing the osteopathic profession today and develop the skills and knowledge to pursue the best interpretation, enhancing osteopathy's body of knowledge and skill.

Start date: September 2015
Course Leader: Professor Stephen Tyreman
Course fee: £3,900 per annum

CPD events 2014-15



Medicine for osteopaths - a pharmaceutical utopia?

Presented by Trevor Campbell Saturday 13th September 2014 £135 (inclusive of lunch and refreshments)

This course begins by discussing recent developments in the NHS and the opportunities and threats presented to the profession. The second half of the day focuses on CNS medications and the treatment of osteoporosis. Within this the concept of "lifestyle" medications is discussed as well as the pharmacology of the medicines themselves. The day concludes with a discussion on the future of osteopathy in a modern health environment.

Previous Feedback: "Excellent course – one of the best I've attended"... "Delivered expertly so that a fairly heavy subject in terms of factual content went across in a 'palatable' way"... "Will be practically useful in the clinic – immediately applicable"



The osteopathic approach to fascia

Presented by Paolo Tozzi DO Saturday 11th and Sunday 12th October 2014 £280 (inclusive of lunch and refreshments)

This two-day course aims to: describe the main anatomical and physiological properties of fascia; present the connective tissue as the major bio-mechanical and bio-electrical mediator of the structure and function interrelationship; propose various fascial mechanisms by which somatic dysfunction may be induced and maintained; illustrate the principles of tensegrity model and its application in osteopathic practice through Littlejohn's mechanics and compressional tensional approach; illustrate the most common fascial techniques in osteopathic practice and propose different fascia-mediated mechanisms behind OMT efficacy and effectiveness.



Psycho-emotional aspects of osteopathic treatment - follow-up day

Presented by Prof Robert Shaw Friday 28th November 2014 £140 (inclusive of lunch and refreshments)

This follow-up day is designed for participants who have previously attended a course on the psycho-emotional aspects of osteopathy. The aim of this one-day course is to enable practitioners to build on, and explore in more depth, how they have used the concepts and practical advice covered in the previous course. This workshop will provide an opportunity for participants to talk about their practice and receive supervision on the psychological aspects of working as an osteopath, in a safe and supportive group environment.



Psycho-emotional aspects of osteopathic treatment: Helping you establish and maintain a healthy work-life balance

Presented by Prof Robert Shaw Saturday 29th and Sunday 30th November 2014 £280 (inclusive of lunch and refreshments)

Have you ever felt challenged by the demands of difficult patients, or exhausted after a day of dealing with patients' emotional needs? This course will help practitioners better understand the psychological aspects of osteopathic practice, and some of the difficult interactions that can sometimes occur. It will provide some psychological tools that will help practitioners protect themselves emotionally, and aid the management of therapeutic relationships, helping to establish and maintain a healthy work-life balance.



Previous feedback: "A very valuable course! It was fantastic to have a course geared to help and advise osteopaths in our working lives"..."Extremely informative and entertaining weekend...highly relevant to practice life, thought-provoking and enjoyable"

10% off when you book a second course*

*Discount will be applied to second and subsequent courses only. Both courses must be listed within the ESO's 2014-15 CPD Programme. Excludes Prof Willard's course. See ESO website for full terms and conditions.

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- Sports Medicine Doctor London Olympics 2012
- The Medical Director to the English Institute of Sport
- Arsenal FC physio
- Royal Opera House physio
- Team doctor GB figure skating team

Application deadline – 30 June 2014 Dr Steph Hemmings +44 (0)20 8223 8839 s.hemmings@qmul.ac.uk

www.qmul.ac.uk/sportsmed



The Rollin E. Becker Institute is committed to delivering a high-quality programme of courses, masterclasses and seminars relevant to the challenges facing osteopaths in the 21st century.

See Our Website for Further Course Details:







Balanced Ligamentous Tension (BLT) Course



Palpation Course

Call 0845 5193 493 or visit www.rollinbeckerinstitute.co.uk for updated course information and booking.

5-Day Course - Osteopathy in the Cranial Field (Swindon)

Date: 19-21 & 26-27 July 2014 (over 2 weekends)

Venue: The Atrium Clinic, Swindon

Cost: £895

Approved by the Sutherland Cranial Teaching Foundation (USA), the course will explore the detailed anatomy and function of the involuntary mechanism, as well as teach fundamental practical skills to apply in practise.

There is a participant:tutor ratio of 4:1 to maximise development of practical skills and an eclectic range of tutors and lecturers to help you develop your abilities.

We highly recommend taking this course at least twice in order to maximise your understanding of the various concepts. Additionally, your practical skills will be consolidated and further enhanced as your understanding of the concepts of OCF deepens with intervening practice.

Visit our NEW website at **www.rollinbeckerinstitute.co.uk** for more details and to book your place.

PAEDIATRIC OSTEOPATHY CONFERENCE 2015

18th & 19th April, 2015

At Regent's University, London

For information about the conference go to:

www.fpoconference.org.uk

To keep updated, follow us:



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https://www.facebook.com/pages/The-Foundation-for-Paediatric-Osteopathy

Developing Osteopathy in Paediatrics Part 1

1st November 2014 at 9.15 am

This is the return the course held in May designed for osteopaths who wish to explore clinical examination of babies. It will also cover differential

diagnosis of the unsettled baby as well as an osteopathic understanding of the effects of birth on the

structure of the body and the resulting influence on function.

This course follows from the first Developing Osteopathy in

New Course

Developing Osteopathy

in Paediatrics Part 2

2nd November 2014 at 9.15 am

and can be booked in conjunction with Part 1. The course will consider the principles of diagnostic clinical reasoning

Paediatrics Course

diagnostic clinical reasoning and paediatric practice as well as clinical presentations and treatment of infants. This

will include colic, gastroesophagal reflux and plagiocephaly.

New graduates and final year students welcome. For more information check our website at www.occ.uk.com/education/other-courses or

7 Hours CPD

per day

PAEDIATRIC OSTEOPATHY phone 020-8875-5293 or e-mail cpd@fpo.org.uk.



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Child protection is not just the preserve of children's social care but is also the responsibility of the wide range of professionals and volunteers who work with children and families.

The course is made up of:

- Introduction
- Module 1: Recognise possible abuse
- Module 2: Respond appropriately
- Module 3: Report your concerns
- Module 4: Record your observations
- Conclusion

For more details visit www.nspcc.org.uk



4th Elephant Osteopathy Workshop Thailand 2014

6th-10th September, 2014 inclusive.

5 star accommodation set within breathtaking rain forest with views out across the Golden Triangle.

Experience the principles of osteopathy applied to Asia's largest land animals. Reflect and share your experiences within a select group of fellow professionals. You will be guided through all aspects of working around, and on these magnificent creatures.

Spaces are limited, so please hurry. Partners are welcome, and alternative activities can be arranged if elephants are not their thing.

Contact: **Tony Nevin** on 07831 759339 e-mail: tonynevin@blueyonder.co.uk



Animal Osteopathy

The next one-year course at the Osteopathic Centre for Animals using traditional osteopathic techniques, starts in July 2014. Learn how to treat horses and dogs without the use of sedation. Final year students welcome. Discounts available for new graduates and students.

Discounts available for new graduates and students. For course information please email Pat at:

or course information please email Pat at:

wantageclinic@msn.com or call Stuart McGregor at the O.C.A: **01235 768055**



Functional Movement & Gait Analysis CPD Series

Thirst 4 Function's CPD series will empower you with the skills and understanding to integrate functional movement and gait analysis in to your practice.

We study the fundamentals of biomechanics, muscle function and motor control. Underpinned by the physical, biological and behavioural sciences, this CPD series provides a unique principle based approach to assessment, treatment and rehabilitation.

This is not a technique or protocol focused course. You will be taught the science and principles behind the strategies you are learning. Principles lead to strategies and ultimately techniques that allow you to truly tailor your approach to the individual nature of each patient and your own expertise.

You will be encouraged to question and critique the whole process and ultimately integrate the knowledge you gain into your practice in ways that play to your strengths as a practitioner.

Dates & Location...

Level 1 - The Lower Extremity	13th & 14th September 2014	£269 (Students £199)
Level 2 - The Spine & Pelvis	4th & 5th October 2014	£269 (Students £199)
Level 3 - The Upper Extremity	25th & 26th October 2014	£269 (Students £199)
Level 4 - Total Body Integration	6th & 7th December 2014	£269 (Students £199)
Levels 1-4 - Package	See above	£896 (Students £796)

Location - Pure Sports Medicine, 41-47 Threadneedle Street, London, EC2R 8AR.

More Information Available At...

www.thirst4function.com Email: melissa@thirst4function.com Tel: 07896 175 494

"From the beginning to the end I thought the weekend was a fantastic success. The delivery of the information taught was not only inspiring but clearly versed & of course presented with an infectious passion. To say the course was a challenge would be an understatement but that is a great thing!"







Date	Topic	Lecturer	Cost	Deposit CP poin	
20-21 Sept	Functional stretching	Dr. Eyal Lederman	£265	£150 1	15
11-12 Oct	Hartman's master class in manipulative techniques: lower body	Prof. Laurie Hartman	FULL		
31 Oct & 1-2 Nov	Harmonic Technique (Starts Friday 17.00-20.00)	Dr. Eyal Lederman	£385	£200 2	20
25-26 Oct	Fascia-related pain and dysfunction: research to practice	Leon Chaitow	£275	£150 1	14
1-2 Nov	Clinical visceral management: persistent back pain	Jo Crill Dawson	£245	£150 1	14
12-13-14 Nov	Advanced thorax, neck and diaphragm	Jean Pierre Barral	FULL		
14-15 Nov	Pilates & Yoga exercises in management of upper and lower limb conditions	Susie Lecomber	£265	£150 1	14
13-14 Dec	Hartman's master class in manipulative techniques: upper body	Prof. Laurie Hartman	FULL	1	14



Neuromuscular Rehabilitation in Manual and Physical Therapies E. Lederman

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13-14 Sept	Acupuncture in the management of chronic spinal pain	Jennie Longbottom	£265	£150	14
11 Oct	Acupuncture in management of tension headaches and migraine	Jennie Longbottom	£135	£135	7
25 Oct	Management of general anxiety & depression with acupuncture and counselli	Jennie Longbottom ng	£135	£135	7
18 Oct	Advanced meridian workshop	Moira Tunstall	£135	£135	7

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 e-mail: cpd@cpdo.net

Classifieds

Structural Osteopath required: Ascot

Openhealth Clinic - We are a busy, established multi-disciplined clinic with an excellent reputation. Friendly, professional team with regular CPD. Position benefits from an existing list as well as the opportunity to add new patients. Permanent, part-time position with hours to be agreed. CV and covering letter to Graeme Rider. graeme@openhealth clinic.com

Osteopath Required: Fulham, SW6

Fulham Osteopaths - We are looking for a confident and caring osteopath to join our team practice on Tuesdays 2pm-7.30pm, Wednesdays 9am-2pm and Thursdays 9am-12.30pm. Our ideal candidate should have experience treating adults and babies and have training in the classical and cranial fields. We are unable to consider applicants without paediatric experience. We are looking for an osteopath that works well with others and can contribute to our strong team dynamic.Please email your CV to info@fop.co.uk with a covering letter explaining why you would be the ideal person to join our team.

Osteopath Required: Thetford

Thetford Osteopaths is looking for an osteopath 4 days a week to replace a leaving associate. To work in a friendly established practice of 24 years. Craniosacral knowledge an asset and happy to treat children. Current associate is very busy and will provide a full hand over. Target earnings £27,000 per annum. Candidates will be invited to come to the practice for half a day, lunch will be provided. Apply in writing with CV via email to andrew@thetfordosteopaths. **co.uk** addressed for the attention of the Practice Manager. Starting date will be asap.

Osteopath Required: Newcastle upon Tyne

The Chiropractic Centre – Due to an increase in patient numbers we are looking for a hardworking and committed Osteopath to join our beautiful practice in the friendly

city of Newcastle upon Tyne. We have been established since 1978 and have a wonderful reputation. The successful applicant will be supported in building their own practice by a team with combined experience in excess of 25 years. We offer an extremely generous sliding pay scale as we want our interest aligned. Accommodation can be supplied for an initial period. Essentially evidence based while acknowledging that not everything you see in practice can currently be explained by science. If you would like to know more about this position please contact Tracey Forbes (Practice Manager) on 0191 2656688 or email traceyforbes366@hotmail.

Osteopath Required: Runnymede

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Associate Required: Beds/Cambs/Northants borders

Ashgrove Health - Very busy multi-disciplinary clinic. Lots of nice practitioners in the clinic and a wide mixture of approaches used by the osteopaths. Would consider a locum, new graduate, or even a qualified ocelot to help us cope with patient numbers right now. Email: claire.short@ashgrovehealth.co.uk

Part-Time Associate Required: Maidstone, Kent

Busy, established clinic. The applicant must be a team player and will be encouraged to share ideas. Excellent communication, patient management and structural osteopathy skills essential. Please email your CV to:

scottdnls@aol.com

Associate Osteopath required: East Northants

The Rushden Osteopathic Clinic requires an Associate Osteopath to take over an existing list (Tuesday and two Saturday mornings a month) for a long-established practice. Experienced or new graduates considered, with competent structural skills and and interest in sports injuries preferable. Please send CV to Jo Jones - info@rushdenosteopathicclinic. co.uk.

Part-Time Associate Osteopath Required: Near Stafford

Must be enthusiastic, have good structural skills and be willing to build own patient list. Active person with an interest in sports injuries is an advantage. CV and cover letter to kdf@osteopathystafford.co.uk.

Locum required: Holmfirth, West Yorkshire

To cover maternity leave from July 2014, approx 1-2 days. Could lead to associateship. Busy principle list to maintain. Good structural skills and interpersonal skills essential. Also some postgraduate cranial experience necessary. Email CV to Hannah Stringer – info@ holmevalleyosteopathy.co.uk

Associate Osteopath required: Ottawa, Canada

Osteopathic Associate required for a busy Wellness Centre in Downtown Ottawa. No previous experience is necessary. Knowledge of cranial preferred. Remuneration would be salary plus commission. Contact: **sue@ottawaholisticwellness.ca** with CV and covering letter.

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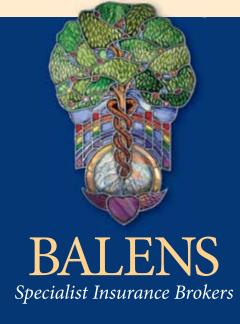




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