

the osteopath

Accounting for change



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- > Recruiting Fitness to Practise panellists
- > Osteopathic standards consultation
- > Draft NICE low back pain guideline

The General Osteopathic Council

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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.

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the osteopath

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In Council

Jane Quinnell, Clerk to Council

59th meeting of the General Osteopathic Council – 16 September 2008

ANNUAL REPORT AND ACCOUNTS 2007–08

Council approved the draft Annual Report and Accounts for 2007–08, which has subsequently been published as an electronic document and made available for download on the GOSC public website and the o zone – www.osteopathy.org.uk. See pages 8–11 for a detailed overview.

HEALTHCARE REGULATION

GOsC governance changes

The recruitment campaign for the appointment of 13 Council members (lay and professional) closed on 8 October 2008, with 112 applications received – see page 7 for further details.

Work is also now afoot to recruit a pool of members for the Council's Fitness to Practise committees – Investigating, Professional Conduct and Health. A national recruitment campaign was launched by the Appointments Commission on 20 October and runs until 21 November 2008. For full details, including how to apply, see page 6.

A third recruitment campaign is planned for later this year, to appoint members to the Council's Education, Audit and Remuneration Committees.

It is anticipated that all new committees will be in place by April 2009 to coincide with the constitution of the new Council.

Council remuneration

Council considered the findings of an independent review of the GOsC's remuneration scheme, which looked at the method of remuneration – annual fee versus daily attendance rate – and appropriate levels of pay for Council and Committee members.

Council agreed the following remuneration scheme, which will take effect from 1 April 2009:

Annual fee for Council members	£6,500
Annual fee for Chair of the Council	£22,000
Responsibility allowance for the Treasurer	£5,000
Responsibility allowance for the Chair of the Audit Committee	£2,000
Responsibility allowance for the Chair of the Professional Standards Committee	£2,000
Rate for all Committee members who are not Council members	£300 per attendance

Currently, members are paid £250 per attendance.

Council members will be eligible to claim allowances for travel and subsistence costs – at an agreed rate – necessarily incurred on Council business.

Revalidation

Council received an update report on the development of a revalidation scheme for osteopaths. As the GOsC is required to provide the Department of Health (DH) with an outline of the proposed revalidation scheme in December 2008, a second focus group forum with representatives of the British Osteopathic Association, Osteopathic Educational Institutions and Regional Osteopathic Societies will be held on 28 November at Osteopathy House.



Council agreed to revise the consultation timetable to allow for a six-month, profession-wide consultation to be launched in January 2009 instead of October 2008.

The consultation will also include a series of regional meetings, allowing osteopaths the opportunity to comment on and test a scheme of revalidation that has DH approval. See page 13 for the proposed dates and locations of the regional consultation meetings.

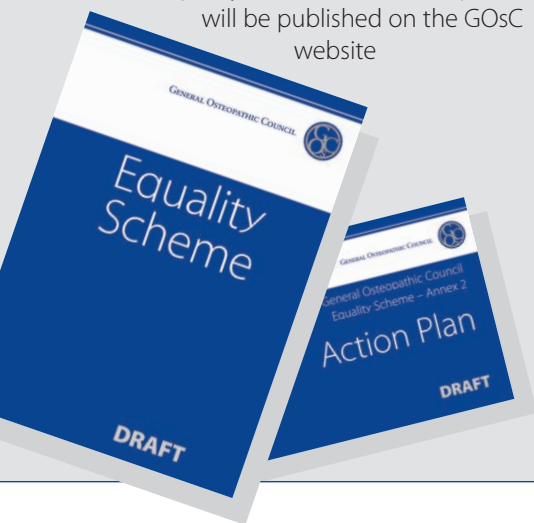
PREPARING FOR NEW GOSc REGISTRATION POWERS

A legislation change soon to be acquired will allow the GOSc, for a strictly limited period, to consider applications from individuals who obtained a UK osteopathic qualification before May 2000 but, for good reason, were unable to register during the original two-year transition period (1998–2000). See page 7 for an update report.

EQUALITY AND DIVERSITY

The GOSc's draft Equality Scheme has been subject to a three-month online consultation which closes on 14 November 2008. In addition to seeking feedback from the profession, the GOSc also invited more than 170 external stakeholders to comment on the scheme.

Following analysis of the feedback, the final Equality Scheme and action plan will be published on the GOSc website



(www.osteopathy.org.uk) and will continue to inform GOSc work and policy development.

OSTEOPATHY HOUSE

Work continues on the redevelopment of Osteopathy House to ensure it is fully accessible to all and compliant with the Disability Discrimination Act. In tandem with the exploratory work being carried out on the building's structure and foundation, draft plans have been drawn up by the architects.

Council considered the option of installing a lift within the fabric of the building, rather than within an extension, as previously proposed, thereby avoiding the need for planning permission.

A revised budget is now being prepared, based on carrying out the agreed refurbishment works to make Osteopathy House fit for its regulatory purpose.

CHRE PERFORMANCE REVIEW OF THE GOSc

The Council for Healthcare and Regulatory Excellence (CHRE) has published its final report on the 2007–08 Performance Reviews of all nine healthcare regulators. The GOSc received a good report, which is available on the CHRE's website: www.chre.org.uk/_img/pics/Perf_Rev_Report_1.pdf (pages 26–30).

FITNESS TO PRACTISE AND HUMAN RESOURCES AUDITS

Independent audits of the GOSc's Fitness to Practise and Human Resources functions were commissioned and carried out earlier this year in order to explore means for improving the functions. Work is ongoing to carry out the recommendations and, where possible, to complete these by the end of March 2009.



Future Council meetings

- > 4 December 2008
- > 10 March 2009
- > 23 April 2009
- > 15 July 2009
- > 15 October 2009
- > 19 January 2010
- > 14 April 2010

Meetings commence at 10am at Osteopathy House and agendas for the public session are available on the GOSc public website (www.osteopathy.org.uk) or from Clerk to Council, Jane Quinnell, approximately seven to 10 days before the meeting. Public sessions of Council meetings are open to members of the public, including osteopaths.

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

GOSC recruiting Fitness to Practise panellists

On 20 October 2008, the GOSC launched a national campaign to recruit a pool of panellists for its three Fitness to Practise committees – Investigating, Professional Conduct and Health.

As part of its regulatory function, the GOSC's Fitness to Practise committees investigate and adjudicate on concerns expressed about the conduct, health and practices of individual osteopaths.

As of July 2008, a change to GOSC legislation means that Council members are no longer required to sit on statutory committees. And since it is no longer deemed best practice for Council members to populate Fitness to Practise committees, the GOSC is looking to appoint a pool of suitably skilled and experienced lay people and osteopaths to be members or chairs of the three committees.

Candidates will be selected by reference to a framework of key competences and must have an understanding of the statutory role of the GOSC, especially as it relates to public and patient protection. They must also have the ability to apply sound judgement, in an impartial manner, to complex issues. A full list of the competences is outlined in the recruitment information pack – see below. Members are being sought from each of the four countries of the UK.

The GOSC hopes that many of you will feel encouraged to make an application, as these posts play a crucial role in maintaining public confidence in the osteopathic profession.

Investigating Committee – a pool of 10 members: four osteopaths and six lay, including one lay chair

The Investigating Committee considers complaints received by the GOSC and decides whether to refer cases to the Professional

Conduct Committee or Health Committee for adjudication.

A panel comprising seven members – four lay and three osteopaths, drawn from the Investigating Committee – will sit at any one time. Panellists are likely to be called four to five times a year.

Adjudication Committees – a pool of 12 members; eight lay and four osteopaths, including one lay chair for each of the Professional Conduct and Health Committees

Following investigation, cases may be referred to a panel, drawn from the Professional Conduct Committee or Health Committee, for adjudication; this may result in the imposition of a sanction, ranging from an admonishment to removal from the Statutory Register of Osteopaths.

The panels will comprise five members – three lay and two osteopaths, including a lay chair. These panels meet as often as caseload dictates, but it is likely that panellists will sit between 12 and 15 days a year and the chairs up to 20 days per year.

Members of the Fitness to Practise committees will also be expected to attend meetings from time to time for training, periodic reviews of cases and to make decisions on policy or procedure.

Remuneration for all members is £300 a day plus travel and subsistence expenses. Meetings and hearings are held at the GOSC's headquarters in London.

How to apply

Like the recruitment of members for the new Council, the Appointments Commission is independently managing this campaign on behalf of the GOSC. Those interested are advised to contact the Appointments Commission (www.appointments.org.uk or tel: 0870 240 3802, quoting reference: DH8096) to download/request an information pack and application form.

Applications close on 21 November 2008.

Further opportunities

An additional recruitment campaign is planned for later this year, to appoint members to the Council's Education, Audit and Remuneration Committees. The GOSC will write to all osteopaths again shortly with further details about these additional opportunities.

It is anticipated that the GOSC's new committees will be in place by April 2009 to coincide with the constitution of the new Council. All posts will be offered subject to confirmation, following Privy Council approval, of the rules relating to the constitution of these committees, decisions on which are anticipated in early 2009.

Applications received for new Council

The advertising campaign to recruit 13 members for the new GOsC Council closed on 8 October, with a total of 112 applications received by the Appointments Commission.

For the seven professional (osteopath) seats on Council, a total of 35 applications have been received together with 77 applications for the six lay vacancies.

Applications are now being assessed by the Appointments Commission against a framework of competences to ensure the reconstituted Council has the ideal balance of skills, knowledge and experience. The GOsC is also required to recruit at least one

member from each of England, Northern Ireland, Scotland and Wales.

Shortlisted candidates will be informed by mid-November, and interviewed between 25 November and 9 December, with recommendations going to the Appointments Commission's Health and Social Care Appointments Committee on 21 January 2009.

Appointments are expected to be announced in early February 2009.

All posts will be offered subject to parliamentary approval of the GOsC's Constitution Order, which is anticipated in early 2009.

The GOsC's new Council of 14 members (seven lay and seven professionals) will be constituted on 1 April 2009, and for continuity purposes, the current Chair, Professor Adrian Eddleston, will retain his position and serve a further four-year term from this date.

New temporary registration pathway

In October, the GOsC wrote to a number of 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, to inform them that they may soon be permitted to apply for registration under new powers acquired by the GOsC.

As recently reported, changes made to the Osteopaths Act 1993 in July will enable the GOsC to consider applications from these UK-trained individuals for a limited period – i.e. from the date of implementation of this new power up until 31 December 2010 – placing them on a more equal footing with those who qualified outside of the UK (currently permitted to seek admission under EU legislation).


Questionnaires have been sent to individuals who may fit the criteria for applying for registration in an attempt to gauge more accurately

the scope of this work and the likely profile of applicants.

The GOsC is not permitted to accept applications until the underpinning rules have been drafted and ratified by the Privy Council. But it is hoped that we will be in a position to receive applications from April 2009.

The GOsC is eager to ensure this opportunity is widely communicated, and individuals who have not already been contacted and believe they may be eligible are invited to contact the GOsC as soon as possible – tel: 020 7357 6655 ext 233 or email: registration@osteopathy.org.uk.

To request a copy of the questionnaire or should you have any questions about the new powers, email: registration@osteopathy.org.uk.

Further information will shortly be available on the  zone and the GOsC public website – www.osteopathy.org.uk.



Review of the Year

GOSC Financial report for 2007-08

The GOSC's Annual Report and Accounts for 2007–08 was tabled in Parliament on 8 October, following its publication at the end of September. A report to Parliament is not only a requirement of statutory bodies with specific public duties – but also an opportunity to draw attention to the many areas of development across osteopathic standards of training and practice that serve to steadily enhance public confidence in osteopathic care.

And, the Annual Report is no less significant for members of the osteopathic profession, whose annual retention fees finance this regulatory framework. In this issue, we highlight some key aspects of this year's Report, and trust this will encourage many to study the Report in full. Visit the **o** zone or the GOSC's public website (www.osteopathy.org.uk) to download a copy.

This year, for the first time, we have published only an online – electronic – version of the Annual Report & Accounts, as this approach has been widely advocated by osteopaths in the past and we, too, share these environmental considerations. Nevertheless, we do not wish to make this important Report less accessible, so we urge any reader who would prefer a hard copy to contact us on tel: 020 7357 6655 ext 242 or email: info@osteopathy.org.uk.

Delivering the year's business objectives

The General Osteopathic Council's role as Regulator is to ensure patients can have confidence in osteopathic care by promoting high standards of education, practice and conduct amongst osteopaths. Our core functions are:

- > Setting and promoting high standards of osteopathic practice and conduct.
- > Assuring the quality of osteopathic education and training.
- > Registering qualified professionals on an annual basis and ensuring their continuing fitness to practise.
- > Helping patients with complaints or concerns about osteopaths and dealing with those complaints through fitness to practise procedures where necessary.

Key activities in 2007-08

Standards & professional guidance

Setting standards

The GOSC sets and regularly reviews the standards expected of osteopaths and osteopathic education providers. This year's outcomes included:

- > The Osteopathy Benchmark Statement, setting out the standards for osteopathic education, was developed and published in conjunction with the Quality Assurance Agency for Higher Education (QAA).
- > All osteopaths were supplied with a GOSC Development Folder, bringing together the *Standard of Proficiency* (competence) with the *Continuing Professional Development Guidelines*.
- > New registration and assessment procedures for those with qualifications gained outside of the UK.

- > First-stage development of a revalidation scheme for osteopaths, in line with Government requirements for all health professionals.

Monitoring standards

The GOSC is responsible for reviewing and recognising osteopathy courses across the UK, and here we work closely with the Quality Assurance Agency for Higher Education (QAA). This year, we have:

- > Reviewed and recognised three new osteopathy courses, including the first course offered at Masters level.
- > Renewed the recognition for two existing osteopathy courses.
- > Monitored all recognised undergraduate courses to ensure standards have been maintained.

Promoting international standards

The GOSC and the UK osteopathic profession continue to offer leadership on standard setting, and to share knowledge within the international osteopathic community and across healthcare disciplines. This was a year of significant

activity on the international front through GOSC membership of:

- > The Forum for Osteopathic Regulation in Europe (FORE)
- > The Alliance of UK Health Regulators on Europe (AURE)
- > The Osteopathic International Alliance (OIA).

Discussions began this year with partner organisations in Australia and New Zealand, with the aim of achieving mutual recognition of osteopathic qualifications and comparability of registration requirements for osteopaths.



Figure 1:
Time taken by IC to consider cases

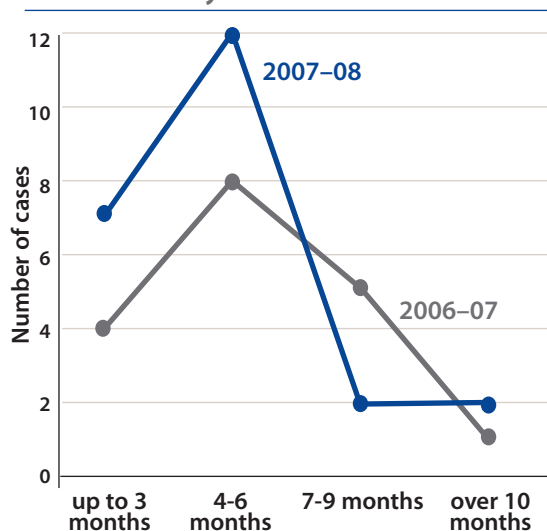


Figure 2: Time taken to complete complaints procedure

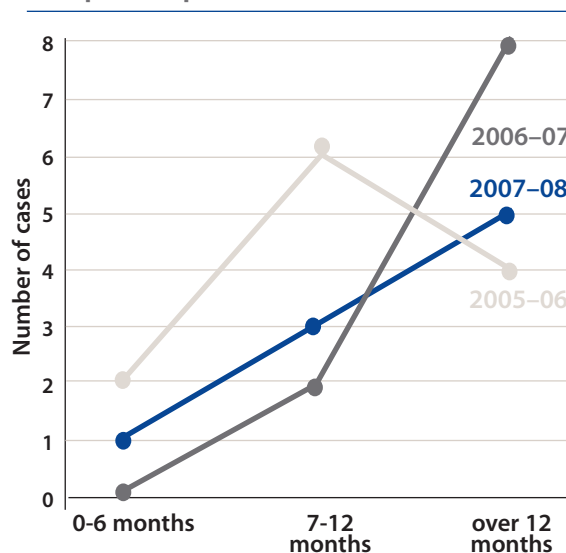


Figure 3: IC decisions for 2007-08

Allegation	Case to answer	No case to answer
Unacceptable professional conduct	10 (4)	1 (3)
Professional incompetence	1 (0)	5 (0)
Unacceptable professional conduct and/or professional incompetence	3 (6)	1 (4)
Relevant convictions	0 (1)	0 (0)
Health	0 (0)	2 (0)
Total cases considered	14 (11)	9 (7)

[Figures in brackets are for 2006-07]

Figure 4: PCC decisions for 2007-08

	Removed	Suspended	Conditions of practice	Admonished	Not well founded	Total
Unacceptable professional conduct	0	2	1	0	0	3
Professional incompetence	0	0	0	0	0	0
Unacceptable professional conduct and/or professional incompetence	0	0	1	0	2	3
UK conviction	1	1	0	1	0	3

Promoting patient safety

Registering osteopaths

Maintaining the UK Statutory Register of Osteopaths lies at the heart of the GOSc's purpose:

- > For the first time, the GOSc has registered over 4,000 osteopaths.
- > The online Register was upgraded to enhance the quality and accessibility of registrant information.
- > All of the 2008 cohort of graduating students of osteopathy had an opportunity to attend on-campus presentations by the GOSc, outlining the requirements for entry on the UK Register of Osteopaths. A new GOSc Registration Pack has been developed this year to equip all new registrants with a full set of professional standards documentation and practice guidance.
- > The GOSc is actively involved in the Healthcare Professionals Crossing Borders initiative, which includes the development and use of Certificates of

Current Professional Status, enabling relevant bodies to exchange professional information when registering osteopaths from other European countries.

Protecting the title 'osteopath'

The GOSc is rigorous about policing the illegal use of the title 'osteopath' and promoting protection of this title. In 2007-08, we successfully prosecuted five individuals for breach of Section 32 of the Osteopaths Act, resulting in over £10,000 in fines and with the GOSc being awarded costs in the region of £19,000.

Fitness to practise

As a regulator, the GOSc has public protection as a core purpose. It is our role to manage a fair process through which patients, the public and others can raise concerns about an osteopath, and make a formal complaint.

During this year, the Investigating Committee considered 23 cases. **Figure 1**

shows the time taken for these cases to reach this stage of the process during this reporting year and the previous one. The decisions reached by the Investigating Committee in the cases considered during the reporting year are presented in **Figure 3**, which also identifies the nature of the allegations in each case.

The Professional Conduct Committee considered nine new cases and one review of a Suspension Order during the period of this report. The Professional Conduct Committee also imposed three interim suspension orders. **Figure 4** shows the decisions reached in the new cases and the sanctions that were applied.

Statistics show that the GOSc has been able to reduce the overall time taken in a number of the cases considered by the Professional Conduct Committee during 2007-08. This is illustrated in **Figure 2**, which shows the time taken for cases to complete the full fitness to practise process (from receipt of complaint to a decision made by the Professional Conduct Committee).

Stakeholder engagement

- > **Advancing Osteopathy 2008:** To mark 10 years of osteopathic statutory regulation in the UK, the GOSc hosted a national three-day event in February 2008 – the UK's largest osteopathic conference to date, bringing together 1,350 delegates from 20 countries – to highlight advances in osteopathic education, research and practice.
- > The GOSc also published and distributed widely an illustrated review of current osteopathic practice, *Good Health in Good Hands – UK Osteopathy Today*, which aims to provide the public and patients with facts about osteopathic standards of education, training and practice. Produced to coincide with *Advancing Osteopathy 2008*, the report was publicly launched at a royal reception on 31 January in the presence of the GOSc's Patron, HRH The Prince of Wales, and over 250 guests representing interests across healthcare, government and the national and international osteopathic communities.
- > Recognising the need to promote awareness of osteopathic standards amongst other healthcare professionals, as well as amongst the general public, the GOSc participated this year in a series of major national healthcare exhibitions and conferences.
- > Electronic communication with osteopaths was increased this year with the launch in August 2007 of the **o zone** – a dedicated website for registrants. By end-March 2008, around 60% of osteopaths were accessing the website.
- > From January 2008, a new interactive facility on the website – 'My CPD record' – enabled osteopaths to maintain an online record of CPD activities, and to submit their mandatory annual CPD summary to the GOSc in electronic format, via the **o zone**. Within six months of introduction, 1,500 registrants had opted to make their CPD submission online.
- > *The Osteopath* magazine, produced by the GOSc for registrants and external stakeholders, was re-launched in April 2007 after an extensive revamping of content and design, and is now published bi-monthly. February 2008 marked the 100th issue of *The Osteopath* magazine.



- > The GOSc fosters a Regional Communications Network, which links the regulator to over 30 regional osteopathic societies and provides a twice-yearly forum for the purpose of policy development and consultation. The GOSc also meets twice-yearly with representatives of the Osteopathic Educational Institutions; four times a year with the British Osteopathic Association; and four times per year as a stakeholder member of the National Council for Osteopathic Research.

Income & expenditure

	Financial year	
	2007-08	2006-07
	£	£
Total income	3,007,594*	
2,722,852		
Total expenditure (incl. corporation tax charge)	2,815,702*	
2,492,967		
Surplus	191,892	229,885
% of income spent	93.62%	91.56%

* Includes *Advancing Osteopathy 2008*

GOSc income totalled a little over £3m in 2007-08, of which £2.6m derived from osteopaths' registration fees.

Advancing Osteopathy 2008 generated a further income of £200k, all of which was invested in this 10th anniversary event.

In this year, the GOSc spent 93.62% of the annual income on meeting the business plan objectives.

Figure 5 presents a breakdown of GOSc expenditure this year across our main functions and **Figure 6** indicates the proportion of the registration fee dedicated to each of these functions.

Equality and diversity

- > This year the GOSc developed an Equality Scheme and action plan to eliminate unlawful discrimination and to promote equality of opportunity in relation to gender, race and disability. This involved a complete review of all our policies and procedures to test their impact on minority groups.

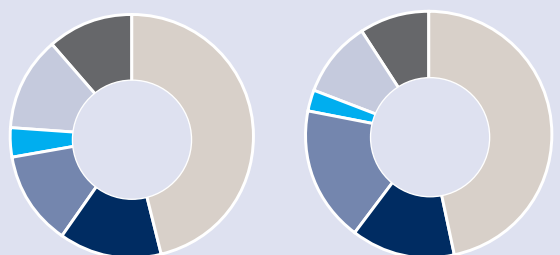
Governance and management

- > In the year under review, detailed preparations were made for the introduction of a wholly new GOSc governance structure from April 2009 – a key part of the healthcare regulation reforms required by Government. A complete set of competences for members of the new Council and the statutory committees were developed, and the GOSc has worked closely with the Department of Health in developing a Constitution Order to provide for the new Council.

What does the registration fee fund?

Figure 5: Breakdown of expenditure (%)*

* Excluding *Advancing Osteopathy 2008*



2007-08

£1,163,635	Employment costs	£1,146,428
£341,280	Professional Standards	£344,759
£314,990	Communications	£445,335
£93,767	Registration & MIS	£69,032
£310,746	Regulation	£252,033
£285,833	Secretariat (including financing and corporation tax charge)	£235,380

2006-07

Figure 6: Proportion of £750 fee spent per function in each financial year



2007-08

£136.08	Professional Standards	£143.52
£168.12	Communications	£171.76
£57.78	Registration & MIS	£58.90
£127.56	Regulation	£128.23
£260.46	Secretariat (including financing and corporation tax charge)	£247.69

2006-07

Figure 6: notes

> The segments represent the net costs, including employment costs (salary + pension).

> Secretariat includes the cost of Council and its non-statutory committees, overhead costs of running Osteopathy House (postage, rates, service contracts), the independent audit programme, and the employment costs of the Office of the CE&R and the Finance & Facilities Department.

> In 2008, the Communications Department includes the net costs of the GOSC 10th anniversary events, *Advancing Osteopathy 2008*, which are equal to £32.15 or 4.29% per registrant.

Key areas of spend per function were:

Professional Standards (£341,280):

The Recognised Qualification Accreditation Process, administered by the Quality Assurance Agency (£71,064)

Communications (£314,990):

Production and distribution of *The Osteopath* (£89,215)
International and Public Affairs activities (£34,408) (The main focus of work –

Advancing Osteopathy 2008 – was budgeted separately)

Registration & MIS (£93,767):

Production and distribution of the printed Register of Osteopaths (£33,872)

Regulation (£310,746):

Investigating Committee (£39,791)
Professional Conduct Committee (£158,063)

Secretariat (£285,833):

Independent audits of the Finance and Registration functions (£8,000)
Introduction of the Equality & Diversity programme (£6,000)

Employment costs (1,163,635):

Salaries and pensions (£1,059,727), representing 43% of total expenditure (excluding the GOSC 10th anniversary costs)

Balance Sheet & Reserves

The Balance Sheet shows total funds of £2,801,295.

Fixed assets totalling £927,356 primarily comprise Osteopathy House, which is wholly owned by the General Osteopathic Council.

Council is required to not only ensure sufficient funds for Business Plan activities, but must also hold reserve funds for unforeseen challenges. This year Council took a decision to reduce the level of reserves from six to three months' average annual expenditure on operation costs, calculated over a three year period.

This reduction in reserves has allowed Council to re-assign funds of just under £1.2m to five designated projects necessary to underpin professional development and the infrastructure required to deliver effective regulation.

These are:

- > Research into Adverse Events in Osteopathic Practice (£210,310) and the development of a Standardised Data Collection (£80,000) tool. Both projects are afoot, under the direction of the National Council for Osteopathic Research (NCOR), and relate directly to the need for increased evidence-based practice, for the benefit of the public and the profession alike.
- > Reforms to the GOSC Governance structures (£200,000), a requirement of UK healthcare regulation reforms: recruitment, training and establishment of a wholly new and independently appointed governance structure for the Council, to come into effect on 1 April 2009.
- > Development of a scheme of revalidation for osteopaths (£150,000) – process under which all health

professionals will be required to demonstrate they meet the standard for continued registration, with the aim of enhancing public protection. The GOSC will be expected to introduce a scheme of revalidation by 2011.

- > The redevelopment of Osteopathy House (£550,000) – necessary to ensure that the GOSC headquarters (a) complies with the Disability Discrimination Act (e.g. the installation of a lift) and (b) continues to be fit for holding Fitness to Practise hearings.

The full General Osteopathic Council Annual Report and Accounts 2007-08 can be viewed at www.osteopathy.org.uk (see About the GOSC/General Reports). Hard copies can be requested from the GOSC on tel: 020 7357 6655 ext 242 or email: info@osteopathy.org.uk.

Revising Osteopathic Practice Standards: have your say

Marcus Dye, Professional Standards Manager

A three-month consultation on revisions to the standards that guide safe and competent osteopathic practice will be launched by the GOSc in November.

Designed to enhance patient safety, the GOSc's *Standard of Proficiency* sets out the core standards of practice that must be met by all osteopaths in order to gain and maintain registration.

To ensure these professional standards continue to offer adequate protection to the public and are as clear as possible to follow, the GOSc is required to keep them under regular review and to update them when necessary.

Revisions to the current standards, which are now under consultation, have been informed by feedback from osteopaths, following a consultation phase that took place with the launch of the GOSc Development Folder in August 2007. GOSc Council and Committee members, representatives of the Osteopathic Educational Institutions and the British Osteopathic Association have also suggested amendments to the standards over the past 12 months, and the GOSc's Professional Standards Working Group – responsible for overseeing the review – also considered standards produced by the other healthcare regulators.

After several drafts, the revised document is now at a stage where it needs wider consultation with the osteopathic profession and other stakeholders, such as patient representative groups.

Some of the main changes being proposed include:

- > The new *Standard of Proficiency* will be titled *Osteopathic Practice Standards* to more clearly outline the purpose of the document.
- > The language has been amended with the aim of improving clarity and to remove jargon. The intention is to make the document clear and unambiguous to osteopaths and members of the public.
- > The document has been restructured to make it less confusing and easier to read. A lot of previous repetition has been removed in the process.
- > Some of the content has been amended and the sections have been reordered to emphasise the importance of maintaining patient safety and trust.

Equality and diversity

As part of our aim to promote equality and diversity in all regulatory activities, the GOSc is undertaking a minority impact assessment of the draft *Osteopathic Practice Standards*. Consequently, questions to test the equality and diversity implications of the standards are included under each section of the draft document.

Link to other GOSc documents and processes

As with the current *Standard of Proficiency*, the *Osteopathic Practice Standards* is intended to complement the GOSc's *Code of Practice*, together providing a clear and comprehensive set of standards for osteopaths to follow.

The *Osteopathic Practice Standards*, once agreed, will form an integral part of the requirements for registration, the training of osteopaths and any future revalidation scheme.

Next steps

The consultation on the *Osteopathic Practice Standards* will be conducted online and will be accessible through the **o** zone and the public website – www.osteopathy.org.uk. A letter will shortly be sent to all osteopaths, inviting your valued contribution to the consultation.

The current document, *Standard 2000: Standard of Proficiency* can be found in the Development Folder, which was sent to all osteopaths last August (it can be downloaded from the **o** zone – www.osteopathy.org.uk).

Should you experience any difficulties accessing the online documents, or if you have any questions on the *Osteopathic Practice Standards* and the consultation process, contact Marcus Dye on tel: 020 7357 6655 ext. 240 or email: marcusd@osteopathy.org.uk.



Revalidating osteopaths

On Friday 28 November, representatives of the British Osteopathic Association, Osteopathic Educational Institutions and Regional Osteopathic Societies will join members of the GOSc's Revalidation Working Group for this year's second Revalidation Workshop at Osteopathy House.

The primary purpose of this forum is to consider refinements that have been made to the revalidation self-assessment form – the basis of the proposed staged scheme – following feedback generated at the first focus group workshop in June and a mini-pilot in July.

Representatives will also be asked to comment on the overall draft scheme of revalidation for osteopaths, with a view to preparing an outline for submission to the Department of Health in December. Central to the

workshop again will be ensuring that the revalidation scheme and self-assessment form are appropriate, workable and fit for purpose.

An outcome report will follow in the next issue of the magazine and will be available on the revalidation pages of the **o** zone – www.osteopathy.org.uk.

Next steps

Following submission of the proposed scheme to the Department of Health, a six-month profession-wide consultation will be launched in January, allowing all osteopaths to help shape a practical and relevant scheme of revalidation for the profession. This consultation will also comprise a series of regional meetings throughout the UK (see below for dates and locations).

Strengthening regional networks

Representatives of the UK's 30 Regional Osteopathic Societies are being invited to meet with the GOSc, at Osteopathy House, on Friday 28 November for the second Regional Communications Network meeting this year.

The first half of the day will again see representatives joined by colleagues from the British Osteopathic Association, Osteopathic Educational Institutions and the GOSc's Revalidation Working Group, to discuss developments to the revalidation scheme for osteopaths – see left.

During the afternoon session, representatives will receive an update on the GOSc's key areas of work, such as governance changes (recruitment of new Committee members), the *Osteopathic Practice Standards* consultation, revisions to the *Code of Practice*, the 2009 series of regional consultation meetings and the new public website and online Register.

These meetings provide an invaluable platform for exchanging information and ideas, and for seeking profession-wide feedback on current GOSc work programmes. Briefing papers, designed to guide further discussions among colleagues, will soon be available on the **o** zone (www.osteopathy.org.uk – Regional network section) or from the Communications Department on ext 242.

Should you have any issues that you would like raised with the GOSc at this meeting, contact your local Regional Representative as soon as possible.

GOSc regional meetings 2009

Development of a revalidation scheme and revisions to osteopathic standards of competence (*Standard of Proficiency*) and conduct (*Code of Practice*) are just some of the key issues to be discussed at next year's series of GOSc regional consultation meetings.

Six meetings are scheduled to take place across the UK from March to June 2009, providing you with an invaluable opportunity to contribute to a range of regulatory issues that will impact directly on your day-to-day practice.

Open forums will present the chance to share your views with colleagues and the

GOSc – and it will be your feedback at these events and to the online consultations that will help shape future osteopathic practice.

Free attendance

To allow widespread attendance, these full-day consultation meetings will be free to all osteopaths and will again take place on weekends. Bookings are essential and will be offered on a first-come, first-served basis.

A programme and booking form will be posted to you once the venues have been confirmed and online bookings will be available on the **o** zone – www.osteopathy.org.uk – from December.

Proposed dates & locations

Date	Region	Location
Saturday 14 March	Central England/Mid Wales	Worcester/Birmingham area
Sunday 29 March	Scotland	Glasgow
Saturday 25 April	London/South East	Gatwick
Saturday 16 May	South West England/ South Wales	Bristol or Taunton area
Saturday 6 June	London/Eastern Counties	Stansted
Saturday 27 June	Northern England/ North Wales	Manchester area

Lords Inquiry into EU patient rights

Sarah Eldred, Public and International Affairs Manager

In September, the GOsC submitted evidence to a House of Lords Inquiry into EU proposals on patients' rights. This draft directive, published in July this year, is intended to clarify the rights of patients and the responsibilities of national governments and healthcare providers when members of the public in one country seek healthcare treatment elsewhere in Europe.

The purpose of this inquiry was to seek views from stakeholders, in particular on the need for EU-level action on this matter, the extent to which the proposed directive will meet its objectives and what conditions Member States need to be

allowed to impose on patients seeking healthcare abroad.

In its submission, the GOsC highlighted its support for a clear framework for cross-border healthcare – which this proposal seeks to achieve – but not at the expense of patient and public safety. For this reason, in any future directive, the GOsC will be calling for:

- > Support for the development and implementation of regulatory mechanisms across Europe to ensure a high standard of osteopathic care for patients.
- > Europe-wide approach to

communication and information sharing (such as registration and fitness to practise data on healthcare professionals) between competent authorities.

For a full copy of the GOsC's response, contact: sarahe@osteopathy.org.uk.

The UK Department of Health has just launched its own consultation on these proposals.



European osteopathic bodies develop common vision

Sarah Eldred, Public and International Affairs Manager

Representatives from the Forum for Osteopathic Regulation in Europe (FORE) and the European Federation of Osteopaths (EFO) met recently to explore further how both organisations could work more constructively together for the benefit of the osteopathic profession and patients.

Within Europe, the current lack of consensus on standards of osteopathic care, and increased mobility of patients and osteopaths has led to the need for greater protection for patients, and osteopaths, through proper regulation and high standards of treatment.

This meeting, held on 13 September at Osteopathy House, followed successful discussions in May, the outcome of which established a common vision that both bodies want to see:

- > Osteopathy as a strong and united profession in Europe, recognised as a primary care provider.
- > Osteopathy regulated as an autonomous healthcare profession across Europe.
- > The EFO and FORE with distinct, but complementary roles in Europe – FORE with mainly a regulatory focus, whilst

the EFO promoting and representing osteopathy.

Chaired by GOsC Chairman Professor Eddleston, attendees discussed key projects of mutual interest in Europe, which will form part of future work programmes. These included:

- > Defining the scope of osteopathic practice.
- > Reviewing the role of FORE.
- > Developing a strategy for wider regulation of osteopathy as an autonomous healthcare profession.
- > Launching and promoting consensus documents on European standards of osteopathic education, training and practice.
- > Adopting agreed standards in EU Member States.

- > Developing a strategy for engagement with patients and the public.
- > Exploring channels to input to national/European health policy development, including widening access.
- > Developing a strategy for promoting osteopaths as primary care providers.
- > Facilitating the freedom of movement/practice of osteopaths in Europe, subject to public protection.

To help push this work forward, project leads have been proposed and timelines considered. Whilst collaborative work is already underway, the next formal meeting, to be hosted by the EFO, will take place in Brussels in March 2009.

For further information about the EFO, visit: www.efo.eu. For details on FORE, visit: www.forewards.eu.

NICE low back pain guideline – consultation

Sarah Eldred, Public and International Affairs Manager

A consultation on draft guidance designed to inform the way patients with chronic low back pain are assessed by their GP and referred for treatment and/or surgery has been launched by the National Institute for Health and Clinical Excellence (NICE).

While guidance exists on the overall approach to the management of acute low back pain, it is less clear how those patients with spinal pain and disability that persists for longer than six weeks, but for less than 12 months, should be managed in order to prevent long-term disability.

Osteopathic input

NICE recommendations are relevant to those who work in or use the NHS in England and Wales, and form part of the standards by which NHS organisations are assessed. It was imperative, therefore, that osteopathic stakeholders were involved from the beginning of this work in order to ensure that the value of osteopathic treatment was recognised (please note this guideline is not designed to determine how osteopaths treat patients).

The General Osteopathic Council, National Council for Osteopathic Research (NCOR) and British Osteopathic Association (BOA) are all stakeholders. In 2007, osteopath and Vice-Principal (Research and Quality) of the British School of Osteopathy, Steve Vogel, was appointed to the Guideline Development Group (GDG) – which has been responsible for drafting the guidance over the last 16 months. Osteopath Charles Peers was also selected as an Expert Peer Reviewer, to submit comments to the consultation process.

Draft guideline

The guideline, *Low back pain: the acute management of patients with chronic (longer than 6 weeks) non-specific low back pain*, sets out a series of recommendations based on clinical evidence. The GDG looked at the value of X-rays, MRI scans, patient education programmes, exercise, manual therapies, psychological interventions, pharmacological therapies and invasive procedures.

Key to the practice of osteopathy is the recommendation to: "Consider offering a course of manual therapy, including spinal manipulation, of up to nine sessions over a period of up to 12 weeks." A choice of therapies, including osteopathy, may be offered taking into account patient preference. This is an important development in terms of embedding osteopathy within wider clinical practice, thereby helping to facilitate referrals between osteopaths and other healthcare professionals, particularly GPs.

The consultation seeks points or areas that are not covered in the guideline but should be, potential inconsistencies or any disagreement with the GDG interpretation of the evidence, the practical value of the provisional recommendations, and issues of style and format.

The GOsC will now consult with NCOR and the BOA to develop a strong and consistent submission before the consultation deadline on 26 November 2008.

It is anticipated the final guideline will be published on 27 May 2009.

For further information, visit: www.nice.org.uk/guidance/index.jsp?action=folder&o=42249.



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 period of eight further weeks, and completed data collection sheets will be

returned to NCOR. All data will be anonymised and treated in strict confidence.

Will CPD be awarded?

You may wish to count your data collection toward your CPD requirements, should you be able to justify that it has informed your practice.

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 available to all UK osteopaths and other key stakeholders.



Taking part

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

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, on tel: 01273 643 457 (Monday –Thursday) or email: c.a.fawkes@brighton.ac.uk.

> LEEDS

Tuesday 25 November, 7–9pm

Developing a patient satisfaction questionnaire for osteopathic practice

A selection of case studies will be presented at the meeting. The group will also be looking at a selection of outcome measures relevant to clinical practice.

> LONDON

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

> OXFORD

Wednesday 19 November, 7–9pm

Developing a research study investigating shoulder dysfunction

> KENT – New research hub

Friday 23 November, 7–8.30pm

The first meeting of the Kent research hub was held at the European School of Osteopathy on Friday 3rd October. This hub is being facilitated by osteopaths Dr Dawn Carnes PhD and Rob Froud. If you are interested in attending a future hub meeting in Kent, contact Dawn – email: d.carnes@qmul.ac.uk or tel: 07710 4970 242.

> BRISTOL

Thursday 13 November, 7–9pm

A selection of case studies will be presented at the meeting; the group will also be looking at a selection of outcome measures relevant to clinical practice

> EXETER

Saturday 29 November, 10am–12 noon

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

> HAYWARDS HEATH

Sunday 30 November, 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

Conference calendar

> 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.

> 20–23 November 08

International and Interdisciplinary Symposium of Osteopathy: Body/Mind – feel/think/treat, Berlin

The conference is being organised by the German School of Osteopathy. Further information can be found at: www.osteopathie-schule.de.

> 19–21 May 2010

5th International Congress on Complementary and Medicine Research, Tromso, Norway

Further details will be available on their website shortly: www.iccmr2010.com.

Contrast bathing – a brief summary of the evidence

Carol Fawkes, NCOR Research Development Officer

Historical background

The therapeutic use of water has a long history dating back to ancient cultures. Water therapies were classified in traditional medicine as:

- > Hydrotherapy – techniques involving therapeutic bathing and using water;
- > Balneotherapy – therapeutic bathing in medicinal and thermal springs; and
- > Thalassotherapy – therapeutic bathing in the sea and using marine products¹.

Hydrotherapy has become the most popular of the water therapies. Hahn, Oertel, Priessnitz, Rausse and Kneipp developed the use of water cures in Europe in the eighteenth and nineteenth centuries². Hydrotherapy has been advocated using a number of variations including Kneipp baths, Schlenz baths, Sitz baths and Stanger baths. A variety of disorders were recorded as being treated and aided by such bathing including fibromyalgia³, osteoarthritis⁴, insomnia⁵ and rheumatoid arthritis^{6,7}.

A later development was the galvanic bath, which was introduced by Sere and further developed by Stanger². Galvanic baths were constructed with electrodes and a low voltage direct current (DC) circuit. The electromagnetic field produced was claimed to contribute to improved circulation in the periphery of the body and to promote 'detoxification'⁸.

Physical therapies continue to recommend a derivation of

water cures, most commonly in the form of 'contrast bathing', using repeated application of, or immersion in, hot/warm water and cold water. Scientific literature now describes this as 'contrast water immersion' or 'contrast therapy'. In clinical practice, contrast therapy/immersion is recommended to treat symptoms associated with local inflammation and the response to tissue trauma. A more recent use for contrast therapy has been to aid the signs and symptoms of delayed muscle soreness, particularly in athletes⁹.

Physiological mechanism

It has been suggested for some time that contrast therapy produces a cycle of local vasoconstriction and vasodilation resulting in a 'pumping effect' that facilitates the removal of oedema by venous and lymphatic removal. Controversy still exists regarding this theory^{10,11}; concern that adequate deep tissue vasoconstriction fails to occur has led to an amendment to the ratio of heat and cold application or immersion used to produce a therapeutic benefit¹¹.

Current theories suggest that oedema is removed because the constriction increases the intraluminal pressure in the blood vessel, causing the fluid to move with the valves in the veins, thereby preventing back flow of the fluid¹². This would produce a beneficial effect of minimising the influence of oedema accumulation while the healing process takes place.

The majority of research in contrast water immersion has focused on the isolated use of heat or cold, and the vascular pumping theory has had little specific investigation and is currently not well supported by evidence. Denegar suggests that the limited duration of heat and cold application (three minutes and one minute) would be insufficient to effect deep blood flow and to produce a pumping action. Lymph capillaries do not have muscular walls and would be unable to effect a pumping mechanism, and the intrinsic contraction in blood vessel walls contributes in a limited way to lymphatic flow¹³.

Contrast therapy does, however, produce some therapeutic benefits: Coffey et al. investigated the use of contrast water immersion (CWI) after exercise and showed that post-exercise lactate was lowered and the subjective perception of recovery improved¹⁴. Morton, in turn, demonstrated that CWI significantly increased the hastening of plasma lactate decrease during recovery after intense anaerobic exercise¹⁵.

Physiological effects

A growing body of research has been built looking at the physiological effects of contrast therapy. Changes in arterial blood flow in response to contrast therapy have been measured by a number of researchers using a variety of techniques. Fiscus et al. used strain gauge plethysmography to measure blood flow in the lower limb¹⁶. This study used four minutes warm water immersion to one minute cold

water immersion, over a period of 20 minutes, and produced a significant fluctuation of lower leg blood flow. Decrease in blood flow occurred during the change from warm to cold; increase in blood flow occurred during the change from cold to warm; this effect reduced during successive immersions. A growing number of studies have taken place in the past decade; the variables measured and the physiological effects produced in a small number of recent studies are summarised in the table opposite.

Contraindications and adverse events

Adverse events recorded with this treatment intervention have been notably lacking in the literature. Common exclusion criteria for participants in clinical trials involving CWI include open wounds, poorly controlled epilepsy, infected wounds, hypertension, fear of water and diabetes^{6,21}. In situations where CWI is undertaken using shared facilities known carriers of methicillin resistant *Staphylococcus aureus* (MRSA) are also excluded from participation⁶.

CWI has demonstrated physiological and beneficial therapeutic effects. The mechanism of action requires further research, and the 'dose' required in terms of application or immersion time, as with so many other physical therapy interventions, also requires further investigation.

Study author(s)	Number of participants in study	Physiological process measured	Intervention time ratio (heat to cold)	Total duration of intervention	Effect produced
Myrer <i>et al.</i> (1997) ¹⁷	9 men, 7 women	Subcutaneous and intramuscular muscle temperatures	1:1 (5 minutes heat and cold repeated twice)	20 minutes	Cutaneous circulation only affected
Coffey <i>et al.</i> (2004) ¹⁴	14 men	Blood lactate concentration and blood pH	2:1	15 minutes	Lowers post-exercise lactate
Fiscus <i>et al.</i> (2005) ¹⁶	24 men	Arterial blood flow in the lower leg	4:1	20 minutes	Unclear
Morton. (2006) ¹⁵	6 men, 5 women	Blood lactate concentration	4:1	30 minutes	Hastens reduction of plasma lactate decrease after exercise
Hamlin MJ. (2007) ¹⁸	20 men	Blood lactate concentration and repeated sprint performance	3:1	12 minutes	Decreases blood lactate concentration; little effect on subsequent repetitive sprint performance (1 hour later)
Vaile JM <i>et al.</i> (2007) ¹⁹	Athletes: 4 male, 9 female	Creatine kinase concentration, perceived pain, thigh volume, isometric squat strength and weighted jump squat performance	2:1	15 minutes	Smaller reduction and faster restoration of strength and power measured by isometric force and jump squat performance. Thigh volume was significantly less. No significant difference was found in perceived pain and creatine kinase levels
French <i>et al.</i> (2008) ²⁰	26 men	Limb girth (mid-thigh and mid-calf), range of motion, lower body power, speed and agility, whole body strength, soreness (using a visual analogue scale) and serum creatine kinase and myoglobin levels	3:1	Not disclosed	Creatine kinase and myoglobin levels were elevated; soreness fell transiently and mid-thigh girth increased - no other significant recovery effects noted

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Osteopathy in training for 2012!

Jonathan Betser DO, Chairman, Osteopathic Sports Care Association

The 2012 London Olympics look set to provide a fantastic opportunity for a number of osteopaths involved in treating sports injuries. In fact, the success of the handful of osteopaths who worked at the 2002 Commonwealth Games has been demonstrably helpful in supporting my proposal to make osteopathic representation at the 2012 Games a significant one.

Consequently, to ensure we are suitably prepared for the Games, the Osteopathic Sports Care Association (OSCA) is hosting a conference, 'Towards 2012 – Aspiring to Excellence & Success!', on Saturday 22 November 2008, at the Ashridge Business College in Hertfordshire (www.ashridge.org.uk).

While the majority of us treat sportspeople in our clinics, it's evident that to assemble a large enough team of sports injury specialists, an appropriate education programme is needed. In addition to clinical content, the programme will also include Olympics-related insights, such as Games' protocols, publicity (what's allowed and what's not), use of the Games' medical records system and working as part of the medical team.

The day will kick off with a morning of clinical lectures and workshops. At lunch there will be an organised opportunity to 'meet and mingle' and, in the afternoon, lectures will relate to London 2012: the role of the osteopathic profession and details of how those interested can enhance their chances of being involved.

Speakers will include Dr Lady Ann Redgrave, osteopath and chief medical officer, GB Rowing Team; Dr Helmut Hoffman, orthopaedic consultant to Bayern Munich; Mr Adrian Casey, consultant neurosurgeon, the National Hospital for Neurology and Neurosurgery; Dr Pam Venning, manager of medical services for the 2012 Olympics; Dr Laurance Gant, emergency medicine consultant responsible for the 2012 Olympics' support at Homerton Hospital; Manju Mital, senior lecturer, Northampton School of Podiatry; John Neal, psychophysiological and performance coach to the Welsh National Rugby Squad; and Laurence Kirk, osteopath, Oxford Brookes University.

In the evening there will be a gala dinner where you can enjoy a three-course meal, music, dancing and guest speakers. This will be a great chance for you to meet with colleagues (both osteopathic and non-osteopathic) and conference speakers.

Winning gold

Soon after London won the bid for the 2012 Olympic Games I was fortunate to be invited to a meeting at the wonderfully impressive headquarters of LOCOG (London Organising Committee of the Olympic Games).

Discussing the vast scope and effect of the Games was really very exciting and that initial feeling has been amplified by every meeting I've attended there since. The 'legacy' of the Games is also something the International Olympic Committee (IOC) is very serious about. So it's not just about 'being there', it's also about how the Games can create positive change for the country – not just London – and for those involved in the Games, including the medical team.

I'm certain that my colleagues involved in the 2002 Commonwealth Games would all testify to the great experience and the camaraderie of the medical team. These Games also provided an invaluable opportunity to 'evangelise' to countless doctors, physiotherapists, etc who had previously known little about osteopathy but who, after watching osteopathic treatment in action, ended up recommending other athletes for treatment. And, as many were GPs, we hope they continued to refer to osteopaths when they returned to their surgeries after the Games.

By the time the Commonwealth Games ended, it certainly seemed that the idea to provide the athletes access to osteopathic treatment was a good one. Much of the credit for this must not only go to the osteopaths who took part, but also to Pam Venning, head of the village medical team, and Lynn Booth, head physiotherapist, who were both very supportive of our role there.

We hope to build on the success of the Commonwealth Games and to play an integral role in supporting our nation's athletes at London 2012.

Those interested in being involved in the 2012 London Olympic Games are urged to join us at the conference on 22 November 2008. For further information, or to book a place, contact Kylie Dougall at OSCA on tel: 07807 356 485 or email: oscasecretary@hotmail.co.uk.



PROGRAMME

Towards 2012 – Aspiring to Excellence & Success!

MORNING SESSION: ASPIRING TO SPORTS CARE EXCELLENCE

- 8.45 Registration
- 9.30 **Opening remarks: Jonathan Betser**, Chairman, Osteopathic Sports Care Association
- 9.40 **The principles of sport-specific adaptations and the consequences for treatment strategies in sport (with particular reference to the lower limb in football)**
Dr Helmut Hoffmann, Eden Rehab Private Clinic for Sportrehabilitation, Germany.
- 10.20 **Neuropathies, pathologies and diseases of the foot**
Manju Mital, senior lecturer, Northampton School of Podiatry
- 10.50 **Practical workshops** – choose one of the following:
- > Demonstration of how sport-specific adaptations affect therapy and training
Dr Helmut Hoffmann
 - > Seating and home-based passive exercise equipment advice
David Newband, Back in Action
 - > Recurring hamstring injuries: an osteopathic approach
Osteopath Laurence Kirk, Oxford Brookes University
- 11.50 Coffee and exhibition
- 12.10 **Advances in spinal care – updating your approach to patient management**
Mr Adrian Casey, consultant neurosurgeon, Wellington Private Hospital and the National Hospital for Neurology and Neurosurgery

- 12.50 **The response of the brain and body as a result of perceived stressors and the effect of physical exercise on brain activity and neural pathways**
John Neal, psychophysiological and performance coach (Welsh National Rugby Squad)

- 1.30 Lunch and exhibition

AFTERNOON SESSION: ASPIRING TO SPORTING SUCCESS – 2012 LONDON OLYMPICS

An afternoon devoted to the 2012 London Olympics

- 2.30 **Opportunities for Osteopaths at London 2012; what you need to do next to get involved**
Jonathan Betser, osteopath
- 2.50 **Rowing injuries – a personal approach**
Dr Lady Ann Redgrave, chief medical officer, GB Rowing Team
- 3.20 **What makes a good sports medicine team ... and a great Olympics?**
Lynn Booth, chartered physiotherapist at the last six Summer Olympic Games (1996, 2000 and 2004 as head physiotherapist for Team GB)
- 4.00 Tea and exhibition
- 4.25 **What has Beijing taught us about the provision of Sports Medicine at London 2012?**
Dr Pam Venning, manager of medical services, London 2012
- 5.00 **Sports injuries in the clinical environment: what's an emergency and what do I do next?**
Dr Laurence Gant, trauma and orthopaedics consultant, Homerton Hospital NHS Trust (official Games support hospital for athletes at 2012)
- 5.45 Closing remarks

EVENING: GALA DINNER-DANCE

- 7.00 Drinks reception
- 7.45 Gala Dinner-Dance with opening speech from guest speaker, **Dr Lady Ann Redgrave**. Three-course meal with cash bar available.

Cost

Conference:

- OSCA members – £125
- Non-members – £150

Conference & Gala Dinner:

- OSCA members – £150
- Non-members – £175
- Partners attending Gala Dinner only – £35
- Accommodation – £95 (Bed and Breakfast)

Book now

For further information, or to book a place, **Kylie Dougall** at OSCA on tel: 07807 356 485 or email: oscasecretary@hotmail.co.uk.



Scottish Osteopathic Society

A weekend of CPD in Scotland

Fiona Davison BA DO, SOS Secretary

This year's Scottish Osteopathic Society's conference and annual general meeting took place on 6–7 September in the capital of the Highlands, Inverness. While the rest of the UK experienced an all-weekend deluge, Inverness remained sunny and dry.

Saturday's programme was officially opened by the GOsC's Chief Executive and Registrar Elynne Gilvarry, giving all those who had not attended *Advancing Osteopathy 2008* in February the opportunity to meet her. Elynne brought everyone thoroughly up-to-date regarding revalidation for osteopaths and Protection of Title in Scotland (under Section 32 of the Osteopaths Act 1993). She also gave further detail on the proposed changes to the constitution of the GOsC. The Society much appreciated being able to put questions and comments so directly to the Council.

Our first clinical speaker for the day was Stewart Wright, a dental surgeon from Greenock, who has a special interest in malocclusion problems and their link with cranial lesions. Next we heard from Lisa Holmes, a paediatric dietician who presented an overview of the current research into the various vitamins and minerals associated with bone metabolism.

Following lunch, delegates enjoyed a free period during the afternoon before reconvening for the AGM. The 'Golf Party' headed off to the local Torvean course, where James MacIvor excelled. Another party headed off to the Culloden battle site to learn all about the Jacobite rebellion and its consequences

for Scottish history. And the remaining group once again took to the seas in what turned out to be a thwarted attempt to find the famous bottlenose dolphins of the Moray Firth.

During the AGM, the Society welcomed its new Chairman, Mike Aiken, along with David McCabe, Paul Barratt and Helen How to the Committee. We waved goodbye to Emma Bedford, Kevin McGhee and Helen McLean from Committee – and wish Helen all the best for when her bump becomes a bundle.

On Sunday morning all were present to hear Mr David Finlayson and Mr Jamie Maclean lecture on femoroacetabular impingement conditions, the best practice options for hip replacement and the worrying problem of missed diagnoses of slipped upper femoral epiphysis (SUFE). This latter condition, it would seem, is on the increase due to the rising incidence of obesity in our young population. David Finlayson is the senior orthopaedic consultant at Raigmore Hospital in Inverness, and Jamie Maclean holds the same post at Perth Royal Infirmary.

After lunch, our final speaker was Dr Mark Bloch, consultant paediatric anaesthetist at Royal Aberdeen Children's Hospital. Mark's lecture helped us recognise the symptoms and signs of a sick child, and using and understanding the 'first principles' with regard to both the well child and the child who has the potential to be seriously ill. Again it was wonderful to have a speaker who is aware of our knowledge base.



L to R: Helen McLean, Lisa Pacini, Emma Henderson, Kirsten Polson, Helen Medlicott

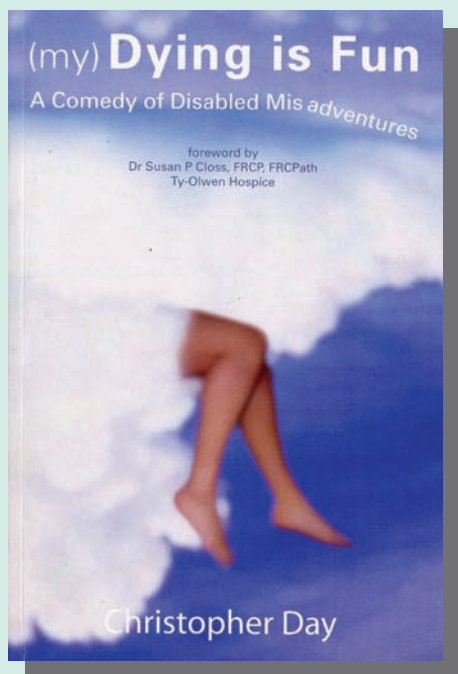
The 2008 AGM and conference was the best attended to date with 45 delegates on Saturday and a record 48 on Sunday. Three brave delegates from south of the border were very welcome – please let's increase this number for 2009's AGM/conference or any future meetings!

Provisionally, the 2009 AGM will be held in Oban on the beautiful west coast of Scotland. We look forward to seeing you there.



'SOS Golf Tournament'; L to R: Chris Ross, David McCabe, Alex Cram, Colin Ross, Andy McGowan, Heidi Cram, Boyd Mackenzie, James MacIvor, James Sneddon, Asif Allauddin.

For further information about the Society and future meetings, contact Fiona Davison, SOS Secretary, on email: secretarysos@zen.co.uk or tel: 01224 635 999.



(my) Dying is Fun: A Comedy of Disabled Misadventures

Christopher Day
Published by Trafford
Publishing, 2007
ISBN: 1-425-0622-6
Price: £9.99

Reviewed by Tom Kilner,
osteopathy student,
European School of
Osteopathy

Being able-bodied is something that many of us take for granted. But after reading this book I hope never to do that again. I have never felt as lucky as I did whilst reading Christopher Day's autobiographical account of the progression and consequences of his motor neurone (Lou Gehrig's) disease. As he gradually loses control of motor, bowel and even speech function, he shows how these obstacles can be dealt with and overcome or, if they really are insurmountable, how they can be seen from a humorous point of view.

Almost all aspects of everyday life, from bed to business conferences are reviewed and evaluated as the author reveals the problems that many disabled people routinely face. From having nowhere to empty your colostomy bag to the disobedience of a free-spirited tea trolley, these difficulties and the often ingenious solutions he has developed to get around them – his account of simply attempting to sit in a wheeled office chair reads like a Two Ronnie's sketch – often had me laughing out loud.

Although I found it difficult to get into at first – the format the author has chosen often reads more like a list than a cohesive narrative – by the time he was describing his theory of the unfairness of midge feeding I was hooked, and the rest of the book flew by, agreeably punctuated by his endearing but often painfully honest cartoon sketches.

You will find yourself wincing, empathising, laughing, and often feeling genuinely incredulous at how little thought is given to disabled facilities. Occasionally I must admit to having experienced mild Schadenfreude whilst reading through the more awkward moments; I hope never to get stuck in a disabled toilet behind an over-enthusiastic self-closing door, or sample the culinary output of a vegan cook who never learned to cook. But on the whole you are just laughing along with the author as he highlights the funny side of the huge challenges daily life presents to him.

The greatest thing I took from this book was a new appreciation of how even our well-meaning efforts can make a tricky situation even more difficult for people with these or similar disabilities. I hope now to give more consideration to what the person actually wants rather than what I think will help.

Overall this is an enlightening and enjoyable insight into the life of a truly positive person. Highly recommended.

Courses 2009

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.

January

> 17 Simplifying diagnosis and treatment 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

> 17 First aid for manual and physical therapists

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

> 22 How to treat: Acute disc

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

> 24–25 Introduction to craniosacral biodynamics

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

> 29 How to treat: Chronic lower back pain

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

> 29 Food, inflammation and fatigue: The role of nutrition in muscle function and systemic inflammation

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

> 5 Brain plasticity in the normal and damaged central nervous system

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

> 6–8 Neuromuscular 're-abilitation': A functional approach

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

> 7–8 Sports rehabilitation – managing upper limb injuries

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

> 19 Proprioception and proprioceptive exercise: Facts and myths

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

> 21 Nutritional assessment and clinical supplement prescription

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

> 21–22 Modern muscle energy techniques

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

February

> 1 Laser therapy training: Hands-on treatment training, understand dosage, safety, contraindications, regulations

Course leader: Karen Carroll DO, ND, DipPaedOst.
Organised by Thor Photomedicine Ltd.
Venue: London.
tel: 01494 797100
website: www.thorlaser.com

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.

> 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,
Talyllyn, Mid Wales.
tel: 01654 761435
email: info@immotion.org.uk

> 26–28

Peripheral nerves 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

March

> 5

How to treat: Trapezius myalgia and chronic neck pain

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

> 12

Osteopathic integration I: The diaphragm

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

> 21–22

Post partum care of mother and newborn

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

> 29

Laser therapy training: Hands-on treatment training, understand dosage, safety, contraindications, regulations

Course leader: Karen Carroll
DO, ND, DipPaedOst.
Organised by Thor
Photomedicine Ltd.
Venue: London.
tel: 01494 797 100
website: www.thorlaser.com

April

> 4

Cranio-sacral therapy – introductory day

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

> 23

How to treat frozen 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

May

> 14

How to treat: Tennis elbow

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

> 14

The role of diet in central nervous system function: Brain foods and beyond

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

> 16–17

Osteopathic technique: Lumbar and thoracic spine and ribs

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

> 16–17

Cognitive behavioural approach to chronic pain in physical therapies

Speaker: Heather Muncey &
Peter Gladwell.
Venue: Middlesex University,
Archway Campus, Holborn
Union Building, Highgate Hill,
London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

June

> 4

Medical ethics: Does belief give the right to practise?

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

> 6

Introduction to visceral osteopathy: The abdomen

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

> 6–7

Positional release techniques

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

> 20–21

Osteopathic care of small animals

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

CLASSIFIEDS

RECRUITMENT

Maternity locum required in NW London area, with the possibility of becoming an associate. Candidate will work between two practices, 10 minutes away from each other. Three years' experience preferred, with good structural skills and IVM skills, to treat babies and adults – five days a week. Please email your CV with a covering letter to shital@theosteopathyclinic.co.uk.

Full-time maternity locum required from 5 January 2009 for approximately five months. The locum is to cover a busy wellness-based practitioner in Newcastle upon Tyne. You will be expected to have a passion for obstetric and paediatric care, be comfortable seeing 70+ patients per week and be committed to providing best customer care. Full reception and administrative support is given and you will be working in a team with five other practitioners. Contact Julie or Fiona on 01912 431 216 for further information.

Fourth osteopath required to augment clinics in Chester and North Wales. One to two days initially. You will need enthusiasm and willingness to increase an existing list, and an ability to develop your own ideas as part of a multidisciplinary team. You will need to be experienced and BUPA-registered. Structuralist sought. Call: 01352 731 818.

Leicester: Excellent opportunity for an osteopath to join our complementary health clinic. Must be fully qualified, a team player and available to work on a sessional basis. Contact 01162 827 766 or email: enquiries@absolutehealthclinics.co.uk.

Osteopath required. Long-term position available from February/March 2009, in established central Bristol practices, including one day at an NHS clinic. Approximately 35–40 patients per week. Minimum of two years' experience required in cranial and structural approaches. Experience with babies essential. Business opportunity for partnership, very good growth potential. Please call 0781 636 0076.

Yeovil, Somerset. Osteopath wanted initially as associate for two days per week, with a view to partnership after trial period for both parties. Lovely practice, established 17 years, within multidisciplinary natural health centre in beautiful building. Experience in use of IVM essential. Phone 01935 422 488 or send CV to eclayton926@btinternet.com.

Friendly established practice in Co Down, Northern Ireland requires locum for six months from February 2009 and to continue on as an associate. Good structural skills and an interest in cranial work essential. Send CV to Julia at smclaughlin@talktalk.net or phone 02891 871 477.

COMMERCIAL

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

Freehold shopfront multi-therapy centre, with spacious four-bedroom accommodation, garage and land, for sale in Sussex coastal town. Clinic comprises two treatment rooms, reception area and cloakroom with disabled access. Osteopath and eight complementary practitioners in busy health centre. The clinic is well known in the area, having good relationships with local GPs, businesses, sports centres and football, rugby and sailing clubs. Excellent business/investment opportunity for new graduate or experienced osteopath. Sale due to owner relocating. ORIO £270,000. Call the practice manager on 07739 413 236.

Beautiful therapy rooms to hire on a session basis in Exeter. A chance to extend your practice into the heart of Exeter's business and shopping district. Southernhay Clinic is situated in a private crescent, just off Southernhay East. Call 01392 430 115 or email penny@southernhayclinic.co.uk now for a practitioner information pack.

Investment opportunity to buy/rent busy osteopathic practice run from a large Victorian family home in central Dartmouth. Spacious five-bedroom house, parking, immediate residential or commercial sale. www.savills.co.uk or tel: 01392 455 755. Long-established family business, equipment and 7,000+ patient list available through separate negotiation.

Camden town NW1 – small self-contained ground floor surgery lease for sale. D1 use (osteopathy and acupuncture), two treatment rooms and reception. Available now due to relocation. 12 minutes' walk to Tube, pay & display within 100 yards. Email stella.maris@mac.com or ring 07773 770 359.

Newly refurbished treatment rooms in quiet north London Mews (Primrose Hill) await an osteopath (ideally with an interest in fertility and pre/post natal care), looking for a new home. Contact Andrew 020 7586 6639 or email: flower.power@which.net.

Harley Street – spacious room for rent at very reasonable rate in attractive house used by busy osteopath and physiotherapist. Would suit any health professional with own list. Times available including full reception facilities are Monday 9–9, Thursdays 9–6 and Saturday 9–1 to be taken as a total package. Please contact Elspeth on 020 8859 0450/07887 503 509 or email: elspeth.a@sky.com.

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ACUPUNCTURE / DRY NEEDLING
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Intensive practical Western Medical Acupuncture /
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London, N14 5NN
Tel 02083383418, email: ac@acampbell.org.uk



Continuing Professional Development

www.bso.ac.uk/cpd

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

Course fee: £125

CPD: 6 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 bio mechanical 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 Lansman DO, Tutor in the Sports Injury Clinic at the BSO.

Dates: Saturday 20th November

Course fee: £95

CPD: 6 hours



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 workplace environment. Course leader David Annett is a freelance Ergonomics Consultant with over 15 years' experience and an honours degree in Ergonomics, as well as a practising Osteopath.

Dates: Sat 31st January 2009

Course fee £95

CPD: 6 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 [e.arnold@bso.ac](mailto:g.arnold@bso.ac)



THE BRITISH SCHOOL OF
OSTEO-PTHY

Foundation for
Paediatric Osteopathy

MSc in Paediatric Osteopathy

The Foundation for Paediatric Osteopathy (formerly known as the Osteopathic Centre for Children or OCC) has been training osteopaths in paediatrics since 1991. In 2005 the OCC and the British School of Osteopathy (BSO) collaborated to offer the first Masters course in Paediatric Osteopathy in the UK. The degree is validated by the University of Bedfordshire.

The next intake for the MSc course in London and Manchester is for October 2009 with the induction seminar in September 2009. The course is of relevance to osteopaths treating children in general osteopathic practice and osteopaths intending to specialise in the osteopathic care of children.

Applicants must be registered with the GOC and must have completed a postgraduate Surberland Teaching Foundation approved course (BSO or SOCC) before October 2009. A good osteopathic degree (or equivalent) is required. All applicants must provide an enhanced criminal records disclosure.

The two-year course includes pregnancy, birth, child development and common paediatric conditions with specialist units covering delivery, respiration, infection and immunity, orthopaedics and the central nervous system. Osteopaths must attend one of the Foundation's clinics (located in Clerkenwell, South London or Manchester) one day a week for the duration of the course and attend approximately nine weekend seminars. Outcomes are assessed by regular clinical assessments, case reports, a research proposal, clinical portfolio and written examinations.

Closing date for applications: 15th May 2009 (final interviews to take place during July and June)

Date	Title	Tutor / lecturer	Cost	Deposit
Weekend courses		For booking and information – www.cpdo.net		
17 Jan	Simplifying diagnosis and treatment of the shoulder	Prof. Eyal Ledeman	£120.00	Pay in full
17 Jan	First aid for manual and physical therapists	Steven Bruce	£120.00	Pay in full
24-25 Jan	Introduction to craniosacral biodynamics	Michael Kern	£220.00	£150.00
7-8 Feb	Sports Rehabilitation – managing upper limb injuries	Chris Boynes	£220.00	£150.00
6-8 Feb	Neuromuscular “re-abilitation”: A functional approach (3 days)	Prof. Eyal Ledeman	£355.00	£200.00
21-22 Feb	Modern muscle energy techniques	Leon Chaitow	£245.00	£150.00
21 Feb	Nutritional assessment and clinical supplement prescription	Dr Adam Cunniffe	£120.00	Pay in full
26-28 Feb	Peripheral nerves manipulation (3 days)	Jean-Pierre Barral	£455.00	£300.00
21-22 March	Post partum care of mother and newborn	Averile Morgan	£220.00	£150.00
16-17 May	Osteopathic technique: Lumbar & thoracic spine and ribs	David Tatton	£220.00	£150.00
16-17 May	Cognitive behavioural approach to chronic pain in physical therapists	Heather Munro Peter Goodwell	£235.00	£150.00
6-7 June	Positional release techniques	Leon Chaitow	£245.00	£150.00
8 June	Introduction to visceral osteopathy: the abdomen	Joanna Cril Dawson	£120.00	Pay in full
20-21 June	Osteopathic care of small animals	Tony Nevin	£245.00	£150.00
12-13 Sept	Sports Rehabilitation – managing lower limb injuries	Chris Boynes	£220.00	£150.00
25-27 Sept	Harmonic technique (3 days)	Prof. Eyal Ledeman	£366.00	£250.00
26 Sept	Introduction to visceral osteopathy: the thorax	Joanna Cril Dawson	£120.00	Pay in full
6-8 Nov	Pregnancy care (3 days)	Averile Morgan	£366.00	£150.00
7 Nov	Trunk / spinal movement rehabilitation	Prof. Eyal Ledeman	£115.00	Pay in full
21-22 Nov	Osteopathic technique: Cervical spine, GD and UEX	David Tatton	£220.00	£150.00
21 Nov	Introduction to counselling skills for manual and physical therapists	Tsaff Ledeman Jenny Stacy	£120.00	Pay in full
26-28 Nov	Vascular visceral manipulation (3 days)	Jean-Pierre Barral	£455.00	£300.00
Evening courses (19.00-22.00)		www.cpdo.net		
22 Jan	How to treat: Acute disc	Prof. Eyal Ledeman	£40.00	Pay in full
29 Jan	How to treat: Chronic lower back pain	Prof. Eyal Ledeman	£40.00	Pay in full
5 March	How to treat: Trapezius myalgia and chronic neck pain	Prof. Eyal Ledeman	£40.00	Pay in full
12 March	Osteopathic integration I: The diaphragm	Valeria Ferreira	£40.00	Pay in full
23 April	How to treat: Frozen shoulder	Prof. Eyal Ledeman	£40.00	Pay in full
14 May	How to treat: Tennis elbow	Prof. Eyal Ledeman	£40.00	Pay in full
24 Sept	How to treat: Whiplash injuries	Prof. Eyal Ledeman	£40.00	Pay in full
22 Oct	How to treat: Impingement syndrome of the shoulder	Prof. Eyal Ledeman	£40.00	Pay in full
5 Nov	Osteopathic integration II: Lower back pain and endometriosis	Valeria Ferreira	£40.00	Pay in full
19 Nov	How to treat: Plantar fasciitis	Prof. Eyal Ledeman	£40.00	Pay in full
Evening lectures (19.00-21.00)		Courses open to all manual and physical therapists		
29 Jan	Food, inflammation and fatigue: The role of nutrition in muscle function and systemic inflammation	Dr Adam Cunniffe	£20.00	Pay in full
5 Feb	Brain plasticity in the normal and damaged central nervous system	Dr Valentina Tomassini	£20.00	Pay in full
19 Feb	Proprioception and proprioceptive exercise: facts and myths	Prof. Eyal Ledeman	£20.00	Pay in full
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MODULES 2 AND 3
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4-8 April 2009
Course Director:
Carl Surridge, DO MSCC
Course Coes £1360
Venue: Hinxley Hall, Leeds

The OCF Module provides a basic training in Osteopathy in the Cranial Field. The course structure of Module 2 and 3 is similar but the challenges are different.

At Module 2 level students further develop the ability to centre, monitor and diagnose the involuntary mechanism and begin to learn specific technical approaches which can be used throughout the body. This can enable them to treat a wider range of patients.

Module 3 is usually done 1-2 years later and assumes greater experience, where students refine their diagnostic and treatment skills and awareness of the inherent healing of the body.

This course is open to osteopaths who have completed module 1 or equivalent undergraduate introductory course.

Students to tutor ratio of 4-1
40 hours CPD

For details of all courses, please see our website www.scco-osteopathy.co.uk or contact the course office for a prospectus
City and Guilds Accredited Teaching Training Centre, Clarity No: 1031642

WG SUTHERLANDS OSTEOPATHIC APPROACH TO THE BODY AS A WHOLE

MODULE 4
a four day and a preparatory
evening residential course
14-18 May 2009
Course Director:
Sue Turner, MA DO MSCC
Course Coes £1095
Venue: Hawkwood College,
Stroud, Gloucestershire

Dr William Garner Sutherland was best known as a pioneer of Osteopathy in the Cranial Field, but less well-known for his precise and effective approach to the whole body, which he learned under the hands of Dr A.T. Still.

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We will also apply the principles of osteopathic medicine to support body physiology in its search to restore health.

The course is open to osteopaths who have completed module 1 or equivalent undergraduate introductory course.

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34 hours CPD

DYNAMIC BASICRANIUM

MODULE 6
a three day residential course
26-28 June 2009
Course Director:
Liz Hayler, DO MSCC
Course Coes £830
Venue: Hawkwood College,
Stroud, Gloucestershire

Restrictions in the cranial bony articular mechanism are often the cause of complex and difficult symptom patterns that we see daily in practice. They can sometimes be difficult to accurately diagnose and treat, which means that the healing response that we seek is compromised.

This course builds on the Module 2/3 introduction to the cranial bony mechanism, and covers the material in greater depth. The relationship of the bones to the whole body physiological unit is included at all times.

It will cover anatomy and physiology of bone including sutures; its role in the teregity structure of the whole body; how differential growth during childhood has implications for the treatment of children of different ages; the mechanics of both intracereous strains and sutural lesions, with an emphasis on the complex sutures, as well as specific sutural treatment approaches.

This course is open to osteopaths who have completed module 2 and 3 or two equivalent SCTF courses.

Students to tutor ratio of 4-1
24 hours CPD

SCC APPLICATION FORM

Course Name:	Module:	<i>Please make six pence payable to</i>
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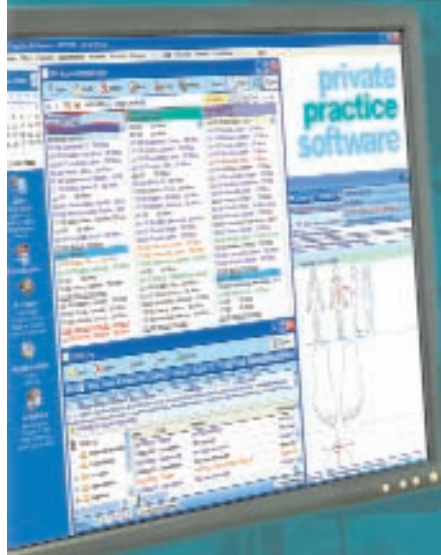
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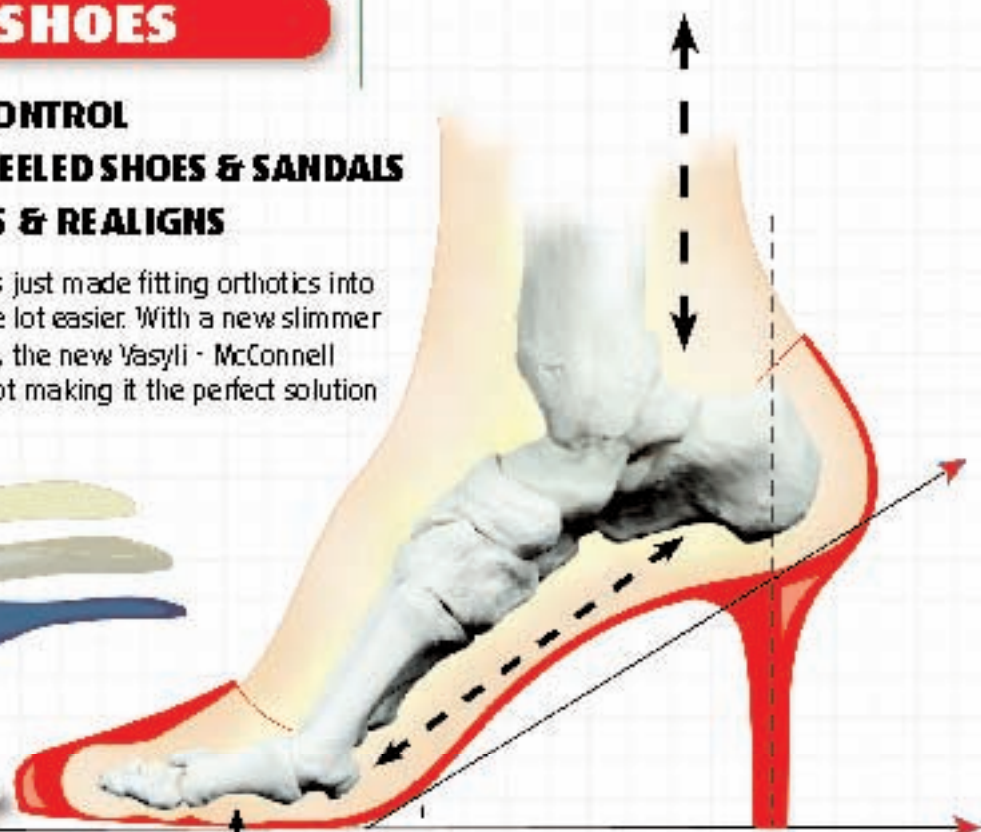
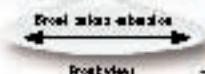
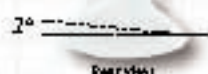
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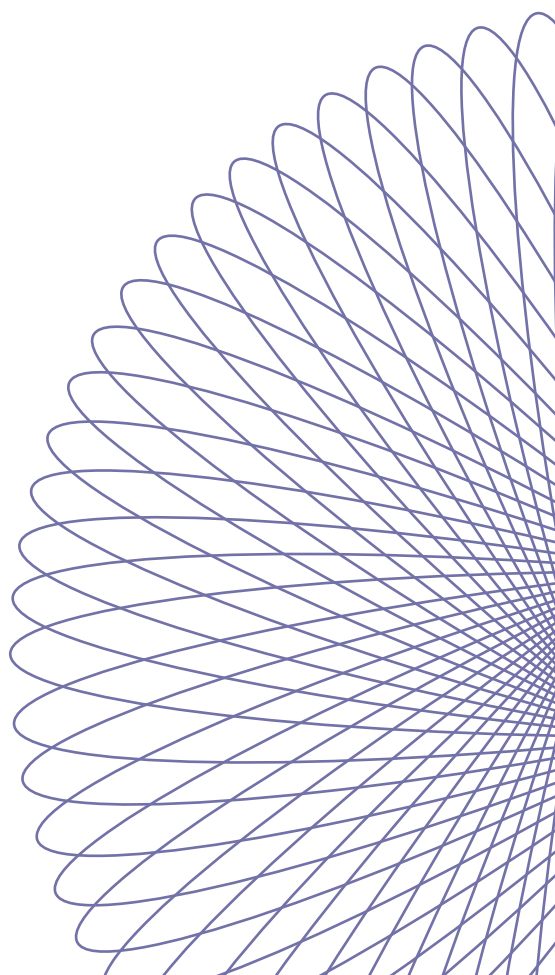
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