

the osteopath

International Journal of Osteopathic Medicine enclosed

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New registration opportunities > Protecting the title



Have your say

The General Osteopathic Council

Osteopathy House
176 Tower Bridge Road
London SE1 3LU

tel | 020 7357 6655

fax | 020 7357 0011

email | info@osteopathy.org.uk

www.osteopathy.org.uk



Chairman of Council: **Professor Adrian Eddleston**

Chief Executive & Registrar: **Evlynne Gilvarry**

Key GOsC services

**Freephone helpline
for osteopaths** **0800 917 8031**

**Communications & Osteopathic
Information Service** **ext 242 / 226 / 222**

Enquiries about conferences, workshops & events, *The Osteopath*, GOsC websites, Certification Mark, locum list, the media, NHS, leaflet & publication orders (including GP consent forms & off-work certificates), presentation material, Regional Communications Network.

Development **ext 238 / 235 / 240**

Enquiries about Continuing Professional Development, osteopathic education, standards of practice, Assessments of Clinical Competence, Recognised Qualification process, NCOR.

Finance & Administration **ext 227**

Enquiries about registration fees, VAT, payments.

Public affairs **ext 245 / 247**

Enquiries about national healthcare policy, parliamentary and international affairs.

Registration **ext 256**

Enquiries about annual renewal of registration, updating your Register details, non-practising status, practising abroad, graduate registration, retiring/resigning from the Register, professional indemnity insurance.

Regulation **ext 224 / 249**

Enquiries about the *Code of Practice for Osteopaths*, dealing with patient concerns, ethical guidance & consent forms, fitness to practise, Protection of Title.

Clerk to Council **01580 720 213**

Enquiries about Council Members and meetings, GOsC Committee business.

Chairman / Chief Executive & Registrar ext 246

GOsC staff contacts

Monika Bojczuk (ext 235)

Professional Standards Assistant
monikab@osteopathy.org.uk

Brenda Buckingham (ext 256)

Registration Secretary
brendab@osteopathy.org.uk

Vince Cullen (ext 223)

Director of Professional Standards
vincec@osteopathy.org.uk

Dana Davies (ext 224)

Professional Conduct Officer
danad@osteopathy.org.uk

Marcus Dye (ext 240)

Professional Standards Manager
marcusd@osteopathy.org.uk

Sarah Eldred (ext 245)

Public & International Affairs Manager
sarahe@osteopathy.org.uk

Kellie Green (ext 236)

Regulation Manager
kellieg@osteopathy.org.uk

Sonia van Heerden (ext 242)

Information Officer
soniavh@osteopathy.org.uk

Gillian O'Callaghan (ext 233)

Head of MIS [Registration]
gilliano@osteopathy.org.uk

Margot Pinder (ext 228)

Assistant Registrar
[Communications]
margotp@osteopathy.org.uk

Jane Quinnell (01580 720 213)

Clerk to Council
janeq@osteopathy.org.uk

Matthew Redford (ext 231)

Head of Finance & Administration
matthewwr@osteopathy.org.uk

Anna Ripley (ext 249)

Regulation Assistant
annar@osteopathy.org.uk

Abdul Saadeddin (ext 251)

Facilities Officer
abduls@osteopathy.org.uk

Marcia Scott (ext 246)

Assistant to Chief Executive & Registrar
marcias@osteopathy.org.uk

Velia Soames (ext 248)

Head of Regulation
velias@osteopathy.org.uk

Nicole Tripney (ext 222)

Communications & Events Officer
nicolet@osteopathy.org.uk

Brigid Tucker (ext 247)

Head of Communications
bridget@osteopathy.org.uk

Joy Winyard (ext 238)

Professional Standards Officer
joyw@osteopathy.org.uk



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the osteopath

Volume 11 | Issue 4 | Aug/Sept 08

The Osteopath is the official journal of the General Osteopathic Council.

Editor: Nicole Tripney

Email: editor@osteopathy.org.uk

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Managing Editor: Margot Pinder

Design: Axiom Partners

Send editorial to:

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

Email: editor@osteopathy.org.uk
Tel: 020 7357 6655
Fax: 020 7357 0011

The publishers reserve the right to refuse any editorial contributions or advertisements without explanation, and copy may be edited for length and clarity.

Advertising sales only:

The Advertisement Manager
Wealden Printing
Cowden Close
Horns Road
Hawkhurst
Kent TN18 4QT

Tel: 01580 753 322
Fax: 01580 754 104
Email: osteopath@wealdenad.co.uk

Recruitment of new Council



GENERAL OSTEOPATHIC COUNCIL

Make a difference

– promote the highest standards of osteopathic practice

- > Do you have the skills to help deliver effective statutory regulation of osteopathy?
- > Do you value highly the need to ensure the quality of patient care?

If so, the General Osteopathic Council (GOSC) is interested in hearing from you. It is currently seeking to recruit:

13 Council Members, including a Treasurer

(Professional and Lay)

All Members will work with the Chair, engaging with the osteopathic profession and other key stakeholders, to fulfil the statutory duties of the Council.

You will need to demonstrate a range of competences that contribute effectively to the strategic development of osteopathic regulation.

The GOSC is seeking applications from candidates in all parts of the UK – it is required to recruit at least one member from each of England, Northern Ireland, Scotland, and Wales.

These posts will be offered subject to confirmation following Parliamentary approval, decisions on which are anticipated towards the end of 2008.

How to apply

The recruitment campaign opens on **Monday 8 September**. Further information and an application pack (also available in large type, Braille or on tape) will be available from the Appointments Commission, after this date, by calling 0870 240 3802 during office hours, and quoting reference REG8506. Alternately, visit www.appointments.org.uk.

For more information on the work of the GOSC, visit www.osteopathy.org.uk.

Recruitment campaign opens: 8 September 2008

Closing date for applications: 8 October 2008

The Appointments Commission is committed to equality of opportunity for all and the principle of appointment based on merit following an open and transparent process and independent assessment.

Please note this is a public appointment, not employment.

See www.appointments.org.uk or www.sector1.net for more public appointments being filled by the Appointments Commission.



**Appointments
Commission**

Adding value to public appointments

underway: 8 September 2008

The GOsC, along with fellow health regulators, is required as part of the Government's healthcare regulation reforms to put in place a new Council by April 2009. To this end, a national recruitment campaign to independently appoint the GOsC's new Council members will be launched on Monday 8 September – see recruitment advertisement opposite.

As outlined in the last issue of this magazine and in a recent letter to all osteopaths, the new GOsC Council will number 14, comprising seven lay and seven osteopath (professional) members. Candidates will be selected by reference to a framework of key competences, which have been developed by the GOsC through consultation with osteopath and lay stakeholders.

The Appointments Commission, an independent body specialising in public appointments, has been instructed by the Government to oversee the appointment of the regulators' Council members. For the GOsC, this means appointing 13 new members, including a Treasurer, since the Government has agreed that the current Chair, Professor Adrian Eddleston, should serve a full four-year term. The new Constitution Order also requires that at least one member come from each of England, Northern Ireland, Scotland and Wales.

These vacancies offer an opportunity to play a key role in the future development of the osteopathic profession, and the GOsC is eager to ensure that all interested osteopaths do indeed apply.

Those interested are advised to contact the Appointments Commission (www.appointments.org.uk or tel: 0870 240 3802) **after Monday 8 September** to request/download an information pack, which will include – among other things

– the final list of competences, and details about the role of Council, tenure, time commitment and remuneration.

Full information, including the dates on which the advertisement will be published in the national press, will be posted on the **o zone** (www.osteopathy.org.uk) during the first week of September. An email alert will also be sent to osteopaths at this time.

Fitness to Practise panellists

The GOsC will write to all osteopaths again in late September in connection with further opportunities that will allow osteopaths to apply for membership of the new fitness to practise panels being established as part of the Government reforms. Again, members of these committees/panels will be recruited by the Appointments Commission and by reference to a framework of agreed competences.

GOsC appoints two lay Council Members

The General Osteopathic Council (GOsC) – the UK regulator of osteopaths – welcomes the appointment to the Council of two new lay members.

Lay members Geraldine Campbell and Jenny White join the Council following a selection process undertaken by the Appointments Commission. They bring to the Council extensive experience of consumer engagement and equality and diversity issues – both high priority areas for the GOsC.

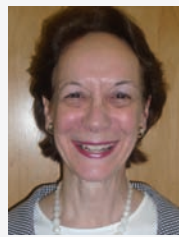


GERALDINE CAMPBELL

has wide experience of consumer engagement and currently is a Consumer Engagement Advisor to the Food Standards Agency. Based in Northern Ireland,

Geraldine is also a Member of the Northern Ireland Social Care Council, chairing the User/Carer Participation Committee. She was for two years Consumer Services Manager for the

Northern Health and Social Services Board, responsible for project managing the development of a Consumer Involvement Policy. She is a board member of the Citizen's Advice Bureau in Belfast and has been Chief Executive of the HIV Support Centre in Belfast and a Trustee of the National AIDS Trust in London.



JENNY WHITE MBE is a non-practising barrister with broad experience in the public, voluntary and regulated sectors. Previously a legal adviser to the Electricity Association, a

Commissioner on the Disability Rights Commission and a member of the National Disability Council, she has a sound knowledge of discrimination law and the legislative process, and an interest

in health, governance and plain language. Currently she is Vice-Chairman of the Centre for Accessible Environments, an adviser to the Employers' Forum on Disability and a lay member of the East London and City Research Ethics Committee.

Commenting on the new appointments, the GOsC Chairman, Professor Adrian Eddleston, said: "The breadth of skills and experience the new members bring will undoubtedly enhance further the GOsC's ability to develop policies that champion public protection and high standards of osteopathic practice."

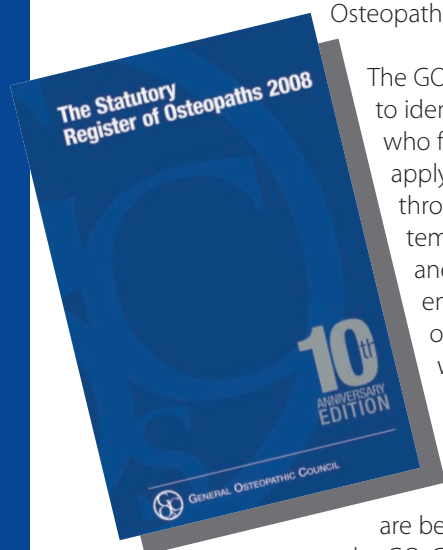
Both members take up office immediately and will serve a limited term until the creation of the new, independently appointed Council in April 2009.

New registration opportunities

Individuals who qualified as osteopaths prior to 2000 and, for various reasons, missed out on joining the UK Register of Osteopaths in the initial two-year transition period may soon be permitted to apply for registration under new powers acquired by the GOSc.

As outlined in a recent letter to the profession, these powers will enable the GOSc to consider applications from such individuals for a limited period – **i.e. from the date of implementation of this new power up until 31 December 2010** – effectively creating a second transition period.

This change to the legislation will place UK-trained osteopaths on a more equal footing with practitioners who qualified outside of the UK and are able to apply to be on the UK Register of Osteopaths.



The GOSc is attempting to identify individuals who fit the criteria to apply for registration through this temporary pathway, and is eager to ensure the opportunity is widely communicated. Individuals who believe they may be eligible

are being invited to contact the GOSc as soon as possible –
tel: 020 7357 6655 ext 233 or email: registration@osteopathy.org.uk.

Timetable for new transition period

The GOSc will not be in a position to accept applications under the new powers until the underpinning rules have been drafted and have Government approval. It is hoped this process will be completed by the end of 2008, enabling the GOSc to accept applications for registration under the new powers from early 2009.

Why have these new powers been sought?

The Osteopaths Act originally defined a specific transition period for the registration of UK-trained osteopaths. This period ran from 9 May 1998 to 8 May 2000, during which time all individuals who wished to apply for registration made contact with the GOSc.

There were a number of pre-2000 UK-qualified osteopaths who, for varying reasons – such as working abroad, ill health, parenting, etc – did not register during the original transition period. After the expiry of the transition period, these individuals were precluded from applying for registration with the GOSc. As a consequence, they are now on an unequal footing with those who qualified outside the UK and are able to seek admission to the UK Register under EU legislation, or under GOSc rules for recognising relevant qualifications acquired outside the EU.

To address this discrepancy and potential unfairness to UK-qualified practitioners, the GOSc lobbied for the re-opening of the Register for pre-2000 UK-qualified osteopaths. Talks with the Department of Health resulted in the new powers

being granted by means of amendments to The Osteopaths Act 1993 (Section 3), which were published in April this year.

Section 3 of the Osteopaths Act 1993 as amended by Section 60 order 1A provides:

"The General Council may by rules provide for treating a person who does not hold a recognised qualification but who, on an application made to the Registrar before 1 January 2011, satisfies the Registrar that the person –

- (a) obtained a qualification in osteopathy in the United Kingdom before 9 May 2000,*
 - (b) practised as an osteopath before 9 May 2000,*
 - (c) has not practised as an osteopath in the United Kingdom on or after 9 May 2000,*
 - (d) has a good reason for not having made a successful application for registration during the transitional period, and*
 - (e) is capable of the competent and safe practice of osteopathy,*
- as holding a recognised qualification for the purposes of this Act."*

Further information

Further information will be posted on the **o** zone and the GOSc public website – www.osteopathy.org.uk – and enquiries can be emailed to registration@osteopathy.org.uk.

Protecting the title, protecting the public

A practitioner in Newton Abbot, Devon, has been found guilty of falsely claiming to be an osteopath when not registered with the General Osteopathic Council (GOsC) and ordered by the court to pay more than £23,000. This prosecution brings to 12 the number of successful Protection of Title convictions for the GOsC in the past two years. And, importantly, it helps send out a clear message that those who flout the law, and mislead and endanger patients, will be convicted.

Mr David Jackson, director of Eldon Health Clinic, had pleaded not guilty to three charges but, on 27 June 2008, Newton Abbot Magistrates' Court found that he had breached Section 32 of The Osteopaths Act by:

- > writing to the clinic's osteopathic patients, offering treatment, without making it clear that he [Jackson] was not an osteopath;
- > having his name and clinic details appear on the 'find an osteopath' section of the British Osteopathic Association (BOA) website; and
- > sending a letter to clinic patients enclosing a purported extract from the *Mid-Devon Advertiser* in which he was described as an osteopath.

During the two-day trial, David Jackson disputed the allegations; however, after hearing evidence from a number of witnesses, including staff from the GOsC, patients and the BOA, the magistrates found all charges proved. He was fined £3,000 on each count and ordered to pay more than £14,000 costs. Mr Jackson has subsequently lodged an appeal against the magistrates' decisions.

Patient safety and protection of the title 'osteopath' are key regulatory responsibilities of the GOsC. Illegal practice not only endangers vulnerable patients, but can damage the reputation of the profession and the local osteopathic community: the public can be led to believe that these illegal practitioners represent the standard of care provided by

the legitimate profession. The GOsC will, therefore, continue to prosecute those who unlawfully describe themselves as osteopaths.

After Mr Jackson was found guilty and fined, the GOsC, as always in these cases, issued a press release to the local and regional media and posted the statement on the public website: www.osteopathy.org.uk/media/.

"... it helps send out a clear message that those who flout the law, and mislead and endanger patients, will be convicted"



Consulting osteopaths

To ensure the work undertaken by the GOSC is accessible, inclusive and responsive, and meets best practice, we regularly consult stakeholders – osteopaths, patients, policy makers, other health professionals, etc – on our major policies and activities.

In the coming months the GOSC is launching four important consultations and we hope you will take the time to share your comments and help shape the development of osteopathic practice.

Below is an outline of the forthcoming consultations and key dates.

Equality and Diversity

Consultation timetable: Thursday 14 August – Friday 14 November 2008

Access: Visit the GOSC public website – www.osteopathy.org.uk/about_gosc/ – to view the consultation documents (Equality Scheme and Action Plan) and to submit feedback via the interactive questionnaire. Alternatively, you can request hard copies of the consultation documents from the GOSC (ext 242) and return your completed questionnaire to Osteopathy House.

The GOSC is committed to ensuring that its policies and ways of working, both as a regulator and employer, are fair and equal to all individuals and groups, regardless of race, disability or gender.

The GOSC aims to:

- > promote equality of opportunity and access to the osteopathic profession for all;
- > provide a regulatory framework which affords adequate protection to a diverse public and underpins a diverse profession;
- > ensure a system of governance of the profession which supports diversity; and
- > create an inclusive working environment where people from diverse backgrounds and experience can thrive.

To meet these aims and to comply with anti-discrimination legislation, the GOSC has drawn up a draft Equality Scheme, which sets out the policies, along with an Action Plan, outlining how the policies will be put into practice.

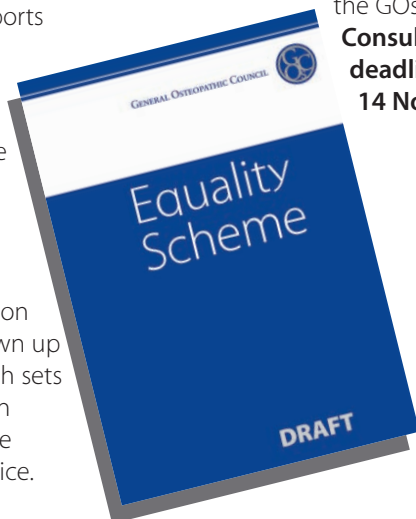
In order to test the effectiveness of these proposals, the GOSC has launched a consultation and is inviting feedback from internal and external audiences – osteopaths, Osteopathic Educational Institutions, and patients and the public.

We look forward to receiving your comments on the Scheme and Action Plan, particularly where they relate to any issues you are experiencing in your practice. We are also particularly keen to hear from individuals who may be disabled within the meaning of the Disability Discrimination Act 1995. This includes those with a physical or mental impairment which has a substantial and long-term adverse effect on their ability to carry out normal daily activities. Examples of such disability are cancer, diabetes, multiple sclerosis, hearing or sight impairment, significant mobility difficulty, mental health conditions and learning difficulties.

If you have any questions about the Scheme or consultation, contact the GOSC Head of Regulation, Velia Soames on ext 248 or email: e&d@osteopathy.org.uk.

If you have any problems reading or accessing any of the documents, contact the GOSC on ext 242.

Consultation deadline: Friday 14 November 2008.



Developing a revalidation scheme for osteopaths

Consultation timetable: October 2008 – January 2009

Access: All osteopaths will receive a copy of the consultation document and questionnaire in the post, in October. This consultation will be run in tandem with the review of the osteopathic practice standards. Access to an online consultation will also be available via the o zone and the GOSC public website at this time.

From 2011, under Government proposals for revalidation, all statutorily regulated health professionals will be required to undergo regular assessments to assure the public that they are fit to continue to practise.

As you may be aware from recent reports, the GOSC, like its fellow regulators, has made considerable headway in developing a scheme that will periodically demonstrate that osteopaths' skills remain up-to-date, that they meet the current required practice standards, and that they remain safe and competent practitioners.

The proposed outline for the scheme and a draft self-assessment tool have already been subject to scrutiny by representatives of the profession at the Revalidation Forum in June and the subsequent pilot in July.

Having collated the responses from these initial consultations, the GOSC is preparing to launch a profession-wide consultation on the development of the scheme. While



the scheme itself is still in its early stages, it is imperative that the profession as a whole has the opportunity from the outset to help shape a revalidation scheme that is practical, proportionate, and cost-effective.

In October, all osteopaths will receive a copy of the consultation documents in the post, along with a questionnaire for feedback. You will also be able to access the consultation on the **o** zone and submit your feedback online. In addition, the consultation will invite the views of key representative bodies from the osteopathic community, along with external stakeholders such as other healthcare regulators, and public and patient representative groups.

Some of the regional osteopathic societies plan to host meetings during the consultation period to enable osteopaths to discuss the proposals among colleagues. GOSC representatives will attend these meetings where possible.

Following on from this initial consultation there will be a series of GOSC Regional Conferences, which will be hosted throughout the UK from March to June 2009.

For further information about this consultation or the revalidation scheme for osteopaths, contact the Professional Standards Department on ext 240 or email: revalidation@osteopathy.org.uk.

Reviewing osteopathic practice standards

Consultation timetable:
October 2008 – January 2009

Access: All osteopaths will receive a copy of the consultation document and questionnaire in the post, in October. The consultation documents will also be made available on the **o** zone and the GOSC public website.

The GOSC's Osteopathic Practice Standards (formerly the Standard of Proficiency) outlines the requirements for safe and competent osteopathic practice. It sets out the threshold standards a practitioner must meet in order to gain and maintain registration with the GOSC, and thereby legally practise as an osteopath in the UK.

To ensure they remain relevant and appropriate to osteopathic practice in today's healthcare and educational environment, the GOSC is conducting a review of the current standards for practice.

In October, the GOSC will be launching a three-month consultation on the review of the osteopathic standards, inviting the views of the osteopathic profession, Osteopathic Educational Institutions, and public and patient representatives. All osteopaths will shortly receive in the post a copy of the consultation document and questionnaire.

The Osteopathic Practice Standards document underpins the GOSC's core functions by:

- > Setting out the practice standards required of osteopaths for entry onto the Register, whether graduating from an osteopathic course in the UK that has a recognised qualification, or applying for registration from abroad.
- > Providing a basis for reviewing and accrediting osteopathic training courses that are seeking a recognised qualification, indicating the standards required of graduating students.
- > Providing a reference point in GOSC Fitness to Practise hearings that helps determine whether osteopaths are meeting the required minimum practice standards.

- > Offering the profession a valuable tool for Continuing Professional Development planning by helping to identify possible learning needs that will further benefit patients.

For further information about the Osteopathic Practice Standards or consultation, contact the Professional Standards Department on ext 240 or email: marcusd@osteopathy.org.uk.

Developing an osteopathic practice framework

Consultation timetable:
October 2008 – January 2009

Access: All osteopaths will receive a copy of the consultation document and questionnaire in the post, in October. The consultation documents will also be made available on the **o** zone and the GOSC public website.

To enhance understanding and awareness of osteopathic practice, the GOSC is developing a framework of osteopathic practice. The Osteopathic Practice Framework will provide a reference for the osteopathic profession and external audiences – such as patients, healthcare commissioners, other health professionals, policy makers, etc – about what to expect of osteopathic healthcare in the UK.

The framework is not intended to be a detailed list of all aspects of osteopathic procedures, nor will it be a prescriptive scope of practice for osteopathy. Instead, it will set out general principles of the osteopathic perspective on healthcare and indicate the various approaches to clinical practice that may be encountered.

As this document will be closely linked to the Osteopathic Practice Standards – highlighting the profession's commitment to high standards and patient safety – the GOSC will be consulting on these two guidance documents concurrently.

For further information about the Osteopathic Practice Framework and consultation, contact the Professional Standards Department on ext 240 or email: marcusd@osteopathy.org.uk.



GOSC awards two new RQs

Students hailing from northern England and Scotland will now benefit from improved access to osteopathic training following the announcement that Keele University (in collaboration with the College of Osteopaths) and Leeds Metropolitan University have both been awarded Recognised Qualification (RQ) status for their osteopathic degree courses by the General Osteopathic Council (GOSC) and Privy Council.

Until recently, the Osteopathic Educational Institutions have been concentrated primarily in London and south-east England, meaning that prospective students from the north have had to either relocate or simply forgo the opportunity to study osteopathy.

Since 9 July 2008, students graduating from the BSc (Hons) Osteopathy course offered at either Leeds Metropolitan University or Keele University will be able to apply for registration with the GOSC and for a licence to practise as an osteopath in the UK.

Keele University

The approved BSc (Hons) Osteopathy programme at Keele University's School of Health and Rehabilitation, delivered by the College of Osteopaths, offers a five-year, part-time course with lectures at weekends. The programme team is recruiting for the September 2008 and 2009 intake, and is also offering a three-year fast-track pathway for qualified physiotherapists.

Speaking of the accreditation, Mark Lawrence, Principal of the College of Osteopaths, said: "This new part-time osteopathy course, which was launched in 2005, has opened up the opportunity to train as an osteopath for many people who were effectively excluded from the profession due to the difficulties of travel and staying away from home.

"It enables students to maintain their existing jobs and safeguard their income while studying. This flexibility means that the programme is especially attractive to mature learners seeking a change of career.

"The programme's osteopathic teaching clinic in Stoke-on-Trent also brings significant

benefit to the local community, with residents able to seek treatment from supervised students at a discounted rate."

For further information about the degree programme or the teaching clinic, visit the college's website:
www.collegeofosteopaths.ac.uk.

Leeds Metropolitan University

Following being granted RQ status for its osteopathic degree course, Leeds Metropolitan University is now offering a four-year, full-time course leading to a BSc (Hons) Osteopathy qualification. The first intake of students will commence in September 2008. The BSc course builds on the university's MSc in Osteopathic Sports Care, which has been running since 2003 and provides a specialised postgraduate qualification.

Dean of the Faculty of Health at Leeds Metropolitan University, Richard Hogston, said: "The undergraduate osteopathy course is a new venture for Leeds Met, building on our experience of providing high-quality degrees in other health and social care professions such as nursing, dietetics, occupational therapy, speech and language therapy, social work and physiotherapy. It has involved considerable investment, particularly in our new clinic facility in Leeds city centre, which has been designed specifically for this course."

The Faculty of Health is aiming to recruit and develop an academic and clinical team from the local osteopathic community, leading to opportunities for postgraduate courses, CPD and research.

Course leader, Stephen Castleton, said: "For many years, opportunities have been limited for students in the north wanting to study osteopathy and for osteopaths in practice wanting to teach or research. The new course is a core part of our strategy to develop an academic centre for osteopathy and to provide a focus for CPD across the north of England."

For further information, visit:
www.leedsmet.ac.uk.

What is a Recognised Qualification (RQ)?

Only osteopathic courses that are able to demonstrate that the students will qualify meeting the standards set out by the GOSC's Standard of Proficiency will be recognised by the GOSC for Recognised Qualification (RQ) status and gain the approval of the Privy Council. Another important guide to standards for such courses is the *Osteopathy subject benchmark statement* published last year by the Quality Assurance Agency for Higher Education (QAA).

The GOSC is required to accept and assess equally all applications from education providers for courses seeking RQ status, but does not determine the number or location of osteopathic courses in the UK.

There are now nine Osteopathic Educational Institutions (OEs) in the UK whose courses have attained RQ status from which graduates can qualify and be eligible for registration with the GOSC:

- > The British College of Osteopathic Medicine
- > The British School of Osteopathy
- > The College of Osteopaths – Borehamwood campus and Keele University
- > The European School of Osteopathy
- > The London College of Osteopathic Medicine (*qualified medical doctors only*)
- > The London School of Osteopathy
- > Leeds Metropolitan University
- > Oxford Brookes University
- > The Surrey Institute of Osteopathic Medicine at NESCOT

Europe-wide healthcare for patients

Sarah Eldred, Public & International Affairs Manager

European patients may soon have the right to access healthcare in countries other than their own under proposals announced by the European Commission in July.

This draft EU directive intends to provide legal certainty and consistency for patients, member states and healthcare providers, following a series of European Court of Justice rulings concerning access to care.

Although it is likely that NHS services will be most affected by these changes, the proposals could also potentially impact on reimbursement from health insurance companies for osteopathic treatment that is provided for patients residing elsewhere in Europe.



GOsC issues press statement on cross-border care

The GOsC welcomes the development of a clear framework for cross-border care; however, as both patients and healthcare professionals move increasingly within the EU, there is a need for greater patient protection through proper regulation and high standards of treatment.

Currently osteopathy is regulated in only four EU member states – Finland, France, Malta

and the United Kingdom. For this reason, national registers and competent authorities came together as the Forum for Osteopathic Regulation in Europe, in 2005, to develop a consensus on standards of osteopathic education, training and practice with the aim of protecting patients and enhancing confidence in osteopathic professionals.

In conjunction with these efforts, in any future law the GOsC will be calling for:

- > a Europe-wide approach to communication and information sharing (such as registration and fitness to practise data) between member states; and
- > regulatory mechanisms across Europe to ensure standards of osteopathic care for patients.

The draft directive on cross-border healthcare will now go through the EU's legislative process, which is estimated to take at least two years, before becoming law.

Fit for work?

Sarah Eldred, Public & International Affairs Manager

Incapacity benefit and Income Support are to be abolished as part of Government plans to overhaul the nation's welfare system, which aims to see a move away from a culture of depending on the State.

By 2013, a more streamlined system will provide two new benefits – Employment and Support Allowance (ESA), for those who have a medical condition which prevents them from working, and Jobseeker's Allowance (JSA), for those able to work.

Launching these reforms in July, Work and Pensions Secretary James Purnell said: "Our proposals are based on a simple ideal: more support in return for greater responsibility."

These proposed reforms, set out in a recent consultation document, *No one written off: reforming welfare to reward responsibility*, are likely to influence the way healthcare professionals certify patients who are deemed unfit for work. Those currently on Incapacity Benefit and any new claimants will go through an enhanced healthcare test and will be assessed on what they can, as opposed to what they cannot, do.

For some time, osteopaths have issued Government-approved off-work certificates to patients as sufficient evidence of incapacity. In the light of this new direction in policy, the GOsC is seeking clarification from the Department for Work

and Pensions as to what impact, if any, these changes might have on this current system of certification.

The Government's consultation will run until 22 October 2008. For further information, visit: www.dwp.gov.uk/welfarereform.



Blueprint for 21st century public healthcare

Sarah Eldred, Public & International Affairs Manager

High-quality care for patients and the public, an NHS that keeps people healthy and the introduction of an NHS Constitution – these are just some of the proposals set out in the long-awaited review of the NHS by Health Minister, Lord Ara Darzi.

Published by the Department of Health in July, this report – *High Quality Care for All* – is the culmination of a 12-month consultation among clinicians, patients and managers to ensure the NHS in England is fit for purpose in the 21st century.

These changes are set to impact on the way public healthcare is delivered in your community and the expectations of patients and the public.

What does this mean for osteopathy?

Lord Darzi's plans also provide opportunities to raise awareness of, and increase access to, osteopathic care. Key steps include:

A stronger voice for patients and the public

- > Greater patient and public involvement in healthcare decisions.
- > Personalised services to suit individual needs.
- > Greater choice of provider, including GP services.
- > Faster and simpler access to a wider range of community-based services, e.g. walk-in centres.
- > Creation of 'myhealthspace', a web-based system allowing patients to access and update their personal care record, to share information and book appointments.
- > More information about healthcare services, such as patient information website, NHS Choices (see *The Osteopath*, July/August 2007, p15), to help patients make informed decisions about their care.

Quality at the heart of the NHS

- > Measuring and publishing information about the quality of care, including patient feedback, safety and clinical outcomes. All registered healthcare providers working for, or on behalf of, the NHS will be required by law to publish 'Quality Accounts', just as they publish financial accounts.
- > Funding of NHS care linked to quality of care patients receive.
- > New NHS Evidence service allowing staff to access information about clinical and non-clinical evidence, and best practice.
- > Strengthening involvement of clinicians in decision-making. This involves reinvigorating Practice Based Commissioning* and giving freedoms and support to high performing GP practices to develop new services for their patients, working with other primary and community clinicians, including osteopaths.

A focus on improving health and preventing illness

- > Voluntary agreements between Government and private third sector organisations to improve health outcomes. This includes measures to get people more physically active and encourage companies to invest more in the health of their workforce.
- > Support for people to stay healthy at work. This includes 'Fit for Work' services to help people who want to return to work but are struggling with ill-health, e.g. back pain.
- > Better incentives for GPs to prevent long-term conditions, instead of just treating them.
- > Personalised care for those with long-term conditions.
- > Piloting personal health budgets for certain patients from early 2009.

Public consultation on a new NHS Constitution

As part of his review, Lord Darzi was asked to consider the case for an NHS Constitution. The Health Minister is advocating such a charter in order to set out important rights for patients and staff, as well as the responsibilities of all to make best use of resources. These proposals are now subject to a public consultation closing on 17 October 2008.

Next steps

To date, the Government's NHS review has received mix feedback from clinicians, managers and the media. These sentiments were also borne out by evidence from stakeholders in a recent House of Commons Health Select Committee inquiry on the issue.

The GOsC will monitor how these changes develop and feature relevant updates in *The Osteopath* and on the **o** zone – www.osteopathy.org.uk.

For further information, visit: www.ournhs.nhs.uk.

* Initially implemented in April 2005, Practice Based Commissioning (PBC) gives GP practices a central role in planning what services their patients need and how these services will be provided.



BSO launches Masters of Osteopathy degree

The British School of Osteopathy (BSO) has this year replaced its Bachelor of Osteopathy (B Ost) with a Masters Osteopathy (M Ost) degree course, following validation by the University of Bedfordshire.

Applications have commenced for the new four-year integrated degree course, which means that 2010 will, subject to the course's recognition by the GOSc, see the school's first graduates of a Masters of Osteopathy. The BSO has recently been inspected by the GOSc, an integral stage in the process of seeking accreditation (Recognised Qualification status) for the new course.

According to the BSO, this shift from a Bachelor of Osteopathy degree to a Masters qualification reflects the maturity and calibre of the osteopathic academic community. The new programme has been developed by a BSO working group, comprising the undergraduate course team, senior osteopaths and external

consultants, over an 18-month period, and has involved a full curriculum review with the BSO faculty and three recent cohorts of graduates. It has also been informed by good practice in higher education and the Quality Assurance Agency for Higher Education (QAA) benchmark statement for osteopathy.

The M Ost has a strong clinical focus, with students experiencing patient interactions from the first year of the course. The teaching and learning, though incorporating a theoretical core, reflects the fact that most graduates move into osteopathic clinical practice and therefore require knowledge, skills and attitudes that are of practical value.

Charles Hunt, BSO Principal and Chief Executive, said: "The M Ost is a very exciting development for the BSO. It will be a course that prepares students for becoming osteopaths and providing the best possible care for patients in the 21st century's changing healthcare arena."



BCOM collaborates with London Met University

The British College of Osteopathic Medicine (BCOM) and London Metropolitan University are forming a validation and funding relationship, subject to ratification by their respective governing bodies and the Higher Education Funding Council for England.

From September 2008, it is planned that students enrolled on a range of courses at BCOM will have their degrees validated by London Metropolitan University, which will allow those who meet the funding criteria to access public funding for the grant element of their fees. All BCOM degrees will be included under this new partnership, along with research degrees, PhD programmes, and a range of diplomas and curriculum development opportunities.

As a result of this partnership, BCOM has also developed a new four-year integrated Masters in Osteopathic Medicine degree course, which, subject to recognition by the GOSc, will be launched to students enrolling in 2008-09. The BCOM is currently working with the GOSc in the hope of gaining accreditation for the course in the near future.

Dr Bob Aylett, Deputy Vice-Chancellor at London Metropolitan University, said: "We welcome this new collaboration which will help many students to achieve their dreams. The partnership between our institutions enables us to develop the curriculum and other ways of expanding the quality and provision of specialist medicine-related education and training in London."

Principal of BCOM Dr Ian Drysdale said: "We are delighted with our new relationship with London Met. This will enable wider access to the highest levels of osteopathic education and provide an important new opportunity to the next generation of practitioners."

New tax changes: what you need to know as an employer

If you are an employer, then you need to be aware of a number of changes that HM Revenue & Customs (HMRC) is introducing; namely, the new tax codes for personal tax allowance that come into effect this September.

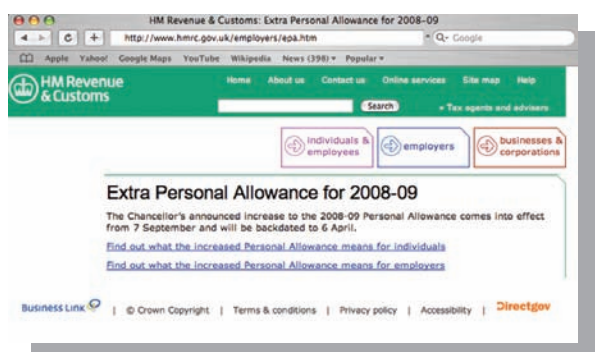
What are the personal tax changes?

In May, the Chancellor announced an increase in the personal tax allowance of £600 (from £5,435 to £6,035). New tax codes, including the new Personal Allowance, will need to be applied from 7 September 2008. At the same time, the Basic Rate Limit will reduce from £36,000 to £34,800, which means that new tax tables will need to be used from that date also.

The extra allowance is backdated, meaning that most employees who are paid on a monthly basis should pay around £60 less tax in September and approximately £10 less every month following until the end of the tax year. Or, where an employee is paid weekly, they should pay approximately £53 less tax in their first pay after 7 September, then an extra £2.30 less per week for the remainder of the tax year.

What do I as an employer need to do?

HMRC will take you through all of this step-by-step. There is now a dedicated section on the HMRC website – www.hmrc.gov.uk/employers/epa.htm –

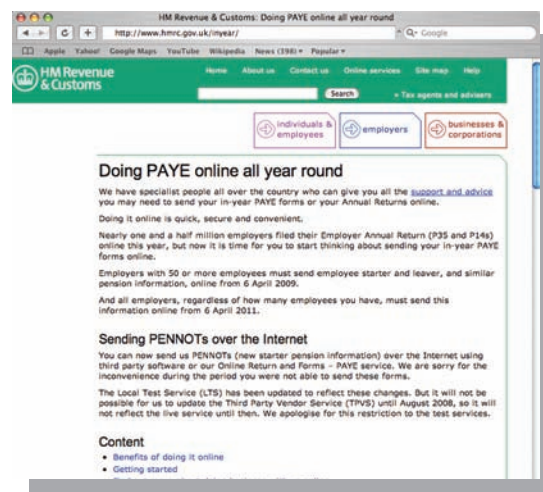


showing what needs to be done. You should also have already received a letter from HMRC explaining the changes, plus a revised Employer CD-ROM with all the relevant calculators and tax tables. All of these changes must be made to the payroll records to meet the deadline of 7 September 2008.

You can take any refunds owed to your employees, because of the changes, out of what you normally pay to HMRC each month, but it's always a good idea to check and see if you need any advance funding to do this.

Online return and forms PAYE service overhaul

HMRC has planned an extensive upgrade of its online Return and Forms PAYE service. From 22–27 October, you will be unable to file in-year forms. Online submissions for this period can be delayed or, if urgent, sent in on paper. More information on this can be found at www.hmrc.gov.uk/inyear.



Changes to the P45

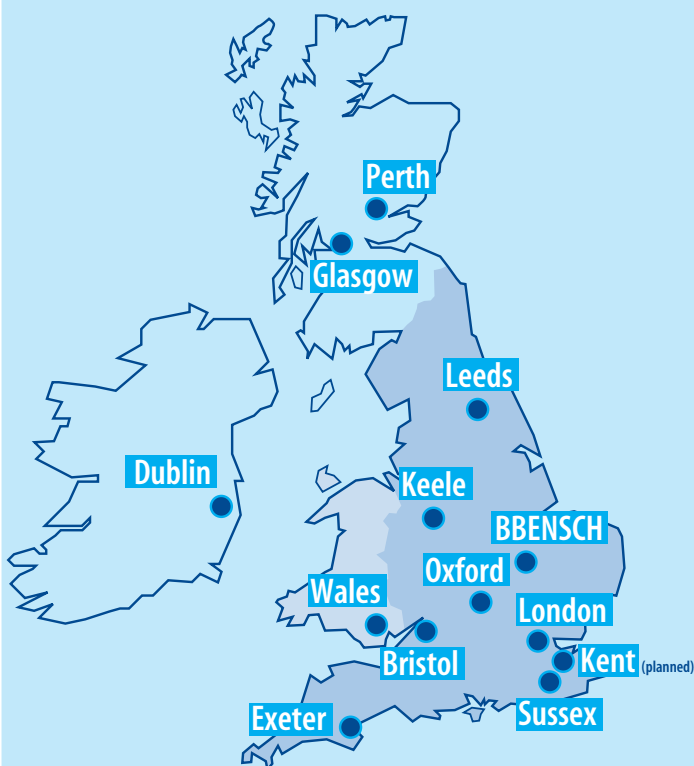
HMRC is introducing a new A4 version of the P45 in October, which will allow you in future to simply print them out rather than using HMRC stationery. From 6 April 2009, this form will also require you to include details concerning date of birth and gender.

Should you have any questions about the changes outlined above, visit: www.hmrc.gov.uk/employers/epa.htm or www.hmrc.gov.uk/inyear.

NCOR research hub news



www.ncor.org.uk



Hub meetings

For further information about the work being undertaken by these groups, contact Carol Fawkes, NCOR Research Development Officer, by tel: 01273 643 457 or email: c.a.fawkes@brighton.ac.uk.

> BRISTOL

Thursday 18 September, 7–9pm

Looking at the literature concerning ethnic and cultural differences, and postural variation and its clinical implications.

Literature relating to heel height and bunion formation will also be examined. A selection of case studies will be presented at the meeting.

> EXETER

Saturday 27 September, 10am–12 noon

Developing a study looking at factors influencing retention of osteopaths in private practice

> OXFORD

Wednesday 10 September, 7–9pm

Reviewing literature concerning the shoulder

> HAYWARDS HEATH

Sunday 28 September, 10am–12 noon

Review of the literature looking at pain experience and treatment responses among different patient groups

Developing a pilot study to look at job satisfaction within the osteopathic profession

> LEEDS

Tuesday 16 September, 7–9pm

Developing a patient satisfaction questionnaire for osteopathic practice

A selection of case studies will be presented at the meeting.

> LONDON

See www.ncor.org.uk for next meeting date
Topic to be decided

> NEW RESEARCH HUB FOR KENT

The first meeting of the Kent research hub will be held at the European School of Osteopathy on Friday 3 October.

This hub will be facilitated by osteopaths Dr Dawn Carnes PhD and Rob Froud.

If you are interested in attending the hub meeting, contact Dawn either by email: D.Carnes@qmul.ac.uk or by tel: 07710 4970 242.

Conference calendar

> 10 October 08

5th International Symposium on Advances in Osteopathic Research

Venue: Schlagenbad/Wiesbaden, Germany. This half-day research symposium will be held in conjunction with the 11th International Congress of the German Osteopathic Association from 9 to 12 October.

> 25 October 08

5th Chiropractic, Osteopathy and Physiotherapy Annual Conference: 'Moving forward through research and practice'

Venue: Anglo-European College of Chiropractic, Bournemouth. For further information, visit the British School of Osteopathy's website: www.bso.ac.uk.

> 6–7 November 08

Society for Back Pain Research Annual General Meeting

Venue: Keele Hall, Keele University, Staffordshire. For further information, visit www.sbpr.info/meetings.php.

> 7–8 November 08

European Congress for Integrative Medicine

Venue: International Congress Centrum Berlin. Further information can be found at www.ecim-congress.org/index.html.

> 14–16 November 08

British Osteopathic Association Annual Convention and Trade Exhibition

Venue: Marriott Forest of Arden, Meriden, near Birmingham. For further information, visit www.osteopathy.org.

Research news in brief

Carol Fawkes, NCOR Research Development Officer

Investigating obesity and dementia

The relationship between optimal weight and biological mechanisms remains poorly understood. Dementia currently affects 6–10% of people aged 65 years and older.

In view of the increasing obesity levels among industrialised societies, this team of public health researchers undertook a systematic review to assess the strength of association between obesity and incident dementia. A literature search of papers published between 1995 and 2007 highlighted 10 relevant prospective cohort studies looking at adults aged 40–80 years. Some of the measures used included body

mass index (BMI) and waist circumference (WC); dementia was used as an end point.

A significant U-shaped association was found between BMI and dementia, with dementia risk increased among those with obesity and in individuals who were underweight. Weight gain to the point of producing high waist circumference or skin-fold thickness increased risks of dementia in all included studies. The researchers concluded that more studies are needed to improve the correlation between these two clinical conditions.

Beydoun MA, Beydoun HA, Wang Y. Obesity and central obesity as risk factors for incident dementia and its subtypes: a systematic review and meta-analysis. *Obesity Reviews*. 2008;9(3):204–218.

New drug for dysmenorrhoea

A new class of drugs, known as vaptans, is currently in development with a view to treating patients who suffer with dysmenorrhoea. Arginine-vasopressin is a hormone that plays an important part in both circulatory and water homeostasis.

There are three arginine-vasopressin-receptor subtypes – V1a, V1b and V2; they all

belong to the rhodopsin-like-G-protein-coupled receptor family. Dysmenorrhoea and Raynaud's disease are distressing conditions for sufferers and Relcovaptan, a selective V1a-receptor-inhibitor, has shown positive results in their treatment.

Decaux G, Soupart A and Vassart G. Non-peptide arginine-vasopressin antagonists: the vaptans. *The Lancet*. 2008;371(9264):1624–1632

NICE guidance on treatment of rheumatoid arthritis

New guidance from the National Institute for Health and Clinical Excellence (NICE) has stated that patients suffering with rheumatoid arthritis (RA) in England and Wales should have the opportunity to try only one drug from the family commonly known as anti-tumour necrosis factor alpha (anti-TNF).

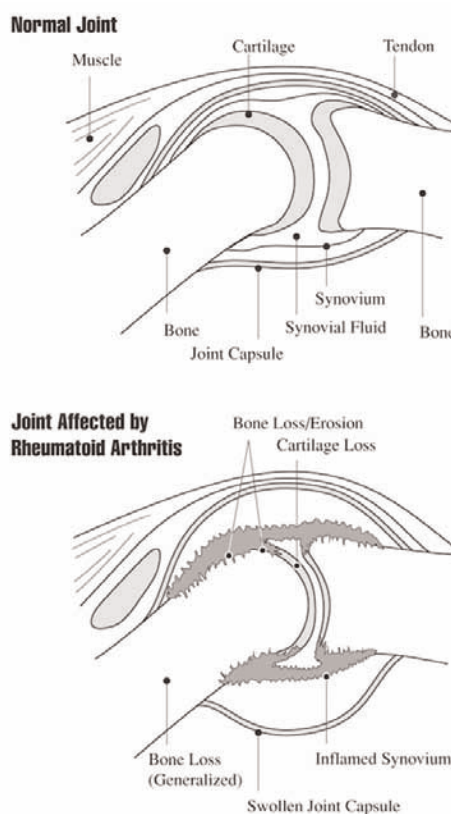
Anti-TNF drugs include infliximab, adalimumab and etanercept and are prescribed to help slow the progress of disease and help reduce

common symptoms including pain, reduced mobility, swelling and fatigue. Currently patients are able to move onto a second or third type of anti-TNF if their first drug has ceased working.

NICE has stated that giving patients two or three anti-TNFs is not cost-effective and patients should be offered rituximab instead; this costs considerably less than the cheapest anti-TNF. The decision has been criticised by clinicians, patients and arthritis charities.

Further information concerning the NICE guidance can be found at <http://www.nice.org.uk/guidance/index.jsp?action=folder&o=41282>.

Source: <http://images.niams.nih.gov/detail.cfm?id=74>.



Treatment hope for pre-eclampsia

Pre-eclampsia affects approximately 5% of women worldwide. Its symptoms include hypertension, oedema, proteinuria and hypoxia to the placenta. High levels of hypoxia are associated with the formation of new blood vessels during the early stages of pregnancy (first trimester). Hypoxia levels should then reduce as development of foetal blood vessels slows down; in women with pre-eclampsia this does not happen and levels remain high into the third trimester.

The researchers in this study focused on the catechol-o-methyltransferase (COMT) enzymes which normally activates catecholamines, and also breaks down oestrogen into 2-methoxyoestradiol (2-ME). The metabolite 2-ME is known to inhibit a protein that induces hypoxia; the research

team hypothesised that reduced levels of COMT and 2-ME would be found in women with pre-eclampsia. In order to test this hypothesis the researchers mimicked this effect by triggering a deficiency of COMT in a population of mice who have similar genes and enzymes to humans. The mice responded by having elevated hypoxia levels, subsequent angiogenic dysfunction and placental insufficiency. However, when 2-ME was administered to the mice, the pre-eclampsia symptoms were reversed.

The research team found that 13 women who had suffered pre-eclampsia had slightly lower levels of 2-ME in their blood prior to delivery than women who had a normal pregnancy. The team plan to study pregnant women that have mutations that hamper

cells from making 2-ME. Although one gene alone is unlikely to be the sole cause of pre-eclampsia, the findings have potentially important implications as a diagnostic marker and may also serve as a therapeutic supplement to prevent the onset of

pre-eclampsia in vulnerable mothers.

Kanasaki K, Palmsten K, Sugimoto H *et al.* Deficiency in catechol-O-methyltransferase (COMT) and 2-methoxyoestradiol is associated with pre-eclampsia. *Nature*. 2008; doi:10.1038/nature06951.



Gene-based test for prostate cancer in development

The researchers in this study tried to identify if there was any correlation between levels of urinary PCA3 and the prostate cancer gene 3 (PCA3), which is known as a molecular marker in prostate cancer.

Urine samples were collected from two different samples of men: 83 of whom were scheduled for radical prostatectomy and 59 of

whom were scheduled for prostate biopsy.

All study participants had undergone digital rectal examination. A PCA3 score was evaluated using prostate specific antigen mRNA information.

The PCA3 score in men with negative biopsies (30) and positive biopsies (29) were significantly different. The PCA3 score was significantly correlated with tumour volume in prostatectomy specimens and was also

associated with a prostatectomy Gleason score* of seven or greater. Analysis of the data showed that the PCA3 score could discriminate low volume/grade cancer well and may have clinical applicability on this basis. The PCA3 score appears to stratify men based on prostatectomy tumour volume and Gleason score.

* A Gleason score denotes the grade of prostate cancer and is assigned from the microscopic appearance of cancer cells. A Gleason score of two to six

indicates a low grade prostate cancer that is likely to grow very slowly. A Gleason score of seven indicates an intermediate grade that will grow at a moderate rate. A score of eight to ten is a high grade cancer that is likely to grow relatively fast. (Source: <http://www.cancerhelp.org.uk/help/default.asp?p age=350>)5.

Nakanishi H, Groskopf J, Fritsche HA *et al.* PCA3 molecular urine assay correlates with prostate cancer tumour volume; implication in selecting candidates for active surveillance. *The Journal of Urology*. 2008;179(5):1804-1810.

Help capture a picture of current osteopathic practice



The National Council for Osteopathic Research (NCOR), in collaboration with practising osteopaths, has developed a standardised data collection (SDC) tool for osteopaths in private practice.



What information will the SDC tool capture?

The SDC tool will provide information for the profession, patients and other healthcare professionals concerning:

- > the type of patients seeking treatment
- > reasons for patients seeking treatment
- > the variety of treatment approaches used in osteopathic care
- > responses to treatment.

What will it involve?

Data will be collected for all new patients for a period of one month. The patients will be followed up for a further period of eight weeks and completed data collection sheets will be returned to NCOR. All data will be anonymised and treated in strict confidence.

What will happen to the data?

The data will be analysed by Professor Ann Moore, Chair of NCOR, and Dr Janine Leach PhD, Senior Research Fellow in Osteopathy, to provide information concerning current osteopathic practice.

A full report will be made available to all UK osteopaths and other key stakeholders.

Will it count toward CPD?

Osteopaths may wish to count their data collection toward their CPD requirements, should they be able to justify that it has informed their practice.

Taking part

If you are interested in participating in this project or have any questions, contact Carol Fawkes, NCOR Research Development Officer, on tel: 01273 643 457 (Monday to Thursday) or email: c.a.fawkes@brighton.ac.uk.

IJOM: what's the latest evidence?

Nicholas Lucas MHS (Osteo), Australian editor of *IJOM*

The enclosed issue of the *International Journal of Osteopathic Medicine* has a range of content that I hope will induce some reflection. The lead article is by Graham Scarr, who introduces the concept of the cranial vault as a tensegrity structure, with implications for understanding neonatal cranial development. Following from this, Professor Stephen Tyreman, Dean of Osteopathic Education Development at the British School of Osteopathy, offers a summary of a presentation he gave earlier this year at the *Advancing Osteopathy 2008*, 'Osteopathic learning and practice – a global future' conference. Stephen discusses the issue of professional values – and whether they guide professional practice, or result from it. He asks readers to consider whether "osteopathy is a profession", prompting consideration of the fundamental question about what constitutes "real" osteopathy.

Also in this issue, Professor Tyreman responds to a recent editorial in *IJOM* about the place of science in osteopathy. He argues that osteopathy is very much something that we do, and that science is but one of the tools we draw on in order to do it. I found both of Stephen's contributions thoroughly enjoyable and thought-provoking.

Osteopathic case studies

Case studies have always been difficult to come by, but in this issue we are pleased to break the drought with a report by osteopath Dr Janine Leach PhD. This case study provides an account of the osteopathic treatment of a patient who has

survived gastric cancer, but who has been left with reduced quality of life. Janine outlines the typical sequelae following medical and surgical treatment for gastric cancer, and then describes her approach to the osteopathic management of this patient.

Case studies are often the means by which clinicians share observations of interest with colleagues and inform researchers about observations that are worthy of further investigation. Although case studies are an important form of communication in healthcare, to date there have been very few published by osteopaths. Online discussion forums are filled to the brim with anecdotal accounts of osteopathic diagnosis and management – so we know that people are encountering interesting clinical experiences that they feel are worth writing about.

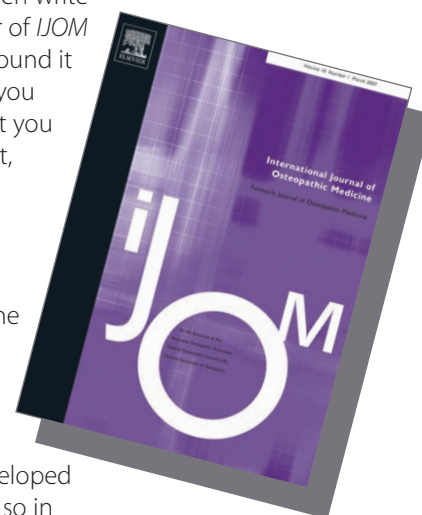
The difference between an online discussion forum and a peer-reviewed journal is simply that in the former you are able to make statements without justification, whereas in the latter you are required to outline a clear rationale for your diagnostic reasoning and clinical management. In the forum setting, others provide questions to gain more information and may ask about underlying assumptions. In a peer-reviewed journal this process takes place before publication where the editors and reviewers may request additional information and seek to clarify or explore the author's assumptions. Only when this process is completed will the final case study be published. I would encourage you to consider writing up a case for the *Journal*, and Janine's report in this current issue is a great example to work from.

RTB and CPD

I also draw your attention to the new sections in *IJOM*: the Research and Treatment Bulletin (RTB) and the CPD Activity. As usual, the RTB covers a range of research from various health-related journals, and the CPD activity provides a formal impetus to read the journal and keep track of the CPD hours you've earned for your effort. This resource is a simple and inexpensive way to accrue CPD hours and I encourage you to use it.

Feedback

Lastly, the editorial team at *IJOM* are always open to hearing your thoughts about the *Journal* – the introduction of the RTB and CPD sections was in direct response to feedback we received about how the *Journal* could better fulfill the needs of the profession. And, the authors who contribute their research also like to hear from the readers whether their work was considered good, bad or indifferent. So, if you've read a piece of work you thought was particularly good, then write a letter to the editor of *IJOM* outlining why you found it helpful. Likewise, if you read something that you feel misses the point, then we would welcome your contribution on the topic. Discourse of this type engages the profession in continued learning and I would encourage those of you with a well-developed opinion to air, to do so in the pages of *IJOM* – email: osteopathicmedicine@elsevier.com.



Sutherland's approach to the body as a whole: course review

Susan Farwell DO, Exeter

Intra-professional understanding/learning is always a good thing. It is a way of improving our understanding of the various approaches and techniques that make up osteopathic treatment. It is about improving patient care. And, it is for these reasons that I recommend the Balanced Ligamentous Tension Course, run by the Sutherland Cranial College (SCC).

For those who don't employ the cranial technique or work with 'involuntary mechanism', this course offers the opportunity to dip your toes in the water, without having to get involved with the anatomical and philosophical challenges regarding what happens above the foramen magnum. The course is extremely useful and practical, trawling systematically through the entire body, from the occiput down, and provides very good teaching about how to sort out strained joints – something that is relevant to us all.

The four-day course is led by Susan Turner, course director, and eight other SCC faculty members who take it in turns to lecture. Practical exercises are conducted with groups of four students working with one tutor. This high tutor-student ratio means that the quality of supervision/learning is high. The venue, Hawkwood College, near Stroud in Gloucestershire, suits the purpose admirably and allowed us to feel as though we were on a battery-recharging few days away, not just a course.

Students represented an impressive number of nationalities and most of us had different motives for being there. One student wanted

to learn more about peripheral techniques due to the conditions he was commonly seeing in practice. Previous knowledge of the involuntary mechanism is not required; however, it does help. The level of palpation used is delicate and exact, similar to that used in supra-atlantal work.

So why are peripheral joint techniques taught by the Sutherland Cranial College? For me, Sutherland's discovery of the involuntary mechanism is integral to the (whole) body functioning optimally in health. The level of palpation used is often more subtle than the structural approach. And the delicate palpation is revealing wherever one applies it – even to a great hallux strain.

Sutherland's development of ligamentous techniques began when he was a student at Kirksville. From Still himself, Sutherland learned the principle of "the power of the gentle exaggeration of a lesion, guided by the ligaments to a point of balance." In the 1940s, Sutherland, having taught his students how to work with the cranio-sacral axis, developed the first "body as a whole" course to demonstrate his own methods. He described work with the cranium as being analogous to watchmaking, and work on other joints like being a mechanic.

There is a large volume of information shared during the course, which can become blurred by the third day, although the anatomy review during lectures is simple yet beneficial. The key challenge is primarily a practical one: to get each technique right before moving on smartly to the next. Accuracy is essential. Once the basics are in place, one is free to look at surrounding structures more clearly.

Following the course, I have found the most useful techniques to be those that help change anatomically complex areas of the body; for example, the first rib and vertebrae. As osteopaths, and health professionals, we need to be both comprehensive and precise in our diagnosis, regardless of the approach we adopt (whether structural, cranial, etc.). This can be a difficult balancing act to achieve. Courses that help us to focus on precision must therefore be beneficial to us all. The techniques I learned/honed on this course are for me the essence of "find it, fix it and leave it alone."



CPD in Italy

Simon Duncan BSc Ost, Biella, Italy; International Relations & Postgraduate Program Organiser, International College of Osteopathic Medicine

The International College of Osteopathic Medicine (ICOM) relocated this year to the restored Villa Casati Stampa, which is located on the outskirts of Milan, on the road to Lake Lecco, Italy. The villa, with its five lecture halls and tranquil garden, offers a rather unique setting for the teaching and learning of osteopathy. Alfonso Mandara DO, Principal, and his team hope that the new site will help ICOM become one of the key providers of osteopathic learning in Europe.

Following the move, ICOM continues to offer its five-year, full-time Bachelors of Science in Osteopathy course in partnership with the British College of Osteopathic Medicine. Students will also now benefit from learning in

the dedicated osteopathic clinic, comprising 18 treatment rooms, and will have the opportunity, as fourth- and fifth-year students, to take part in observation learning at Bassini Hospital.

In addition to the undergraduate course, ICOM will also now be offering four postgraduate courses per year. The first of the series kicks off on Friday 3 to Sunday 5 October with 'The History of Osteopathy with an emphasis on fascia', presented by Jane Stark, Canadian College of Osteopathy. Jane will explore the historical and philosophical origins of osteopathy; supporting osteopathic clinical practice by making its practical applications easier to understand, apply, and remember. This programme

will link osteopathic history with osteopathic practice, while placing an emphasis on fascia.

Lectures will offer insights into osteopathic history and will be presented in a scholarly, interesting, and colourful fashion. In the practical sessions, the participants will be led through a series of interactive exercises, allowing them to develop the means to perceive fascia through an individually attained process. Finally, an integrated method of fascial treatment is introduced combining old and new theories of osteopathy. The three-day course is open to osteopathic graduates and students of all levels and will cost 600 Euro (includes refreshments).

In December, Dr Boyd Buser DO (Dean of Osteopathic studies at Pikeville, USA) and Professor Frank Willard (New England University, USA) will combine their skills and knowledge to present a three-day course on osteopathy for cardiovascular patients. This course will enhance your ability to differentially diagnose, understand, refer, discuss, treat and improve the quality of life of these patients.

In 2009, ICOM will also be welcoming workshop presenters Dr Kenneth Johnson DO (past president of the AAO, New England University, USA) and Dr Zachary Comeaux DO. We hope to see you in Milan – www.icomosteopatia.com

Embracing cross-professional research and education

The 5th Chiropractic, Osteopathy and Physiotherapy Annual Conference, 'Moving forward through research and practice', is this year being hosted by the Anglo-European College of Chiropractic, in Bournemouth, on Saturday 25 October, and is organised in conjunction with the British School of Osteopathy and the University of Brighton.

The primary aim of this annual conference is to provide a platform for undergraduate

students of osteopathy, chiropractic and physiotherapy to share with fellow students, clinicians and teaching faculty their research findings. This forum not only demonstrates the value that is placed on this body of undergraduate work, but by bringing together all three professions it also helps to foster greater understanding and collaboration, and improved patient care. It is further hoped that some of the delegates will be inspired to undertake a dual and active interest in both research and clinical practice.

This year, Professor Gordon Waddell, renowned orthopaedic surgeon and specialist in the field of back

pain, will deliver the keynote address: 'Rehabilitation – What Works for Who and When?'

The cost for the full-day research conference is £10 for undergraduates and £30 for all other delegates. For further information about the programme, or to register, contact Jenny Langworthy on tel: 01202 426 277, email: imrci.jlangworthy@aecc.ac.uk or visit: www.aecc.ac.uk.

Dry needling course

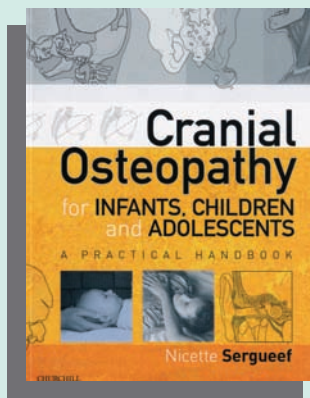
In support of cross-professional learning and practice, the Anglo-European College of Chiropractic also offers a diverse and innovative range of CPD courses. On

20–21 September 2008, the college is hosting an Introduction to Dry Needling course, which will be facilitated by Dr John Reynolds – a practising acupuncturist of 20 years, past Chairman of The British Medical Acupuncture Society and past Chief Medical Officer to the British Paralympic Association. The course is highly practical and costs £360 for the two days; refreshments and a light lunch will be included in the fee.

For further information on this and other courses offered by the AECC, contact Charlotte Bird on tel: 01202 436 237, email: cbird@aecc.ac.uk or visit: www.aecc.ac.uk.

Bookshelf

a selection of illustrated reference books for the osteopathic bookshelf



Cranial Osteopathy for Infants, Children and Adolescents: A Practical Handbook

Nicette Sergueef

Published by Churchill
Livingstone Elsevier
ISBN: 978-0-443-10352-0
Price: £31.99

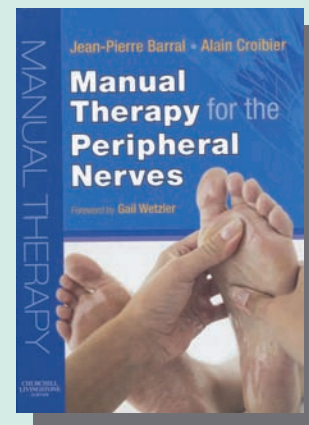
This practical textbook outlines cranial osteopathic principles and explores the application of indirect, functional and osteopathic manipulative methods for treating infants, children and adolescents. Essential information about aetiology, diagnosis and treatment of somatic dysfunction is presented clearly and complemented by line drawings and clinical photos.

Manual Therapy for the Peripheral Nerves

Jean-Pierre Barral and Alain Croibier

Published by Churchill
Livingstone Elsevier
ISBN: 978-0-443-10307-0

This book shows the important role that manual therapy plays in releasing pain conditions caused by the dysfunction of peripheral nerves. It provides an overview of the anatomy and physiology of the peripheral nervous system and explores the common mechanic functional disorders.

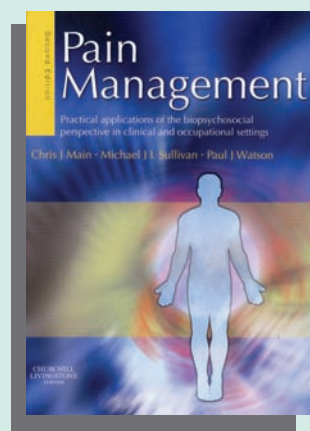


Movement, Stability and Lumbopelvic Pain: Integration of research and therapy

Edited by Andry Vleeming, Vert Mooney and Rob Stoeckart

Published by Churchill
Livingstone Elsevier
ISBN: 0-443-10178-7
Price: £59.99

This book provides in-depth coverage of the new research relevant to effective diagnosis and treatment of low back pain, namely the analysis of the coupled function in spine, pelvis and legs. Combining the work of a team of international contributors with vast lumbopelvic experience, the textbook explores effective treatment and rehabilitation, epidemiology, anatomy, biomechanics, pain and motor control, and surgery. A useful book for all health professionals dealing with low back pain and pelvic pain and for those interested in the locomotor system.



Pain Management: Practical applications of the biopsychosocial perspective in clinical and occupational settings

(Second Edition)

Chris Main, Michael Sullivan and Paul Watson

Published by Churchill
Livingstone Elsevier
ISBN: 978-0-443-10069-7

This second edition builds, importantly, on developments in the field of pain management and focuses on the biopsychosocial management approach in individual clinical practice. It places much greater emphasis on the identification and targeting of modifiable risk factors for chronic pain, and also explores the clinical-occupational interface.

Textbooks are available from
Osteopathic Supplies Limited

www.osteopathicsupplies.com
T: 08449 840325
F: 08449 840326
E: sales@o-s-l.com



OSL (1988-2008): supplying the osteopathic profession with books, specimens and practice equipment for the past 20 years.

If you would like to review any of the books featured here – in exchange for a free copy – contact *The Osteopath* editor on tel: 020 7357 6655 ext 222 or email: editor@osteopathy.org.uk. You can also now request a book to review through the **o zone** website.

Backchat

This section is intended to provide a forum for professional debate. The views and opinions expressed here do not necessarily reflect those of the publishers.

Scam Editor

Dear Editor,

I thought I ought to issue a warning to fellow osteopaths about a scam that is currently in circulation again. I have recently received a series of phone calls from a company now trading as Taylor Christian. They have also, so I am told, been targeting other small businesses in the Sheffield area.

Last year a similar company, Taylor Tanner, contacted me by phone and thanked me for supporting their child safety booklet. At the time, in the middle of a busy day, I thought perhaps I had agreed to support a charity campaign – although I had no paperwork or contract details. To cut a long story short, I paid £150 and asked for the books to be sent to the junior school where my partner worked as a school governor. The books never appeared and I learned an expensive lesson.

This new company, Taylor Christian, is now insisting that I have once again agreed to sponsor more books and that this time I owe £250. I pointed out that the last books never appeared: their response was that I had given them the wrong details and they were sent to another school! I refused to pay any money,

reiterated that I have not signed any contract and told them not to contact me again. According to other reports, apparently they issue a number of threats including the bailiffs – I await developments.

A bit of searching on the Internet also revealed that I was not alone in having been conned. I contacted our local Trading Standards office and their response was: "Oh no, not again." I understand that their investigations into this matter are ongoing.

So, learn by my mistake: do not enter into any agreements with these people, and, if contacted, demand to see a copy of the signed contract along with proof of distribution of the books.

Sue Pawsey BSc MSc DO, Sheffield

Editor's response

Osteopaths are advised to report any suspected scam operators/bogus agencies to their local Trading Standard office or to the Office of Fair Trading on tel: 08454 04 05 06 in order that the matter can be investigated.

You are further advised not to make verbal agreements without having sighted first a contract.

CPD online

Dear Editor,

Do my CPD online? Moi? Surely not this osteopathic dinosaur? However, as I was asked to test run this new online function, I thought I would give it a whirl so I could then moan endlessly at Council meetings about the tediousness and difficulties for those of us who are not technical wizards. But, what's this? I can even understand the instructions (unlike filing my tax online, which still necessitates paying large sums to my accountant to do it for me).

Only two clicks and I am there ... I read an osteopathic book last week so, while it's still fresh in my mind, all I have to do is to note down why I read it and how it has informed my practice (doing it like this I can even remember what it was about). And then another click for the hours claimed and – how rewarding – a couple of hours are deducted from my "learning by oneself" requirements.

Adopt smug mode.

What's more, it saves this information in my own personal CPD record, allowing me to update it each time I undertake some CPD. So again I go online and type up

another CPD activity while it's still fresh in my mind. Joy again as my hours reduce a little more. Surprisingly, it is also helping me to plan my CPD year better, as I can see when I need to submit my annual return and how many hours I still have to complete in each of the categories.

Once the 30 hours have been completed, another final click and it wings its way directly to the GOsC. No more scrabbling to get everything together in a large envelope and then work out the cost under the increasingly complicated postal rates. Nor can it get lost in the post!

You still have to keep any certificates of attendance in case you are required to submit further information; but I can put away my quill and parchment.

Go on, give it a go! It really does make sense. (And if it makes sense to me, I assure you that you have nothing to fear!)

Rachel Pointon BA DO, Shoreham-by-Sea

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, email: editor@osteopathy.org.uk or send your letter via the **o** zone website. Letters may be edited for length and clarity.

CPD in *IJOM*!

Dear Editor,

There has been some criticism of the *International Journal of Osteopathic Medicine (IJOM)* in the British Osteopathic Association's magazine, *Osteopathy Today*, in recent months. As such, I feel compelled to say how much I have enjoyed the latest issues of *IJOM*. Most notably, I have found the activities in the Continuing Professional Development (CPD) self-assessment section to be particularly useful.

In the past, I was in the habit of skimming through the *Journal* and reading only the papers I found personally interesting. But when passing some quality time with the *Journal* on a wet English afternoon last month – and getting in some CPD hours – I was pleased to stumble upon the new CPD activity feature (*IJOM*, 11(2): 76-77).

I found the reviews of Thiel *et al.*'s work extremely interesting, particularly as the profession has recently been discussing adverse events with respect to manipulation, articulation, diagnostic testing, consent and level of risk, etc.

Similarly, Fryer's paper on critical thinking and evidence-informed osteopathy is highly topical and has implications for the regulating body, practising osteopaths, external stakeholders – such as consumers, the NHS, etc – and for the Osteopathic Educational Institutions. Fryer puts forward some excellent suggestions as to how we might further embrace evidence-informed osteopathy in practice and education rather than bridle against it.

Lastly, I found Pownall *et al.*'s paper on postural examination to be very reassuring, particularly given that we conduct this type of examination in practice on a daily basis.

The self-assessment questions encouraged me to read through the papers in a much more considered way in order to be able to answer them as fully as possible. The subject matter was interesting and, consequently, I got a great deal out of the exercise. I was also encouraged to undertake some further reading in order to refresh my knowledge of some of the research terminology. All in all an excellent afternoon – I look forward to the next issue!

**Peter Simpson BSc (Hons) DO,
London**

FAO: BSO Class of '88

Dear Editor

Rarely has such an august body of osteopaths left the portals of the BSO at Suffolk Street! This should be celebrated, not least because we have endured 20 years of blood, sweat and tears (the patients' – not ours) ...

Perhaps due to some misdemeanour in an earlier life, but more likely because Emma Lowles and Jane Wilson disappeared off on holiday, it has been left to me to inform you (should you wish to attend) that we should meet at the BOA conference at the Forest of Arden on Saturday 15 November for a black-tie dinner.

When booking, please make sure you state that you wish to be on the BSO Class of '88 table.

Please do not inflict this on your partner – remember what happened at the 10th reunion!?

**John Cleat BSc (Hons) DO,
Greenock**
Email: johncleat@yahoo.co.uk

Coming soon to a PCT near you ...

Dear Editor,

Driving many of the policies in primary care currently is the view that patients want choice – and that they prefer to opt for local care. They want to be seen when they want to be seen, and **they** do not want to wait too long for an initial appointment. They want the continuity of one practitioner – in whom they have total confidence – for the duration of their treatment programme.

But the reality is that many patients do not currently have this choice. NHS-funded patients currently have limited access to osteopathic care throughout the UK.

Hopefully this situation will change over the next few years. Practice Based Commissioning (PBC), which aims to give patients greater access to local primary care services in community settings (not hospitals), is finally gathering pace across England. Under the guidance drawn up by the Department of Health concerning the

implementation of PBC, a new model for commissioning services is recommended – the Any Willing Provider. For osteopaths, this new model of contracting offers another potential avenue into the NHS primary care arena – offering the chance for you to see NHS-funded patients in your practice.

The Any Willing Provider model is a way for Primary Care Trusts to commission local, specialist primary care services. It aims to improve patient choice and access to local services, and to deliver high quality, cost-effective care. In order to qualify and be placed on a PCTs 'Approved Willing Provider' list, a service/organisation must be able to demonstrate that it meets the required criteria and quality standards – namely, offering patients safe, appropriate, timely and high quality care.

Individual PCTs appear to advertise on a service-specific basis for Willing Providers – i.e. North East Essex PCT recently advertised for Manual Therapies both in the local press and via their website. Once commissioned and

added to the PCT's approved list, services are then permitted to provide care to the local community through referrals from local GPs.

Over the last 15 years I have yet to hear an osteopath regret including some NHS-funded patients in their practice. There are many benefits not only for the patient but also for the osteopath. I hope that some of you will consider taking advantage of the new climate that is evolving in primary care contracting.

Greg Sharp DO, Colchester
Email: greg@colchesterosteopathiccentre.org.uk.

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, email: editor@osteopathy.org.uk or send your letter via the **o** zone website. Letters may be edited for length and clarity.

Courses 2008–09

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

For a more comprehensive list of courses, visit the CPD resources section of the **o** zone website – www.osteopathy.org.uk.

October

> 2–5

Flowering of consciousness

Speaker: Dr Michael Shea.
Organised by the Craniosacral Therapy Educational Trust.
Venue: Skylight Centre, Unit 8, 9–15 Elthorne Road, London N19.
tel: 07000 785 778
email: info@cranio.co.uk
website: www.cranio.co.uk

> 3–5

The history of osteopathy with an emphasis on fascia

Speaker: Jane Stark. Organised by the International College of Osteopathic Medicine.
Venue: International College of Osteopathic Medicine, Villa Casati Stampa, Piazza Soncino 5, Cinisello Balsamo, Milan, Italy.
tel: 0039 026129 1828
email: info@icomosteopatia.it
website: www.icomosteopatia.com

> 4–5

Cranio-sacral therapy – start of two-year professional training

Speaker: Thomas Attlee.
Organised by the College of Cranio-Sacral Therapy.
Venue: London.
tel: 020 7483 0120
email: info@ccst.co.uk
website: www.ccst.co.uk

> 9–11

New visceral course: Vascular visceral manipulation

Speaker: Jean-Pierre Barral.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 10–12

Pregnancy care

Speaker: Averille Morgan.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 16

How to treat: Whiplash injuries

Speaker: Prof Eyal Lederman.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 19

Foundation course in prescription orthoses for osteopaths

Speakers: Edward Buckwald and Chris Eke. Organised by Pegasus Orthoses.
Venue: Stanborough Centre, Watford, Herts WD25 9JL.
tel: 01923 260 452
email: info@pegasusorthoses.co.uk

> 23

How to treat: Whiplash injuries

Speaker: Prof Eyal Lederman.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 25

Managing headaches

Speaker: Dr Hazel O'Dowd.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 25–26

Integrated manual therapy and naturopathic approaches to the pelvis

Speaker: Leon Chaitow.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 29–30

Energy medicine, frequency medicine and resonance

Speaker: Dr James Oschman.
Organised by the Craniosacral Therapy Educational Trust.
Venue: Skylight Centre, Unit 8, 9–15 Elthorne Road, London N19.
tel: 07000 785 778
email: info@cranio.co.uk
website: www.cranio.co.uk

> 30

How to treat: Impingement syndrome of the shoulder

Speaker: Prof Eyal Lederman.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

Attention osteopaths:

To advertise your course in the free course listing in *The Osteopath* and on the **o** zone, email details to the editor: editor@osteopathy.org.uk.

The resource is open to all osteopaths running courses for their colleagues.

November

> 1-2

Harmonic technique (parts I & II)

Speaker: Prof Eyal Lederman.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 7

Ventricles – enfolding space

Speaker: Dr James Oschman.
Organised by the Craniosacral Therapy Educational Trust.
Venue: Skylight Centre, Unit 8, 9-15 Elthorne Road, London N19.
tel: 07000 785 778
email: info@cranio.co.uk
website: www.cranio.co.uk

> 8

Spinal disorders and their treatment

Speaker: Alta Kerstad, Senior Lecturer in Physiotherapy, Hartlepool University.
Organised by the Northern Coucnites Society of Osteopaths.
Venue: Cedar Court Hotel, Huddersfield.
email: neilchestock@yahoo.co.uk
website: www.ncso.org.uk

> 8-9

IOT I: Cervical spine, CD and UEX (repeat)

Speaker: Prof Laurie Hartman.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 15-16

Harmonics I

Speaker: Prof Eyal Lederman.
Venue: Leeds Metropolitan University.
tel: 01133 682 984
email: mail@open-ed.co.uk

> 22

Yoga as therapeutic exercise

Speaker: Luise Woerle.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 22

Introduction to sports taping: Principles and practice

Speaker: Tom Hewetson.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 27

How to treat: Plantar fasciitis

Speaker: Prof Eyal Lederman.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

December

> 7

Ventricles – enfolding space

Speaker: Erwin van de Velde.
Organised by the Craniosacral Therapy Educational Trust.
Venue: Skylight Centre, Unit 8, 9-15 Elthorne Road, London N19.
tel: 07000 785 778
email: info@cranio.co.uk
website: www.cranio.co.uk

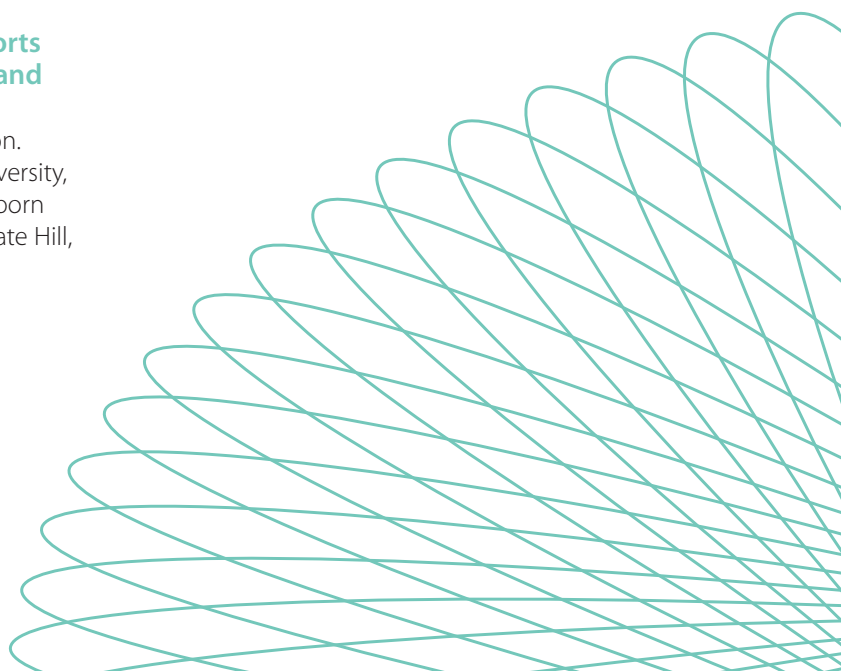
2009

February

> 25-28

Immotion: An introduction to the role of emotion in the clinical manifestation of somatic dysfunction (through the medium of osteopathy in the cranial field)

Speaker: Christine Conroy.
Venue: Tynycornel Hotel, Tallyllyn, Mid Wales.
tel: 01654 761 435
email: info@immotion.org.uk



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relationships with orthopaedic dentists. Call Chris Harris on 07900 927 692 or email: chrisharris@osteodontics.com.

Osteopath required in busy chiropody clinic. Ground floor of a refurbished 17th century townhouse in prime location. Three fully equipped treatment rooms and accommodation available if required. Chippenham, Wiltshire. Please call 01249 658 302/ 07775 927624 or email: garethcarter001@hotmail.com.

Come to the Lake District. Associate required in Carlisle to replace osteopath leaving due to family commitments. Join a supportive team of five other osteopaths. An interest in treating babies and children would be an advantage. The practice has been established for over 30 years. Regular programme of in-house CPD. The practice operates from Monday–Friday and we are willing to discuss applicant's needs within that time frame. Guaranteed minimum income appropriate for the hours worked. Contact by phone on 01228 524 701 or email: wsqo@ukonline.co.uk with a letter of interest and CV. See www.wsqo.co.uk for further details.

Excellent opportunity to work in Bali! We are looking for enthusiastic osteopaths to join our rapidly growing practice. IVM training and experience is a bonus. Please send CVs to Laura Pople, 5 Highfields, Forest Row, East Sussex RH18 5AJ.

Position offered in Denmark. Newly founded practice with a huge demand for osteopaths – preferably with cranial osteopathic training and experience. Accommodation provided. Please contact Else on email: Elsepeople@mail.dk or tel: +45 8648 4712.

Reading, Berkshire. Osteopath with very good cranial skills needed to join our busy clinic. We have a multidisciplinary team of 10, including four osteopaths. Demand for cranial care is exceeding our current availability; therefore we need an osteopath for two/three clinics a week with much scope to expand. Information about our clinic at www.harrisonclinic.co.uk. Applications to melina@harrisonclinic.co.uk or 0118 976 2253.

Associate required for one and a half to two days p/w from mid-September, to replace osteopath leaving Hereford Osteopathic Practice. Interest/experience in structural and IVM approaches preferred. Possibility of further work in surrounding area. Exciting opportunity to join vibrant multidisciplinary team. Would suit new graduate or experienced practitioner looking to relocate to this beautiful part of England. Contact Robert Blackburn on tel: 01432 273 234.

RECRUITMENT

Outstanding opportunity for responsible, osteopathic all-rounder, well versed in manipulative and soft tissue techniques, massage and electrotherapy, to take over multidisciplinary practice in attractive semi-rural location. Must be able to communicate effectively with patients and maintain a medical dialogue with colleagues inside and outside the practice. To apply, please send CV to: Box No. 108, *The Osteopath*, Wealden Advertiser, Cowden Close, Horns Road, Hawkhurst, Kent TN18 4QT.

Osteopath required: Rickmansworth, three days a week, busy practice. Must have interest in structural, classical and cranial, even if little experience at present. CPD help given. September 08 onwards. CV and covering letter to The Osteopathic House, 38 Church Street, Rickmansworth WD3 1DJ. Tel: 01923 896 655.

Associate required: Beautiful country house location in Co. Tipperary, Ireland. We are a group teaching practice specialising in cranial and paediatric osteopathy. Our focus is working together participating in lots of group study, teaching and support. Contact Helena on 00353 5238 800.

Associate osteopath required: New Zealand. Full-time post to join our friendly, well-established practice. Great people, great area. Rotorua has excellent fishing and mountain biking, and is close to beaches and snowfields. Applicants must have good structural skills, and experience in cranial would be an advantage. CV to Iain Kennedy, Osteopathy, 1375 Hinemoa Street, Rotorua, New Zealand. Phone/fax: +447 349 1200 or email: kennedyosteo@xtra.co.nz.

Associate wanted to work Wednesdays (or part of) in our busy Stockport practice, Cheshire. Possibility of more days at our south Cheshire branches if prepared to travel. Please contact Martin Davies on 01625 876 682 or visit our website: www.osteopaths.uk.com.

Osteopath wanted: Wessex Healthy Living Centre, a charity complementary therapies clinic in Bournemouth, Dorset. Our practitioners work on a retainer/voluntary basis. We are looking for someone to give half a day a week. If you're interested, call 01202 422 087 or email: otilia@wessexhealthylivingcentre.

Experienced osteopath seeking gainful employment in London area. Practice sale and relocation means available 2–3 days to happily shoulder someone else's wheel. Fourteen years' experience, good interpersonal skills. All-rounder, but IVM the forte. All SCC courses completed, specialise in TMJ work plus good

COMMERCIAL

Consulting rooms: Islington Therapy Centre. Comfortably stylish rooms, prime location in multidisciplinary setting. Reception area, private entrance and excellent position for all public transport. Links with secondary care and GP surgeries, plus support with advertising. Available mornings, afternoons and evenings. Contact Safiye Jenkins on tel: 07956 051 384 or email: jenkins637@btinternet.com.

Treatment rooms to let in Harley Street, W1. Large, quiet room with electric couch, available 8am–7pm. Wireless broadband access, CPD meetings, located in holistic medical practice. To suit established osteopath with own list. Phone Alice on tel: 07815 763 570.

Goodwill for sale: Long-established osteopathic clinic (30 years). Thirty miles north of London. Average turnover in last three years £83,000 per annum, average profit before tax £50,000 per year. Would suit partners. If you are interested, please send contact details to email: clinic4545@yahoo.co.uk.

Room to let in a prestigious private dental clinic, based in Windsor town centre. Excellent road and rail links: M25, M4 and BR mainline stations to Waterloo and Paddington. Clinical room fully equipped, telephone and computer connections. Size: 3.3 metres x 2.7 metres. Receptionist optional. Smart and sophisticated waiting area for patients. Enquiries: please contact Sheralee on tel: 01753 833 062 or email: completedental64@aol.com.

Treatment rooms to let – would suit osteopath. Please contact: Dukeries Clinic, 6 Newcastle Street, Worksop, Nottinghamshire S80 2AR. Tel: 01909 472 820.

London (West End). Beautifully refurbished, air-conditioned treatment room available for rent, in professional premises opposite Regent's Park. Attractive rates in ideal location near Baker Street station, with excellent transport facilities and nearby parking. Tel: 07984 801 231 or 020 8203 4360.

Clinic rooms available. Fully equipped practice rooms available for osteopathy, with full reception facilities. Reasonable rates. Located in Hampton Hill, Surrey/Middlesex border. Call: 020 8979 4488.

Established osteopathic practice and freehold premises for sale in Sevenoaks, Kent, due to the relocation of one partner. The other partner, who has been practising for 30 years, is planning to stay on until retirement. The bungalow has three large, fully furnished treatment rooms, waiting room/reception and patient cloakroom. The loft conversion acts as office/storage space. Private areas include a

master bedroom with ensuite, kitchen and small lounge. Ample off-street parking, large garden, reception and master bedroom. Close to the M25 and a taxi ride from Sevenoaks station. Approximately 125 patients per week and the practice takes additional income from massage and reflexology therapists. Opportunity to move in and start operating from a friendly and professional environment in a very sought-after area. Offers in the region of £520,000. Contact Patrick on tel: 07951 013 634 or pj_osteo@yahoo.co.uk.

Ground-floor flat with two large rooms, bathroom and kitchen, on quiet street near Archway Tube station. Rooms available singly (£800pm) or as pair (£1,500pm), inclusive of bills except telephone. Smartly decorated, GCH. Available mid-September. Tel: 020 7263 9525 or 07788 920 186.

Business opportunity in central Tunbridge Wells within hair health beauty salon. There is a possibility to create one to two treatment rooms and run as own business for enthusiastic and reliable health practitioner. We have been established for six years and just started colon hydrotherapy. Please contact Veronica on tel: 01892 616 116 or email: vvtate@btinternet.com.

Therapy/treatment rooms to rent in busy Billericay high street salon. Would suit alternative therapies, treatments, sports therapy, osteopathy, nutrition, physiotherapy, etc. Reception cover available if required. Please contact Leigh Howell on tel: 0797 369 1947.

Cheshunt, Herts: Freehold property in prominent high street position with the benefit of surgery use (previously a dentist) on the ground floor (still operational but relocating) and a recently decorated two-bedroom apartment on the first floor. OIRO: £275,000. Call: 01992 637 777.

COURSES

Osteopathic Centre for animals. The next one-year course in osteopathy for horses and dogs, using traditional osteopathic techniques, starts in October 2008. For information, please call Stuart McGregor on tel: 01235 768 033 or email: wantageclinic@msn.com.

The Australian Physiotherapy & Pilates Institute. Two-day Modified Pilates Matwork courses specifically designed for professionals working in rehabilitation. Exercises taught are tailored for the clinical population. For further information and course bookings, contact us on tel: 0207 3723 606, email: info@ausphysio.com or visit: www.ausphysio.com.

The Faculty of Homeopathy is offering a training pathway for osteopaths. Training courses will lead to an MFHom (Osteo/Chiro) qualification. Courses starting in September will be held in London, Bristol and Glasgow. For information, contact Jacqui Woolsey on tel: 0870 444 3950 or email: jwoolsey@trushomeopathy.org.

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CPDO

2008

Date	Title	Tutor / lecturer	Cost	Deposit
<i>Weekend courses</i>		Book online at www.cpdo.net		
6 Sept	Osteopathic care of small animals revisited	Tony Nevin	£115.00	Pay in full
27-28 Sept	IOT III: SI joints, pelvis and LEX	Prof. Laurie Hartman	Fully booked	
27-28 Sept & 1-2 Nov	Harmonic technique (part I & II)	Prof. Eyal Lederman	£425.00	£250.00
27 Sept	Psychosocial factors in pain conditions: how to construct a consultation	Dr. Jeremy Chase	£115.00	Pay in full
9-11 Oct	New visceral course: vascular visceral manipulation	Jean-Pierre Barral	Fully booked	
10-12 Oct	Pregnancy care	Averil Morgan	£335.00	£230.00
25-26 Oct	Integrated manual therapy and naturopathic approaches to pelvis	Leon Chaitow	£235.00	£150.00
25 Oct	Managing headaches	Dr. Hazel O'Dowd	£115.00	Pay in full
8-9 Nov	IOT I: Cervical spine, CD and UEX (repeat)	Prof. Laurie Hartman	£215.00	£150.00
22 Nov	Yoga as therapeutic exercise	Luise Woerle	£115.00	Pay in full
22 Nov	Introduction to sports taping: principles and practice	Tom Hewetson	£115.00	Pay in full
<i>Evening courses (19.00-22.00)</i>		<i>CPDO providing for all your CPD needs</i>		
23 Oct	How to treat: Whiplash injuries	Prof. Eyal Lederman	£40.00	Pay in full
30 Oct	How to treat: Impingement syndrome of the shoulder	Prof. Eyal Lederman	£40.00	Pay in full
27 Nov	How to treat: Plantar fasciitis	Prof. Eyal Lederman	£40.00	Pay in full
<i>Evening lectures (19.00-21.00)</i>		<i>For more info see www.cpdo.net</i>		
25 Sept	Process centred osteopathy – a new clinical model	Prof. Eyal Lederman	£20.00	Pay in full

Venue for all events: Middlesex University, Archway Campus, London N19

Name:

Address:

Telephone:

E-mail:

Total deposit enclosed: _____ **All deposits and payments are non-refundable and non-transferable to other dates.**

Details of the venue, starting times and a copy of the programme will be sent to you with confirmation of your booking.

In case of cancellation of courses or lectures all deposits will be refunded.

The course organisers reserve the right to change the course contents and substitute leaders without advance notice.

The organisers hold no responsibility for the contents and clinical application of the material taught on the courses

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to be given by

Nicholas Handoll DO MSCC

29 November 2008 at 5pm

£30.00 per ticket

Cavendish Conference Centre, 22 Duchess Mews, London, W1G 9DT

www.cavendishconference.com

Energy Osteopathy: matter, motion and interrelationships

Nicholas Handoll expands on the research presented in his book *Anatomy of Potency* to show that structure has no form and matter is an expression of motion. His conclusions are condensed into a hands-on practical application that can be used in the clinic. He builds on WG Sutherland's "fundamental principle" of his cranial concept, which leads to the proposal that the fundamental essence of the body is not just a deep concentration of energy but also that the body exists within a universe of even greater energy. He takes our understanding further, to examine the body as a unit of energy in its energy field, both in health, in disease and in repair and discusses the great opportunities this opens for osteopathic care.

This is the first time that Nicholas Handoll has presented his work on potency in its entirety.

THE SPARK IN THE MOTOR

"The human brain is a motor; the breath of Life is a spark of ignition to the Motor, something that is not material, that we cannot see." (WG Sutherland 1944)

Module 7: a three-day non residential post graduate course

Course Director: Kok Weng Lim MSc (Ost) DO MSCC

Guest Lecturer: Dr Michael Burrano DO (SCF USA)

Date: 5-7 November 2008 Fee: £799 CPD: 24hrs

Venue: Columbia Hotel, 95-99 Lancaster Gate, London, W2 3NS

This exciting, clinically orientated course is an in-depth exploration of fluid management approaches used in practice, and current concepts relating to the nervous system. The focus will be on refining palpatory, diagnostic and technical skills relating to these areas of treatment.

Topics will include:

- The role and significance of the pineal gland
- Directing the potency of the tide, CV4 and automatic shifting
- Hypothalamic and pituitary gland function. The spark of ignition.
- The autonomic nervous system and the polyvagal theory
- Structures that relate to the ventricular system
- Clinical considerations in the diagnosis and treatment of the CNS and CSF
- Management of CNS disorders
- Stillness

Michael P. Burrano DO graduated from the Philadelphia College of Osteopathic Medicine in 1982. He has maintained a private practice in Osteopathy for 24 years. He is a board member of the Sutherland Cranial Teaching Foundation (1991-present) and served as President (1993-2006). He has taught nationally and internationally.

Eligibility: Module 2 and Module 3 or equivalent

Contact Course Office for tickets: 01291 689 908

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30th November

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MSc Osteopathic Sports Care 2009

The MSc in Osteopathic Sports Care starts in January 2009 at the Faculty of Health, Leeds Metropolitan University. The course is designed to build on undergraduate and professional experience in sport and exercise and is conducted on a part-time basis over 3-5 years to Masters level, with each taught module being delivered over two residential weekends. The University has a long established record of involvement in sport and exercise with successful pathways at Masters level.

The course consists of 9 modules, including:

- The Role of Osteopathy 1 - Osteopathic concepts as applied to sports care
- Research Methods - Background knowledge necessary to assess the work of others and provide the basis for conducting research
- The Science of Training and Performance - Scientific basis of physical activity, sport and exercise and the functional adaptations involved in the process
- The Role of Osteopathy 2 - Osteopathic evaluation and management applicable to the sporting environment
- Monitoring and Evaluation in Sport and Exercise Science - Understanding the commonly used methods to monitor and evaluate the individual in biomechanics, exercise physiology, sports nutrition and sports psychology
- Student Negotiated Osteopathic Study Module - The opportunity to pursue a topic of interest in a specific area relevant to osteopathy, sport and exercise science
- Dissertation - (3 modules) An exploration of a working hypothesis/research question into an area of osteopathy and sport

The course will commence in January 2009. If you would like further information or to attend the course open day, planned for November/December, please contact Stephen Castleton s.castleton@leedsmet.ac.uk or 0113 812 3962



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THE FLOWERING OF CONSCIOUSNESS

OCTOBER 2nd - 5th, 2008

Biodynamic perspectives on infant brain development with Dr. Michael Shea B.A., M.A., Ph.D., B.C.S.T., author of *Biodynamic Craniosacral Therapy Vols. 1 & 2* and *Somatic Psychology*. **Cost: £335/£355**

ENERGY MEDICINE, FREQUENCY MEDICINE AND RESONANCE

OCTOBER 29th - 30th, 2008

New understandings of energetics with Dr. James Oschman Ph.D., author of *Energy Medicine The Scientific Basis* and *Energy Medicine in Therapeutics and Human Performance*. **Cost: £165/£185**

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Psychological Management of People in Pain

This exciting course has been designed for practitioners who work with people in pain. The course consists of four days of contact time which can be taken separately or as a whole.

The Introduction day is a conceptual and practical introduction to the psychology of pain and cognitive behavioural principles. The focus is on helping practitioners to identify depression, anxiety and fear in the context of pain, and appropriate management of patients displaying such symptoms. After the Introduction day, attendees may choose to do all or any of the further sessions programmed throughout the year.

The second session focuses on cognitive behavioural approaches to managing chronic pain, with the third session building further on the understanding of pain management with a focus on mindfulness and acceptance in the context of treatment. The final session will focus on the clinician, and the way that beliefs of the clinician impact on treatment.

The course is led by Professor Tamar Pincus and Steven Vogel DO, in association with Dr Lance McCracken from the University of Bath.

Intro Day: Sat 13th Sept
Day 2: Sat 16th Oct
Day 3: Sat 15th Nov
Day 4: Sat 28th Nov
Cost: £150 per day/
£500 course
CPD: 8 hrs per day

Ergonomics and Osteopathy

The Ergonomics course is a one day programme, linking the related disciplines of ergonomics and osteopathy. It covers an introduction to ergonomics, as well as applications relevant to osteopaths. Attendees leave with the ability to evaluate and train patients in relation to computer workstations and manual handling back in their practices. The aim is to provide knowledge and skills to give support to patients with injuries or problems related to their work-place environment. Course leader David Arnett is a freelance Ergonomics Consultant with over 15 years' experience and an honours degree in Ergonomics, as well as a practicing Osteopath.

Dates: Sat 13th Sept 08
Cost: £95

CPD: 8 hours



Stretching Exercises and Application to Osteopathic Care

This intensive one-day course focuses on sixteen tailor-made remedial stretches and strengthening exercises, which can form part of your patient management plan. The day will examine ways to modify stretches for individuals, contra-indications and muscle physiology. The course will be largely practical, to allow participants to experience both performing and teaching stretches.

The course leader is Robin Larisman DO, Tutor in the Sports Injury Clinic at the BSO.

Dates: Saturday 4th October or Saturday 8th November
Cost: £95

CPD: 8 hours

Functional Active Release in Osteopathy

This course introduces the application and theory of this useful, remedial myo-fascial technique. There will be 12 different techniques demonstrated and practised through the day. Participants will see how functional active release can be applied in a clinical setting, and use biomechanical evaluation to identify patients that would benefit from the technique. Functional active release is ideal for deep muscular dysfunction anywhere in the body and is useful for enhancing performance in sports patients. The course leader is Robin Larisman DO, Tutor in the Sports Injury Clinic at the BSO.

Dates: Saturday 18th October or Saturday 29th November
Cost: £95

CPD: 8 hours



Advanced Spinal Manipulation

This collaborative course run by osteopaths, Dr David Evans and Neil Wayman, brings together the theoretical and practical aspects of spinal manipulation in a course that will be of interest to all osteopaths. David has authored several publications about spinal manipulation and back pain, and Neil is an experienced Technique Tutor at the BSO. The course looks at the effects and processes of manipulation in detail, providing better information for practitioners to inform decisions about when manipulation is indicated or not. It is aimed at proficient manipulators who want to better understand techniques that they already use, and to add more advanced techniques to their current repertoire.

Dates: Saturday 22nd November
Cost: £125

CPD: 8 hours

Local Marketing Opportunities

Debbie Hyde leads this fascinating course, looking at ways that osteopaths can involve the local media, GPs, health centres, community organisations and specialist groups when marketing their practices to increase patient numbers. There will also be a chance to look at marketing tools, such as websites, press releases and patient endorsements/case studies.

Dates: Saturday 8th November (am)
Cost: £50

CPD: 4 hours



All courses are held at the
British School of
Osteopathy in central
London.

To apply or find out more
please contact Gayda
Arnold on 020 7089 5315
or g.arnold@bso.ac.uk



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We invite Alumni, Friends and Associates to join us at Knebworth Barns on the Knebworth Estate in Hertfordshire to celebrate our 60th anniversary on Saturday, 11th October, 2008.

For further information regarding this event please contact Jean Matthews on 020 8905 1937 or by email: j.matthews@collegeofosteopaths.ac.uk

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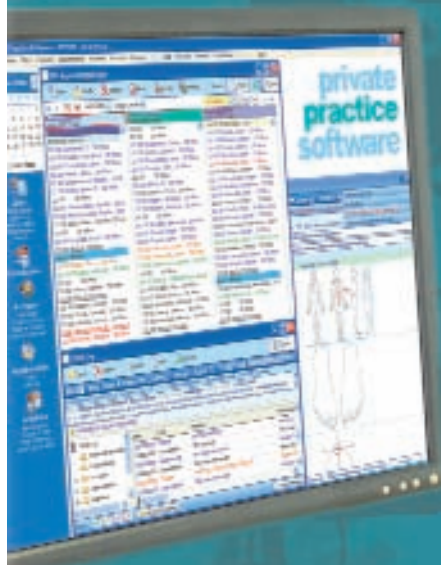
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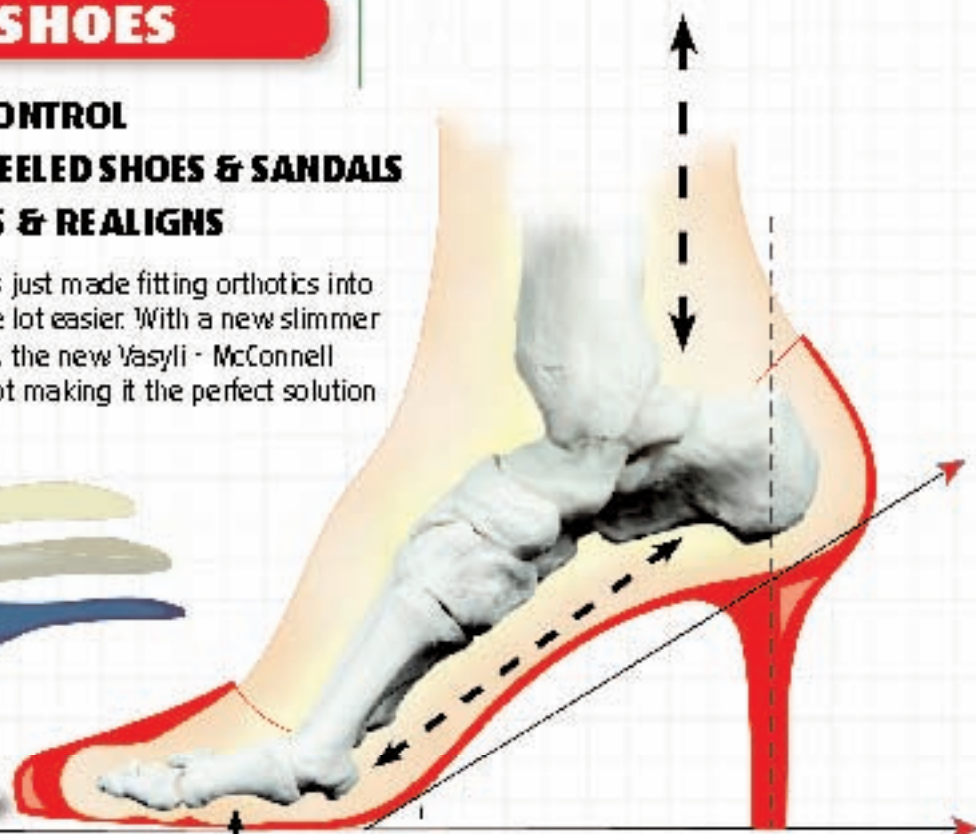
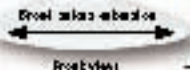
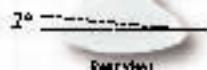
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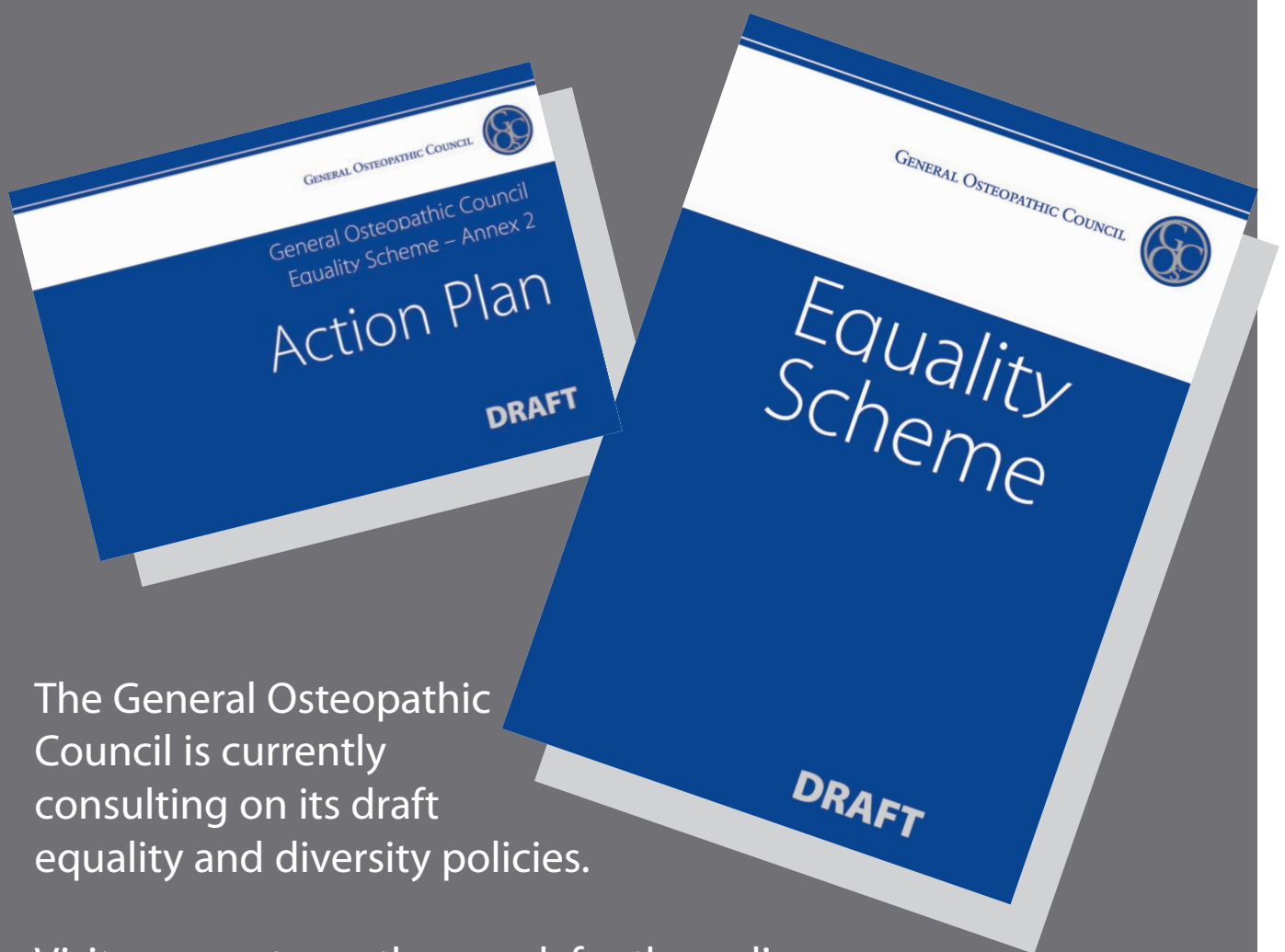

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The General Osteopathic Council is currently consulting on its draft equality and diversity policies.

Visit www.osteopathy.org.uk for the online consultation. Alternatively, contact the GOsC on tel: 0207 357 6655 ext 242 to request hard copies of the consultation documents and questionnaire.