

the OSTEOPATH

The magazine for Osteopaths

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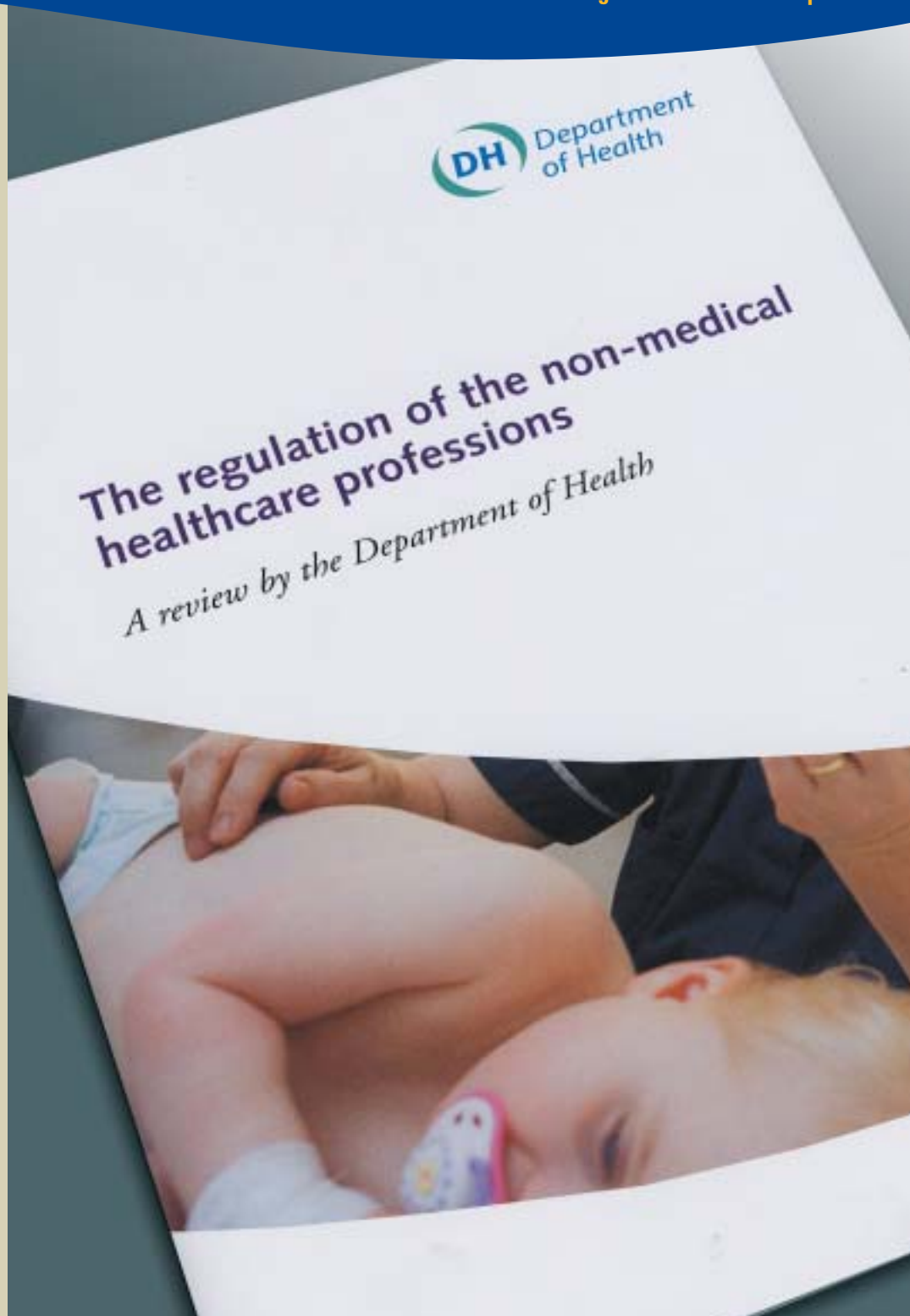
**Future of Osteopathic
regulation**

***Musculoskeletal Services
Framework*** published

Regional Conferences 06/07

**BackCare Awareness
Week**

Clinical governance



Foster reports

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Registrar's report

Since writing my previous report, we have had the successful outcome of the Foster Review – due in no mean part to your support for profession-led regulation. Hopefully, you will have seen the initial press release on the website and should, by now, have received the letter, from us and the British Osteopathic Association, setting out all the feedback. Additionally, Brigid Tucker gives a very full report on pages 6 and 7, so



there is little for me to add, except to thank the many of you who contributed to the campaign and/or have sent letters and emails expressing satisfaction with the outcome. There has been a very real sense of a united profession, a strength upon which we should all now capitalise.

The next phase is the consultation on the recommendations, which closes on 10 November. Council will be determining its position at a Strategy Day meeting scheduled for 20 September, and will release this on the GOsC website. Ideally, this will allow at least a month for you to make your views known, whether in line with Council's thinking, or not. Of course, there is no need to wait for the Council Report.

Amazingly, we are only months away from a tenth anniversary. After decades of struggle for recognition through statutory regulation, the profession's determination was rewarded in 1993, with the passing of the *Osteopaths Act*. It was to take another four years, though, before the Council (GOsC) became operational. For those of you who were not practising between 1997–2000, well over 2,000 osteopaths were admitted to the Register from over 40 different routes of learning. The Osteopathic Educational Institutions were also accredited to take us to the present situation, where the only way on to the Register is with a Recognised Qualification. This involved a massive consolidation – an acceptance of fellow professionals, and an embracing of tough revised standards.

A flick through the pages of *The Osteopath* magazines, over the past few years, demonstrates the role of osteopaths in the development of their profession. There is much to be proud of and we have been wondering about organising an event to mark these achievements, perhaps with our Patron, HRH The Prince of Wales – if this were possible. It would also provide an opportunity to thank all of those, beyond

osteopaths themselves, who have helped to position osteopathy, where it is today. We will be writing to you all shortly to seek some ideas.

But the last month has not all been about Foster, nor of envisaging one large event or memorable award, to celebrate and commemorate this further consolidation. As always, a lot has been going on. Last month, the Government announced the publication of the long-awaited *Musculoskeletal Services Framework* (England), with an emphasis on local, multidisciplinary treatment and a holistic approach. We have been working closely with the Department of Health to ensure recognition of the integral role of osteopathy in the provision of musculoskeletal care (see page 8).

Team Osteopath did us proud at the British 10K Run (page 16) and the high profile Back Show event offered a great opportunity for 'showcasing' osteopathy (page 10). Bookings are also now being taken for the next round of GOsC Regional Conferences (pages 12-13) and a booking form is included with this issue. Having concentrated for the last two years – by necessity – on legal issues, we are now going to tackle that much-loved subject of 'Promotion'. I am already looking forward to seeing you all there!

I hope you have all had time to enjoy the summer and now feel re-energised for the further challenges that inevitably lie ahead.

Madeleine Craggs,
Chief Executive & Registrar

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Outcome of the DH (Foster) Review of Non-medical Healthcare Regulation

Brigid Tucker, Head of Communications



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed it is the only thing that ever has."

Margaret Mead, Anthropologist

UK Osteopaths have won a resounding endorsement of the profession's self-governing status less than a decade after introduction of statutory regulation.

The long-awaited outcome of the Foster Review of Healthcare Regulation, announced by Secretary of State for Health **Patricia Hewitt**, on Friday 14 July, recommended "no change to the number of Healthcare Regulators at this time".

As part of the Review process, the Department of Health explored a variety of options for merging some of the current nine healthcare regulatory bodies. Serious consideration has been given to integrating the regulatory functions of the Osteopathic and the Chiropractic professions into the "federal" Health Professions Council (HPC), which currently regulates 13 professions that operate primarily, though not exclusively, within the NHS framework.

Throughout the 15-month Review period, the GOsC has considered it important that Osteopaths were kept abreast – through these pages – of the Government's appraisal of the profession's implementation of statutory regulation, long-fought for and won in the Osteopaths Act 1993.

GOsC Chairman **Nigel Clarke** established a Foster Review Advisory Group (comprising GOsC Lay and Osteopathic Members, together with representatives of the British Osteopathic Association [BOA] and the Osteopathic Educational Institutions [OElS]), to ensure the interests of patients and the profession were properly represented.

Recognising that some of the regulatory changes under consideration by Government could have serious adverse implications for the quality of Osteopathic care and consequent patient safety, the GOsC and the BOA together launched the 'Osteopaths Act NOW!' Campaign last April to bring these concerns into sharp focus.

The reaction of the profession has been remarkable and is a credit to the esteem in which Osteopaths hold statutory self-regulation. In response to the Foster Information Pack, sent to all Osteopaths in April, 2,057 (over 50%) submitted views on the future of Osteopathic regulation.

Regional debate

Rallied by senior members of the profession, Osteopaths and students of Osteopathy initiated at least eight regional meetings across the country during May alone, to discuss the implications of the Foster Review and decide what action to take. Representatives of 25 regional Osteopathic societies and groups gathered at Osteopathy House on 19 May to discuss the Review and the way forward for the profession.



'Osteopaths Act NOW!' Campaign feedback (as at 3 August 2006)

Osteopaths in favour of profession-led regulation:	1,965
Students in favour of profession-led regulation:	80
Osteopaths in favour of the HPC	10
No view	2
TOTAL	2,057

The 'Osteopaths Act NOW!' campaign

Anxious to ensure careful consideration was given to the proposed reforms to healthcare regulation, a comprehensive lobbying campaign was launched to raise awareness amongst Parliamentarians of the Foster Review and of the nature of osteopathic practice in the UK today.



Key Ministers and Department of Health (DH) Civil Servants were targeted, along with Shadow Health Ministers, Members of the House of Commons Health Select Committee and the Parliamentary Group on Patient Safety.

Briefing meetings were held with key policy makers of all parties, including **Mr Andrew Burnham MP** (above) – the Minister with responsibility for the Foster Brief.

The efforts of individual Osteopaths have had a significant impact on the outcome of this important debate. Many of you took time to write to your political representative/s and, together, the profession has

succeeded in alerting at least 226 MPs, Members of the Scottish Parliament, Assembly Members and Peers to the implications of the reforms and to the current standing of Osteopathy. A score of political representatives have responded with genuine interest and clear support, illustrated in their correspondence with Osteopaths.

In terms of raising awareness of Osteopathic practice and standards, the campaign has generated considerable 'spin off' benefit. Not least, it has afforded a significant opportunity for raising the profile of Osteopathy – highlighting the rigour of the original statutory registration process; the high standards of osteopathic training and practice; the rapid adoption of CPD and principles of evidence-based practice; and the leading role that UK Osteopathy is playing in shaping professional standards across Europe.

All Osteopaths who took time to consider the implications of the Foster Review and contribute to its initial outcome are to be applauded for this effort, not least the many UK-registered Osteopaths practising outside the UK who lent their support.

The outcome of the Foster Review vindicates the decision to afford Osteopaths the privilege of statutory self-regulation, and demonstrates that the profession rose to, and met, the challenge. Osteopaths have cause to celebrate the very significant accomplishments of the profession over the past decade – we will shortly be inviting your views on how these achievements should be recognised.

Next steps

The Foster Consultation

What follows now is a four-month Government consultation period, closing on Friday 10 November. Osteopaths who wish to read the Foster Report or submit views via the GOsC can do so via the Foster Action website at: www.foster-action.com.

A preliminary overview of the Report's findings and proposals, prepared for the GOsC Council, was mailed to all Osteopaths on 24 July. Osteopaths should continue to check the Foster Action (and GOsC public) website, in addition to forthcoming issues of *The Osteopath* for further information.

The GOsC response to the Foster Consultation will be considered by Council at a meeting and Strategy Day on 19

and 20 September. The GOsC's submission will be available on the Foster Action website and on the GOsC public website before the 10 November deadline.

Reviewing Osteopathic regulation

Whilst the Government review of Non-medical Healthcare Regulation has acknowledged the value of the profession's current independent regulatory function, this external evaluation is also a timely opportunity for internal appraisal.

The Osteopathic profession will next year be entering its tenth year of statutory regulation under the GOsC. This milestone represents an ideal opportunity to review what has worked well and where improvements need to be made.

The Foster Review prompted many of you to evaluate the changes and developments you have experienced in professional

life over the last decade and to articulate your views and concerns about current Osteopathic regulation. This represents a valuable starting point for dialogue on the direction of future professional development, and the GOsC is grateful to all who have already contributed to this debate. As the DH Report itself acknowledges, "the need to maintain professional buy-in for the system of regulation" is critical to the safety of patients and the progress of the profession.

Are we connecting?

One small start is already underway. Next month we will seek your views on the effectiveness of GOsC communications with Osteopaths and the methods used to do this.

The findings of this 'Communications' survey will strongly influence how the GOsC communicates with the profession in the future, so we strongly encourage you take part and help us target resources as effectively as possible.

"Promoting the profession"

Some elements of the "Foster" Report may be of particular interest to members of the profession. The Review highlights an area of concern amongst Healthcare Regulators and possibly patient representative groups:

Four regulators currently have a role outside the scope of regulation. The RPSGB, the PSNI, the General Chiropractic Council and the General Osteopathic Council are each charged in law or in a Charter with promoting their profession, in subtly different ways. While there is no suggestion that they are expected to put the good of the



profession before that of the public, these words have caused uncertainty and dispute at times. Although the roles of professional leadership and promoting the profession, which have to be exercised for the public benefit, do indeed benefit the public, there is a tension between their focus inwards on the professions' interests and the need for the regulator to be seen to be free from such influences. The implementation of changes following this review will provide opportunities to bring the regulation of these professions into line with the majority. [Chapter 7, para. 3, pg. 39.]

Immediately after, however, the Report declares a main function of the Healthcare Regulator to be "setting and promoting standards". [Chapter 7, para. 3, pg. 39.] It is, therefore, the words in the *Osteopaths Act* – promoting "the profession" – which are at issue.

The forthcoming GOsC Regional Conferences take as their theme "Promoting Osteopathy" and aim to tackle this controversial remit. See page 12 for more information – your views will play an important role in resolving how the profession addresses the Report's concerns outlined above.

Osteopathy: key to musculoskeletal healthcare

Sarah Eldred, Assistant Registrar (Public Affairs)

Last month, the Government announced the publication of the long-awaited *Musculoskeletal Services Framework* – A Joint responsibility: doing it differently. As part of the Government's Long Term Conditions Strategy, this document promotes (in England):

- A redesign of services and increased access to a wider range of providers.
- Better outcomes for patients with Musculoskeletal Disorders (MSDs) through actively-managed patient pathways.

Musculoskeletal conditions are common and a major cause of ill-health, pain and disability in England and all UK countries. Over 200 musculoskeletal conditions affect millions of people – adults and children – making up 30% of all GP consultations. Our increasingly ageing population will, no doubt, further increase the demand for early and effective treatment of musculoskeletal disorders.

The Government's policy shift is towards support and treatment offered as close to home as possible, and holistic in approach, addressing bio-psychosocial factors. Multi-disciplinary services are also central to delivery of this policy. For this reason, the Osteopathic profession, through the General Osteopathic Council, has been working with the Department of Health, alongside other stakeholders, to develop the framework.

Osteopathy is key to prompt and effective diagnosis and patient-centred, evidence-based care. In recognition of this, the Department of Health's Framework acknowledges Osteopaths' integral role in the musculoskeletal team. It is also heartening to note that Osteopathy is included in its



own right, not allied to medicine or complementary and alternative therapies.

The *Musculoskeletal Services Framework* is not a National Service Framework that sets a long term strategy with measurable goals. Nevertheless, commissioners will have an incentive to adopt the recommendations. The document ties in with the Government's target

that by 2008, patients should wait no longer than 18 weeks from referral to the start of hospital treatment.

Whilst NHS funding of Osteopathy is not currently widespread, we hope that this new Framework will encourage increased public funding, to provide choice and access to preventative care for patients, based on clinical need rather than ability to pay. For those Osteopaths interested in Practice Based Commissioning, you might like to show the Framework to local GPs interested in improving current musculoskeletal care services.

For those practitioners who do not wish to work within the NHS, this Framework is also a valuable promotional tool to raise awareness of the Osteopathic profession amongst other stakeholders and healthcare professionals. We also hope to use this document to help influence policy development throughout the rest of the UK.

Published in conjunction with supplementary guidance for commissioners and patients, the *Musculoskeletal Services Framework* is available from the Department of Health (England) at: www.18weeks.nhs.uk. If you have any questions, please contact Sarah Eldred on ext. 245 or email at: sarahe@osteopathy.org.uk



Additional information required for credit/debit card payments

Because of a mandatory upgrade to the credit/debit card system, initiated by the major card companies, the General Osteopathic Council (GOsC) now requires extra information for any credit/debit card transactions. This information is in addition to the 16-digit number and start or expiry dates. To process a payment when the cardholder is not present, we now require the three-digit

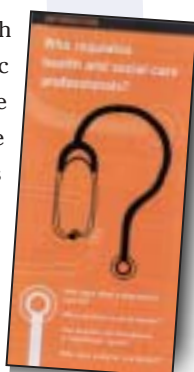
number shown on the back of your card. For the GOsC this is every transaction we process, be it for the annual Registration Fee or leaflets and poster orders.

For further information, contact Matthew Redford on tel: 020 7357 6655 ext. 231, or Madeline Hogan on ext. 227.

New patient information leaflet on healthcare regulation

The GOsC is a member of the Joint UK Health and Social Care Regulators Patient and Public Involvement Group (PPI Group), along with the 12 other organisations responsible for the regulation of health and social care. Members of the PPI Group share the view that a primary aim of professional statutory regulation is to protect the public and, without having the public involved and at the heart of regulation, it would be impossible to understand its concerns and interests or act effectively on its behalf.

Over the past 12 months, the PPI Group has been working on a number of projects that the Group has agreed to undertake collectively, with a view to improving the level of public and patient involvement in



the "design, planning, delivery and evaluation" of healthcare regulation.

One such project is the design of a new patient information leaflet, 'Who regulates health and social care professionals?', to raise public awareness of the Healthcare Regulators by explaining who/what they are and what they do, and to direct those seeking more information to the relevant Regulator. The leaflet will be distributed throughout the NHS, its intermediaries and related organisations.

Copies of the leaflet are available from the GOsC Communications department, or you can download it from the GOsC website – www.osteopathy.org.uk. For more information, contact the GOsC on ext. 242.

Removed for non-payment of fees

The following people, whose renewal of registration was due in May, have been removed from the *Statutory Register of Osteopaths* as a result of non-payment of the prescribed fee.

Miss	Julia	Allan
Ms	Keren	Bar
Mr	Alex	Bond
Miss	Lisa	Curwen
Mr	Sebastien	Escure
Ms	Jennifer	Evans
Mrs	Orianne	Evans
Mr	Marc	Farah
Mr	Richard	Holt

Mr	Gabrielle	Konrad
Miss	Amelia	Lee
Ms	Lisa	Mills
Dr	M	Mirza
Mrs	Susan	Morton
Ms	Caroline	Pittard
Mr	George	Riding
Mr	Mark	Shurey
Ms	Rosemary	Townsend

The Back Show, July 2006

Nicole Tripney, Communications and Events Officer

Osteopathy displayed a prominent presence at the inaugural Cura-Heat Back Show at London Olympia on Saturday 15 and Sunday 16 July 2006. The GOsC stand drew a steady stream of visitors at this major consumer expo, the first event of its kind in the UK bringing together back pain sufferers and healthcare specialists in the field.

Combining seminars, interactive demonstrations and more than 100 exhibitors, the two-day event attracted over 5000 visitors seeking information about current treatments, techniques and products for back pain.

A team of enthusiastic, local osteopaths joined GOsC staff on a prominent exhibition stand, helping raise the profile of the osteopathic profession amongst this key target audience. Several hundred visitors sought advice from osteopaths for back pain

and associated conditions and over 3000 osteopathic information leaflets and self-help stretch cards were distributed. The exhibition also presented a good opportunity to promote the GOsC public website (www.osteopathy.org.uk) and online Register (Find an osteopath).



Special thanks to osteopaths Bob Burge (Council Member), Lucy Cockerell, Penny Conway, Melinda Cotton, Andreas Jochim, Alpesh Kanani, Peter Mason, Paul Naisbitt, Robert Nash, Ken Newman, Martin Pendry and Carol West who generously volunteered their time and expertise to raise the profile of osteopathy.

Several osteopathic speakers also featured on the educational programme, leading both seminars and demonstrations in the 'therapy zone'. All were well-received and discussions are already under way with the event organisers for next year's programme.



Congratulations and special thanks to osteopaths Tim Allardyce, Adrian Dilworth, Robin Lansman, Clive Lathey, Bryan McIlwraith, Carina Petter and Lady Ann Redgrave for offering their expertise to the programme and for joining the osteopathic team on the exhibition stand.



Public Awareness Survey

The GOSc also took advantage of this opportunity to capture a current picture of the awareness of osteopathy amongst visitors by conducting a public awareness survey on the stand. Such data helps to shape future promotional strategies and is also commonly used to enhance promotional literature, such as press releases, media briefings and editorials.

It is worth noting that the sample group (221 respondents) at this event are likely to already suffer back pain and are, therefore, more likely to be aware of the different treatment options available (including osteopathy). 90% had heard of osteopathy and 47% had sought osteopathic treatment.

Interestingly, the overall awareness of the conditions that osteopaths treat was quite high (see figure 1 below).



The majority of respondents relied on word-of-mouth when seeking an osteopath for treatment, with friends and family still the leading influencing group.

67% feel that £26-£50 is the most reasonable fee for treatment and 87% strongly believe the NHS should pay for osteopathic treatment for NHS patients.

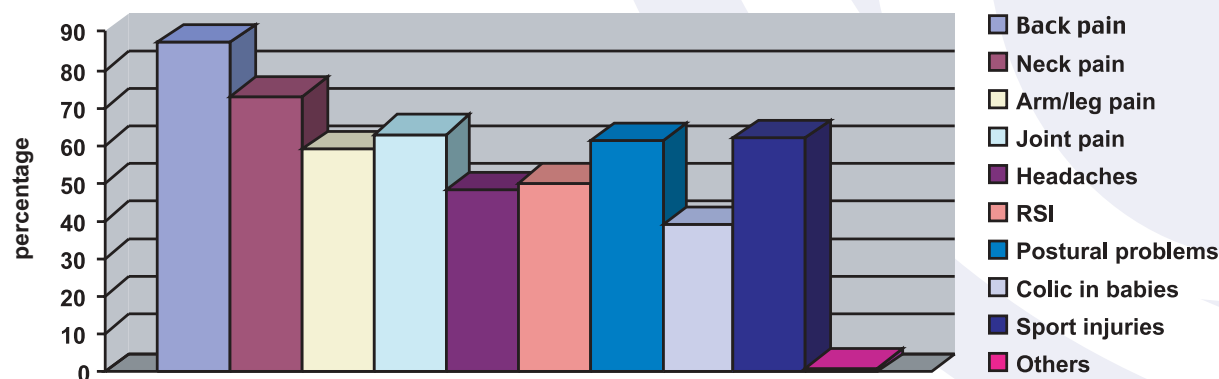
Concerns about visiting an osteopath centre on whether or not the practitioner is

registered, showing that more and more patients are educating themselves about healthcare and looking to ensure their own protection through regulation.

A more extensive, independent public awareness survey will be conducted in the coming months with the results published at this year's Regional Conferences where 'Promotion' is the theme – see page 12 for further details.

The event organisers are already planning next year's show and also discussing the possibility of a similar event in Manchester in early 2007.

Figure 1: Response to "What do you think osteopaths treat?"



Yellow Pages deadlines

August

Bath	01/08/06
Leeds	03/08/06
Nottingham	08/08/06
Derby	14/08/06
Chester & North Wales	16/08/06
Manchester North	23/08/06
Leicester	29/08/06
Coventry	31/08/06

September

Dundee & Perth	05/09/06
Wirral & Chester	06/09/06
Bournemouth	11/09/06
Canterbury	18/09/06
Maidstone	21/09/06
NI-Belfast	25/09/06
NI-South Ulster	25/09/06
NI-North Ulster	25/09/06

October

Edinburgh	06/10/06
Fife & Kinross	06/10/06
North London	13/10/06
Enfield & Barnet	13/10/06
Cardiff	20/10/06
Newport	20/10/06
Bradford	27/10/06
Middlebrough	31/10/06
Sunderland	31/10/06
Durham	31/10/06



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.

GOsC Regional Conferences 2006/7

Promoting Osteopathy – making the most of our potential

The 2006/7 GOsC Regional Conferences which kick off in West Yorkshire on Saturday 30 September, will explore Osteopathy's promotional challenges and opportunities. Last month, we reported on the programme (see below), based around the theory that, in professional life, most of us are driven to a greater or lesser degree by three primary motives: to make a name for ourselves; to make a living and/or, to make a difference. Is this true of you and is this true of the profession as a whole?

You are invited to debate the profession's promotional priorities and shape a new strategy for success. The interactive format of these meetings will provide an opportunity to air your concerns and share your ideas. Join with colleagues to weigh up GOsC proposals, consider your own potential for raising awareness of Osteopathy, and take away ideas for enhancing your own practice profile.

Proposed Programme

Session 1	Making a name – promoting the “Osteopathic identity” <ul style="list-style-type: none"> What's the GOsC ever done for us? <i>Overview of GOsC promotional activities – do they exist?</i> Optimising the opportunities – your role and the GOsC role. <i>Open forum discussion of opportunities to consolidate osteopathy within a competitive market.</i>
Session 2	Osteopathy – a prospering profession? <ul style="list-style-type: none"> How is the osteopathic profession shaping up? Researching your practice and the market. <i>Planned profession-wide practice survey – what promotional value does this offer you?</i> <i>Presentation and discussion.</i> Practice audit – your sharpest marketing tool? <i>Collecting and sharing data – is “Standardised Data Collection” simpler and more vital to your practice than you realise?</i> <i>Presentation and discussion.</i> Knowing your audience & their needs – public awareness of Osteopathy.
Session 3 Part 1 Part 2	Osteopathy – making a difference: the patient perspective <ul style="list-style-type: none"> How does osteopathy make a difference? What are your patients' expectations of osteopathy? Are you really “patient-focused”? Are you really listening? Promoting “patient enablement”. The patient-practitioner relationship. <i>Presentation and discussion.</i> Making a difference – the Power of ‘Word-of-Mouth Marketing’ <p>In the face of information overload, marketing research shows us to be increasingly reliant on the opinion and guidance of friends and family. Many patients discover Osteopathy through word-of-mouth – a communications expert shows how you can hone “word-of-mouth” into a marketing tool. <i>Presentation and discussion.</i></p>

Dates and locations

The dates and venues for the Conferences are listed below. The cost for the full-day event, including lunch and refreshments is £50. A booking form is included with this issue – please complete and return the form to us as soon as possible to ensure a place at the conference of your choice. **For more information, call the Communications department on exts. 222 or 242.**



Be at ease with 'The Critical Cs'

David Simpson, Head of Legal Affairs

Feedback from the fitness to practise process, the ethical advice line and Regional Conferences has identified that many osteopaths share certain insecurities in some common areas of practice. Council has decided to take a proactive approach to try to help osteopaths avoid the pitfalls of practice, not to mention the fitness to practise process, by subsidising a workshop in the 'Critical Cs'. The Critical Cs workshop is the brainchild of **Jane Langer**, former GOsC Council Member.



The workshop will be organised by Sweet & Maxwell, independent publishers, but devised and presented by experienced and respected members of the osteopathic profession. Other courses covering these topics seem to be tailored for lawyers. But this is bespoke to osteopathy. It is by osteopaths for osteopaths, and will focus

on the patient/osteopath relationship in the Context of contemporary societal demands and heightened patient expectations.

The workshops will limit the number of delegates to 40, to encourage interaction. It will be an opportunity for you to share your experiences and explore solutions to difficult areas of practice, in an intimate osteopathic environment. And the presenters are determined to make the day as entertaining as possible. More details will be published in the next issue of *The Osteopath*.

The Critical Cs are;

1. Context,
2. Communication,
3. Consent,
4. Case Histories, and
5. Confidentiality.

How Can I Contract my Osteopathy with the new NHS?

A Practical Guide to Local Healthcare Commissioning Saturday 16 September OR Saturday 7 October

The current programme of reform in the NHS presents Osteopaths with an excellent opportunity to widen their practice. Through NHS "practice-based commissioning", there will be a mechanism for the delivery of your Osteopathy to a wider public only using some of your private practice time.

This course is an intensive one-day course and was very well received by the 20 participants of the first course in July. The sessions each contain a mixture of presentations and small group discussion. Early application is advised.

Course facilitators:

Charlie Davison BA MPhil DPhil is a Medical Anthropologist and Fellow in the Department of Health and Human Sciences at the University of Essex.

Greg Sharp DO is a practising Osteopath. He has experience of NHS working in a variety of different clinical and contractual settings over many years.

Courses to be held at the General Osteopathic Council, Tower Bridge Rd, London SE1 3LU.

Cost is £75 (incl. refreshments and a comprehensive "take home" course pack).

**For further information please contact Greg Sharp on
Tel: 01206 572 761 ext. 27 or Email: greg@freshwebdesign.com**

Courts clamp down on bogus 'Osteopaths'

Illegal Practice costs £26,235

Mr Graeme Hext was found guilty this month on five counts of breaching section 32 (1) – 'protection of title' – of the Osteopaths Act 1993. He was fined £15,000 (£3,000 on each charge) and ordered to pay the GOsC's legal costs of £11,235, at the hearing in Market Drayton Magistrates' Court on 3 August 2006.

Mr Hext refused to plead guilty in the face of overwhelming evidence of his guilt. The charges related to signage at his practice, written information he provided to patients, reference to his osteopathic qualifications, (obtained before the GOsC came into being), and his membership of the Democratic Osteopathic Council (DOC) – all of which suggested he was an osteopath. Despite this, Mr Hext denied describing himself as an osteopath. He argued that the Osteopaths Act protected the title 'Osteopath' and not the practice of Osteopathy. He also said that his membership of the DOC entitled him to advertise his use of 'osteopathic techniques'.

Many of the costs were run up by the defence attempting to submit irrelevant material as evidence, including a forged

letter addressed to members of the DOC, purporting to be from the GOsC. This referred to a (fictitious) agreement between the GOsC and the Advertising Standards Agency, which suggested that members of the DOC were entitled to advertise their use of 'osteopathic techniques'.

District Judge Lawrence concluded that as a result of Mr Hext's advertising, members of the public would believe him to be an osteopath. Furthermore, Mr Hext, by his own admission, said he practised osteopathy. Judge Lawrence ruled that this amounted to a description as an 'osteopathic practitioner', which is prohibited by section 32 of the Osteopaths Act.

Chief Executive of the GOsC Madeleine Craggs said: "This judgement makes it quite clear that those who use semantics to avoid prosecution will inevitably fail. We [the GOsC] will continue to prosecute anyone who unlawfully describes or passes themselves off as an osteopath, in order to maintain the reputation of the osteopathic profession and, above all, protect patients."

BOA membership used as defence

On 13 July 2006, **Mr Sandy Hemingway**, who practises at the Lambton Place Health Club (the Health Club), appeared before West London Magistrates and pleaded guilty to three charges of unlawfully describing himself as an osteopath. He was fined £500 for each charge and ordered to pay the GOsC's costs of over £500.

The GOsC brought the prosecution after a patient complained about the force applied during a neck manipulation. The GOsC learned that Mr Hemingway had falsely described himself as an osteopath in the Health Club's promotional material and on its website. Under the Osteopaths Act 1993 it is an offence for any person to describe themselves, either expressly or by implication, as an osteopath, unless registered with the GOsC. Mr Hemingway was not so registered.

In order to maintain its Local Authority Treatments Licence, the Health Club was obliged to verify Mr Hemingway's insurance policy and qualifications, annually. Mr Hemingway was able to mislead the Health Club, putting its licence at risk, using documentation, including:

- a British Osteopathic Association (BOA) *Commercial Legal Protection for Members* certificate, issued on 5 May 2006, which states, "The Assured: Mr Sandy McNeal Hemingway being a full member of the British Osteopathic Association";

- a Balens *Evidence of Insurance* certificate for the period 1 May 2006 to 30 April 2007, which states, "Business: Manipulative Therapist deemed to be a member of the British Osteopathic Association.";
- a Balens *Evidence of Insurance* certificate for the period 1 May 2005 to 30 April 2006, stating, "The Insured: Mr Sandy McNeal Hemingway being a full member or associate of the British Osteopathic Association" and "Business: Manipulative Therapist deemed to be a member of the British Osteopathic Association."; and
- a Medical Protection Society *Membership Certificate*, dated 5 May 2006, which contained a prominent display of the BOA logo in its header.

The Health Club's solicitor told the GOsC that, "no reasonable person would look any further when faced with such documentation."

Mr Hemingway presented the same documents to the court in mitigation of his offence. The Court was of the view that protection of the public and the reputation of the osteopathic profession was of the utmost importance. However, in setting the comparatively lenient fine, the court took account of Mr Hemingway's mitigation, including his relationship with the British Osteopathic Association.

Team Osteopath returns

On Sunday 2 July, a team of 15 osteopaths and students braved the heatwave to take part in the British 10K London Run, raising £4,000 for the Sports Leaders UK charity (www.sportsleaders.org). Four of the runners tell us why they decided to run and whether they live to regret it!

I had decided to enter because I wanted a personal sports challenge. Apart from running in a Cancer UK "Race for Life" event a few years ago I had done little further to push my fitness or endurance. I saw the article in *The Osteopath* a few months ago and thought that joining Team Osteopath might be good motivation. If others were doing it then it took the scariness out of it. My training began ... I downloaded a 10K racing plan from the web and set about following its schedule. Soon afterwards I got chatting to a friend and discovered his wife was suffering from the effects of a bad whiplash injury. She is a personal



trainer working at a local gym. A chat on the phone later and we had a barter situation. She would help me prepare for the race and I would treat the effects of the whiplash for her.

We met early on the day and soon started encouraging one another, discussing times we would like to achieve and the route we were to take. It was great to chat to last year's veterans who had top tips about the route and water/drinks stations. It's interesting trying to drink enough water to be prepared and well hydrated, and then dashing to the loo because of nerves and efficient kidneys! The race organisers held a minute's silence just prior to the race in memory of the victims of last year's tube and bus bombs on 7/7. Then we were off, it took me 10 minutes to get to the front and across the start line – there were 20,000 runners in total!

Some people went significantly faster than me, others went more slowly. The main thing for me was to get round safely and enjoy it. I did all of those things. Never have I been so glad to see bottles of

water at the finish but even better was the celebratory champagne – definitely the most deserved glass I've ever had! Many thanks to all my colleagues and the GOsC staff who shared the morning with me. I would do it again, but how about making the team even bigger next year? Any council members from GOsC or BOA fancy joining in? Yes, that was a gauntlet you just heard landing on the floor.

Joanna Hyne DO, Bedford



In the middle of March this year I was having a friendly discussion with one of my patients about the idea of 'getting fit'. She had recently had a baby and was feeling a bit low, but had found the inspiration to start running. Of course, I knew that running

wasn't for me – bad for your bones, not the right body type etc. I told her that I had never run in my life, not even for the bus, and certainly not in the school cross-country, when there was always something better to do. It was too late for excuses – she had already decided to drag me along to the next meeting of the local Women's Running Network (WRN).

The WRN was set up by two women from Exeter in 1998 with a mission: "Giving all women whatever their age, size or ability to run together to improve their confidence, health, safety and fitness" – and the network is spreading gradually over the UK – see www.womensrunningnetwork.co.uk.

I feared for my life as we started to run ... but three months later I ran the British 10K without stopping, except to tie my shoelace. I cannot believe it, and neither will anyone who knows me. It was great to run

alongside a wide range of people – those, like me, who had not been running long, experienced athletes, and most memorably, a guy with two crutches and bandaged knees. What did I have to complain about now?

There was a great sense of common purpose. All were trying to



achieve something – for our charities, and for ourselves, and we all moved together. For me, it was particularly touching to see those who had no strength to keep running but pushed themselves through the finish line. It was fitting that the charity we were running for – Sports Leaders UK – train individuals to lead sports classes and training sessions and promote an environment for self-achievement in deprived areas – where I can see sport has a crucial role to play.



All in all, the day was a wonderful experience for me and showed me that sport is not something to be scared of and, sampled carefully, can bring some real joy. As I heard the music as I moved towards the finish line, "Things can only get better".

Rosie McCauley BSc (Hons) Ost, Leamington Spa

If your aim for taking part in this run was to enjoy the scenery and the atmosphere, then this was the perfect event. Great for sightseeing around central London, with the likes of Big Ben, the Houses of Parliament and the Cenotaph along the route. The crowds supporting us all were great – that and the steel bands certainly helped us all to keep going when the heat started to sap our motivation.

The medal we all received at the end was well deserved and will be a great reminder of a fantastic sense of achievement – individually and as a team, plus supporting an honourable charity.

We would strongly recommend this event to all for next year – let's have at least 30 – 40 runners and a lot more students. Overall, the day was fantastic – well organised and a very attainable target distance for everyone to achieve. Thank you to Susan at the GOsC for organising a great event and providing very suitable refreshments ... being dehydrated does have some advantages!

Francesca Wiggins BSc (Hons) Ost, Cambridge and Alan Coles BSc (Hons) Ost, London

BackCare Awareness Week 16-21 October

The theme for this year's BackCare Awareness Week is 'Protecting Young Backs'. Throughout the week of 16 – 21 October, 'Watch your back' awareness days will be held in schools around the country. Exercise classes, quizzes and competitions will keep children entertained and provide a fun environment for health education.

The week forms part of a campaign organised by the charity BackCare. A spokesperson for BackCare said: "Back pain is not a problem confined to the adult population. Half of all children report back pain at some time and in 8% of children, back pain affects their attendance, progress at school and future potential. It is

evident that 3% of children will experience chronic disability as a result of their back problem – that's one child in every class! Just as government is now tackling the increasing problem of obesity in children, we need measures to give children their best chance of going into adulthood with healthy backs; many of the solutions, like more physical activity, will overlap."

Osteopaths are welcome to attend the awareness days. For more information on these or the 'Protecting Young Backs' campaign, contact BackCare on tel: 020 8977 5474 or visit www.backcare.org.uk.

Osteopaths eligible for training bursaries

Osteopaths are now eligible to apply for educational funding from the Arthritis Research Campaign (ARC). The bursary is available to Allied Health Professionals to help fund practitioners engaged in research with the cost of travelling to and attending a research conference or certain courses.

The *Educational Travel/Training Bursary* scheme is due to be split into two distinct categories – a straightforward *Travel Bursary* and a separate *Training Bursary* which will offer funding for certain modules of

MSc courses with a clear rheumatological content.

David Evans is an osteopath involved in research who raised the issue of osteopaths being included in the list of professions eligible for the bursary. He said: "This is a step in the right direction and reflects the progress that the osteopathic profession has made in the eyes of key stakeholders such as ARC."

Application forms and guidelines are available from the ARC website www.arc.org.uk, or by contacting the ARC Education Department on tel: 01246 558 033.

“Quality is never an accident. It is always the result of intelligent effort”

John Ruskin



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College of Osteopaths develop course at Keele University

Elizabeth Elander DO, Programme Leader, Keele University

The College of Osteopaths has been working in collaboration with Keele University in Staffordshire, to develop an undergraduate BSc course in the north of England. The course has already commenced but the College is yet to receive GOsC Recognised Qualification (RQ) status. It is working towards gaining RQ status by September 2007.

With all lectures taking place at weekends the programme is designed to enable students to plan their learning around other commitments without long absences or onerous travel expenses.

The Keele programme offers a number of distinctive benefits to students. Apart from the delightful leafy campus, the largest in the UK, the learning environment at Keele University is first class. The Faculty of Health has a number of large modern purpose-built practical rooms for physical therapy, all fully-equipped. In addition, osteopathy students have several lectures each year in the School of Medicine's

Anatomy Suite, where the Director of Anatomy encourages a hands-on approach to learning in the dissection laboratories.

To support clinical learning, the College has opened a brand new teaching clinic in nearby Stoke-on-Trent. Based in the prestigious North Staffordshire Medical Institute, the clinic has been oversubscribed with patients from the day it opened – partly due to invitations sent to a proportion of the substantial local workforce on the adjacent North Staffordshire University Hospital site and the university campus.

For full details of the programme, visit the College of Osteopaths' website: www.collegeofosteopaths.ac.uk, or call the Programme Leader, Elizabeth Elander on 01782 584558. The College would like to hear from any local osteopaths interested in lecturing or becoming clinic tutors.

Shadow Health spokesperson visits OCC

The Osteopathic Centre for Children was delighted recently to welcome Liberal Democrat Health spokesperson Sandra Gidley to their headquarters and clinic in Clerkenwell. Sandra trained as a pharmacist and worked for many years as a voluntary antenatal teacher for the National Childbirth Trust. She expressed interest

in osteopathic concepts of disease and the number of children and range of conditions treated at the centre. After a discussion about current regulation and the impact of the Foster Review, Sandra observed children being treated in the clinic, and chatted to parents and osteopaths.

ESO students graduate

The European School of Osteopathy (ESO) held this year's graduation ceremony on Friday 14 July at the imposing venue of All Saints Church in Maidstone, Kent. The



ceremony marked another successful year with nine graduands receiving an MSc in Osteopathy, one a Postgraduate Diploma in Osteopathy and 38 a BSc (Hons) in Osteopathy. 22 students from France received a Certificate in Osteopathy, 10 students from Russia received a Diploma in Osteopathy and 11 Norwegian students received a Final Osteopathic Clinical Competence Certificate. **Esther Barton** was awarded a prize for the best student, **James Stevenson** for best clinical student and **Maria Sonberg** for best research project. The prizes were very kindly donated by Welch

Allyn, Medscope Limited, Russell Medical and Elsevier.

During his address, Principal **Renzo Molinari** displayed one of Andrew Taylor Still's favourite walking sticks, presented to the

ESO by Dr Steve Paulus on behalf of the family of Rollin Becker at the School's recent 5th International Conference. The walking stick is extremely significant and, according to Dr Paulus, it represents the symbol of osteopathy passing from the United States of America to Europe. This was the last graduation to be attended by Renzo as Principal of the ESO. In response for his hard work and dedication to the School over many years, he was awarded an Honorary Professorship and a Medal of Honour.

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NCOR Research Hubs

The development of a standardised data collection tool has been proceeding in many of the longer established hubs. Some of those hubs are now undertaking slightly different forms of activities and these are listed below.

Location of research hubs in UK and Ireland



BRISTOL

Thursday 7 September, 7–9 pm. Osteopathy and the treatment of hypertension – what is the evidence?

EXETER

Saturday 7 October, 10 am to 12 noon. Consent and osteopathy.

Saturday 9 December, 10 am to 12 noon.

GLASGOW

Date to follow

HAYWARDS HEATH

Sunday 24 September, 10 am to 12 noon. Osteopathic treatment in pregnancy: developing a case series.

Sunday 3 December, 10 am to 12 noon.

LEEDS

Tuesday 12 September, 7–9 pm. Online literature searching.

Tuesday 14 November, 7–9 pm.

LONDON

Tuesday 26 September 7–9 pm. Discussing Ernst's papers on risk and manipulation.

OXFORD

Wednesday 13 September, 7–9 pm.

PERTH

Date to follow.

Equine Spinal Manipulation



& Myofascial technique

DF57H75@<5B8GICB HF5-B-B; 'B H-9 HF95HA9BH
C: '9EI -B9'657? / 'AI G7I @CG?9@H5@7CB8+HCBG'

This course offers a practical, no-nonsense way for the busy osteopath to become proficient in this challenging and fascinating field.

The five weekend seminars give a solid grounding in relevant sciences whilst teaching the essential practical skills of examination, palpation and treatment : specific joint manipulation, mobilisation and myofascial technique. The course is very much "hands on" to give real practical skills from day one, and includes specialist input from veterinarians, farriers, saddle fitters and dental technicians.

Nov 11-12 2006

Dec 9-10 2006

Jan 13-14 2007

Feb 10-11 2007

Mar 10-11 2007

Location: Hartpury College,
Gloucestershire.

Modules to repeat bi-annually

Course details & booking: 01834 860200

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Contact: Andrew Glaister D.C., B.Sc. Dip. AVCA

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Principal

The European School of Osteopathy is one of the leading Osteopathic Educational Institutions in Europe. Established as the ESO since 1974, the school operates BSc Honours & MSc Osteopathy Programmes (the former GOsC accredited), possessing academic links with thirteen osteopathic institutions internationally and a flourishing postgraduate department. The School is an affiliated institution of the University of Wales and a Partner College of the University of Greenwich.

**We are an equal
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Further details are available from:

Jacque Harris, HR Adviser,
European School of Osteopathy, Boxley House,
The Street, Boxley, Kent. ME14 3DZ
Tel: 01622 671558
Web: www.eso.ac.uk

The European School of Osteopathy is seeking a new Principal to lead it through the next phase of development. The successful candidate will be from an osteopathic or academic background and will, ideally, have a proven track record of successfully leading a complex organisation. The new Principal will work with the Management Team in further developing:

- Leadership and Management of Staff and Faculty
- Strategic Direction and Vision of the School
- Teaching and Learning
- Pastoral Care
- Community/cultural dimensions of the School

Change management will be a key feature of the new Principal's leadership.

The post is full-time, although consideration will be given to candidates able to offer four days a week. Salary will be commensurate with qualifications and experience.



European School of Osteopathy

Clinical governance for practising osteopaths

Carol Fawkes BA (Hons) DO, Research Development Officer

Many osteopaths have recently received communications from health insurers requesting information on their clinical governance policy. Clinical Many osteopaths have recently received communications from health insurers requesting information on their clinical governance policy. Clinical governance may not be as familiar to osteopaths in private practice as it is to those osteopaths who work in the NHS.

The arrival of clinical governance is a public recognition of the fact that quality, accountability, transparency and continuous improvement are vital aspects of the life of any healthcare professional. The establishment of good practice management, patient management and care pathways helps to facilitate the many facets of clinical governance. "Clinical Governance encourages a culture of excellence, partnership and accountability."¹ An important aspect of clinical governance is to learn from successes as well as recognise areas where improvements in standards and performance are required. The key areas to consider with clinical governance are:

- Standards of professional performance (technical quality).
- Resource use (efficiency with which the practice runs and the patients are treated).
- Risk management (the risk of injury or illness associated with the services delivered).
- Patients' satisfaction with the service(s) provided.

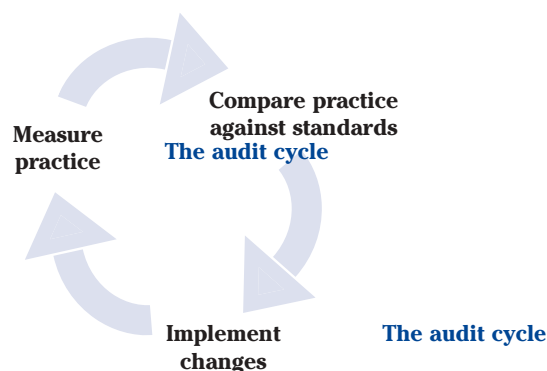
Many publications focus on the following key criteria, which are an implicit part of clinical governance.

1. Quality improvement processes, e.g. clinical audit

Quality improvement is at the heart of the clinical governance. A number of strategies need to be in place to facilitate this process.

- The creation of a culture of awareness of the importance of quality improvement.
- The introduction of systems to identify obstacles to quality and quality improvement.
- Development of strategies to overcome the obstacles identified.
- Focussing on identified deficiencies in care and monitoring changes.

Clinical audit is a cyclical process and can be the starting point to address quality monitoring and improvement monitoring. This is shown in the audit cycle.



There can be obstacles to making changes to improve quality:

- Lack of knowledge, time or skills
- Lack of awareness of the need for change
- Unconvinced of the need for and value of change
- Poor communication about what the change will involve
- Conflicting objectives between practitioners
- Limited resources
- Lack of leadership within the practice setting

The obstacles to change can be identified in a number of ways, for example questionnaires, interviews, practice meetings or feedback from patients. Once the obstacles have been identified, appropriate workable strategies can be developed to overcome them.

2. Evidence-based practice with the infrastructure to support it

Evidence-based practice is one of the key components of clinical governance. It is "the conscientious, explicit, and judicious use of current best evidence in making decisions about the care of individual patients, integrating individual clinical expertise with the best available external clinical evidence from systematic research"². It requires practitioners to:

- ask questions in a focussed manner
- locate the evidence to answer the questions
- critically appraise the available evidence
- apply the evidence in an appropriate manner
- evaluate performance(s) based on the application of that evidence.

Asking a question in a focussed manner can be achieved by considering four components:

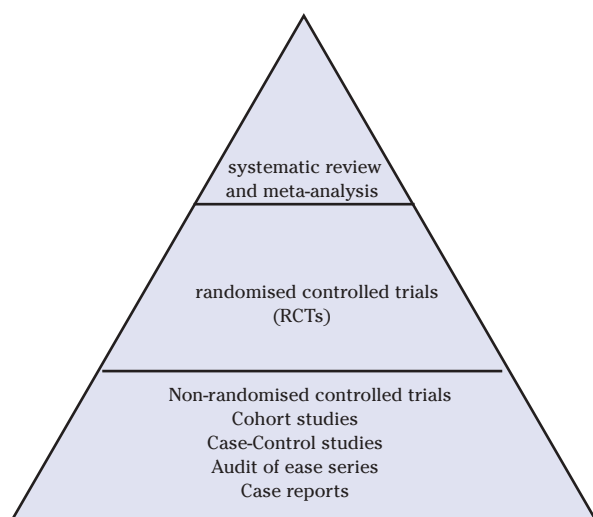
Patient, population or problem

Intervention

Comparison or control intervention (if appropriate)

Outcome(s)

Locating the evidence can be achieved by searching a number of scientific databases. The hierarchy of evidence, shown in the diagram, is based on the suggested reliability of the evidence.



These categories are explained further in the table below.

Level	Evidence
Ia	Evidence from systematic review and meta-analysis of randomised controlled trials
Ib	Evidence from at least one randomised controlled trial
IIa	Evidence from at least one controlled study without randomisation
IIb	Evidence from at least one other type of quasi-experimental study
III	Evidence from non-experimental descriptive studies, such as comparative studies, correlation studies and case control studies
IV	Evidence from expert committee reports or opinions and/or clinical experience of expected authorities

There are a number of tools to assist with the appraisal of research literature; for example see www.phru.nhs.uk/casp/critical_appraisal_tools.htm.

Information within healthcare changes at an alarming rate; it can be extremely difficult to become familiar with all of it, but patients will want to discuss the best possible options available to them in terms of currently available treatments.

Evaluating whether performances have changed based on the application of evidence-based practice can be carried out in a formal manner or can be undertaken informally by practitioners.

3. Good practice, ideas and innovations systematically disseminated

A wide number of interventions can be used to attempt to change clinical behaviour within practice. No single interventions are effective under all circumstances. The maintenance of good standard of practice is of prime importance to all healthcare practitioners and this is increasingly set against a background of rising accountability.

A number of strategies can be used to facilitate the implementation of evidence. **Broad strategies** can include clinical guidelines e.g. RCGP, CSAG guidelines and continuing professional education activities. **Specific behaviours** can be targeted e.g. by giving focussed reminders concerning advice on posture to patients. **Specific interventions** can also be given, including disseminating educational materials, e.g. information leaflets for patients and practitioners, or educational outreach visits such as specialists or local opinion leaders giving talks within the practice environment. **Reminder systems**, carried out manually or by computer, can be helpful. These can also give reminders about research-based strategies and the most effective management of particular disorders. Similarly reminders to undertake periodic checks, e.g. blood pressure, can be helpful.

All of these strategies can be employed in isolation or in combination. Research indicates that strategies that require significant interaction are most likely to be effective. Passive dissemination of information is the least effective strategy to facilitate change in behaviour and clinical practice.

4. High-quality data to monitor clinical care

The quality of data and the quality of its use are two important considerations within clinical governance. The types of data collected and how it is collected will vary between settings, e.g. private osteopathic practice and NHS-based osteopathic practice. The type of indicators that need to be collected for data purposes in private osteopathic practice can include:

Area	Example of indicator
Access	Time taken to obtain first appointment
Patient experience	Number of missed first appointments
Patient experience	Number of missed follow-up appointments

5. Clinical risk reduction programmes.

The identification, assessment and management of risk are important components of clinical governance; risks that can be foreseen can potentially be prevented. Patients have the right to expect good standards of clinical practice and care from osteopaths and other healthcare practitioners. Practitioners are expected to be professionally competent

and perform consistently well. They also have to strike a balance between the potential for doing good and the potential for doing harm.

Non-clinical risks

Practice premises can present a variety of risks. The Health and Safety at Work Act (1974) requires any practice with five or more practitioners to have a health and safety policy, and practices should undertake a health and safety assessment to identify potential risks to patients, visitors and staff. Risks can include:

- stairs and stairwells
- ornamental ponds in grounds surrounding a practice, to which patients have access
- hazardous chemicals, e.g. cleaning fluids
- sharps, e.g. acupuncture needles
- electrical equipment
- clinical waste, e.g. following acupuncture or dry needling treatments.

Other potential hazards can be from working alone or undertaking home visits without suitable mechanisms in place to specify location and times of visiting, and chaperoning.

Risks associated with communication can also occur; for example when patients who experience an unexpected reaction to treatment cannot contact their osteopath for advice and reassurance. Mechanisms can easily be put in place to identify a key person in a practice with responsibility for dealing with such eventualities or for attempting to contact the osteopath concerned.

While some risks are easy to identify and deal with, others can be surprising and require significant resources. Risk assessment is most likely to be effective if it is carried out in a systematic and detailed fashion. One of the most straightforward approaches is to try to correlate potential risks or hazards to possible sources. A matrix format can be used to accomplish this; an example is shown above.

Once some of the risks associated with practice have been identified, strategies can be put into place to attempt to deal with those risks.

6. Significant events detected and openly investigated

Significant events occur in all practices and can be defined as "events that give a good understanding of the care that an individual or team delivers". This is in contrast to an "adverse

Sources of risk/hazard		
Potential risk(s)		Patients Patient records/notes Health professionals Administrative and other staff Clinical equipment Telephone communication Computerised appointment system Financial record keeping
Inadequate case history Inadequate note taking and record keeping Inadequate assessment/examination of patient Inappropriate or delayed diagnosis Delayed referral Inappropriate management of patient Inappropriate referral Patient complaint Breach of confidentiality Stress Physical injury Fire or fire related event Theft		

event" when something clearly has gone wrong; exactly what has gone wrong, whether the incident was preventable and the appropriate response required must be established. The lessons learned from such events must be promptly applied. Following the occurrence of a significant event the following outcomes should be examined:

- clearly record what occurred and when, who was involved and the actions taken
- identify where good practice was demonstrated
- identify where practice was less satisfactory
- identify areas where further information is required and the potential source of such information, e.g. regulator's guidelines, published research literature
- read and assimilate this information
- identify changes required and implement these appropriately; include all staff in these changes and clearly explain how and why the change is occurring
- identify the lessons learned from this situation
- monitor practice at a future interval e.g. six months, to ensure that any changes implemented continue to be observed.

7. Problems of poor clinical performance recognised at an early stage and dealt with

All osteopaths are aware of the need to keep their skills up to date in order to deliver a consistently high standard of care. This principle of maintaining high clinical standards is enshrined in clinical governance. Education can be key to maintaining high standards by refreshing knowledge and further developing or refining skills. Education can take place formally, e.g. post-graduate courses, or informally with

colleagues or by self-study. Some practices have regular meetings to discuss issues occurring within the running of a clinic or to discuss interesting patients within clinical practice; other practices have established journal clubs to examine current literature related to particular areas of practice and how this relates to the management of patients.

Clinical governance also examines competence of practice as part of quality assurance. The use of appropriate outcome measures can play a significant part in this aspect of care. Examples of outcome measures were given in the July edition of *The Osteopath*. Further examples of outcome measures can be found at www.csp.org.uk.

References

1. Eds Zwanenberg T V and Harrison J. *Clinical Governance in Primary Care*. Radcliffe Medical Press, 2000
2. Bury T and Meade J. *Evidence-based Healthcare*. Butterworth-Heinemann, 1998

Forthcoming courses and conferences

Saturday 30 September, 2006: Physiotherapy, Osteopathy and Chiropractic: Moving forward through research and practice. The School of Health Professions, Robert Dodd Building, University of Brighton, 49 Darley Road, Eastbourne BN20 7UR. Registration details can be found at www.brighton.ac.uk/sohp

5-8 October 2006: 9th International Congress of the German Osteopathic Association (VOD). Wiesbaden, Germany. This includes the Third International Symposium on Advances in Osteopathic Research (Saturday 7 October, 2006).

3-5 November 2006: British Osteopathic Association's Annual Convention and Trade Exhibition. Marriott Forest of Arden Hotel and Country Club, Meriden, Warwickshire. Further information can be obtained from Catherine at the BOA office by telephoning 01582 488455.

12-14 December 2006: 14th Annual Symposium on Complementary Healthcare. University of Exeter. Further information can be found at www.pms.ac.uk/compmed/symposium.

30 March 2007: Developing Research Strategies Conference. This conference has been held previously in Southampton, hosted by Dr George Lewith. The next conference will change its venue and will be held in Northampton on 30 March, 2007. The conference will then move around the country to be hosted by universities with academic departments in Complementary Medicine.

11-13 May 2007: International Congress on Complementary Medicine Research. Munich, Germany. The deadline for submission of abstracts is 31 December 2006; they can be submitted online at www.CMR-Muc2007.de.

Visceral and Obstetric Osteopathy Courses with Caroline Stone

Returning from Australia for November 06
(next return '08/09)

YORK – 11-12 Nov 06

OBSTETRICS* AND GYNAECOLOGY

*Practice restrictions apply in UK

BRISTOL – 25-26 Nov 06

RESPIRATORY AND UPPER GIT

COURSES COST £200 PER WEEKEND

Visit www.osteopathichealthcare.com

Or www.visceral-osteopathy.com

(direct link to course site)

for all course details / downloadable brochures,
payment options / venue details etc.

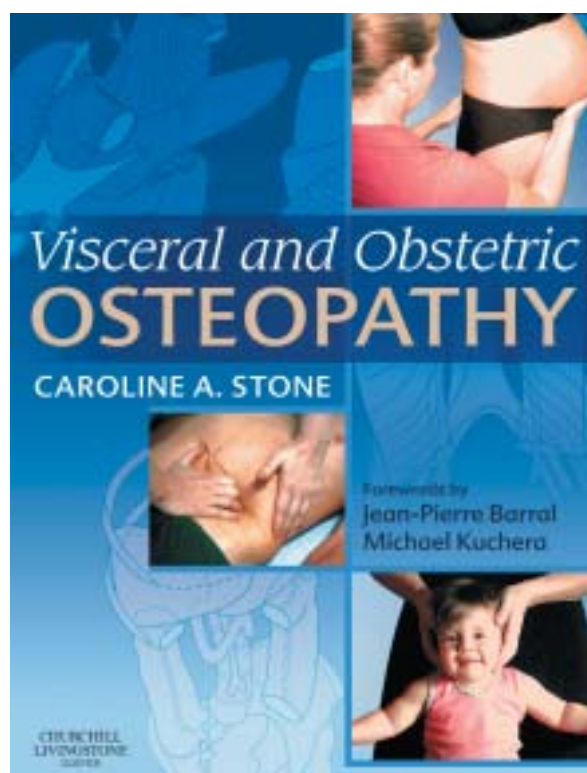
Courses to accompany new book:

Visceral and Obstetric Osteopathy,

Pub Churchill Livingstone, due Dec 06 / Jan 07

caroline@yourosteopath.com.au

Fax: + 61 8 9371 3433



BBENSCH

First aid for dummies, May 06

Sarah Rosewarne BSc (Hons) Ost, Hertfordshire

The six-hour course is aimed at anyone who requires some basic first aid knowledge and meets all of the recommendations laid down by the Health & Safety Executive for the *Appointed Person in the Workplace* certificate.

I had done a "Save a life course" ages ago and was feeling rather rusty. Was it 1 breath to 10 compressions or 10 breaths to 1 compression? Of course, it has all changed now anyway (30 compressions to 2 breaths) and the procedure has been simplified – casualties don't have pulses anymore! We all had a go on "Resus Annie", who was looking very smart in her new shell-suit.

In addition to CPR, we covered control of bleeding, shock and coping with an unconscious casualty. It isn't

always best to bung a pillow under the head, and no, they don't still use iodine. The tutor, John, was an ex-firefighter, who clearly had a lot of experience in real emergencies. He didn't stick rigidly to the text and made it clear that as Osteopaths there were a lot of cases where we could use our discretion and stay within common sense and the law. He was realistic about the effectiveness of CPR and hot on hygiene. Finally, you get a handy little book as a reminder and a jolly good carvery lunch to help you fall asleep afterwards.

The next BBENSH meeting will be on October 15 at the University of Hatfield. Speakers to include Tim Oxbrow. More details next month. Contact Claire Merriweather on email: info@BBENSCH.co.uk.

Central Sussex Osteopaths

Over-fed and under-nourished?

Jeremy Buck DO, Hove

Our meeting in May was the first at the new venue. Having outgrown the golf club, we now reside at Wickwood's Country Club where the facilities can accommodate our increasing numbers.

Our speaker was **Dr Alan Stewart**, a local doctor specialising in nutritional medicine. He impressed on us how all aspects of nutrition are undervalued and neglected in conventional medicine, and how we as osteopaths are in a unique position to assess and examine our patients and offer sound nutritional direction. Raising patients' awareness of the need for a nutritionally sound, balanced diet will complement the holistic nature of our treatment. He solved the 'Flora/butter' debate – he used Flora during the week and butter at weekends. He gave realistic advice about food choices and practical solutions to replace bad food habits. As a nation we are over-fed but under-nourished, and yet some simple changes in our diet would make a huge difference. For example, he termed pasta the 'continental con-trick', but replace it with wholemeal pasta and balance has been addressed. And never underestimate the nutritional value of the humble potato.



Future meetings

Our next meeting will be on **Saturday 9 September**, when we are delighted to welcome **Stuart Korth** who will be speaking on the osteopathic treatment of children. Stuart needs no introduction as the founder of the two Osteopathic Centres for Children offering fantastic opportunities for learning and healing for patients and osteopaths alike. We look forward to hearing about his unique and inspiring approach and learning from his experiences in this field.

Planning ahead: on **Saturday 25 November** we have osteopathy lecturer **Devan Rajendran** talking about lower limb and foot biomechanics. Please put the date in your diaries, more details to follow.

Both these meetings will take place at Wickwoods Country Club in Albourne, starting at 9.30 am and finishing at 1.00 pm with sandwiches and chat at the bar. Everyone is welcome, if you are not on the mailing list, do call Jeremy Buck on tel: 01273 203820. Notification of meetings will be sent by email wherever possible, please supply your email address if you haven't already done so.

CPD Courses for 2006

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

An Introduction to Musculo-skeletal Ultrasound (only 15 spaces available)

A one day introduction to this exciting modality which provides the opportunity to visualise tissues in ways that were not previously possible. A specialist sonographer will be on hand together with clinical patients so that specific pathologies, as well as normal tissues, can be seen in detail. This is a unique way for practitioners to enhance their anatomical and pathological understanding, and to visualise the effects of treatment.

Lecturer: Lance Bird DCR, BSc(Hons), M.Phil
Date: Saturday 16th September 2006
Cost: £100 including lunch & refreshments

Nutrition & Nutritional Assessment for Osteopaths

An invaluable one day overview covering the key aspects of nutrition and its importance for good health, including a simple form of nutritional assessment that can be easily incorporated into day-to-day osteopathic practice.

Lecturer: Dr Alan Stewart
Date: Saturday 30th September 2006
Cost: £95 including lunch & refreshments

Visceral Osteopathy (Introductory, ^{A T Still}Intermediate & Advanced Levels)

This is a progressive course covering this exciting and increasingly popular osteopathic modality. Starting with a broad introduction and, in the 2nd and 3rd weekends moving on to more advanced concepts. The courses can be taken as a whole or individually.

Lecturer: François Allart DO
Date: 21st - 22nd October 2006 (Introductory), 3rd - 4th March 2007 (Intermediate) & 20th - 21st October 2007 (Advanced). Book all 3 weekends and receive 40% off the advanced course!
Cost: £185 (per 2 day event) including lunch & refreshments

"The Osteopath's Guide To Keeping Out Of Trouble"

An overview of the risks facing an osteopath in the modern world, including: The areas where osteopaths get into difficulties. What is risk management and how can it be applied? Examination of some cases. A review of the steps that an osteopath can take to keep out of trouble. The concept of acting reasonably, keeping good records, communication on the telephone and face-to-face. Safety in the surgery, including disabled legislation. Consent, confidentiality and chaperones. Complaints and litigation.

Lecturer: Dr Paul Lambden
Date: Saturday 18th November 2006
Cost: £95 including lunch & refreshments

For further information or to request a booking form, please contact:

Christopher Hedges
The European School of Osteopathy, Boxley House,
The Street, Maidstone, Kent. ME14 3DZ

Tel: +44 (0)1622 671558

E-mail: cpd@eso.ac.uk

Web: www.eso.ac.uk

London Osteopathic Society

Hypermobility, June 06

Tony Longaretti DO, London

We hope you're enjoying the summer break and are looking forward to the interesting seminars your committee has been hard at work arranging. First a quick note about our last meeting.

Our last meeting on 29 June was devoted to the subject of hypermobility. **Prof Rodney Grahame** is a specialist in this subject at University College and Great Ormond Street Hospitals. In discussing the characteristics of this condition, comparisons were made with Marfan's and Ehlers-Danlos Syndromes. Specific diagnostic criteria were described and illustrated in addition to pointers evident to the casual observer, such as skin condition and general body movements, and the fact that hypermobile patients often have flat feet on weightbearing and they may lack a lingua frenulum. Some surprising facts emerged, for example, although the hypermobility lessens with age, most people said that the pain worsened, and lignocaine has much less of an effect on them so they may need extra at the dentist.

Osteopath **Josephine Halsall** had suffered an accident and after years of pain discovered that hypermobility was part of the problem. She described the characteristics one would encounter and the way of working which would be most helpful for these patients. Any presentations which are made available in connection with these two enlightening talks will be posted at our download centre.

September meeting

On Wednesday 20 September, osteopath,



Prof Rodney Grahame and Josephine Halsall

psychotherapist and specialist in voice disorders **Jacob Lieberman MA** will be giving a talk entitled 'Osteopathy, a Quack, a Crack or a Valid form of Health System?' Attendees at our 17 January meeting will remember Jacob leading an impromptu discussion on the vocal mechanism and voice production and we have

arranged this themed evening by popular request. Consultant ENT surgeon, otolaryngologist and phono-surgeon **Tom Harris MD FRCS** will discuss 'Laryngeal Mechanics: what anatomy books ain't telling us'.

The venue is the J Z Young Lecture Theatre, Anatomy Building, Gower St, London WC1E 6BT. Those of you who are familiar with our previous UCL Roberts Building venue will find that this is just around the corner in Gower Street a few doors up on the right-hand side. A map is available on the LOS website. Registration will be available from 6.15 pm and the first speaker will begin at 7 pm. The second talk will commence at 8.30 pm and we aim to close at 9.30 pm. The price of our evenings has been held for five years and we are now having to increase this to reflect higher costs. Entry will be £15 for members and £30 for guests but we're sure you will agree that LOS lectures represent excellent value for money. As always, light refreshments are included.

Vehicle accidents and whiplash are the themes of our meeting on Tuesday 7 November and we are planning to present a major event in January 2007. **Please keep an eye on the website: www.zyworld.com/los.**



Biotensegrity, October 06

Genevieve Brown DO, Llandrindod Wells

At our next meeting on Sunday 22 October, **Dr Stephen Levin** will present a lecture entitled, 'Biotensegrity – The New Biomechanics'. Covering an introduction to biotensegrity, evidence and dynamical diseases, it will be held at The Hotel Metropole, Llandrindod Wells, Powys from 10am – 2pm.

Dr Levin is an orthopaedic surgeon and academic and has lectured in the USA, Canada and Europe. He is the originator of the concept of BioTensegrity – the application of

tensegrity-balanced forces in organisms from viruses to humans. His clinical interests are in the non-surgical treatment of back, neck, shoulder and non-gynaecological pelvic pain. Presently he devotes his professional time to research in the field of biomechanics. Check out his web site www.biotensegrity.com.

The cost of the course will be approximately \$40 assuming we have enough delegates. Register with Genevieve Brown on tel: 01982 551240 or email: Gen Brynci7@aol.com.

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

Sunflower Academy course, January 2007

The Sunflower Trust Charity and its Academy will be holding a training course commencing in January 2007, which is open to Doctors, Chiropractors, Osteopaths and Physiotherapists. To be held in Guildford, Surrey, the aim of the course is to teach the fundamental basics of Sunflower Therapy; the assessment of patients and any imbalances; reconditioning strategies and therapeutic skills and patient management. The course will be run by the founder of Sunflower Therapy, **Mark O Matthews**, co-founder **Clive Lindley-Jones** and Sunflower practitioner **Dr Gerrhard Otto**.

Sunflower Therapy is a comprehensive approach to the diagnosis and treatment of learning difficulties within

children and is a unique way of relieving stress and promoting wellbeing, using safe and natural therapies which are prescribed for the individual's needs.

The course runs for a total of 21 days over seven weekends, from January to July 2007 and is aimed at professionals who wish to expand on their areas of expertise. Contact the Sunflower Trust for a registration form or a complete programme on tel: 01483 531498, email: academy@sunflowertrust.com, or visit: www.sunflowertrust.com. Discount for bookings made before 29 September 2006.

Nerve Entrapment course, April 06

David Gutteridge DO, Blackburn



There are comparatively few osteopaths and chiropractors who have embraced Applied Kinesiology (AK). Its tenets are probably regarded as somewhat dubious and beyond the normal parameters of osteopathic and chiropractic thinking. For the brave and curious few who have dared to dip their toes into the uncharted waters of AK, they have been rewarded by finding a methodical approach to the treatment of musculoskeletal disorders that is grounded in anatomy and physiology and affords a clear analytical approach to unlocking and treating both the common problems that we are faced with in everyday practice and the more difficult and obtuse ones. Personally, the AK approach to structural problems has dramatically changed the way I approach, diagnose and treat my patients and in my view, it is one of the purest osteopathic courses available in postgraduate training.

Clive Lindley-Jones' Nerve Entrapment Course in Oxford earlier this year, was attended by a mixture of osteopaths, chiropractors and acupuncturists, all with a basic grounding in AK techniques. The course was extremely well-run, in a relaxed and friendly atmosphere and Clive, who is naturally gifted as a teacher, led us through nerve entrapment patterns in the upper and lower limb. The course is well-structured and a useful set of notes is provided. Ample time is allowed for practical sessions to reinforce the anatomy and physiology background. Frozen shoulder, tennis elbow, carpal tunnel syndrome and tibial and femoral nerve entrapment are all dealt with in a clear and orderly manner. A highly recommended course.

For more information, contact Clive Lindley-Jones on tel: 01865 243351 or email: info@helixhouse.co.uk.



FOUNDATION COURSE IN PRESCRIPTION ORTHOSES

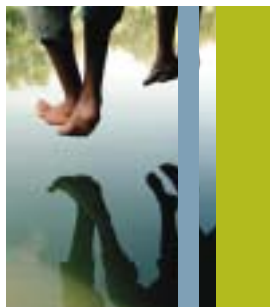
This course includes: - practical podiatric biomechanics, foot techniques, gait analysis and instructions on how to prescribe and cast custom made orthoses.

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- (**Gait:** Knee, hip, pelvic and lower back pain, diabetes, arthritis and poor posture.

Pegasus orthoses have evolved over a 15 year period under the management of one of the UK's leading podiatrists. Our orthoses sell themselves because they have a 100% success rate. We make a thinner, lightweight and more versatile product than anyone else. Our product is made of one piece, rather than several components and therefore can easily fit into any shoe and satisfy the needs of even the most demanding of cases.

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"Having worn orthoses for the best part of my career, I am now enjoying fantastic results with the Pegasus insoles.
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Professor Laurie Hartman
Osteopath

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**Rehabilitation Research:
Principles and Applications Third
Edition**

Elizabeth Domholdt

Published by Saunders

ISBN 0-7216-0029-8

£29.99, 576 pages

Reviewed by Peter Roberts DO



**Pediatric ULTRASOUND
How, Why and When**

Rose de Bruyn

Published by Churchill Livingstone

ISBN 0-433-07275-2

£35.99, 373 pages

Reviewed by Claire Gregory

BSc (Hons) Ost

If you heard someone using words and phrases such as 'homoscedasticity', 'Pearson product moment' and 'internal versus construct validity', your conclusion would be "wow they must be a smokin' hot research brain". Read *Rehabilitation Research* and you could be such a person! This book will give all the tools you need to design and implement an impeccable research project. The book begins with chapters covering the theory of research, including paradigms, ethics, design of projects and the problems thereof, how to ensure any threats to the validity of your project are minimised (many of which have to do with the complexities of working with human subjects) and proper selection of participants.

Of most interest to our profession are the next four chapters: qualitative research, epidemiology, outcomes research and survey research. These methods are highly applicable to investigations into osteopathic work, and following them as laid out here would result in studies offering verifiable conclusions capable of withstanding scrutiny from the most sceptical of scientists. Next we have a fun-packed 136 pages of statistical analysis techniques – vital, but mostly beyond this reader. There is probably more here than most would need, but the presentation renders the information accessible.

The final section deals with conducting literature searches, evaluating other research and project implementation. Being able to critically examine other research is a very useful skill, both for selecting papers and for offering credible support for challenging those that attempt to discredit it. In conclusion, I would say that for anyone involved in, or planning to be involved in, research, this book will give you all the background you need. For the general reader there is far too much detail and technicality, so my opinion is this is for specialists only.

Paediatric Ultrasound: How, Why and When, is definitely an accurate title for this book. Rose de Bruyn presents a difficult subject in 12 well-presented chapters. The colour-coding and large pictures make the subject inviting and ease to navigate around.

The book is written for radiologists, sonographers and medical professionals. As such it contains many detailed and well-explained examples of visceral structures in both healthy and pathological states.

From an osteopathic view point, the systematic review of pathologies is very useful. Anyone who dedicates their time to treating children would benefit from reading this book. The detail of paediatric pathology is covered in more depth than in my own training, and has enabled me to update my own knowledge base.

The author dedicates time within the text to deal with patient-related issues. There are details of what fears and concerns patients may have, and how to avoid upset.

It is pleasing to see that the author begins the subject from a very basic level. Care and thought has gone in to discussing the type and choice of equipment that would be found in a clinical setting. This naturally progresses onto a systematic review of visceral pathologies. Overall, a detailed well-written book that osteopaths with an interest in treating children can use for reference.

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



CPDO

2006

By popular demand repeat evening lecture:

9 Nov	The myth of core stability	Prof. Eyal Lederman	£20.00
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The principle of core stability has gained wide acceptance in training for prevention of injury and as a treatment modality for rehabilitation of various musculoskeletal conditions in particular the lower back. There has been surprising little criticism of this approach up to date. This lecture will re-examine the original findings and the principles of core stability and how well they fare within the wider knowledge of motor control, prevention of injury and rehabilitation of neuromuscular and musculoskeletal systems following injury.

This lecture will also review some of the basic assumption of core stability:

- ## The role of transverses abdominis (TA) as a stabiliser and relation to back pain: what is stabilisation and is TA that important for stabilisation?
 - ## The TA timing issue: what are the timing differences between asymptomatic individuals and patients with LBP? Can timing change by core stability exercise?
 - ## Abdominal muscle strength: what is the normal strength needed for daily activity? Can core stability exercise affect strength?
- Single muscle activation: can single muscle be selected? Does it have any functional meaning during movement?

Date	Title	Tutor / lecturer	Cost	Deposit
Weekend courses				
11-12 Nov	Osteopathic tech: Lumbar & thoracic spine and ribs	Prof. Laurie Hartman	£195.00	£125.00
7-8 Oct	Osteopathic tech: Developing and advancing osteopathic technique	Prof. Laurie Hartman	£195.00	£125.00
2-4 Nov	Visceral osteopathy: the thorax	Jean-Pierre Barral	Full	
21-22 Oct & 25-26 Nov	Osteopathic care during pregnancy	Averille Morgan	£395.00	£225.00
7-8 Oct & 11-12 Nov	Harmonic technique	Prof. Eyal Lederman	£395.00	£250.00
18 Nov	Osteopathic care of small animals: Revisited	Anthony Pusey	£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
4 Nov	From treatment to exercise	Matthew Walden	£105.00	Pay in full
Evening courses				
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
Evening lectures				
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.**

Back chat

Your letters



Dear Editor

I came upon a piece in the April edition of *The Osteopath* that was entitled, 'Haemodynamics of the Cervical Arteries', written by Joanne Perkins. Ms Perkins had attended a course by Roger Kerry on Vertebrobasilar Insufficiency (VBI) issues. In it she wrote "Roger became interested in VBI issues after attending a physiotherapy post-graduate manipulation course where cervical manipulation is taught in the Cyriax style i.e. the operator holds the patient's cervical spine, leans back with all their body weight and then quickly rotates the patient's head for a full rotation thrust. This is still the way physios are taught today; they are not aware of the combined or minimal leverage approach."

I must admit that I was rather surprised by this. Certainly in the 19 years that I have been practising I have never used such a technique, and would question any physiotherapist that did as to why they felt this was the most appropriate way of manipulating the neck.

I have been a member of the Manipulation Association of Chartered Physiotherapists (MACP) since 1992, have sat on the Executive Committee and am also an accredited MACP tutor. On the course I teach, admittedly this is a Lumbar Spine course, we only teach High Velocity Low Amplitude thrust techniques, but I would be amazed if anyone teaching the Cervical Spine module did anything different. It would appear that there are still many misconceptions with regard to the way that Physiotherapists work. Perhaps it would be good to open a dialogue between the two professions. That way we can ensure that we are sharing knowledge, improving practice and ultimately, helping speed our patients' recovery.

I couldn't help noting that Ms Perkins quotes *Manual Therapy* in her piece, which happens to be the official journal of the MACP.

Richard Nash MCSP MMAPC, Buckinghamshire



Dear Editor

As many of my patients are in the habit of leaving their children with my receptionists whilst they have their treatment, I would like to know if I need to request a Criminal Records Bureau (CRB) check for my receptionists and if so, how I go about this. Many thanks.

Simeon Milton BSc (Hons) Ost, Surrey

GOsC responds:

Dear Simeon

Whether an employer is obliged to carry out a CRB check on an employee depends upon whether the **Protection of Children Act 1999 (POCA)** applies to your situation.

Relevant terms used in POCA:

"child" means a person under 18;

"child care organisation" means an organisation –

- (a) which is concerned with the provision of healthcare, accommodation, or social services to children or the supervision of children;
 - (b) whose activities are regulated by, or by virtue of, any prescribed enactment; and
 - (c) which fulfils such other conditions as may be prescribed;
- "child care position" means a position which –
- (a) is concerned with the provision of healthcare, accommodation, or social services to children or the supervision of children;
 - (b) is such as to enable the holder to have regular contact with children in the course of his duties.

"organisation" means a body corporate or unincorporated, or an individual who employs others in the course of business.

Section 7 of the POCA states: "Where a child care organisation proposes to offer an individual employment in a child care position, the organisation must [carry out a CRB check]. As the Osteopaths Act does not seem to be a "prescribed" enactment, it seems as though Osteopaths' practices are not childcare organisations within the meaning of POCA. You are not, therefore, obliged to carry out a CRB check on your staff but you may do so if you wish.

This will change soon, however. The Safeguarding Vulnerable Groups Bill is currently being considered by Parliament. The Bill incorporates the recommendations of the Richard Inquiry including the Barring/Vetting Scheme which will require all adults who have contact with children or vulnerable adults to be vetted.

The British Osteopathic Association (BOA) is able to carry out CRB checks for members at cost (£31 for standard disclosure and £36 for enhanced disclosure). Contact the BOA on tel: 01452 488 455. Otherwise, the GOsC is able to do this for an additional administrative fee. Contact the Registration Secretary on tel: 020 7357 6655 ext. 256.

David Simpson, Head of Legal Affairs

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

Courses 2006

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

Shoulder Instability – Diagnosis, Treatment and Rehabilitation

1 September

Lecturer Jo Gibson. Organised by the Rugby Osteopathic Centre Ltd. Contact: Adam Sheridan tel: 01788 567 931, email: adam@jannesh Sheridan.ndo.co.uk.

Cranio-Sacral Therapy – Introductory Day

2 September

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

Preliminary Course in Osteopathy in the Cranial Field

3 – 5 & 15 – 16 September

Speaker Nick Woodhead. 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).

Module 2/3 Osteopathy in the Cranial Field

8 – 10 & 15 – 17 September

Course Director Peter Cockhill. Organised by Sutherland Cranial College. To be held at Columbia Hotel, London. Contact: tel: 01291 689908, email: admin@scc-osteopathy.co.uk (website: www.scc-osteopathy.co.uk).

Lymphatic Motion

9 September

Lecturer Averille Morgan. To be held at Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Yoga and Osteopathy

9 September

Lecturers Rachel Ives and Dr Amanda Samson. Organised by Greenwich University, Old Naval College. Contact: email: office@cpdinternational.co.uk (website: www.cpdinternational.co.uk)

Equine Cranio-Sacral Therapy

9 – 10 September

Organised by the College of Cranio-Sacral Therapy (CCST). To be held at Writtle College, University of Essex. Contact: CCST on tel: 020 7483 0120, email: info@ccst.co.uk (website: www.ccst.co.uk)

Osteopathic care of small animals – weekend course

9 – 10 September

Lecturer Anthony Pusey. To be held at Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Cranio-Sacral Therapy – Introductory (Stage A) Course – First stage of full professional training

9 – 14 September

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

Time and Tide Presents – Developing Palpation – Osteopathy in the Cranial Field

15 – 17 September

Speaker Ian Wright. To be held at Knocklofty Country House Hotel, County Tipperary, Ireland. Contact: Clonmel Osteopaths, tel: 00353 52 25309.

The Bio Cranial System – An Introduction

16 September

Lecturer: Robert Boyd. Organised by the Bio Cranial Institute (USA). To be held at St Bede's Conference Centre, St Anthony's Hospital, North Cheam, Surrey SM3 9DW, 10am – 1pm. Contact 028 9146 0680. Email: bcranial@aol.com. (www.biocranial.com)

First Aid Appointed Person Course

23 September

Speaker Alex Brazkiewicz. Organised by the Craniosacral Therapy Educational Trust. To be held at the Moving Arts Base, Syracuse, 134 Liverpool Road, London, N1. Contact: tel: 07000 785778, email: info@cranio.co.uk, website: www.cranio.co.uk.

How to treat: frozen shoulder – evening course

28 September

Lecturer Prof. Eyal Lederman. To be held at Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

How to treat sports injuries – the lower body – weekend course

30 September – 1 October

Lecturer Chris Boynes. To be held at Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Connecting with Work-Related Injury (a clinical and practical perspective)

30 September

Speaker Damon Peterson. Organised by NMS National Ltd. To be held in London. Contact: tel: 01372 467760, email: cpd@mms-national.co.uk.

Cranio-Sacral Therapy – Two Year Course (weekends) – Part 1 of full professional training

30 September – 1 October

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).

Harmonic Technique

1 – 2 October

Lecturer Prof. Eyal Lederman. To be held at Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Update on mechanisms of pain and pain management

5 October

Lecturer Prof. Martin Koltzenburg. To be held at Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Module 1 Foundation

6 – 8 October

Course Director Alison Brown. Organised by Sutherland Cranial College. To be held at Abbey Hotel, Tintern, Chepstow. Contact: tel: 01291 689908, email: admin@scc-osteopathy.co.uk (website: www.scc-osteopathy.co.uk).

La Speccola Wax Anatomy Museum, Italy

6 – 8 October

International Speakers plus Gala Dinner. Organised by CPD International. Florence, Italy. Contact: tel: 07944 552093, e-mail: office@cpdinternational.co.uk" (website http://www.cpdinternational.co.uk)

IOT IV: Developing and advancing osteopathic technique – weekend course

7 – 8 October

Lecturer Prof. Laurie Hartman. To be held at Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Developing Palpation – Osteopathy in the cranial field

13 – 15 October

Speaker Ian Wright. To be held at Knocklofty Country House Hotel, County Tipperary, Ireland. Contact: Clonmel Osteopaths, tel: 00353 52 25309.

Balanced Ligamentous Tension

15 October

Speaker Sue Turner. 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).

Craniosacral Therapy Introductory Weekend

16 – 17 September

Speaker Michael Kern. 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)

Improving motor control in the elderly: an exercise approach

21 October

Speaker Dr Dawn Skelton. To be held at Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19. Contact: tel: 020 7263 8551,

email: cpd@cpdo.net.

Neuro-Linguistic Programming in Osteopathy

21 October

Speaker Will Williams DO. Organised by CPD International To be held at Greenwich University – Maritime Campus London SE10. Contact: tel: 07944 552093, e-mail: office@cpdinternational.co.uk" (website http://www.cpdinternational.co.uk)

Biotensegrity and its connection with osteopathy

24 October

Lecturer Dr. S. Levine. To be held at Knocklofty House Hotel, Co. Tipperary, Ireland. Contact: Clonmel Osteopaths tel: 00353 52 25309.

How to treat: tennis elbow

26 October

Lecturer Prof. Eyal Lederman. To be held at Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Visceral Osteopathy: The thorax

2 – 4 November

Lecturer Jean-Pierre Barral. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Module 7 The Spark in the Motor

3 – 5 November

Course Director Peter Armitage. Organised by Sutherland Cranial College. To be held at Columbia Hotel, London. Contact: tel: 01291 689908, email: admin@scc-osteopathy.co.uk (website: www.scc-osteopathy.co.uk).

From treatment to exercise

4 November

Lecturer Matthew Walden. Contact: tel: 020 7263 8551, email: cpd@cpdo.net.

Buteyko Breathing for Osteopaths

11 November

Speakers Rachel Ives MSc DO and Janet Brindley. Organised by CPD International. To be held at Greenwich University – Maritime Campus London SE10. Contact: tel: 07944 552093, e-mail: office@cpdinternational.co.uk (website http://www.cpdinternational.co.uk)

Harmonic Technique

11 – 12 November

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

IOT I: Lumbar & Thoracic spine and ribs – weekend course

18 November

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

Osteopathic care of small animals: revisited – weekend course

18 November

RECRUITMENT

DEAL, KENT. Self employed Osteopath with good manual skills required to work part-time in busy musculoskeletal practice alongside other osteopaths / physiotherapist. Flexible hours. To start August / Sept. Please send CV to stephenvcomfort@aol.com with covering letter.

OSTEOPATH REQUIRED FOR TRAINING ROLE. Osteopaths for Industry are a specialist organisation providing training in the prevention of musculoskeletal injury in the workplace. Topics include manual handling and workstation assessment. We are looking for a dynamic, enthusiastic osteopath, preferably with training experience to join our multidisciplinary team of professional trainers. Some travel involved. Training given. Send CV, indicating number of days per week available to: Janice Kaye, Osteopaths for Industry Ltd, 56 High street, Esher, Surrey, KT10 9QY or email: janicekaye@ofi.co.uk

OSTEOPATH REQUIRED at the Blackberry Clinic in Milton Keynes, one of the largest multidisciplinary clinics in the country with own fully equipped Gymnasium including the latest Pilates equipment, seeing approx 3000 patients per month. For more information visit our web site www.blackberryclinic.co.uk If interested please send your CV to Mrs G Bruce, Blackberry Orthopaedic Clinic, Blackberry Court, Walnut Tree, Milton Keynes, Bucks. MK7 7PB or email: gillianb@blackberryclinic.co.uk

ASSOCIATE REQUIRED for busy, established, multidisciplinary practice in Cambridgeshire. Two and a half days a week plus alternate Saturdays AM. You will need to be enthusiastic, reliable and conscientious and have an integrated approach to other disciplines where appropriate. Contact Hazel Lawrence on 01480 455221 for further details. A full CV will be required.

BUCKS. ASSOCIATE REQUIRED – caring and motivated with good all round skills (including cranial). Please phone: 01494 864 700 or email: prestwoodosteo@homecall.co.uk

PATHOLOGY Lecturer – Part Time – required by International College of Oriental Medicine (ICOM) (affiliated to the University of Brighton) for October 2006. Module Leader and Lecturer at Level 3 of undergraduate BSc honours degree in Oriental Medicine: We require minimum 2 years teaching of Western medicine and excellent teaching skills. CV to Penny Kharroubi by email admin@orientalmed.ac.uk or send to International College of Oriental Medicine (UK) Ltd, Green Hedges House, Green Hedges Avenue, East Grinstead, West Sussex, RH19 1DZ

ANATOMY Lecturer – Part Time – required by International College of Oriental Medicine (ICOM) (affiliated to the University of Brighton) for October 2006. Module Leader and Lecturer at Level 1 of undergraduate BSc honours degree in Oriental Medicine: We require minimum 2 years teaching of Western medicine and excellent teaching skills. CV to Penny Kharroubi by email admin@orientalmed.ac.uk or send to International College of Oriental Medicine (UK) Ltd, Green Hedges House, Green Hedges Avenue, East Grinstead, West Sussex, RH19 1DZ

METIS (www.metis-uk.com) is a busy, expanding clinic and is looking for enthusiastic, flexible and a well motivated osteopath to join their expanding business. With centres in Croydon and Central London they are now looking to recruit an osteopath for their Liverpool centre. If you are interested in applying please e-mail your CV with a covering letter stating your current salary to pmartin@metis-uk.com

COMMERCIAL

A VERY BUSY CENTRAL BRISTOL PRACTICE for sale. Established over 6 years and thriving. Average turn over for three years £111,000. Price and conditions on application in writing to: - Clinic Sale, 1 Larkhall Place, Bath, BA1 6SF.

HARLEY STREET W1, ROOM TO LET quiet spacious room with electric couch, wireless broadband access, in multi-disciplinary medical practice. Mondays and / or Thursdays 9.00am – 6.00pm, suit registered osteopath with own client list. Tel: Dr Alice Greene on 020 7580 4188

GOODWILL FOR SALE: EAST SUSSEX. Delightful and rewarding IVM / Biodynamic Osteopathic practice established 13 years ago, in current location for 4 years. General Osteopathy incl. sports, specialising in paediatric / Obstetric Osteopathy. Requires osteopath of good heart and hands to take this practice forward. Ideal for hard working solo practitioner or partnership to sustain rapidly growing practice. Full accounts available. Applications in writing: Carolyn McGregor, 2 Mabbs Hill Cottages, Lynden Lane, Stonegate, East Sussex, TN5 7EF or Mobile: 07766330489

IN SHIRLEY, in a delightful quality house, where my alternative therapies are running, 1 room is to let for a demanding practitioner who is having a busy, steady and proven practice and would like to change his present location to a better, positive environment. Good parking facilities. At least one-year contract. 2 referrals are required. Call: Katalin at Diamond Wellness, Health & Beauty: 02087 777 593

GOODWILL FOR SALE: NOTTINGHAMSHIRE. Thriving practice established 30 years, with scope for expansion. Located in centre of busy market town, situated on main road with excellent transport links. Half an hour from beautiful Peak District. Ground floor accommodation, on site parking, two fully equipped consulting rooms. Excellent working relationship with GPs and local orthopaedic surgeons. Contact Lisa on 07845 873074, or email mallfree@doctors.org.uk

EQUIPPED ROOM AVAILABLE for Self Employed Osteopath within a busy Multi-Disciplined Practice in the Staffordshire area. For rates and further details please contact Mrs Ruth Lyon on 01902 851294.

COURSES

OSTEOPATHIC CENTRE FOR ANIMALS STARTING OCTOBER 2006. Postgraduate diploma in osteopathy for animals. Learn to apply your osteopathic skills to the treatment of horses and dogs using traditional osteopathic techniques. 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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Up to 40 words –
£40, thereafter 20p per word

ACUPUNCTURE / DRY NEEDLING 25-26 November 2006

Intensive practical dry needling course
based on modern neurophysiology by
Dr Anthony Campbell MRCP in Central London.

Introductory and postbasic courses also taught
by arrangement on-site at clinics nationwide.

**Details from Dr A Campbell, 8 Oak Way,
London, N14 5NN
Tel 0208 368 3418, email: ac@campbell.org.uk**

LOOKING FOR A FRESH PERSPECTIVE?

broadening experiences...

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...and expanding horizons

UK EVENTS

At Greenwich University
Maritime Campus

**Neuro-linguistic
Programming in Osteopathy** Sat 21 Oct
10am-1.30pm £40
Will Williams DO

Yoga and Osteopathy Sat 4 Nov
Rachel Ives MSc, DO Dr 10am-5pm £85
Amanda Samson Dip Yoga, BEd PhD

Buteyko Breathing for Osteopaths Sat 11 Nov
Janet Brindley, Rachel Ives MSc, DO 10am-5pm £85

Pilates and Osteopathy Sat 18 Nov
Susie Lecomber BSc (Hons) 10am-5pm £85

INTERNATIONAL EVENTS

**'La Specola'
Wax Anatomy Museum** FLORENCE 6-8 Oct
£250 + flight
Guided Visit, International Speakers & Gala Dinner

Traditional Medicine, Belize March 2007
Scuba Medicine & Diving with Whale Sharks
See website for further details

For bookings or further details,
contact the Events Co-ordinator, Petra, at:
office@cpdinternational.co.uk or call
0794 455 2093 ~ www.cpdinternational.co.uk



SUTHERLAND Cranial College

OSTEOPATHY IN THE CRANIAL FIELD

Module 2/3 on the SCC Pathway

A six day non residential course

Course Director: Peter Cockhill BA (HONS), DO, MSCC

8-10 & 15-17 September 2006

Columbia Hotel, London

48hrs CPD Fee: £1380

'Osteopathy in the Cranial Field' was created
by Dr. W.G. Sutherland. The course presents
Sutherland's 'Five Phenomena', reviews
centering and monitoring and explores palpatory
differences among structures at different levels
of function. The second half of the course
considers principles of diagnosis and treatment
and their application to the whole body,
including the fascia, face and intra-osseous
problems. The practical sessions have a high
ratio of 1 tutor to 4 students, to provide
individual tuition, and ensure proper safety
standards are observed.

THE SPARK IN THE MOTOR

Module 7 on the SCC Pathway

A three day non residential course

Course Director: Peter Armitage DO, DPO, MSCC

3-5 November 2006

Columbia Hotel, London

24hrs CPD Fee: £835

This course explores in greater depth than basic
courses the nervous system and the fluid aspect
of the body. Anatomy, clinical applications,
treatment principles and approaches are all
addressed. Familiar techniques are given the
time and space to enhance their usefulness for
everyday practice. Limited spaces available.

*Module 7 can only be taken after successful
completion of Module 2 and Module 3
or equivalent*

ROLLIN BECKER MEMORIAL LECTURE

R. Paul Lee DO, FAAO, DABMA

**FLUIDS AND FIBRES:
OSTEOPATHY'S SPIRIT AND MATTER**
5:00PM, 25 November 2006
Cavendish Conference Centre, London

SCC Administration, PO Box 91, NP16 7ZS

Telephone: 01291 689908 Fax: 01291 680056

Email: info@scc-osteopathy.co.uk

Website: www.scc-osteopathy.co.uk

City & Guilds Accredited Teacher Training Centre. Charity No 1031642

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