

the OSTEOPATH

The magazine for Osteopaths

March 2006
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In this month:

In Council

**Regional Conference
feedback**

Team Osteopath

Ethics and research

**Osteopathy in Britain:
first 100 years**



Spring into action

The General Osteopathic Council

Osteopathy House, 176 Tower Bridge Road, London SE1 3LU

T: 020 7357 6655 F: 020 7357 0011

www.osteopathy.org.uk

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Contact details: people

Rebecca Costello 256 Registration Secretary (rebeccac@osteopathy.org.uk)	Kellie Green 236 Assistant Registrar [Regulation] (kellieg@osteopathy.org.uk)	Matthew Redford 231 Assistant Registrar [Finance] (matthewr@osteopathy.org.uk)
Vince Cullen 223 Head of Development (vincec@osteopathy.org.uk)	Sonia van Heerden 242 Information Officer (soniavh@osteopathy.org.uk)	Abdul Saadeddin 251 Facilities Officer (abduls@osteopathy.org.uk)
Pam D'Arcy 246 Assistant to Chief Executive & Registrar (pamd@osteopathy.org.uk)	Madeline Hogan 227 Finance & Registration Officer (madelineh@osteopathy.org.uk)	David Simpson 248 Head of Legal Affairs (davids@osteopathy.org.uk)
Dana Davies 224 Professional Conduct Officer (danad@osteopathy.org.uk)	Susan McCue 226 Communications & Media Officer (susanm@osteopathy.org.uk)	Nicole Tripney 222 Communications & Events Officer (nicolet@osteopathy.org.uk)
Erika Doyle 228 Assistant Registrar [Communications] (erikad@osteopathy.org.uk)	Chantelle Meek 235 Development Assistant (chantellem@osteopathy.org.uk)	Brigid Tucker 247 Head of Communications (brigidt@osteopathy.org.uk)
Marcus Dye 240 Assistant Registrar [Development] (marcusd@osteopathy.org.uk)	Gillian O'Callaghan 233 Head of MIS [Registration] (gilliano@osteopathy.org.uk)	Joy Winyard 238 Development Officer (joyw@osteopathy.org.uk)
Sarah Eldred 245 Assistant Registrar [Public Affairs] (sarahe@osteopathy.org.uk)	Jane Quinnell 01580 720213 Clerk to Council (janeq@osteopathy.org.uk)	

**Freephone helpline
for osteopaths
0800 917 8031**

Registrar's report

March, the month of mad hares and more winds. It looks like we shall have a fair dose of these in the weeks ahead. But to ensure that we are well 'wrapped up' to cope with any winds of change that suggest osteopaths and their patients should have anything less good than they already enjoy, we need the "data". To further prepare us for any ramifications from the Foster Review of healthcare regulation, the GOsC Chairman, Nigel Clarke, has established an Advisory Group. As it must for an issue of this significance, the group includes not only Council Members, but also representatives from the Osteopathic Educational Institutions and the BOA, with our specialist Parliamentary Affairs Adviser to provide political input. Mr Foster is causing all of us to reflect on profession-led regulation. How apt that BSO Principal Martin Collins brings to our attention, at this time, the commitment and dedication of all those osteopaths who struggled tirelessly for over 60 years to win the profession statutory regulation. I hope Martin's fine history (see page 29) will inspire this generation of osteopaths to preserve and carry forward all that has been achieved.

Last month we sought informal feedback from you on GOsC Regional Conferences, as a mechanism for debate and development. The feature on page 7 reflects on some initial feedback but, more importantly, trailers a much wider data collection exercise this year – a searching appraisal of Osteopathy in the UK. If the profession is to thrive in a climate of change, we shall want to take account of every osteopath – please work with us to ensure we do.



I should perhaps just mention here that your fantastic response to the Legislative Review Consultation has proved a real challenge for our independent consultants. The sheer volume of replies and significance of your points has meant that the 56 page report has only just reached us! It is, nonetheless, high on the agenda for the meeting of Council on 21 March 2006. This will be an interesting day in itself – the newly-elected osteopathic members, who take up their positions formally on 9 May 2006, will be spending time with the Executive Staff and attending the Council meeting as part of their induction. We hope to be able to feature the new members in next month's magazine and report on the Legislative Review feedback in May.

March is also the month when the majority of registrants receive their first alerts about the renewal of registration and CPD returns. Every year there are fewer who neglect this important matter and find themselves becoming ineligible to practise – or worse still, continue to practise when not registered, putting patients and themselves at risk. Ideally there should be none. Last year, 48 osteopaths were removed from the Register for non-payment of fees and therefore were uninsured to practise – please make sure you are not one of them.

On a more positive note, the days are getting longer, the sun is shining more often and it seems you are all finding plenty of interesting extramural activities to fill your time (see page 14). Anyone following the progress of the osteopathic professional can surely not fail to be impressed.

**Madeleine Craggs,
Chief Executive & Registrar**

They hold you up...

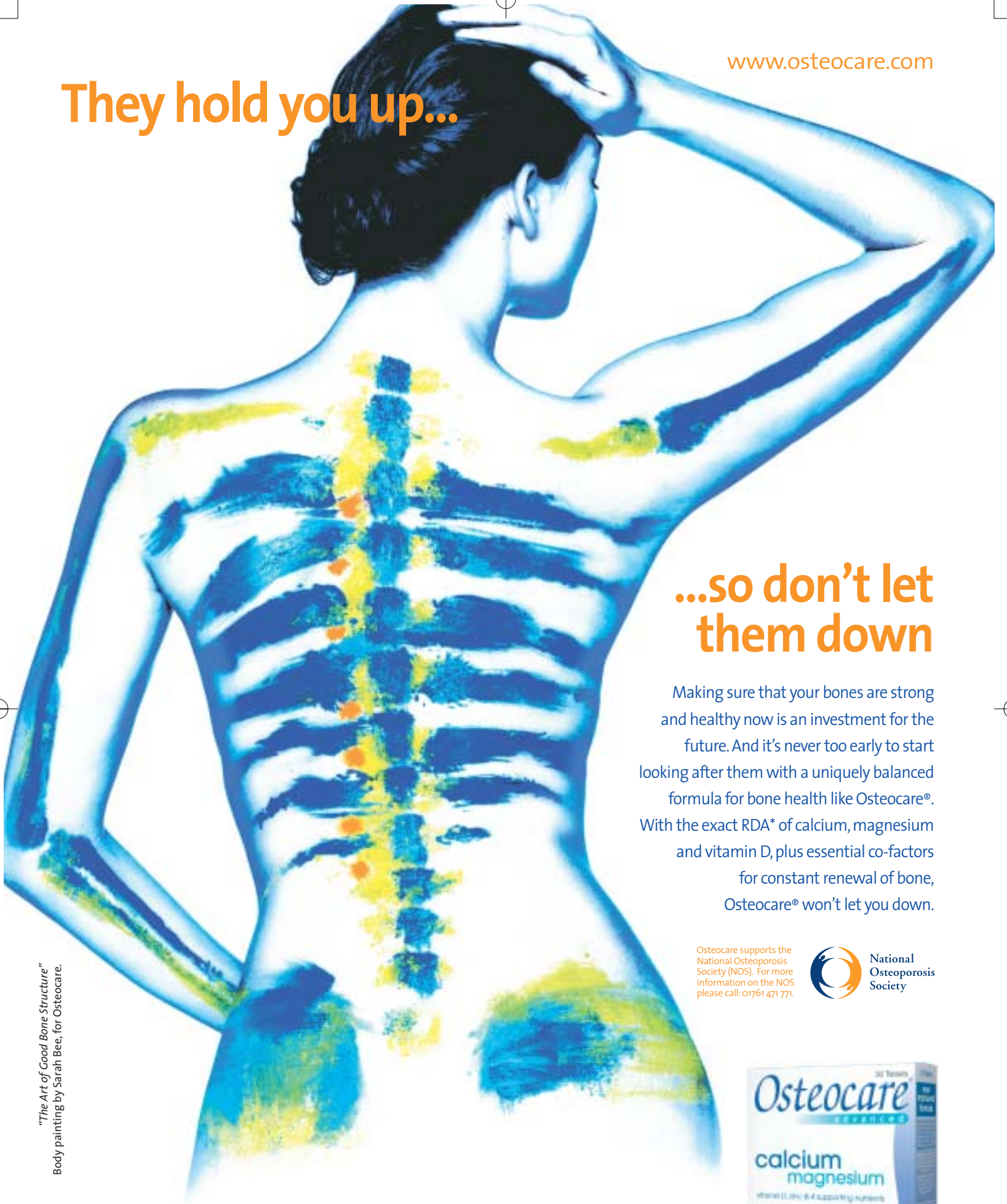
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"The Art of Good Bone Structure"
Body painting by Sarah Bee, for Osteocare.




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THE UK'S NO.1 SELLING BONE HEALTH FORMULA

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BBENSCH			

	<p>Assistant Editor: Nicole Tripney</p> <p>Editorial Advisors: Fionnuala Cook OBE Vince Cullen Catherine Hamilton-Plant Anne Jones Jane Langer</p>	<p>Send Editorial to: The General Osteopathic Council Osteopathy House 176 Tower Bridge Road London SE1 3LU Email: editor@osteopathy.org.uk Telephone: 020 7357 6655 Facsimile: 020 7357 0011 Website: www.osteopathy.org.uk</p>
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In Council

Jane Quinnell, Clerk to Council

The 48th meeting of the General Osteopathic Council took place on Thursday 15 December 2005 at Osteopathy House, with Fionnuala Cook, Acting Chairman, in the Chair for the first 30 minutes, and Nigel Clarke, the Chairman, in the Chair for the balance. Matters considered and/or noted included:

National Council for Osteopathic Research (NCOR) – Annual Report – 2004–05

Professor Ann Moore, Chairman, and Ms Carol Fawkes, Research Officer of NCOR, presented NCOR's Annual Report for 2004–05. A copy will be available on NCOR's website in due course (www.ncor.org.uk).

Chairman's Report

Forum for Osteopathic Regulators in Europe (FORE)

The first exploratory meeting held on 4 November 2005 was well attended by osteopaths from all over Europe. Meetings would follow on a six-monthly basis, with the venue following the presidency of the EU. The European Federation of Osteopaths (EFO) had also agreed to host a meeting in Brussels if necessary.

Appraisal of Council Members and Members co-opted to Committees

The appraisals for 2005 had been completed for all Council members. Appraisals for co-optees to Committees would be carried out in the spring by the Chairmen of their respective committees.

Acting Chairman of Council

Mrs Fionnuala Cook was elected, unopposed, as Acting Chairman of Council for another year.

Business Plan 2005/06: progress report

There was still one quarter of the year under report remaining and most targets had been met, in spite of additional unplanned workloads.

Financial matters

Management Accounts Highlight Report for the seven months to 31 October 2005.

Human Resources

Remuneration for Council Members

The Remuneration Committee's recommendations, to add clarity to the Council's policy on committee costs and associated allowances and expenses, were agreed by Council. The levels of reimbursement would be approved by Council at its meeting in March 2006.

Terms and Conditions of Employment for GOsC Employees
Council agreed the Remuneration Committee's recommendations, following a review of employees' terms and conditions of employment.



Making a complaint against a member of staff or Council

The policy for making a complaint against a member of staff was formalised and will be added to the GOsC's Publication Scheme. Council will also develop its policy for making a complaint against a member of Council, for acceptance at its June 2006 meeting. The development of this policy will include a review of the Code of Conduct for Council Members.

Council for Healthcare Regulatory Excellence (CHRE)

CHRE Performance Review of the GOsC

The draft response for CHRE was agreed by Council for completion and submission to CHRE before the year end. The Performance Review meeting was due on 26 January 2006 and the results would eventually be posted on CHRE's website.

Section 29 (CHRE's power to review fitness to practise findings through the courts) Costs Orders

Finance & General Purposes Committee had considered the cost of insurance against Section 29 (S29) orders and agreed that the cost of insurance was prohibitive with a £50k excess for each claim. A contingency fund of £100k would therefore be established for any S29 referrals. CHRE had now amended its S29 procedures to include alternative dispute resolution.

Committees and Senior Management Team

Update reports were received on the work of the Committees that had met since the previous Council meeting in July and on the work in progress reports from members of the Senior Management Team. More detail will be available in the full minutes of this meeting when they are posted on the GOsC website after approval at the next Council meeting.

Future Council meetings

- 21 March 2006
- 15 June 2006
- 19 September 2006
- 5 December 2006
- 13 March 2007

Meetings will commence at 10.00 am at Osteopathy House. The agenda for the public session will be available on the GOsC website, or from Jane Quinnell approximately seven to

ten days before the meeting. Public sessions of Council meetings are open to members of the public, which, of course, includes osteopaths.

Contact Jane Quinnell on tel: 01580 720213, or email: janeq@osteopathy.org.uk for further information, or if you would like to attend the next Council meeting.

GOsC Regional Conference survey

Your views ...

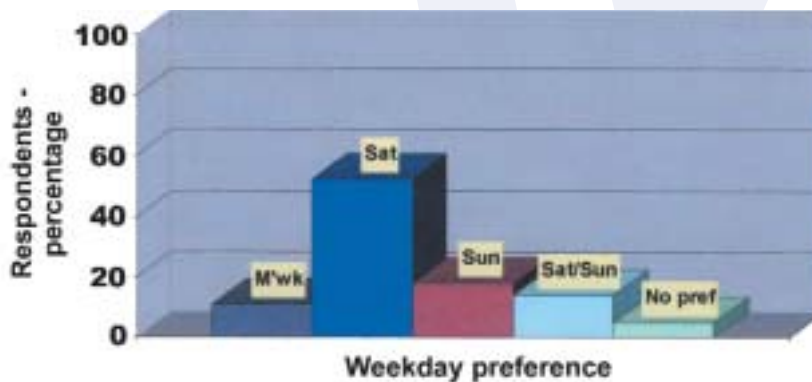
Last month we drew your attention to preliminary plans for another round of GOsC conferences, and invited your views on these events. Our thanks to all those of you who have taken the time to comment. **If you have not yet done so, please complete and return the flyer circulated with the February issue, or email: niceolet@osteopathy.org.uk if you wish to submit comments electronically. Closing date for comments – Friday 31 March 2006.**

Although the occasional cynic doubts the impact of your views, in fact GOsC event planning is based squarely on the feedback you have provided and the preferences of the majority. Nevertheless, the dissenting views, no matter how few, carry a compelling weight of their own and are always noted and considered – especially when persuasively argued.

With regard to GOsC conferences, it seems those who attended in the past are most likely to attend in the future. We chart here a snapshot of opinion to date from the latest survey feedback, but the commentary also acknowledges the much wider feedback collected at last year's conferences.

Timing

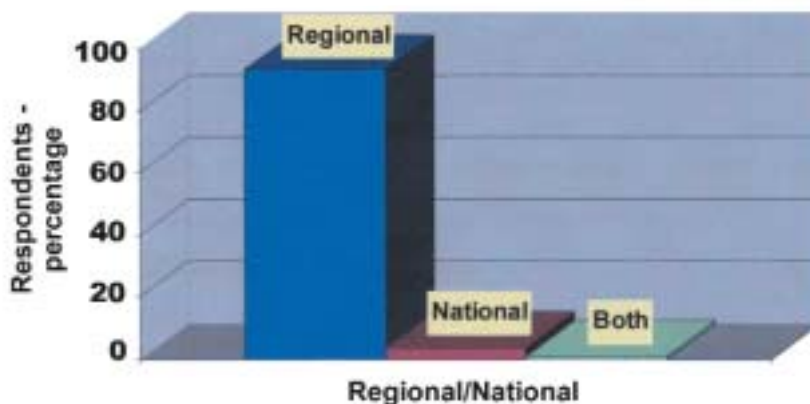
A number of you have pointed out that Saturday is your busiest day in practice and you would not forego this for a conference – the great majority, however, rate Saturday conferences well ahead of Sunday or mid-week meetings.



Location

Not surprisingly, few are keen to travel great distances to these events and the regional focus is vastly preferred. A few have commented that the regions suggested for the 2006/7 series may be too large – and it goes without saying, the choice of location is never convenient for everyone. A number of you have helpfully suggested locations, which we will gladly investigate further.

A few have consistently advocated national conferences and, though the well-attended annual BOA Convention provides a valuable opportunity (amongst others) for osteopaths to gather from across the country, the GOsC has not ruled out the option for national events in the future.



Fees

Although some consider it unreasonable that GOsC conferences are not free to registrants, the majority view the events as optional and the current delegate rate as acceptable. Council considers these open forum events as fundamental to the development of the profession and on an annual basis invests around £50,000 to subsidise costs and keep the delegate fee at a tolerable level.



Format

Your feedback on event format is interesting – obviously this is dependent on content – with many of you enjoying lectures. The opportunity to debate in open forums is also highly rated, specifically where it concerns issues that impact on the future of the profession. Many consider these occasions not the ideal opportunity for small group work.

Content

We have also sought your opinion on appropriate content for these GOsC meetings. Whilst a number of you have suggested a wide range of clinical topics – osteopathic and conventional medical – a majority indicated that they considered these occasions an opportunity to get to grips with and debate GOsC policy and regulation-related topics, in the vein of recent Regional Conferences. A substantial number also requested updates on wider political and legislative developments affecting osteopathy, and on current research and practice guidelines. Many once again requested a focus on the promotion of osteopathy, and an overview of Council’s promotional strategy and activities.

Provisional dates and regions

Below we indicate provisional dates and regions for the 2006/7 events. Please let us know, if you have not already done so, of any potential event clashes, particularly with school holidays and major sporting events:

Proposed dates	
Series I – Autumn 2006	
30 Sept or 1 October 2006	Region 1: North-west England & West Scotland
14 or 15 October 2006	Region 2: South-west England & South Wales
11 or 12 November 2006	Region 3: London & Eastern Counties
Series II – Spring 2007	
3 or 4 February 2007	Region 4: Central England & North Wales
3 or 4 March 2007	Region 5: North-east England & East Scotland
24 or 25 March 2007	Region 6: London & South-east England.

Be sure you count ...

One of the most important projects the GOsC will undertake this year will entail assembling comprehensive data about the current practice of osteopathy in the UK. This not only to underpin the profession’s strategic development and the promotion of osteopathy, but also to feed back to osteopaths to inform and strengthen your own business development.

Unlike informal surveys through The Osteopath, we will consult every osteopath directly, on a range of practice and professional issues. The value of this vital exercise depends on your participation – an accurate profile of the profession needs to take account of every osteopath in practice. (And, yes, we will supply pre-paid reply envelopes and on-line surveys!)

Preparatory work is underway with NCOR and other sectors of the profession, with a view to get this initiative underway in the spring. Further information in next month’s issue.

www.osteopathy.org.uk



To keep up-to-date with the latest GOsC, osteopathy and healthcare news log on regularly to the GOsC's website: www.osteopathy.org.uk



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Osteopathic Neuromuscular Re-abilitation

Beyond passivity: an active approach

Prof. Eyal Lederman

Find out how to treat the neuromuscular system after common joint and muscle injuries

Find out how to treat patients after surgery (hip, shoulder, lower back and more)

Find out how to treat conditions caused by emotional stress (painful jaw, trapezius myalgia, suboccipital pain, tension headaches and lower back pain)

Find out how to treat patients with central nervous system damage (stroke, MS, head injuries)

Find out how to test for motor and sensory changes in these conditions and how to treat them effectively.

Osteopathic Neuromuscular Re-abilitation was originally developed at the British School of Osteopathy by Prof. Eyal Lederman as part of a collaborative research with King' College, Physiotherapy Department. It was observed that the neuromuscular system is well buffered against external influences and will only change and adapt in response to specific signals. This research has led to the development of a new and highly effective osteopathic approach that can be used to influence the neuromuscular system.

This two-weekend course is both theoretical and practical. Based on his own and current neuromuscular research, Eyal will discuss the functional organisation of the motor system, how it is affected in different conditions and how Osteopathic Neuromuscular Re-abilitation can be used to re-abilitate movement dysfunction. The practical part of the workshop will develop these ideas into working clinical approaches, tests and techniques.

For a demonstration of Neuromuscular Re-abilitation see www.cpdo.net

Prof. Eyal Lederman graduated from the British School of Osteopathy and is working as an osteopath in London. He completed his PhD. at King's College, where he researched the neurophysiology of manual therapy. He also researched and developed osteopathic Harmonic Technique. He is involved in research examining the physiological effects of manual therapy and the development of Osteopathic Neuromuscular Re-abilitation.

Prof. Lederman has been teaching osteopathic technique and the physiological basis of manual therapy at the British School of Osteopathy and is a guest lecturer in different schools in the UK and abroad. He has published articles in the area of osteopathy and is the author of the books "Harmonic Technique", "Fundamentals of Manual Therapy" and "The Science and Practice of Manual Therapy".

**Dates: 1-2 April & 1-2 July 06 (two weekends)
Total CPD hours - 28**

Venue: Middlesex University, Archway Campus, (North)
London N19

Cost: £395.00 / Students: £200.00
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





15 Harberton Road, London N19 3JS, UK

Tel: 0207 263 8551 / e-mail: cpd@cpdo.net

GOsC Diary February 2006

A snapshot of the meetings and events the GOsC has been involved in over the past month. For further information about any of these meetings, please contact the relevant GOsC Department.

1	Wednesday	Professional Indemnity Insurance – UK IPG* Cross-sector sub-group GOsC – Dept of Health: Musculoskeletal Services Framework
2	Thursday	GOsC – Osteopathic Educational Institutions: osteopathic "risk" management GOsC – GDC*: Criminal Records Bureau checks – policy update
6	Monday	NCOR "adverse incidents" sub-group
7	Tuesday	Parliamentary Group for Integrated Complementary Healthcare (PGICH) reception
8	Wednesday	Royal College of Nursing, Nursing Standard – promotional campaign GOsC promotional literature – design review
10	Friday	Foster Review of Regulation – first meeting of GOsC Chairman's Advisory Group (GOsC, BDA, Osteopathic Education Providers)
13	Monday	NCOR* bi-monthly meeting GOsC "Osteopathic Archive" review Dr Foster Intelligence launch
14	Tuesday	Joint Regulators meeting – In-house lawyers forum
15	Wednesday	GOsC Leaflet Working Group – literature revisions & redesign
17	Friday	GOsC Professional Conduct Hearing CHRE – Fitness to Practise Forum NHS Finance Forum Medico-legal training for Osteopaths – course design working group
21	Tuesday	NCOR: London Research Hub meeting
22	Wednesday	GOsC Investigating Committee meeting
23	Thursday	GOsC – Scottish Executive: musculoskeletal health policy GOsC – Osteopathic Educational Foundation
24	Friday	NESCOT: Higher Education Awards Ceremony
28	Tuesday	GOsC – Yellow Pages: Corporate Advertising policy review

Key	 GOsC – Ext 242	 Communications Dept – Ext 242	 Development Dept – Ext 235
	 Finance – Ext 231	 Registrar Dept – Ext 246	 Registration Dept – Ext 256
	 Regulation – Ext 249		

*

*GDC – General Dental Council
 NCOR – National Council for Osteopathic Research
 NESCOT – North East Surrey College of Technology (SIOM)
 UKIPG – United Kingdom Inter-Professional Group

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Political round-up

Sarah Eldred, Assistant Registrar (Public Affairs)

Following on from February's *Political round-up*, this month's report illustrates a number of promotional opportunities relevant to the development of the osteopathic profession.

United Kingdom

Foster Review

The GOsC has established an Advisory Group (made up of Council members, British Osteopathic Association and Osteopathic Educational Institution representatives) to look at communications and lobbying activity in advance of the announcement of the Government's review of Healthcare regulation. The Group met for the first time to consider its position and agreed that good communication is vital to maintain the integrity of the profession. In readiness for an announcement by the Government, a Communications Action Plan is being developed.



The Government's White Paper: *Our Health, Our Care, Our Say* – a new direction in community services

The Secretary of State for Health, the Rt Hon. **Patricia Hewitt MP** (pictured left), launched the Government's

White Paper on 30 January proposing a "fundamental shift in focus that will provide integrated health and social care services in local communities and closer to people's homes". The Government wants to see 5% of resources shifted from secondary to primary care over the next 10 years.

This White Paper followed a consultation exercise – *Your Health, Your Care, Your Say* – the results of which were also published on 30 January. This consultation revealed that the public wanted: more control over their health and care; support to maintain health and independence, and convenient access to high quality cost-effective care.

A new generation of community hospitals is envisaged, which will provide diagnostics, minor surgery, outpatient facilities and access to social services in one location.

The GOsC Executive is reviewing the White Paper in more detail to assess what role osteopaths might play in these new community hospitals and health centres. For a copy of the White Paper, visit the Department of Health's website at: www.dh.gov.uk.



The Government's Green Paper:

A new deal for welfare: empowering people to work

Secretary of State for Work and Pensions, the Rt Hon **John Hutton MP**, (pictured below) published a Green Paper on 24 January primarily



directed at reducing the number of incapacity benefit claimants. Consultation on this paper will last until 21 April.

The Government wants to work in partnership with employers, employees and health professionals to develop a comprehensive package of support. There are plans to run programmes via the Health and Safety Executive to improve the prevention of workplace injuries and occupational ill health. These include programmes focusing on musculoskeletal disorders and stress management.

With regard to small and medium-sized enterprises, a new service is being piloted in England and Wales called 'Workplace Health Connect'. The first pilot projects began in February 2006 with a national helpline for all employees. The intention is to move to national coverage by 2008.

'Workplace Health Connect' will provide advice via a national helpline and associated website. The Green Paper also proposes establishing GPs with special interests in occupational health within primary care trusts or practices: "We want to build partnerships with all the UK's health professionals to ensure that a work focus is included in these interactions".

The GOsC will review the Green Paper. We will continue to explore working with the Health and Safety Executive on musculoskeletal issues and there may well be an opportunity for the GOsC to link into 'Workplace Health Connect' via the proposed new website by providing signposting to local osteopaths. For further information about the Green Paper visit the Department for Work and Pensions website at: www.dwp.gov.uk.

'Steer Clear of Back Pain'

As reported in last month's *The Osteopath*, the GOsC has been running a promotional campaign to raise awareness amongst London taxi drivers of the role of osteopathy in treating and preventing back pain.

This campaign has also been well received by

London MPs who received a 'Steer Clear of Back Pain' information pack in January. The GOsC is now exploring the possibility of extending this guidance to other audiences and has already held a meeting with Royal College of Nursing Publishing to look at disseminating information on osteopathy to the UK nursing profession.

Musculoskeletal Framework

The GOsC Executive met recently with the Department of Health's Orthopaedic and Musculoskeletal (MSK) Services Medical Advisor, **Dr Sheena Parker**, who confirmed that the MSK Framework will be published before the end of March. This publication, as part of the Government's Long Term Conditions Strategy, aims to improve services for the millions of people with musculoskeletal conditions; make more effective use of resources; and help achieve the 18-week patient pathway. Osteopathy is included as a discipline that commissioners should consider.

The GOsC has already contributed to the drafting of this document (and supporting literature) and will review promotional activity on receipt of an advance copy.

Strategic Health Authorities

In a statement to the House of Commons on 23 January, **Patricia Hewitt MP**, Secretary of State for Health, set out proposed changes to the structure of NHS organisations. This involves reducing the number of Strategic Health Authorities (and merging of Primary Care Trusts).

NHS Chief Executive, **Sir Nigel Crisp**, announced the appointment of 11 people who will lead the transition towards the new system over the next six months. Such Government reforms have been criticised in the press recently for what is perceived as a cycle of perpetual change.

House of Commons

Select Committees

Work and Pensions Committee: is currently holding an inquiry into "Reform of Incapacity Benefit and Pathways to Work" which it announced back in July 2005. Given the publication of the Green Paper on Incapacity Benefit, the Committee is now seeking further evidence and further sessions are being planned.

Mr Leigh Lewis, Permanent Secretary to the Department for Work and Pensions, appeared with his officials in February. The GOsC wrote to Mr Lewis in December pointing out the link with musculoskeletal conditions and incapacity benefit and the role of osteopaths.

Health Committee: announced in December its decision to hold an inquiry into Independent Sector Treatment Centres (ISTC), evidence is currently being considered. An inquiry is also being held into "Workforce needs and

planning for the health service". This will look at the implications of recent policy announcements such as those published in *Commissioning a patient-led NHS*. Written evidence is requested by 15 March.

The GOsC has already written to all members of the Health and Work and Pensions Select Committees, including a briefing on the achievements of the osteopathic profession. To date, **Dr Richard Taylor MP** (Ind, Wyre Forest), who sits on the Health Select Committee, has suggested an informal meeting with the Committee Chairman. We will also be pursuing a meeting with the Chairman of the Work and Pensions Select Committee in response to a letter from Committee member **Natascha Engel MP** (Lab, NE Derbyshire).

Parliamentary questions

House of Commons:

Complementary medicine and alternative medicine: Dr Ian Gibson MP

(Lab, Norwich North) [pictured right] asked the Secretary of State for Health when she planned to implement the recommendations of



the House of Lords report on Complementary and Alternative Medicine. Health Minister **Caroline Flint** said the response was published in March 2001 and a number of recommendations have been implemented such as preparations for the statutory regulation of herbal medicine and acupuncture practitioners.

Chronic Back Pain: Andrew Pelling (Con, Croydon Central) asked the Secretary of State for Northern Ireland on 24 January what initiatives are being taken in his Department to deal with chronic back pain. Mr Woodward replied that liaison officers were available. The GOsC has already written to Mr Pelling, enclosing a copy of the 'Steer Clear of Back Pain' information pack.

Occupational Health: Timothy Boswell MP (Con, Daventry) asked the Secretary of State for Work and Pensions on 23 January what progress had been made on the implementation of the national strategy for occupational health. The Minister replied that the *Health, Work and Well-being – Caring for our Future* strategy published on 19 October plays a crucial role in the delivery of these issues. She confirmed that plans for a stakeholder summit involving all parties is under way and that a Director for Occupational Health will shortly be recruited. The GOsC is exploring representation at this stakeholder event.

Lower Back Pain: Gregory Campbell MP (DUP, East Londonderry) asked on 23 January about working days lost in Northern Ireland through back pain. Minister **Angela Smith** replied that 23,000 people in employment

in Northern Ireland have been suffering from back or neck pain for a period of one year or more.

House of Lords:

Homeopathy: Lord Taverne questioned whether there were any plans to withdraw NHS funding for homeopathy on 23 January. Lord Warner replied that clinical decisions on the use of complementary or alternative treatments should be left to clinicians. Lord Taverne is sceptical, stating that every authoritative study over more than 150 years has shown no evidence that it works. "If the Government supports placebos, why will they not support funding coloured water, or witchcraft, which is likely to be just as effective and has as much scientific basis? His scepticism was also backed up by Lord Peston.

European Union



Services Directive

The Austrian Presidency is taking forward the Services Directive. Michael Gove MP (Con, Surrey Heath) [pictured right] asked on 12 January for a statement on the current negotiations under the Austrian



Presidency. Minister, Ian Pearson, replied that it was last discussed at the Competitiveness Council on 28 November and that the European Parliament is scheduled to hold its first reading vote on the Directive in February. The Austrian Presidency regards this as a priority dossier. The UK Government strongly supports the market-opening objectives of the Directive and will work closely with the Austrian Presidency, other Member States and the Commission to take negotiations forward during 2006.

Controversy still surrounds this proposal inciting a demonstration on the streets of Brussels. Members of the European Parliament held its first reading vote on 16 February and agreed to exclude healthcare services from the remit of the proposal. The Commission is now expected to come forward with a revised proposal following this vote.

At the time of writing this article, the GOS Executive will also be meeting with other regulators at the Alliance for UK Health Regulators on Europe, to further discuss future lobbying activity in the European political arena.

If you have any comments or questions about 'Political round-up', contact Sarah Eldred on ext. 245 or email: sarahe@osteopathy.org.uk.

OSTEOPATHY in BRITAIN

The First Hundred Years

by
Martin Collins
Principal, British School of Osteopathy

Osteopathy was the first complementary health care profession to receive statutory recognition in 1993. Using archival material not previously available and interviews with other osteopaths, the author has produced the first comprehensive account of its complex history in Britain, from its introduction in 1898 to the end of the previous century. The book provides an insight into its development, its struggle to gain statutory recognition, the internal conflicts within the profession and the personalities involved.



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2006

Date	Title	Tutor / lecturer	Cost	Deposit
Weekend courses				
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1-2 April	IOT II: Cervical spine, CD and UEX	Prof. Laurie Hartman	£195.00	£125.00
17-18 June	IOT III: SI joints, pelvis and LEX	Prof. Laurie Hartman	£195.00	£125.00
7-8 Oct	IOT IV: Developing and advancing osteopathic technique	Prof. Laurie Hartman	£195.00	£125.00
2-4 Nov	Visceral osteopathy: the thorax	Jean-Pierre Barral	£395.00	£250.00 Remaining £145.00 by 1 Oct 06
29 April	Healthy Pregnancy	Averille Morgan	£105.00	Pay in full
21-22 Oct & 25-26 Nov	Osteopathic care in pregnancy & optimal fetal positioning	Averille Morgan	£395.00	£225.00
6-7 May	Enhancing motherhood through active body awareness	Christine Van de Putte	£195.00	£125.00
1-2 April & 1-2 July	Neuromuscular "re-abilitation"	Prof. Eyal Lederman	£395.00	£250.00
7-8 Oct & 11-12 Nov	Harmonic technique	Prof. Eyal Lederman	£395.00	£250.00
30 Sept -1 Oct	How to treat sports injuries: the lower body	Chris Boynes	£195.00	£125.00
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24 June	Practical ergonomics and musculoskeletal health	Damon Peterson	£105.00	Pay in full
21 Oct	Improving motor control in the elderly: an exercise approach	Dr Dawn Skelton	£105.00	Pay in full
11 Nov	Nutritional assessment practical workshop	Dr. Adam Cunliffe	£105.00	Pay in full
17 June	Introduction to sports taping	Tom Hewetson	£125.00	Pay in full
4 Nov	From treatment to exercise	Matthew Walden	£105.00	Pay in full
Evening courses				
30 March	How to treat: Acute disc	Prof. Eyal Lederman	£40.00	Pay in full
15 June	How to treat: chronic disc	Prof. Eyal Lederman	£40.00	Pay in full
28 Sept	How to treat: Frozen shoulder	Prof. Eyal Lederman	£40.00	Pay in full
26 Oct	How to treat: Tennis elbow	Prof. Eyal Lederman	£40.00	Pay in full
23 Nov	How to treat: Whiplash injuries	Prof. Eyal Lederman	£40.00	Pay in full
23 March	OT III: Upper extremity & upper cervical spine	David Tatton	£40.00	Pay in full
11 May	OT IV: Lower back and pelvis	David Tatton	£40.00	Pay in full
1 June	How to treat: Achilles Tendonosis	Chris Boynes	£40.00	Pay in full
Evening lectures				
25 May	Exercise motivation and adherence	Bob Laventure	£20.00	Pay in full
8 June	Prevention of falling and fractures in the elderly	Dr Dawn Skelton	£20.00	Pay in full
22 June	The myth of core stability	Prof. Eyal Lederman	£20.00	Pay in full
5 Oct	Update on mechanisms of pain and pain management	Prof. Martin Koltzenburg	£20.00	Pay in full

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

Family Marathon challenge in aid of Asthma UK

Following the tragic death last August of his daughter's long-term partner, Gary Fisher, aged 28, from a severe asthma attack, **Nigel Hales**, Head of Corporate Operations at the European School of Osteopathy, is in training for the London Marathon on 23 April 2006. Joining him in **Team Gary** to run for Asthma UK are his daughter Katrina and three of her friends, his sons Jon and Andy, and Andy's partner, Ellen.

As the veteran of the team, Nigel admits that the going will be tough but extremely worthwhile. After seeing the positive impact running has already had on helping to rebuild Katrina's life, the opportunity to raise money and awareness for Asthma UK by running the London Marathon makes the experience all the more satisfying.



Current figures indicate that 1 in 12 adults in this country suffer from asthma and that, on average, 1400 people die from this condition each year in the UK. Asthma UK works with asthma-sufferers, healthcare professionals and researchers to develop and share expertise to help people increase their understanding and reduce the effect of asthma on their lives.

Any contributions towards this valuable work will be greatly appreciated. The team of eight have a joint fund-raising target of £10,000 and are seeking sponsorship via their

website: www.justgiving.com/teamgary. Alternatively, cheques can be made payable to 'Asthma UK' and sent to Nigel Hales, c/o European School of Osteopathy, Boxley House, Boxley, Maidstone, Kent ME14 3DZ.

Get Well UK awarded for innovative healthcare

Get Well UK was awarded a special prize by the Prince of Wales's Foundation for Integrated Health (FIH) for helping to bring complementary medicine into mainstream NHS. **Boo Armstrong**, Managing Director, received the award – Integrated Health Futures Award: recognising innovation to improve health – from **HRH The Prince of Wales** at the awards ceremony in January.

As reported at last year's GOsC Regional Conferences and in *The Osteopath* (November 2005), Get Well UK is a not-for-profit organisation that provides qualified complementary practitioners to GPs, and in doing so is working to end the current health inequalities that prevent many NHS patients from accessing integrated medicine.



Following a presentation by Boo and Chair **David Phillips OBE**, who spent seven years on the Council of the GOsC, the judging panel congratulated Get Well UK for their social entrepreneurship and political astuteness, stating that:

"Get Well UK represents an exciting indication of where integrated healthcare might go in the future. Our visit

confirmed the robustness of the model and the high level of satisfaction with the service given, from the point of view of a therapist, GPs and the practice manager."

The FIH Awards for Good Practice in Integrated Healthcare are biannual and recognise pioneering healthcare models that successfully combine conventional and complementary services.

GOsC Promotional Material

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For further information on the leaflets and posters, telephone 020 7357 6655 ext 242 or visit www.osteopathy.org.uk

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British School of Osteopathy

CPD Courses: www.bso.ac.uk/cpd

OSTEOPATHIC CARE OF CHILDREN (PART I)

Items to be covered include taking a case history, performing an examination and what 'danger signs' to look out for. Also the clinical approach to a wide range of common paediatric presentations will also be taught in some detail - ENT problems, colic, asthma & CP. The osteopathic relevance of persistent primitive reflex patterns and orthodontic problems will also be examined.

This course is open to practitioners who are registered with the GOsC and have satisfactorily completed two BSO Preliminary courses (or SCC equivalent) and had a minimum of two year's clinical practice in this field.

Dates: 24th, 25th & 26th June 2006

Deadline for applications: 9th June 2006

Course Fee: £595.00

Course Leaders: Carina Petter DO DPO & Carole Meredith DO

PRELIMINARY COURSE IN OSTEOPATHY IN THE CRANIAL FIELD

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

Dates: Sunday 3rd, Monday 4th, Tuesday 5th & Friday 15th, Saturday 16th September 2006

Course Fee for the 5-day course: £920. A deposit of £100 is required upon application.

Location for the above courses: The British School of Osteopathy, 275 Borough High Street, London SE1 1JE

For an application of any of the above courses to be sent to you, please contact

Gayda Arnold – 0207 089 5315 or g.arnold@bso.ac.uk

Team Osteopath returns



Following the huge success of last year's Team Osteopath, which raised over £4000 for children's charities, osteopaths and students alike are once again invited to take part in this year's **British 10K Run on Sunday 2 July 2006**.

The run, hosted in London, is the third most significant mass participation road race in the UK. Starting at Hyde Park Corner and finishing at Whitehall, the run passes through many of London's most famous streets and some of the world's most historic landmarks.



If you would like to improve your fitness, raise much-needed funds for charity, meet fellow colleagues from around the UK and raise the profile of osteopathy, then why not join the 2006 Team

Osteopath? Places are limited so please contact us as soon as possible to ensure your place is secured.

For further information on the British 10K Run see the official website at: www.thebritish10klondon.co.uk.

If you are interesting in joining Team Osteopath, please contact the GOsC Communications department on tel: 020 7357 6655 ext. 226 or email: susanm@osteopathy.org.uk.

Join the Women's 10K in Glasgow

Gillian McIntosh BSc Ost, Glasgow

Over 17,000 women are expected to run this year in the largest women only race on **Sunday 21 May 2006**. The route, which finishes in Bellahouston Park on the south side of Glasgow, passes through Maxwell Park and Pollok Park areas, making it one of the most scenic road races in the UK.

The Women's 10K Run offers a great opportunity for female osteopaths to demonstrate that we practise the healthy lifestyle we offer to our patients, whilst at the

same time raising money for charity. It is a fun day and all participants will receive a medal following completion of the race.

For further information, visit the official website: <http://www.runglasgow.org/10k>. If you are interested in participating in a team with other osteopaths, please contact Gillian McIntosh on tel: 0141 632 1266 or email: gillian@gillian-mcintosh.co.uk.

Primary Care 2006

The 2006 Primary Care Conference & Exhibition will be held at the National Exhibition Centre, Birmingham on 4-5 May. The GOsC will once again be exhibiting at the event as part of our efforts to raise the profile of osteopathy amongst key decision makers in the healthcare sector. Last year the event attracted more than 4000 GPs, PCT and primary care managers, pharmacists, nurses and Allied Health Professionals. Should you wish to assist the GOsC staff on the stand, contact the Communications department on ext. 222 or email: nicolet@osteopathy.org.uk.



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The European School of Osteopathy is constantly working towards providing the most up-to-date, exciting, thought-provoking postgraduate programme for the osteopathic profession.

An Exploration of the Oro & Naso Pharynx, The Tongue, The Hyoid Connection

This seminar will examine the anatomy and applied anatomy of the oro-naso pharynx and the hypoglossus. Practical sessions will be interspersed with theory to enable practitioners to improve their palpatory skills, learn new and revisit old techniques to relieve problems associated with the area.

Professor Frank Willard, Caroline Penn DO & Graham Mason DO
Saturday 18th & Sunday 19th March 2006

Brain Tissue, Nuclei Fluid & Autonomic Nervous System

This is an advanced class that trains practitioners to address very specific structures and physiology of the brain and spinal cord. The body often aligns itself around these precise structures and they are frequently unaddressed key tissue restrictions. This work requires perceptual skills to address tissue microstructures and we will have exercises in the class to help build up these skills.

Dr Bruno Chikly MD DO (HONS)
Friday 7th, Saturday 8th & Sunday 9th April 2006

The Degenerative Cascade & Traditional Chinese Medicine Tong Style Acupuncture & Needling Course

The course will cover the relationship between the soft tissue degenerative cascade and TCM treatment methods. The degenerative cascade will be described and treatments utilizing acupuncture and herbs will be covered.

Dr Alon Marcus
Saturday 22nd & Sunday 23rd April 2006

For further information on all postgraduate events, please visit the NEW ESO Website:

www.eso.ac.uk

Alternatively, please contact:

Corinne Jones, International & Postgraduate Manager,
The European School of Osteopathy, Boxley House, The Street, Boxley, Maidstone, Kent. ME14 3DZ
Tel: +44 (0) 1622 671558 Fax: +44 (0) 1622 662165 E-mail: corinnejones@eso.ac.uk



News from the NCOR research hubs

The project involving the design of a systematic data collection tool is ongoing; some groups are still in the early stage of the process. Some are now looking at beginning small projects of their own; others are involved in critical appraisal workshops to develop their skills to be able to read research papers more objectively.

For current news on the dates of hub meetings go to www.ncor.org.uk and look under "Research Groups".

If you would like to come along to any of the research hub meetings, please contact Carol Fawkes on tel: 01273 643457 or email: c.a.fawkes@brighton.ac.uk.

Ethics and research

Carol Fawkes BA (Hons) DO, Research Development Officer

Many practitioners coming to research for the first time are unclear about the place ethics holds in the research process and the value it contributes. The requirement for ethical safeguards can be traced back to historical events.

The end of World War II revealed atrocities that had taken place within the concentration camps in Europe. A variety of medical experiments had been carried out on detainees, which produced great suffering and stress and contributed little or nothing of value to the body of medical knowledge. When the full extent of the activities in these camps was fully revealed, the 23 physicians and scientists involved were brought to trial in Nuremberg in 1946/7. This group of individuals were charged with crimes against humanity. On completion of the trial, the medical trial judges defined the essential obligations of researchers in the medical field to human research subjects. These are enshrined in the Nuremberg Code.

Medical ethics in the 21st century are guided by the Declaration of Helsinki – the most important international ethical guideline on biomedical research involving human subjects. It was first published in 1964 and most recently updated (and accepted) in 1996. The Declaration examines the involvement of patients in research, not just volunteers, and addresses issues surrounding individuals who are viewed to be "incompetent" to make informed judgements, for example due to age, or state of physical or mental health. A complete version of the Declaration of Helsinki can be found at <http://www3.imperial.ac.uk/pls/portallive/docs/1/49857.PDF>.

Principles of ethical research

When conducting research, it is important to be aware of four basic principles that need to be considered at all times.

- **Beneficence**
Research must be suitably designed to provide the greatest potential benefit to research subjects.
- **Non-maleficence**
Research must be appropriately designed to ensure that the risk of harm to a research subject is minimised.
- **Autonomy**
Research subjects must be able to choose freely to become involved in a research study. Undue pressure or other coercive activities are never acceptable. The use of inducements for participation in research, whether among patients or fellow professionals, must be at the discretion of each individual osteopathic educational institution. However, this aspect of policy and practice should be clear at the beginning of a research project.
- **Justice**
Justice can be described in terms of fairness. In research this can be compared to fairness in terms of the potential risks weighted against the potential benefits of an intervention, and fairness of access to the resulting proposed benefits of such an intervention, for example.

Informed consent

Informed consent is at the heart of all ethical research. All studies must have appropriate arrangements for obtaining patients'/subjects' consent and the ethics review process must pay particular attention to those arrangements.

In order for research participants to give informed consent, they must be aware of, and have sufficient time to consider, the explanations summarised here:

- The purpose of the research.
- The procedures (what would happen to potential participants should they agree to take part and what would happen should they decline to take part).
- The risks (physical, psychological, social or other).
- The potential benefits (or absence of them) to the individual, to others or to society.
- A statement that individuals may decline to participate without any detrimental effect on their situation (for example, care, treatment, education).
- A statement that, should they agree to participate, they may withdraw freely at any time without giving a reason and without any consent given and to require that their own data be destroyed.
- The information that, in some circumstances, it may not be possible to identify data as having come from an individual (for example, data from focus groups) and, therefore, that it may not be possible to destroy such data.
- The arrangements to be made for the secure storage and eventual disposal of the study data, and that data may be retained on the hard disk of a computer even after they have been deleted.
- An assurance of anonymity and/or confidentiality, including any limits to confidentiality.
- Contact details of the principal researcher(s).
- Contact details of any research ethics committee that has reviewed and approved the research.
- Advice of potential participants' right to report any procedures that seem to compromise their welfare and details of the appropriate authority to which such concerns may be reported.

Further information can be found at:

www.dh.gov.uk/assetRoot/04/01/91/86/04019186.pdf.

Conducting ethical research

The Department of Health, the largest organisation concerned with UK healthcare, requires that all research

involving patients, service users, care professionals or volunteers (or their organs, tissues or data) is reviewed independently to ensure it meets ethical standards.

Osteopathic research needs to be conducted with similar standards of practice.

A researcher wishing to conduct research in the UK is required to obtain an ethical opinion, particularly if the research is intended for publication. The Central Office for Research Ethics Committees (COREC) oversees this process for the UK.

Research, audit and evaluation

When examining a particular area of practice it is important first of all to decide whether that examination should correctly be described as research, audit or evaluation.

Research is concerned with many things, including the creation of new knowledge, investigating whether new treatments work and if certain interventions are more effective than others. Research forms the basis of nationally agreed professional clinical guidelines and standards – it determines what best practice is.

Audit of practice is a means of obtaining a profile of patient throughput, characteristics or outcomes. It can also be a means to discover if we are following professional guidelines. Are we following best practice as agreed by the wider healthcare arena?

Evaluation is frequently commissioned. It assesses the effectiveness of practice(s) within a particular healthcare setting. Evaluation reports are written so that action can be taken in the same setting, and such reports are intended to influence the work of the evaluator and/or their team. Evaluation tends to inform practice development and may also be discussed with a wider audience.

Similarities between audit and research:

- Audit and research involve answering a specific question regarding the quality and appropriateness of treatment(s) for patients.
- Audit and research can be carried out either on patients to be recruited in the future (prospectively) or patients who have already experienced treatment (retrospectively).
- Audit and research involve careful sampling, questionnaire design and analysis of findings.
- Both activities should be professionally led.

Considering the points in the table opposite will help you assess whether your project is classified as research or audit.

RESEARCH	AUDIT
May involve experiments based on a hypothesis.	Never involves experiments and involves measuring against pre-existing standards.
It is a systematic investigation.	It is a systematic review of practice.
It may involve random allocation.	It never involves random allocation.
There may be extra disturbance to patients.	There is little disturbance to patients.
It could be a new treatment.	It never involves a completely new treatment.
Creates new knowledge about effectiveness of treatment approaches.	Answers the question "Are we following best practice?"
May involve experiments on patients.	Patients continue to experience their normal treatment management.
It is usually a lengthy process involving large numbers of patients.	It is usually carried out involving a small number of patients and in a short timespan.
It is based on a scientifically valid sample size (except in the case of some pilot studies).	It is more likely to be conducted on a pragmatically based sample size.
Extensive statistical analysis of data is routine. Data analysis can take a number of forms depending on whether qualitative or quantitative research has been carried out.	Some statistics may be useful.
Results can be generalisable and hence publishable. Quantitative research tends to be more easily generalisable than qualitative work.	Results are only relevant within local practice settings (although the audit process may be of interest to a wider audience and hence audits are publishable).
Responsibility to act on findings is unclear.	Responsibility to act on findings rests with individual osteopaths.
Findings influence the activities of clinical practice as a whole.	Findings influence activities of practitioners within a practice.
Always requires ethical approval.	Does not require ethical approval.
Research can identify areas for audit.	Audit can be a precursor to clinical research by pinpointing where research evidence is lacking.

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Insurance and Research:

An element of risk may be involved for subjects participating in research. The extent of this anticipated risk must be made clear to the subjects and the relevant

research ethics committee. Insurance requirements to cover research should be clear; arrangements for dealing with adverse events and compensation in the event of non-negligent harm must also be clearly

explained to participants. As a practising osteopath, it is a courtesy to write to your insurer enclosing a copy of your protocol and details of how an ethical opinion has been sought. Research involving a new intervention or extreme risk should also have the explicit consent of the insurer.

Responsibilities of Research Ethics Committees (RECs)

- Research should not proceed without prior opinion and approval of an REC. Academic or research organisations usually have their own RECs with clearly defined terms of reference. Further information on RECs can be found at www.corec.org.uk.

RECs are **not** responsible for

- Giving an opinion on the quality and appropriateness of the research methodology proposed by a researcher. However, RECs expect research proposals to have received appropriate scrutiny prior to submission to address weaknesses in research methodology and statistics chosen by a researcher.
- Providing legal advice; nor are they liable for any of their decisions in this respect. It is the responsibility of the researcher (and the NHS, if appropriate) not to break the law, irrespective of the decision of an REC.
- Ensuring that a research study follows the agreed protocol and monitoring its progress. This responsibility remains with the principal investigator, the sponsor and the researching organisation.

Which Ethical Structures are Appropriate? Ethical approval for osteopathic research

Osteopaths practising in the NHS should apply for ethical approval from COREC. Osteopaths working in an accredited college or university should apply to their university REC (UREC) or observe REC arrangements made by their osteopathic educational institution, but should be aware that they may require REC approval from an NHS REC. The steps to consider are shown in Figure 1, below.

Osteopaths working in private practice should consult their local NHS REC to seek their opinion, or that of an osteopathic REC (based within an osteopathic educational institution). The steps to consider are shown in Figure 2, below.

The requirements for determining whether a research project is ethical or not can be found in great detail in: Emanuel EJ, Wendler D, Grady C. *Journal of the American Medical Association*, 2000; 283 (20): 2703 (<http://jama.ama-assn.org>).

Figure 1 Ethics decision making tree for osteopaths working in the NHS.

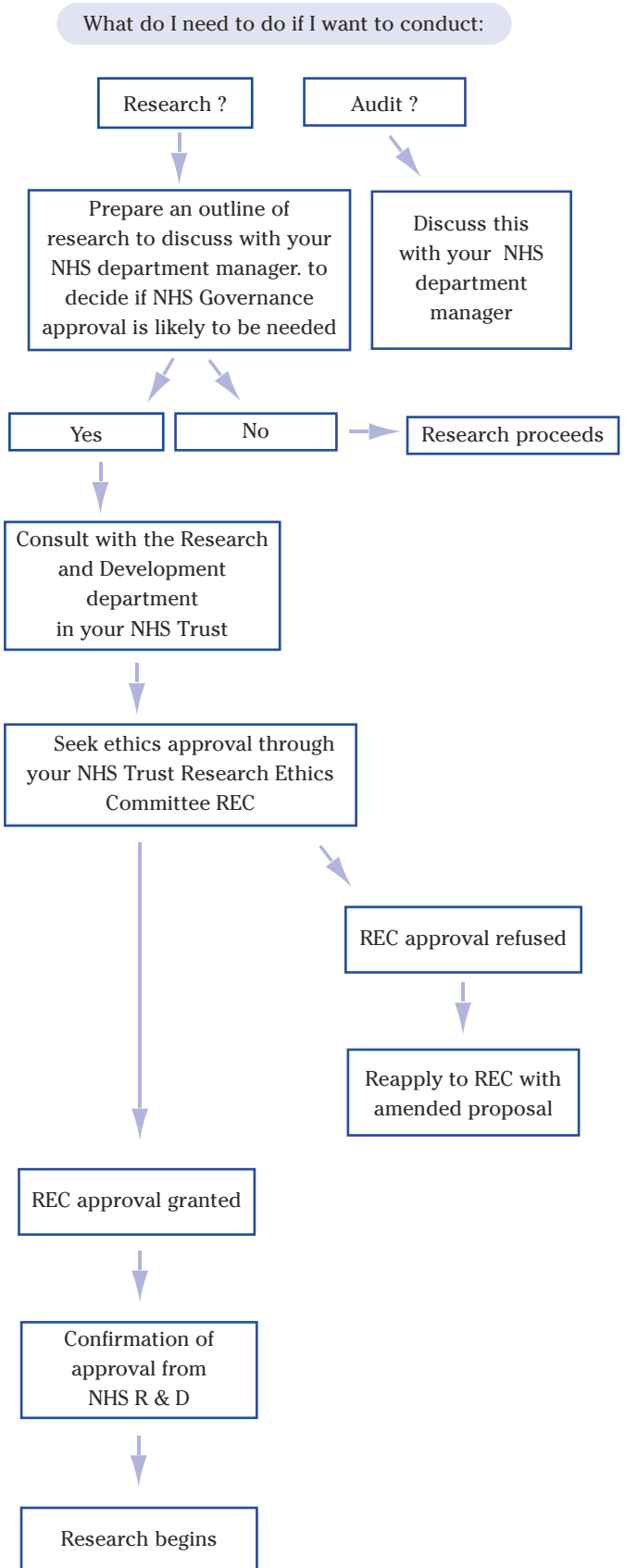
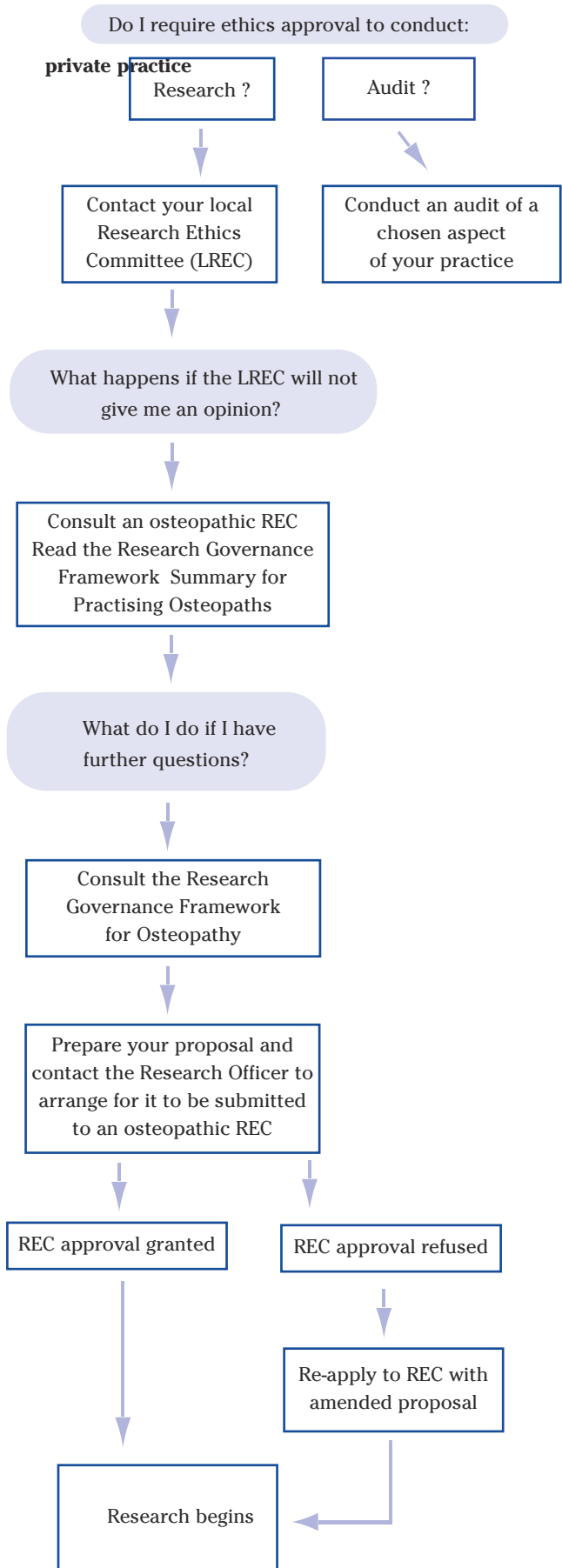


Figure 2 Ethics decision making tree for osteopaths in



If you are working in private practice and thinking of conducting some research and need any guidance on the ethics process, please contact NCOR by emailing: c.a.fawkes@brighton.ac.uk.

Forthcoming courses and conferences

31 March – 2 April 2006: The 6th International Conference on Advances in Osteopathic Research (ICAOR) at the British College of Osteopathic Medicine, London. www.bcom.ac.uk/research/icaor6.asp.

20 May 2006: 2nd International Evidence Based Physical Therapy Conference and Exhibition at the Business Design Centre, London. Further details at www.heseminars.com/conference_2006.htm.

22–25 June 2006: ESO 5th International Conference "The Dimensions of the Palpatory Space" in Boxley. For further information and a registration form, please contact Corinne Jones, International and Postgraduate Manager, tel: 01622 671558 or email: corinnejones@eso.ac.uk.

30 September 2006: Physiotherapy, Osteopathy and Chiropractic: Moving forward through research and practice at the School of Health Professions, Robert Dodd Building, University of Brighton, 49 Darley Road, Eastbourne, BN20 7UR.

3–5 November 2006: British Osteopathic Association's Annual Convention and Trade Exhibition.

12–14 December 2006: 14th Annual Symposium on Complementary Health Care, University of Exeter.

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Scottish Osteopathic Society

Forthcoming events

Fiona Davison DO, Aberdeen



More than 40 osteopaths joined us for our first meeting of the year at Dunkeld Hilton Hotel on Sunday 26 February.

The full-day meeting, entitled "Raging Hormones",

included presentations by osteopath **Paddy Searle-Barnes** on common endocrine conditions. We also welcomed **Carol Fawkes** from the National Council for Osteopathic Research who talked about their current work.

The following meetings have also been planned for 2006:

Technique Day

Date: Sunday 23 April 2006

Venue: Murrayshall House Hotel, Scone, Perth

Speaker: David Tatton DO

Annual General Meeting

Date: Saturday 2 & Sunday 3 September 2006

Venue: Aviemore Mountain Resort

Prices for 23 April: Members £50 (for early bookings) and non-members £90. Prices for the AGM to be confirmed.

For further information about the meetings or to make a booking, contact Fiona Davison, SOS Secretary on Tel: 01224 635999 or e-mail: SecretarySOS@tiscali.co.uk.

Western Counties Society of Osteopaths

Next meeting

Anita Hegerty BSc PhP DO, Dorset

The next WCSO meeting has been scheduled for **Saturday 18 March** and will be held at Exeter Racecourse. The full-day seminar led by **Dr Mark Draper** BSc MBBS DA DRCOG MFHom, Cytoplasmic Medical Advisor, will explore 'Nutritional



Medicine for the Musculoskeletal System'.

For more details, contact Anita Hegerty on email: secretarywcso@tiscali.co.uk, tel: 01935 817442 or visit our website: www.wcso.co.uk.

Meeting update

Claire Merriweather BSc (Hons) Ost, Hertfordshire

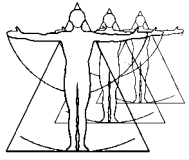
BBENSCH recently held two fully booked courses at a local Hertfordshire Holiday Inn and judging from the feedback both were enjoyed immensely by all delegates. **James Butler** from Painless Ltd. led a course on how to develop and improve your practice painlessly, addressing personal and business motivations and goals, and most importantly, practical ways of achieving them.

The second course was an 'Appointed Persons First Aid' course led by Enhance Services Ltd. This was an enjoyable day of theory and practical knowledge, including trying to resuscitate those infamous plastic dummies named 'Annie'. The venue was given the

thumbs up and everyone seemed genuinely delighted by the course content, leaders and organisation.

Given such positive feedback and the demand for places on these courses, BBENSCH are discussing the possibility of offering both of these courses again in May. Meanwhile, BBENSCH are planning an evening meeting in July and a full-day conference in September/October to be held at the University of Hertfordshire in Hatfield. Please look at the website (www.bbensch.co.uk) for up-to-date details or keep an eye on the osteopathic press.

For further information, contact BBENSCH: PO BOX 199, Baldock, Hertfordshire, SG7 5XP. tel: 01462 743729, www.BBENSCH.co.uk or e-mail: info@BBENSCH.co.uk.



CPDO Additional dates for 2006

Getting ready for 2012

INTRODUCTION TO SPORTS TAPING: PRINCIPLES AND PRACTICE

TOM HEWETSON

This course is designed to be highly practical, and as an introduction to taping for sport. It will present the basic techniques and will discuss how these can be adapted as necessary to suit any individual. At the end of the session delegates will have a greater understanding of the principles behind taping, its uses and limitations, and will have had adequate practice in taping common areas of injury in the body. The course will provide all the taping materials.

Tom Hewetson is an osteopath and has worked extensively with athletes at both national and international levels. He spent six years as first team Osteopath to London Wasps, and the past five years working for the RFU at London Division. Tom has a Masters Degree in Sports Injury and Therapy. He is one of the founder members of the Osteopathic Sports Care Association (OSCA), and is still a committee member today. He is a guest lecturer at BSO, BCOM and Oxford Brookes, as well as giving talks for the National Sports Medicine Institute and to regional osteopathy and physiotherapy groups. He is a lecturer on the MSc in Osteopathic Sports Care at Leeds Metropolitan University.

Date: Saturday 17 June 06

Cost: £125.00

CPD hours: 7

HOW TO TREAT: ACHILLES TENDONOSIS

CHRIS BOYNES

A theoretical and practical evening workshop examining the causes of Achilles tendonosis and the current methods developed in sports medicine to treat this condition.

Chris Boynes is the Clinical Director of PhysioActive, Sports & Spinal Practice in London. He is an active committee member of the Association of Chartered Physiotherapists in Sports Medicine (ACPSM) and works regularly with elite and amateur athletes of all sporting disciplines. From 1994 to 2000 he was Club Physiotherapist to London Irish RFC. He is a former lecturer in Sports Rehabilitation at the University of Surrey and continues to lecture regularly on sports injuries and rehabilitation. He is an FA qualified instructor in First Aid for Sport regularly on sports injuries and rehabilitation. He is an FA qualified instructor in First Aid for Sport.

Date: Thursday 1 June 06 (19.00-22.00)

Cost: £40.00

CPD hours: 3

Venue: Middlesex University, Archway Campus, London N19

To book a place please send a non-refundable payment to:

CPDO Ltd., 15 Harberton Road, London N19 3JS, UK

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

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No mean feat

Martin Collins DO



**Osteopathy in Britain
The First Hundred Years**
£11.43 / 359 pages
ISBN: 1-4196-0784

It has taken almost 15 years to research, write and publish a history of osteopathy in Britain. Rather like completing a complex jigsaw, producing it has been very

exciting, as each new piece fell into place and a picture emerged. It has also been a great challenge. Unlike a jigsaw, the pieces were not scattered there on the table. They have had to be sought and the picture will never be complete, as some pieces are lost forever. Some that once existed have long since been destroyed.

I was saddened to read in the Board of Governing Directors' minutes of the BSO for 1943, that records prior to 1936 were scrapped because of a shortage of space and the national demand for paper salvage. The hands of many osteopaths who knew what really happened in the past, alas, are now at rest.

My interest in the subject began with the enthralling lectures of John O'Brien in 1990, when I was a student at the BSO, which inspired me to begin to fill in some of the gaps. I read with interest Nicholas Handoll's book, *Osteopathy in Britain, Its Development and Practice* published in 1986, but in 47 pages it could provide only a brief overview. I began by interviewing senior members of the profession, a diminishing few with their recollections, and some no longer with us. Speaking to them and recording their stories has been a great enjoyment and motivation in completing this work, for the profession owes them an inordinate debt. The library at the BSO was also of great value, with its quite unique collection of osteopathic books and journals. Particularly revealing were the obituaries in the latter.



Colin Dove, one-time Principal of the BSO, mentioned old records kept in the BSO library, but a thorough search revealed nothing. I suspected that they may have been disposed of in the move from Buckingham Gate in 1980. As a last resort I spoke to the Services Manager, who knew every nook and cranny of the building. He showed me a locked box in the School safe referred to as 'The Littlejohn Box'. It was suspected that the finance director had the key. She knew nothing about the box, but she did have some old keys. One fitted the lock. It was a moment of great excitement. The box contained Littlejohn's ledgers in which he recorded the names of all his students, their background and education, from Elsie Wynter Wareing listed as student number one, together with a wealth of other archival material.



William Looker, founder of the Looker School of Bloodless Surgery, Manchester, 1921

As a result of a water leak, I was obliged to clear a small storeroom adjacent to the library in the Suffolk Street building. On the top shelf, having miraculously escaped water damage, was a bound folder inscribed: 'Webber's Bequest'. ('Webber' was the nickname of the second Principal of the School, Shilton Webster-Jones.) It contained personal letters from the 1940s and other valuable historical material.

Through making my interest known, people have sent me historical documents. I am particularly grateful to Claude Dutton and Roderic MacDonald for allowing me to have access to the BOA minutes from 1928, before they were lodged in the Wellcome Library for the History and Understanding of Medicine and also to Michael Newman, a descendent of John Martin Littlejohn through a daughter, who provided me with some valuable Littlejohn memorabilia. Others, who I have acknowledged in the preface to my book, have also facilitated access to private documents, or helped verify or correct that which I had gained from elsewhere,

Bookshelf

particularly with respect to the early days of osteopathic schools and colleges.

Sometimes in an unexpected place a missing piece of the puzzle is found, such as when laboriously reading the rigorous cross-examination of witnesses at the Select Committee of the House of Lords in 1935. Much is included on the transactions of this Committee as they reveal much about the profession at that time and the then extent of bitter opposition to statutory regulation.

The emphasis of the book is on the early years, beyond the memory of the majority alive today. Events close to the turn of the millennium are still fresh in the minds of many. However, today's events will be the material for tomorrow's historians. I hope that the book will be one of many on the subject. Others will follow and make good my deficiencies, as is the manner by which knowledge progresses.

In producing this book I have amassed a considerable archive relating to the history of osteopathy in Britain, including a visiting card of A T Still, advertising himself as a "Lightening Bone-setter", numerous photographs, newspapers cuttings and letters, including highly emotive letters to and from T. Edward Hall.

A reason for writing this book was to attempt to document the history of osteopathy in this country before written records are lost and those once key members of the



A T Still

profession cease to be with us. In 359 pages I am aware of the considerable amount I have edited out and also what is in the archive that still remains to be researched and published.

As many readers of *The Osteopath* will know, I shall step down as Principal of the BSO this year. What gives me concern is the future of this archive, and also that of other documents held by individuals and organisations in the profession, which in time may be disposed of.

American osteopaths have invested in a National Archive at the A T Still Museum. Perhaps it is time for osteopathy in the UK to value its history and ensure that the records of this are available for future generations. The archive could be lodged in the Wellcome Museum, but I suspect only the dedicated few would be interested in using it there. Given that it is an 'archive' and only storage space is required, perhaps this could be at the GOsC or one of the teaching institutions. An archivist would be required to seek further material, to maintain and catalogue it and produce a database, possibly scan key documents and to make material available to researchers, while maintaining security. I envisage it will cost approximately £6,000 to establish the archive over 3 months and then £5,000pa for one day a week. I would welcome the views of others regarding this.



OAGB convention, Paignton, 1937. Left to right: back row - Mitchell-Fox, Millwood, Milne, Haycock, Hall, Knowles front row - Webster-Jones, Saul, Canning, Simpson.

If you would like to review any of the titles featured in *The Osteopath*, please contact the editor at Osteopathy House, or email: editor@osteopathy.org.uk.

CPD resources are listed for general information. This does not imply approval or accreditation by the GOSc.

Christian Osteopaths Fellowship – 2005 residential weekend

Dianne Shepherd DO, Woking

The Christian Osteopathic Fellowship (COF) was formed in 1988 to encourage contact between colleagues with a Christian faith across the UK. Our annual residential weekend is held in restful rural locations, where we meet to explore issues relevant to our osteopathic practices through the context of our Christian faith. Previous themes have included communication skills, responding to change and 'stillness in a frantic world'.

A fine November weekend – glorious blue skies and sun – found us once again meeting at a retreat centre in a Shropshire Victorian mansion to ponder the things of God, life and practice, and to enjoy one another's company.

Exploring the theme – 'Who directs your life' – we had some interesting and thought-provoking discussions on the influence of authority and how we react in this "me first" society – the "I" culture may be ingrained in all of us. We explored the pitfalls of ego and distractions and how we could recognise what might be waiting to attract our

attention away from what is important. The big questions were phrased around the subtle risks of our ego: do we blame our patients if they do not recover? Can we become addicted to praise as osteopaths? Just who shapes and directs our lives?

It is good to be challenged with these big questions, and to be reminded of the need to always be humble and gentle with our patients and colleagues. Perhaps the heart of man's problem is man's heart.

We were also presented with case study discussions on different ethical situations – it was helpful to analyse how we might react and learn from the experience of others.

There was even time to spend an afternoon out in the lovely countryside enjoying a good walk.

Dates for COF 2006 are to be confirmed, but if you would like to receive details, contact Paddy Searle-Barnes on tel: 01522 537103 or e-mail: margaret@osteopathicpractice.freemove.co.uk.

Getting your teeth into osteopathy

A one-day seminar on 'Dental Factors in Osteopathic Practice' was given by osteopath **Caroline Penn** at her practice in Hertfordshire on Sunday 11 December 2005.

Caroline has been interested in this topic for 25 years and has been giving lectures on it for over 15. During this time she has worked with several "osteopath-friendly" dentists in helping patients with dental symptoms, and even patients manifesting symptoms elsewhere in the body that evidently have a dental origin.

The seminar was aimed at giving practitioners the basic terminology and skills needed for an osteopathic assessment of occlusion (otherwise known as "bite"), thereby improving our ability to interact with dentists.

Over the day, interactive lectures were linked to six practical workshops, gradually working through Caroline's Occlusal Assessment Form. Assessment was divided into eight sections that seemed thorough, yet quite straightforward.

Like all case history taking, a dental history is essential and should be followed by a visual assessment of facial and dental features for proportion and asymmetry. Amongst a lot of other criteria, was classification of the



bite including assessment of the TMJ, the condition of the neck and jaw muscles and the cervical spine. Intra-oral evaluation included teeth position, interdigitation, wear and distress. Like all osteopathy, the importance of function is paramount and assessment included characteristics such as teeth side-sliding, interference, chewing habit and tongue wear and swallowing.

Caroline Penn is a senior lecturer at the Sutherland Cranial College and therefore includes in her approach, assessment of the patients Primary Respiratory Mechanism. This just adds another layer to a detailed osteopathic evaluation, but may not seem essential to every practitioner. The day was limited to twelve participants, which allowed a good amount of time for discussion and one-to-one tutoring.

This was a fascinating introduction into what another health profession is researching and practising and gave me a better appreciation of dentistry. Caroline Penn was most generous with her knowledge and experience, and her informal lectures included a useful collection of printed notes that one can use again to practise these skills.

Further seminars are planned in both Hertfordshire and Herefordshire. For information, contact Caroline on tel: 01707 274148 or email: caropenn@btopenworld.com.

Last chance to book for research conference

The **Sixth International Conference on Advances in Osteopathic Research (ICAOR)** will take place from **31 March to 2 April 2006** at the British College of Osteopathic Medicine, London.

The conference will serve as an important meeting point for those engaged in osteopathic medical research. This scientific conference is designed to further research toward improving medical care through osteopathic manipulative medicine and



regularly attracts presenters and delegates from across the world. Keynote speakers are **Professor Ann Moore** (right) and **Mr Steven Vogel** (left).



For further details, contact the Conference Organizing Committee on tel: **020 7435 6464**, or email: icaor@bcom.ac.uk. The conference programme and delegate registration form are available to download from the website: www.bcom.ac.uk/research/icaor6.

Osteopathic Centre for Children & Royal Society of Medicine co-host conference

As part of the Osteopathic Centre for Children's (OCC) 15th anniversary celebrations, the charity will be hosting a conference in conjunction with the Royal Society of Medicine's Forum – 'Maternity and the Newborn'. Focusing on the osteopathic care of mothers and newborns, the conference will be held at the Kings Fund Centre in Central London on **Friday 5 May 2006**.



The Conference, entitled '**Osteopathy – An introduction to its application in neonatal and maternity care**' – will be chaired by Sir Cyril Chantler, Chairman of the King's Fund and, until recently, Chairman of the Great Ormond Street Hospital.

This collaboration is a first for the OCC, and it is especially welcome in light of the extensive work undertaken by the charity over the past 15 years in

developing effective osteopathic care in the paediatric field. Specifically, the conference will highlight the OCC's 10-year commitment to the neonatal intensive care unit at Barnet General Hospital.

OCC Director of Services **Stuart Korth DO**, said: "This collaboration reflects a greater recognition of the role that paediatric osteopathy plays in the support and maintenance of health of the newborn and mother, whether there is an acute or chronic health crisis, or whether there is a minor correction needed after birth, to ensure the optimum health of both baby and mother."

Tickets are available from the OCC at a cost of £100. For further details of the event, or to book a place, contact Amanjit Gill at the OCC on tel: 020 7490 1114 or email: amanjit.gill@occ.uk.com.



YELLOW PAGES

Yellow Pages deadlines

March

Bolton & Wigan:	06/03/06
Gatwick:	08/03/06
Tunbridge Wells:	10/03/06
Aberdeen:	14/03/06
Blackburn:	16/03/06
Swansea & SW Wales:	20/03/06
Southampton:	22/03/06
Lincoln:	27/03/06
Grimsby:	27/03/06
Highlands & Islands:	31/03/06

April

Glasgow South:	05/04/06
Ayr, Kilmarnock & Irvine:	05/04/06
Glasgow North:	05/04/06
Stirling, Falkirk:	05/04/06
Walsall & West Bromwich:	13/04/06
Sutton Coldfield:	13/04/06
Birmingham Central:	20/04/06
Wolverhampton:	24/04/06
SW Birmingham:	26/04/06
Solihull & SE Birmingham:	26/04/06

May

Isle of Wight:	04/05/06
London Central:	09/05/06
Peterborough:	12/05/06
Newcastle Upon Tyne:	17/05/06
SW Scotland:	22/05/06
South London:	23/05/06
Croydon:	23/05/06
Portsmouth:	30/05/06

Cut-off dates for advertising in the GOsC Corporate Box in your local areas. Contact Yellow Pages on 0800 37 1755 prior to the final booking date if you have not been contacted by sales staff.

2nd International Evidence Based Physical Therapy Conference

The one-day conference and exhibition will be held at the Business Design Centre, London on **Saturday 20 May 2006**.

Building upon the success of the first conference in October 2004, this event continues to lead the way in evidence based therapy for healthcare professionals in the UK and Europe.

Once again, the aim of the event is to bring together expert clinicians and researchers to present evidence

based lectures that are pertinent to musculoskeletal healthcare today. The presentations will either support or challenge current practice, but all will offer a review of current evidence in this field.

Conference fee: £138 + VAT

For further information about the programme, or to book a place, tel: 01202 568898 or visit: www.heseminars.com/conference_2006.htm.

Diversity and Debate in Alternative and Complementary Medicine

Robert Shaw DO PhD, Derbyshire

Research can be fun. If you don't believe me come to this, the third international academic and experiential conference for researchers and practitioners.

To be held at Nottingham University Campus on **5-7 July 2006**, this conference is organised by the Alternative and Complementary Research Network (ACHRN).

Encouraging a friendly and collegiate atmosphere, this conference provides a forum where practitioners and academics of different disciplines can meet to discuss how research can be relevant to their practice. As a practising osteopath and psychotherapist I value the openness of this conference in addressing many issues and, in particular, how to make research relevant to everyday practice.

Many of the presentations look at the cultural and sociological applications of research and thus provide a refreshing change from hard-nosed evidenced based research that can deter some practitioners. I have enjoyed presenting my own research at the conference and been delighted at the response and constructive debate that ensued, which helped me clarify my thoughts and develop my research ideas further.

There are also many excellent quantitative research

presentations in both workshop and paper format – you have the opportunity of selecting from a large variety of topics. In addition, at previous conferences there have been several workshops on how to conduct research, from thinking of a viable research question to how to obtain funding for your research.

If you need a break from the academic side, there's plenty of opportunity to talk to fellow delegates, try an experiential workshop that can give you a better understanding of different treatment methods, or simply provide a relaxing and educational experience.

All activities take place on Nottingham University Campus, which has lots of green space, and all the accommodation and parking is within easy walking distance of the conference. In the evenings you can choose from a range of activities including drumming and dancing workshops, or go for a swim – all included in the conference fee.

If you would like more information about this conference, visit the website: www.achrn.net or feel free to contact me at: rest@psychost.fsnet.co.uk.

*Robert Shaw is an osteopath and psychotherapist, and is the author of *The Embodied Psychotherapist*, Brunner-Routledge 2003.*

If you would like to submit an article, or have an idea for a future issue of *The Osteopath*, contact the Editor on ext. 228 or email: editor@osteopathy.org.uk.

Children's Complementary Therapy Network Conference

The Children's Complementary Therapy Network (CCTN) will be hosting a full-day conference, entitled '**Complementary Therapies and Autism**', at Birmingham Children's Hospital on **Saturday 20 May 2006**.

A national network for complementary therapists interested in working with children, the CCTN was set up to enable members to share and learn from their combined experiences and knowledge.

In recent times it has become evident through the CCTN that many therapists have been involved in looking after a child with autism. This conference will therefore aim to provide insight into the condition, which currently affects more than 500,000 people in the UK (National Autistic Society).

At this year's conference we will be launching the opportunity for members to participate in a Network-wide programme to evaluate the outcomes of complementary therapies for children with autism. The combined numbers of evaluations that will become available through this process will increase the validity and significance of the conclusions drawn. Results of the evaluation will be available to all members.

Network members: £25.00 (*membership is free*)

Non-members: £35.00 (*priority will be given to members*)

For an application form (for the conference and/or to join the network), please contact: Dr Pankaj Shah, Children's Medical Officer, Freshwinds, Prospect Hall, 12 College Walk, Selly Oak, Birmingham, B29 6LE, tel: 0121 415 6670, e-mail: cctn@freshwinds.org.uk website: www.freshwinds.org.uk.

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Back chat

Your letters



Dear Editor

I am writing with reference to the booklet entitled SCC Register of Members which was enclosed with the February issue of *The Osteopath*. Have you read it? I suggest that as the GOsC is promoting this, they are compromising their supposed impartiality with regards to the equal status of all osteopaths.

First of all, I must say that the quality of the SCC teaching and courses is excellent, having personally attended one recently. Secondly, any learning must be a positive thing for our futures, and participants will naturally wish to be recognised as having acquired particular skills.

What I am taking issue with is the advertising hype. This booklet describes membership of the SCC as "... increasingly recognised as a national standard of competence in Osteopathy in the Cranial Field ..." Recognised by who? Anyone reading this who did not know where this self-defined standard comes from would think that members of the SCC must be the cream. Indeed they may be, but by definition anyone who is not a member must be sub-standard. Are we to have a different register for every course that someone can take?

By promoting this register, or any other, and until we have a real nationally agreed 'national standard,' the GOsC is supporting artificial divisions which shouldn't be there. Whatever the intentions, it doesn't help. There are many excellent osteopaths who work in the Cranial Field who have come up by a different route, and had nothing to do with the SCC. They too would like the support of a nationally recognised organisation like the GOsC...

Graham Scarr DO, Nottinghamshire

Editor responds:

The disclaimer on page 5 of each issue of *The Osteopath* magazine states:

"The General Osteopathic Council does not endorse products or services advertised within *The Osteopath*."

It is open to any group to use the medium of *The Osteopath* and the GOsC supports enterprise and initiative – no endorsement is implied or should be construed from this. When Council last considered the complex issue of specialisms, it was decided that the profession was too small, at that time, to be sub-divided into specialisms – assuming these could be defined – and that it was more important that the profession first consolidate its position as a whole.

Whilst increasing attention is gradually being given by the profession to formalizing post-graduate training, this is an

area still embryonic in development and "peer-opinion" dictates the merit of any self-selecting group. The individual must judge whether or not there is value in adopting the credentials of any given interest group, and his/her peers will draw their own conclusions. This is a natural progression in a maturing but still young profession and the GOsC can see no reason to stifle this development.

Alison Brown, Chair to the Board of Trustees of the Sutherland Cranial College, responds:

We believe that the wording on the frontispiece of the register is fair and straightforward in that it speaks of "being increasingly recognised as a national standard of competence". There is no claim to be the national standard. However, we recognize that we could have made clear that there are other teaching organizations and pathways of postgraduate study besides ours and we will state this in future editions.

Have your say ...

If you would like to share your views or comments with other readers of *The Osteopath*, write to the editor at Osteopathy House, or email: editor@osteopathy.org.uk.

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Courses 2006

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

Low Level Laser Therapy

12 March

Lecturer Karen Carroll. To be held in London.
Contact: tel: 01494 433 736 (website: www.thorlaser.com).

Paediatric Seminar/Clinic Day

14 March

Speakers Stuart Korth and Kok Weng Lim. To be held at the Osteopathic Centre for Children. Contact: tel: 0161 277 9911 (website: www.occ.uk.com).

Osteopaths @ Worcester

16 March

Speaker Tim Hall. Organised by Osteopaths @ Worcester. To be held at the Holiday Inn Express, Droitwich (Junction 5 – M5). Contact: Claire Love tel: 01600 716880.

Maxillofacial surgery – an insight to a surgeon's approach

to jaw joint dysfunction

16 March

Speaker Tim Hall. Contact: Sue Brazier, tel: 01905 831495, email: sue@suebrazier.plus.com.

Developing Palpation

17–19 March

Tutor Ian Wright. To be held at As Solas, Co Tipperary, Ireland. Contact: Eileen tel: 00353 52 25309.

Treating the Liver

18 March

Speaker Phil Austin. Organised by Osteopathic Professional Educational North Ltd. To be held at Leeds University. Contact: tel: 01423 523 366, email: mail@open-ed.co.uk (website: www.open-ed.co.uk).

Strain and Counterstrain

19 March

Course leaders Bob Burge and Jo Holmden. To be held at The British School of Osteopathy, 275 Borough High Street, London SE1 1JE. Contact: Gayda Arnold tel: 020 7089 5315, email: g.arnold@bso.ac.uk (website: www.bso.as.uk).

OT III: Upper Extremity & Upper Cervical Spine

23 March

Lecturer David Tatton. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

How to treat: Acute disc

30 March

Lecturer Prof. Eyal Lederman. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Applied Kinesiology & Nerve Entrapment

31 March – 2 April

Speaker Clive Lindley-Jones. Organised by the International College of Applied Kinesiology. To be held at Oxford University. Contact: 01865 243 351, email: info@helixhouse.co.uk (website: www.helixhouse.co.uk).

Cranio-Sacral Therapy – Introductory Day

1 April

Lecturer Thomas Atlee. Organised by the College of Cranio-Sacral Therapy. To be held in London. Contact: tel: 020 7483 0120, email: info@ccst.co.uk (website: www.ccst.co.uk).

IOT II: Cervical Spine, CD and UEX

1–2 April

Lecturer Prof. Laurie Hartman. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Neuromuscular 'Re-Abilitation'

1–2 April

Lecturer Prof. Eyal Lederman. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Osteopathic approaches to the pregnant patient Parts 1 & 2

1–2 April

Speaker Averille Morgan. Organised by Osteopathic Professional Education North Ltd. To be held at the Osteopathic Centre for Children, Phoenix Mill, Manchester. Contact: tel: 01423 523366, email: mail@open-ed.co.uk (website: www.open-ed.co.uk).

Low Level Laser Therapy

2 April

Lecturer Karen Carroll. To be held in London. Contact: tel: 01494 433 736 (website: www.thorlaser.com)

Module – 2/3 Osteopathy in the Cranial Field

5–10 April

Course Director Tim Marris. Organised by Sutherland Cranial College. To be held at Devonshire Hall, Leeds. Contact: tel: 01291 689908, email: admin@scc-osteopathy.co.uk (website: www.scc-osteopathy.co.uk).

Module – 2/3 Osteopathy in the Cranial Field

5–10 April

Speaker Thomas Atlee. Organised by the College of Cranio-Sacral Therapy (CCST). To be held in London. Contact: tel: 020 7483 0120, email: email.info@ccst.co.uk (website: www.ccst.co.uk).

How to treat: Chronic Disc

6 April

Lecturer Prof. Eyal Lederman. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Nutritional Assessment Practical Workshop

8 April

Lecturer Dr Adam Cunliffe. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Cranio-Sacral Therapy Introductory Day

8 April

Speaker Thomas Atlee. Organised by the College of Cranio-Sacral Therapy (CCST). To be held in London. Contact the College of Cranio-Sacral Therapy on tel: 020 7483 0120, email: info@ccst.co.uk (website: www.ccst.co.uk).

'Getting to the core of the matter' Back Rehab**8 April**

Speaker Matthew Walden. Organised by Osteopathic Professional Educational North Ltd. To be held at Leeds University. Contact: tel: 01423 523366, email: mail@open-ed.co.uk (website: www.open-ed.co.uk).

Understanding trauma & adaptation – managing the neural, myofascial and psychological issues**22–23 April**

Speakers include James Oschman, John Upledger and Nancy Byl. Organised by Elsevier Journal of Bodywork & Movement Therapies. To be held at University of Westminster, London. Contact: tel: 01235 868811.

Enhancing motherhood through active body awareness – weekend course**6–7 May**

Lecturer Christine Van de Putte. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Treating the neck and neuropathic arm pain – weekend course**6–7 May**

Lecturer Phillip Mouleart. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Heart Ignition**11–14 May**

Speaker Dr Michael Shea. Organised by the Craniosacral Therapy Educational Trust. To be held at the Yoga Therapy Centre, 90–92 Pentonville Road, London N1 Contact: tel: 07000 785778, email: info@cranio.co.uk (website: www.cranio.co.uk).

Refining Technique – The Lower Extremity**13 May**

Speaker Prof. Laurie Hartman. Organised by Osteopathic Professional Educational North Ltd. To be held at Leeds University. Contact: tel: 01423 523366, email: mail@open-ed.co.uk (website: www.open-ed.co.uk).

Module 4 – WG Sutherland's Osteopathic Approach to the Body as a Whole**18–21 May**

Course Director Sue Turner. Organised by Sutherland Cranial College. To be held at Hawkwood College, Stroud. Contact: tel: 01291 689908, email: admin@scc-osteopathy.co.uk (website: www.scc-osteopathy.co.uk).

Children's Complementary Therapy Network (CCTN) Conference – Complementary Therapies and Autism**20 May**

Organised by the Children's Complementary Therapy Network. To be held at Birmingham Children's Hospital. Contact: Dr Pankaj Shah, tel: 0121 4156670, email: cctn@freshwinds.org.uk.

Exercise Motivation and Adherence**25 May**

Speaker Bob Laventure. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Prevention of falling and fractures in the elderly**8 June**

Lecturer Dr Dawn Skelton. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Module 5 – In Reciprocal Tension**8–12 June**

Course Director Jeremy Gilbey. Organised by Sutherland Cranial College. To be held at Le Hameau de l'Etoile, Montpellier, France. Contact: tel: 01291 689908, email: admin@scc-osteopathy.co.uk (website: www.scc-osteopathy.co.uk).

Healthy Pregnancy**17 June**

Lecturer Averille Morgan. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

IOT III: SI joints, pelvis and lex – weekend course**17–18 June**

Lecturer Prof. Laurie Hartman. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Basic Course in Osteopathy in the Cranial Field**17–21 June**

Organised by The Cranial Academy, USA. To be held at Founders Inn, Virginia Beach, Virginia. Contact: tel: +317 594 0411, fax: +317 594 9299, email: info@cranialacademy.org (website: www.cranialacademy.org).

The Myth of Core Stability**22 June**

Prof. Eyal Lederman. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Cranial Academy Annual Conference – Cranial in Special Needs Populations**22–25 June**

Organised by The Cranial Academy, USA. To be held at Founders Inn, Virginia Beach, Virginia. Contact: tel: +317 594 0411, fax: +317 594 9299, email: info@cranialacademy.org (website: www.cranialacademy.org).

Module 5: In Reciprocal Tension**23–25 June**

Organised by Sutherland Cranial College. To be held at Hawkwood College, Stroud, Glos. Contact: tel: 01291 689908, email: admin@scc-osteopathy.co.uk (website: www.scc-osteopathy.co.uk).

Practical Ergonomics and Musculoskeletal health**24 June**

Lecturer Damon Peterson. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Osteopathic care of small animals**24–25 June**

Lecturer Anthony Pusey. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Classifieds

RECRUITMENT

EAST HERTFORDSHIRE. Maternity cover required (2 full days/wk – Tue/Fri) for 6 months from May. As we are an expanding practice we are also looking for an associate to join the team, initially on alternate Saturday mornings, increasing hours/days as list develops. Ideally, but not necessarily, the same person will fill both roles. Applicants to e-mail their CV and a covering letter to: martin@bishops-stortford-osteopaths.co.uk

FULL TIME ASSOCIATE Osteopath required to join a highly motivated team within a very busy, expanding and well established multi-therapy practice situated in the rural town of Nantwich, Cheshire. Full supporting administration staff is provided and there are excellent opportunities for professional development. There is also a large equine client base and therefore opportunities for anyone interested in veterinary osteopathy. For further information call: Adam Tilstone - Telephone 01270 629933

ASSOCIATE REQUIRED 1-2 days a week in Mid-Wales. Interest in IVM preferred but not essential. Additional work available in the area if required. Please leave details with Tony, Practice Manager, on 01938 556073.

WANTED associate required for busy expanding practice in Dublin, Ireland. Contact Tony at osteo@eircom.net

LOCUM REQUIRED for maternity cover in a busy practice in Worcestershire, West Midlands. Primarily structural, with some IVM and dry needling would be useful but not essential. 3-4 days per week required. Starting in June, until October. Contact us on 01905 772458

OSTEOPATH REQUIRED, preferably full-time, to work in long-established practice in the historical city of Edinburgh. Existing patient list. The practice tends to be more 'structural' than it does 'cranial'. Contact manager on 07931 553127 or info@osteos.co.uk

HIGHGATE – NORTH LONDON Growing Osteopathic clinic seeks an enthusiastic practitioner with 3+ years' experience. Structural based clinic but sports, rehab and cranial experience also preferable. Exciting opportunity! 2-3 days. Contact/ c.v. to simeon@frozenshoulder.com tel. 0208 347 6160

ASSOCIATE OSTEOPATH required from August '06, 4 1/2 days a week within busy multi-disciplinary clinics in the beautiful Ribble Valley. Saturday mornings shared between two osteopaths. Good all round skills, including cranial. Good communication and a sympathetic approach. You will be working with a team of four other osteopaths, who have regular study groups, case conferences and see patients together where necessary. Car essential. C.V. to - Hilary Percival Kendal House Clinic 24 Chatburn Road Clitheroe Lancashire BB7 2AP

ASSOCIATE OSTEOPATH REQUIRED to work in beautifully refurbished new multi therapy clinic in London (Battersea). Enthusiasm, confidence and excellent people skills essential. BUPA & PPP registered. Full/part time (to suit). Therapists of combined disciplines also required. Please contact Andreas 07956 601467

OSTEOPATH REQUIRED at our busy multidisciplinary clinic in Cambridge. Sessions are available during the week and Saturday mornings. Must be motivated, committed and enjoying working within a team. Please send CV to Cambridge Complementary Health Centre, 8 Rose Crescent, Cambridge, CB2 3LL. Tel: 01223 355 344 or email enquiries@cchc.co.uk

ASSISTANT OSTEOPATH(S) required 1-5 days per week in friendly, busy, established practices, to replace emigrating Osteopath. Located west of Birmingham and in Worcestershire, working alongside very experienced osteopaths. Would suit person interested in treating a variety of complaints, learning, sharing knowledge and skills. Tel: 0121 550 1558 anytime, ask for Mark.

WE ARE LOOKING to recruit another osteopath to join our team with experience working with adults, babies and children. For more information about this position and how to apply please visit www.fop.co.uk/opportunities.html Melinda and Andrew Cotton, Fulham Osteopathic Practice.

OSTEOPATH REQUIRED for new multidisciplinary complementary health clinic in Alton, Hants. Structural approach, with an interest in cranial and children's osteopathy especially welcome. Plenty of scope to develop own list. Contact Tim on 01420 544 445

ASSISTANT REQUIRED. 2 half days (one of which Saturday) Muswell Hill and / or 1 day Harpenden practice. Must be confident with IVM techniques and treating children. Minimum two years qualified. Contact Susan Tyrrell on 07967 824557

ASSOCIATE OSTEOPATH required to join expanding multi-disciplinary practice in Walthamstow, NE London. Cranial/paediatric skills would be advantageous but not essential. Excellent long-term opportunity for motivated, capable osteopath. E-mail application and CV to osteomin@yahoo.co.uk

ASSOCIATE OSTEOPATH required for busy central London practice. Would suit organised, self-motivated person who can work independently. Good structural skills and knowledge required. Interest in cranial work would be useful. Contact Joanne on 020 7836 3646

ASSOCIATE REQUIRED for three days at present with distinct possibility of increasing hours later. Time will be shared between two separate practices in Worcester and Cheltenham. IVM and experience with children are essential. Successful applicant to start asap. Please call Duncan on 07780707429

EXPERIENCED OSTEOPATH wishing to relocate from S.E England, seeks full-time / multi practice associate position. Excellent references available. Please tel: 07810 735 218

ASSOCIATE OSTEOPATH required for busy friendly practice of 3 Osteopaths in Rainham Kent. Two half days initially with capacity to increase if needed. Good all round osteopathic skills needed, however tutoring given if required. Telephone 01634 386 387

A FAST GROWING multidisciplinary clinic in a thriving market town in Oxfordshire is looking for a patient-centred Osteopath. Initially starting at two half days per week. For more information please contact Kathryn Lock on: 01844 213344 or email: kathrynlock@hotmail.com

ASSISTANT/ASSOCIATE OSTEOPATH required for multi-disciplinary clinic in Inverness. 5 years' experience essential. Minimum contract 2 years. Cranial and visceral qualifications desirable. Must like working with women and children. £35K 20 days plus public holidays pa. Flexibility essential.

NEW ZEALAND: assistant / locum positions available in excellent practice in North Island to work in house with great team of established osteopaths; full or part time. We will help with registration and immigration. Long-term preferred. Please email oliver@osteopathy.net.nz / Phone +64 7 853 9699

COMMERCIAL

HARLEY STREET W1, ROOM TO LET quiet spacious room with electric couch, in holistic medical practice, Mondays and / or Thursdays 9.00am – 6.00pm, suit registered osteopath with established client list. Tel: Dr Alice Greene on 07815 763 570

HARLEY STREET Consulting room available on flexible terms. Furnished and equipped for immediate occupation. Facilities including kitchen and secretarial shared with complementary occupier. Enquiries after 31st August to tel 020 7486 3486 (day) 020 7706 8496 (evening)

FOR SALE Practice Building (2/3 bedrooms, 1/2 reception, kitchen, bathroom etc). Including goodwill for small practice (general and special needs children) with excellent growth potential. Support available for right person. Set in idyllic coastal village setting, close to 2 major population centres in Carlingford, County Louth – €300K + Contact Tony at osteo@eircom.net

LONDON WEST END: Attractive air-conditioned furnished treatment room and facilities available on a sessional basis for an established osteopath. Ideal situation near Baker Street Station, buses, taxis, car park and shops. Tel : 020 8201 7200 or 07984 801231 day or evening.

PUT QUALITY back into your life, work in a relaxed environment at a relaxed pace, no traffic jams, no motorways, no pressure. Nearby, world class Sailing, Golf, Fishing, sandy beaches, cliff top and country walks, restaurants and thatched pubs.

Good will for sale, mainly structural some cranial, established 10yrs on beautiful Isle of Wight, low overheads, parking, good GP. links, substantial client base, modest fee, equally suitable for recent or mature graduate, expansion or semi retirement. Tel 07788587417 email healthwiseuk@tiscali.co.uk

THE GOODWILL of Stuart Korth's West End practice is for sale. Contact 01892 521134

PRACTICE FOR SALE in Aylesbury, Bucks. Established 25 years and by current Osteopath for over 2 years. Ideal for new or recent graduate to work 2 days per week. Massive untapped potential – town centre premises. Sale due to relocation. Call on 01296 423331

COURSES

OSTEOPATHIC CENTRE FOR ANIMALS. Postgraduate diploma in osteopathy for animals. New 1 year course starts July 2006. Learn to apply your osteopathic skills to the treatment of horses and dogs using traditional osteopathic principles. For information contact STUART MCGREGOR DO. Tel: 01235 768033 Email Wantageclinic@msn.com

BOX NO REPLIES: Quote Box No on outside of envelope and address to *The Osteopath*, c/o D A Marketing & Communications, Henrietta House, 93 Turnmill Street, London, EC1M 5TQ. Your reply will be forwarded to the advertiser unopened. The cost for classified advertisements is £40 for 40 words and 20 pence for each word thereafter. Please email, fax or post your copy to The Advertisement Manager at D A Marketing & Communications, fax: 020 7608 1332, email: ads@damarketing.co.uk with your contact details and we will send you a booking confirmation and invoice.

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Tutors: Dr James Oliver, General Practitioner
Janet Brindley, Medical scientist and yoga teacher
Linda Shampán, Psychotherapist and counsellor

For a prospectus please contact Janet on 01277 364724 or email janet.brindley@btinternet.com

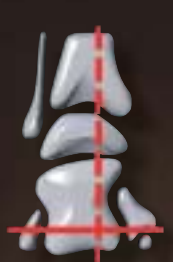
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