

the osteopath

International Journal of Osteopathic Medicine enclosed

Shaping the future

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- > Regional consultation meetings 2009
- > Revalidation update
- > Developing a Framework of Practice
- > Council recruitment underway

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the osteopath

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GOSC Regional Consultation

As it enters its second decade as a statutorily-regulated profession, osteopathy looks also to maturing standards and the need to underpin the profession's steady expansion into new areas of primary care practice.

Development is already underway in four areas that impact directly on the daily practice of every osteopath – over coming months the GOSC hopes to encourage all osteopaths to consider these developments and contribute to shaping them for the future.



The GOSC's 2009 Regional Consultation events will focus on 4 key elements of osteopathic practice:

1 Revalidation for osteopaths – *shaping the scheme*

All UK health professions are required to introduce a mandatory system of revalidation by 2011. The GOSC intends engaging all osteopaths in the development of a scheme that will be appropriate to osteopathy. Full consultation gets underway in February 2009, with the regional meetings central to shaping the scheme. (See also page 6.)



2 A new Code of Practice – *revising the Code for 2010*

The 5-yearly review and revision of the profession's Code of Practice will be informed by discussion and debate at these meetings, in an exercise that will highlight areas of practice where more guidance would be welcomed by osteopaths. (See also page 7.)

3 Revising the Standard of Proficiency – *updating your practice standards*

Consultation is underway to develop new Osteopathic Practice Standards, the first revision in 10 years. These meetings will explore enhancements that aim to equip the profession to play a leading role in modern healthcare. (See also page 6.)

4 Osteopathy Practice Framework

The 2009 events offer every osteopath the opportunity to help define osteopathy, for the benefit of practice and patients. An initial consultation document will be sent directly to all members of the profession early in the new year, to inform this debate. (See also page 7.)



Meetings 2009

The GOsC is to host six regional consultation meetings across the UK between March and June 2009, to engage as many osteopaths as possible in the most wide-ranging consultation exercise to date.



2009 Consultation meeting dates and venues

Region	Date	Venue	Booking deadline
Central England & Mid Wales	Saturday 14 March	Birmingham NEC Hilton Metropole	27 February
Scotland	Sunday 29 March	Glasgow Marriott Hotel	16 March
London & the South East	Saturday 25 April	Gatwick Airport Hilton Hotel	11 April
South West England & South Wales	Saturday 16 May	Taunton Holiday Inn	2 May
London & Eastern Counties	Saturday 6 June	Stansted Airport Radisson SAS	23 May
Northern England & North Wales	Saturday 27 June	Manchester Airport Radisson SAS	13 June

Booking your place at the 2009 Regional Consultation events

There will be no charge for delegates wishing to participate in the 2009 GOsC consultation events – and we hope many osteopaths will take time out to share their views and expertise.

However, those wishing to attend **must** reserve a ticket in advance and completed booking forms (enclosed) must be returned to the GOsC to confirm a place. Reservations are on a first-come first-served basis. You can also book online via the **o** zone from mid-December.

Because conference venues will require confirmed delegate numbers two weeks in advance of an event, this will be the cut-off date for reservations. Please note the booking deadline for each event.

Note that reservations can be cancelled up to 14 days prior to the meeting – but in the event of failure to cancel within 14 days, or non-attendance, delegates will incur a £35 charge.

Developing a Revalidation Scheme for Osteopaths

The GOsC's Revalidation Working Group met with representatives of the British Osteopathic Association, nine Osteopathic Educational Institutions and 27 regional osteopathic societies from across the UK, for this year's second Revalidation Forum at Osteopathy House, on Friday 28 November. The Forum reviewed refinements made to the revalidation self-assessment form, the result of a mini-pilot conducted during July and August.

Twenty-four volunteers participated in the pilot, which required them to complete the self-assessment form, and a questionnaire seeking feedback on their experience of completing the form and their views on its suitability for use in a revalidation scheme.

The outcome of this pilot, and issues raised within the meeting, are now being analysed with a view to amending the self-assessment form in time for the profession-wide consultation in the New Year.

Testing proposals

Early proposals for a scheme of revalidation have already enjoyed limited testing amongst interested osteopaths, through GOsC attendance at local meetings. The British School of Osteopathy's Staff and Faculty weekend, on 2 November 2008, requested a briefing from the GOsC Chief Executive & Registrar on revalidation development to date. The GOsC's Professional Standards Manager and the Head of Communications were invited to provide an overview of the proposed scheme to 100 osteopaths gathered for the Western Counties Society of Osteopaths' annual general meeting on 8 November 2008. Feedback from both events was broadly positive, with some interesting early observations for consideration. In particular, the GOsC needs to determine how revalidation will work for those who are non-practising or conduct only a limited practice.

Next steps

Department of Health

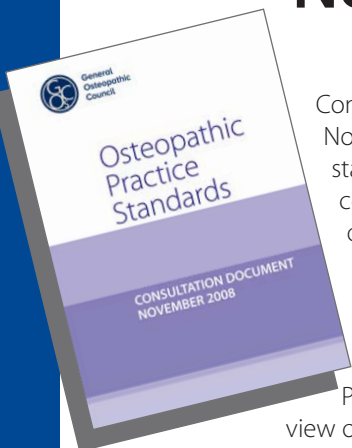
The GOsC Chief Executive and Professional Standards Manager met officials from the Department of Health on 3 December to discuss the revalidation scheme proposed for osteopaths. This was in advance of the formal submission of the proposed scheme to the Department, required by end December 2008.

GOsC Consultation

The GOsC consultation on revalidation will now begin in **early February 2009** (previously reported as November 2008). This first stage will include the issuing of a consultation document to the profession and other stakeholders, including public and patient representative groups. The 'Stage 1' consultation has been extended until **30 June 2009**, to allow for discussion and debate about the proposed Revalidation scheme at a series of GOsC regional consultation meetings during the Spring of 2009 (see pages 4-5).

For further information on Revalidation and the consultation process, email revalidation@osteopathy.org.uk or contact Marcus Dye on 020 7357 6655 ext 240.

New Osteopathic Practice Standards



Consultation was launched in November on revisions to the standards that guide safe and competent practice of osteopathy.

The Osteopathic Practice Standards (formerly referred to as the Standard of Proficiency) are available to view on both the GOsC public website (www.osteopathy.org.uk) and the **o** zone.

Through these websites, you will be able not only to access the consultation documents, but also submit your comments online.

Consultation on the Osteopathic Practice Standards has been extended to **30 June 2009**. This will allow members of the profession, before responding, to attend any of a series of GOsC Regional Consultation Meetings in the Spring, where the new standards will be the subject of discussion.

Feedback from this consultation exercise will refine the standards in time for publication in October 2009 (see pages 4-5).

The new standards will be published for a minimum of one year before coming into force, to enable osteopaths to acquaint themselves with the updated requirements and to address any potential deficiencies through their Continuing Professional Development.

Developing an Osteopathic Practice Framework

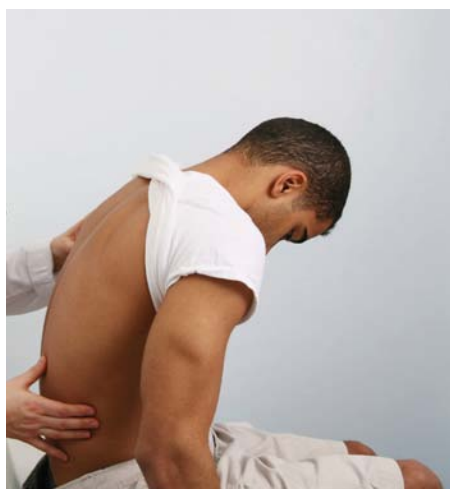
We previously reported in *The Osteopath* (Aug/Sept 2008) that consultation on a new Osteopathic Practice Framework would commence in October 2008. This exercise has been deferred until **February 2009**, to allow for the incorporation of preliminary feedback from a reference group consisting of the Osteopathic Educational Institutions, the British Osteopathic Association and Regional Representatives.

It is envisaged that the Osteopathic Practice Framework will provide a guide to what is involved in osteopathic practice. For the benefit of osteopaths, patients, the wider public and other health professionals, the aim is to set out a general description of what constitutes osteopathic practice and what can be expected of osteopathy. It will not seek to prescribe the scope of practice, but will reflect different approaches to osteopathic care – those most commonly used and those less used.

Consultation: February – end June 2009

Developing an Osteopathic Practice Framework will represent a central plank of the GOsC 2009 regional consultation meetings (see pages 4-5). Osteopaths will also be able to submit views in writing, in response to the consultation document provided to all members of the profession in February next year.

For further information on the Osteopathic Practice Framework and consultation, email marcusd@osteopathy.org.uk.



Reviewing the Code of Practice for Osteopaths

The Osteopaths' Code of Practice (the Code) is approaching its fifth birthday!

The Code was last published in May 2005 and it is kept under review as the profession develops, the law changes and the expectations of patients and society in general change. The GOsC is about to begin a review of the current Code, which may lead to the publication of a new Code in 2010.

As an osteopath, you may already have ideas about how the Code can be improved. We would like to hear these ideas, and we shall use the GOsC Regional Consultation Meetings, to be held in the Spring of 2009 (see pages 4-5), for this purpose. The views expressed by the profession at these meetings will inform any revisions and additions made to the Code.

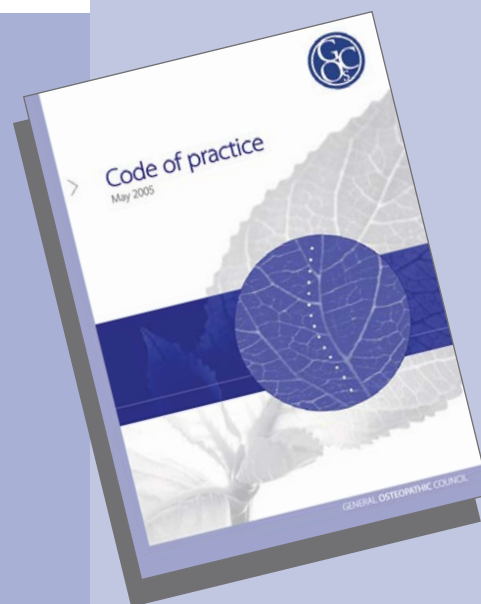
New Rules for the Fitness to Practise Process

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.

The procedures used by these committees are set out in the Osteopaths Act 1993 and Statutory Rules* (Rules). The GOsC is working with solicitors and the Department of Health to produce new Rules, reflecting up-to-date best practice in fitness to practise procedures.

Information about the consultation on the proposed Rules will be available on the GOsC public website and the **o zone** towards the end of 2008. There will also be the opportunity to comment on the draft order setting out the new constitution of GOsC Fitness to Practise panels.

* Current Rules include: Investigation of Complaints Procedure Rules 1999; Professional Conduct Committee Procedure Rules 2000; Health Committee Procedure Rules 2000



GOSC recruitment update

Recruitment of Fitness to Practise panellists

A UK-wide media campaign, launched on 20 October 2008, to recruit panellists for the GOSC's three Fitness to Practise committees generated a staggering 433 applications to the independent Appointments Commission by the closing date of 21 November.

Part of wide-ranging reforms to UK healthcare regulation, the GOSC is seeking 22 lay and osteopath members to reconstitute the statutory Investigating, Professional Conduct and Health committees. Members of Council will no longer populate these committees, as was formerly the case. See *The Osteopath*, Oct/Nov 2008, page 6.

The new committee members will be selected by reference to a framework of competences, and the Appointments Commission's Independent Assessor must now carry out a pre-assessment process to long-list the top-scoring candidates. Interviews will be conducted by an Appointments Commission panel over a 10-day period, scheduled for February 2009. Recommendations for appointment must be ratified by the GOSC Council at its meeting on 10 March 2009. Successful candidates will be appointed from 1 April 2009.

Immediately upon appointment, new committee members will undergo induction and training to ensure there is no interruption in the performance of the GOSC's statutory duties.

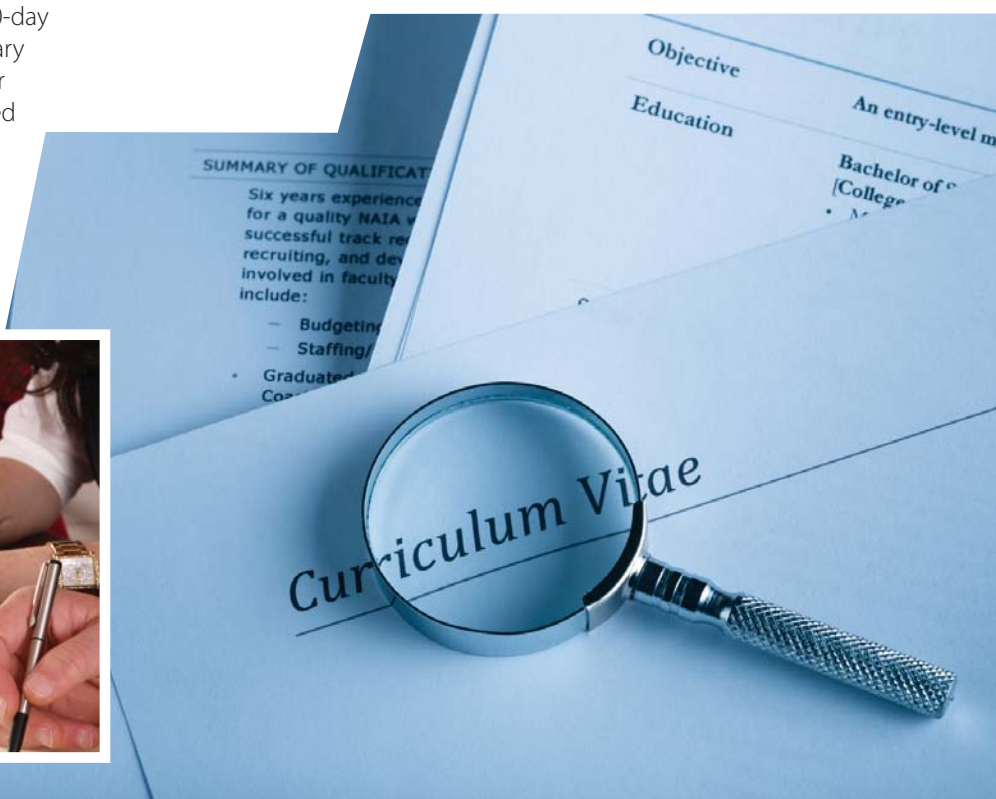
The new Council

Lay and osteopath candidates for appointment to the new GOSC Council, which will take office from 1 April 2009, were shortlisted and interviewed by an Appointments Commission panel over three weeks in late November and early December. The interview panel's final recommendations for appointment must be approved by the Appointments Commission's Health and Social Care Committee on 21 January 2009, subject to parliamentary approval of the GOSC's Constitution Order, also anticipated in early 2009.

The appointments will be announced in early February, and a programme of induction and training will swiftly follow, so that the new Council is equipped to take up the reins from April 2009.

Reconstituting the GOSC Education Committee

The reforms to the GOSC governance structure also require the reconstitution of one further statutory committee – the Education Committee – and work is now underway to develop the underpinning Constitution Order. This Committee is likely to comprise nine members, five of whom, including a lay chair, will be appointed from the Council. A recruitment campaign to select the four external members is scheduled to **commence on 12 January 2009 and will close on 2 February**. Information packs, including details of the required competences, and application forms, will again be available on the Appointments Commission website. Interviews will be conducted in mid-March.



As part of its regulatory function, the GOSC's fitness to practise committees investigate and adjudicate on complaints made about the conduct, health and practices of individual osteopaths. The fitness to practise committees include the Investigating Committee, Professional Conduct Committee and Health Committee. All three committees are established under the Osteopaths Act 1993.

The **Investigating Committee (IC)** consists of osteopathic and lay members. Its primary role is to determine whether there is sufficient evidence of one or more of the following, in deciding whether there is a case for the osteopath to answer:

- > unacceptable professional conduct
- > professional incompetence
- > a relevant criminal offence
- > ability to practise is seriously impaired due to a mental or physical condition.

6 cases. The following sanctions were imposed:

- > 2 Admonishments
- > 3 Conditions of Practice Orders
- > 1 Removal from the Register

In 2 cases, Unacceptable Professional Conduct was found not proved. In the remaining case, the PCC found that a UK conviction was relevant to the osteopath's fitness to practise and imposed a 6-month Suspension Order.

Review Hearings

When the PCC imposes a Conditions of Practice Order on an osteopath's practice or suspends an osteopath from the Register (a Suspension Order), it may decide to review the case before the Order expires. The purpose of the hearing is to establish whether the PCC should –

- for Conditions of Practice Orders:
 - > extend the period for which the Order has effect
 - > revoke or vary any of the conditions
 - > require the osteopath to pass a test of competence
 - > reduce the period for which the Order has effect
 - > revoke the Order

for Suspension Orders:

- > extend the period of suspension
- > make a Conditions of Practice Order with which the osteopath must comply if he or she resumes the practice of osteopathy after the end of the suspension.

For the period of this report, the Professional Conduct Committee reviewed 2 Conditions of Practice Orders and 1 Suspension Order.

The Conditions of Practice Orders were revoked and, in relation to the Suspension Order, the PCC made a Conditions of Practice Order binding on the osteopath in the event that he resumed practice at the end of the suspension period.

Interim Suspension

The IC and PCC will, if it is necessary to protect members of the public, order the Registrar immediately to suspend an osteopath's registration. The suspension is likely to remain in place during the investigation of a complaint, unless there is a change in circumstances.

Interim suspension is used only in relation to the most serious allegations and the IC exercised this power on 2 occasions between 1 January and 1 December 2008. During the same period, the PCC also used this power in 2 cases.

Appeals

An osteopath can appeal a decision reached by the PCC and 1 appeal was heard at the High Court in April 2008. The appeal was against the PCC's decision to remove the osteopath from the Register after finding him guilty of professional incompetence. The appeal was dismissed.

New Rules for the Fitness to Practise Process

The GOSC will be consulting on new Rules for the Fitness to Practise process in late 2009. For more information about this, see p.7 of this issue.

Between 1 January and 1 December 2008, the IC met on 7 occasions and considered 20 cases. It reached the following decisions:

Allegation*	Case to answer	No case to answer
Unacceptable professional conduct	4	4
Professional incompetence	0	0
Unacceptable professional conduct and/or professional incompetence	6	1
Relevant convictions	1	0
Health	0	0
Total cases considered	11	5

*Allegations fall into four categories and it is not uncommon for one complaint to contain many allegations.

The **Professional Conduct Committee (PCC)** considers cases referred to it by the IC where it is felt the osteopath has a case to answer. The PCC's role is to decide whether the allegations made are proved and this generally takes place at a public hearing. Both parties (the osteopath and the GOSC) are permitted to attend the hearing and present their cases.

Between 1 January and 1 December 2008, the PCC considered 9 new cases and found Unacceptable Professional Conduct proved in

Health regulators' 2008 performance under review

In common with clinicians, the performance of health regulators is also closely scrutinized to ensure the body remains fit for purpose and performs its duties fully and to good standard.

The Council for Healthcare Regulatory Excellence (CHRE) launched its annual performance review of healthcare regulators on 21 November. Along with other regulators, the GOsC is required by 20 January 2009 to submit a report on our performance over the preceding 12 months. The CHRE will then assess performance and publish an appraisal in early summer, after individually interviewing each of the regulators during the spring.

The organisation's performance is assessed against 21 standards, spanning five regulatory functions: standards and guidance; registration; fitness to practise; education; and governance and external relations. The five functions and their associated standards are outlined below.

The foundation of the performance review process, these standards enunciate principles of good practice and describe what the public should expect from regulators.

The performance review establishes the minimum requirements for all standards. In the assessment of performance provided to the CHRE, regulators must demonstrate how they ensure they meet the standards and offer supporting evidence.

The 2007 final report on all the regulators is available on the CHRE website at www.chre.org.uk/work/29/.

First function: standards and guidance

- 1.1 The regulator publishes standards of competence and conduct, which are appropriate, comprehensive, prioritise patient interests and reflect up-to-date professional practice.
- 1.2 The regulator makes its standards available and accessible proactively to registrants and potential registrants in the UK, and informs them of their current or future responsibility to meet these standards.

- 1.3 The regulator informs the public of the standards that registrants should meet and the action that they can take if these standards are not met.
- 1.4 The regulator requires registrants to maintain standards through a process of continuing professional development or equivalent systems.
- 1.5 The regulator is working towards a system of revalidation.

Second function: registration

- 2.1 The regulator has efficient, fair and transparent processes for entry to the register and periodic renewal of registration.
- 2.2 Registers are accessible to the public and include appropriate information about registrants.
- 2.3 The regulator takes appropriate action to prevent non-registrants fraudulently using a protected title.

Third function: fitness to practise

- 3.1 The regulator has an accessible process through which patients, the public, employers and others can raise concerns about registrants. The potential complainants understand that their concerns will be dealt with in a fair, proportionate, timely and effective manner and any necessary action taken to protect the public.
- 3.2 The regulator keeps all relevant parties informed of progress on cases at all appropriate stages.
- 3.3 Fitness to practise cases are dealt with in a timely manner at all stages.
- 3.4 There are appropriate processes for the appointment, assessment and training of fitness to practise panel members.

- 3.5 Decisions made at the initial stages of the fitness to practise process (pre-fitness to practise panel stage) are quality assured.
- 3.6 Fitness to practise panels make appropriate, well reasoned decisions on cases.

Fourth function: education and learning

- 4.1 The regulator ensures that its standards for the education and training to be met by students/trainees are appropriate, comprehensive, prioritise patient safety and interests and reflect up-to-date professional practice.
- 4.2 The regulator ensures that its standards for the delivery of education and training are appropriate, comprehensive, prioritise patient interests and reflect up-to-date professional practice.
- 4.3 The regulator has a transparent and proportionate system of quality assurance for education and training providers.

Fifth function: governance and external relations

- 5.1 The regulator is a transparent and accountable organisation and significant policy decisions are based on up-to-date stakeholder and management information and are directed to protecting, promoting and maintaining the health, safety and well-being of the public.
- 5.2 The regulator establishes and works within efficient and effective organisational processes.
- 5.3 The regulator fosters a culture of continuous improvement within the organisation.
- 5.4 The regulator co-operates with stakeholders and other organisations.

News in brief

GOsC public and patient research

Subject to approval by the Council, it is proposed that in coming months the GOsC will begin a programme of research to gain a better understanding of public and patient expectations and experience of osteopathic care. Not only will this assist the GOsC in the discharge of its statutory duties, it will inevitably help to shape the information provided to patients by all concerned with osteopathic care.

A call for research proposals and a tendering process conducted over the Autumn, have produced a project recommendation for consideration by Council at its 4 December meeting.

It is proposed that the research will be conducted during 2009, with results published at the end of that year. Conditional on Council's decision, the full scope of the research and the role osteopaths may wish to play in this data gathering exercise will be reported in forthcoming issues of *The Osteopath*.

'New registrants' survey

Research commissioned by the GOsC is underway to assess the experience of those registering with the GOsC for the first time,

with a view to improving our registration processes and related support for undergraduates preparing for registration. A report is due by the year-end.



The Council for Healthcare Regulatory Excellence

The Health and Social Care Act confers new powers on the Council for Healthcare Regulatory Excellence (CHRE) to investigate the handling by regulators of formal complaints at the investigation stage. In preparation for use of the new powers, which come into effect in Spring 2009, the CHRE has initiated a project to audit Regulators' decisions not to refer cases forward to a full Professional Conduct hearing. The CHRE has met with all regulators, including the GOsC, to understand individual processes. A three-month consultation period on the proposed audit is envisaged to precede implementation.

New public website

The development of the new GOsC public website is progressing well and is on track to be launched early next year. Piloting of the initial prototype generated positive feedback from both osteopath and lay users. The new website will aim to offer greater accessibility to a wider audience, encourage more stakeholder feedback, and present Register information in greater detail. There will be more information about the new website in the next issue of *The Osteopath* and on the **o** zone.

New GOsC registration powers

The GOsC wrote in October to approximately 900 individuals who, prior to October 2000, qualified as osteopaths but had reason not to join the UK Register of Osteopaths during the initial two-year Transition Period (1998-2000).

more equal footing with practitioners qualified outside of the UK. (For a fuller report on the new registration powers, see *The Osteopath*, Aug/Sept 08, page 6.) Recipients were invited to complete and return a questionnaire that will assist the GOsC in gauging more accurately the scope of this initiative and the likely profile of applicants.

To date, 34 expressions of interest have been received from individuals, either currently practising abroad or practising in other health disciplines, including nursing and physiotherapy. Another five responses confirmed no further interest.



The GOsC advised that revisions to the Osteopaths Act 1993, that came into effect this July, could enable the GOsC to consider applications from these UK-trained individuals, for a limited period until December 2010, placing them on a

Regional Communications Network

For a second time this year, a meeting of the GOsC's Regional Communications Network provided an invaluable forum for the exchange of views, ideas and information between representatives of 26 regional osteopathic groups, Council Members and GOSC staff.

Also contributing to the 28 November forum at Osteopathy House were representatives of nine Osteopathic Educational Institutions and the BOA. The breadth of representation reflected the important policy developments under discussion.

The GOsC is required to submit to the Department of Health by the year-end proposals for a scheme of revalidation suitable for osteopaths. This occasion provided an opportunity to review progress since a similar workshop in June, and a small pilot exercise over the summer (see page 6).

The next year will see the most extensive review to date of osteopathic standards, with attention turning again also to the Code of Practice, and – for the first time – to the development of a 'framework' that would represent a general description of what constitutes osteopathic practice and what can be expected from osteopathic healthcare. These will be the focus of GOsC consultation meetings across the UK next spring – see pages 4-5). Feedback from representatives of the profession who have canvassed the opinion

of local colleagues, is a vital step in early development, particularly in highlighting regional variations in osteopathic practice or primary healthcare provision.

The Regional Communications Network meetings offer an opportunity also to provide updates on a range of other issues – on this occasion, particular interest focussed on the GOsC Chairman's report on progress to appoint a new Council.

Briefing papers relating to all the substantive items (items 1-6) on the agenda (see right) are available in electronic format. Representatives of regional osteopathic societies are encouraged to share these briefings with colleagues and report back on the Network to members of regional groups, to inform discussion at local osteopathic meetings and generate feedback to the GOsC.

To receive copies of briefings relating to this meeting, email the GOsC Communications Department on brigidt@osteopathy.org.uk or telephone ext 247.

Revalidation & Practice Standards Forum, 28 November 2008

AGENDA

1 Revalidation:

- > Progress to date – update by GOsC Chief Executive
- > The Revalidation Scheme: Stages 1 – 4 overview & discussion
- > The consultation process

2 Revising *The Code of Practice (2005)*

- > Timetable and overview – GOsC Head of Regulation
- > Elements for review 4 – discussion
- > The consultation process

3 The Osteopathic Practice Framework

- > What is this? What is its purpose? – introduced by Prof. Adrian Eddleston, GOsC Chair – discussion
- > How does the BOA 'Common Language project' relate to this?
 - Overview by Michael Watson, BOA Chief Executive
- > The consultation process

4 Accreditation of CPD courses

- > BOA proposals (Michael Watson, BOA Chief Executive) & GOsC perspective (Evelynne Gilvarry, Chief Executive & Registrar)
- > Views of the Regional Societies – discussion

5 New GOsC Osteopathic Practice Standards

- > Overview – GOsC Professional Standards Manager
- > The consultation process
- > Discussion

6 2009 GOsC Regional Consultation Events – when, where and what about?

7 Issue updates

- a GOsC governance arrangements: Council & Committee Member appointment process & progress
- b New GOsC registration powers
- c Osteopathy House redevelopment
- d Equality and Diversity: diversity monitoring plans; E&D Action Plan – issuing of DDA guidance to osteopaths
- e GOsC Research
 - i Patient research 2009 (proposed)
 - ii Osteopathic practice survey 2009 (proposed)
- f GOsC public website 2009
- g NICE low back pain guidelines – consultation update



Global community of osteopaths

Evlynn Gilvarry, Chief Executive & Registrar

If the evidence of a recent conference in Chicago is anything to go by, the community of osteopaths worldwide is thriving and looking to the future with determination.

The event, in Chicago from 7-9 November, was the annual education forum and general meeting of the Osteopathic International Alliance – a body established in 2004 with a mission to 'advance the philosophy and practice of osteopathic medicine and osteopathy throughout the world'. Its membership includes regulators and other bodies that support this aim, and the GOsC is actively involved.

But, whilst the overall mood of the meeting was one of optimism for the future, there was no dodging the challenging issues that face osteopaths in many, if not all, the countries represented.

Issues such as how to ensure consistency of quality of teaching; how to achieve an evidence base for osteopathy; how to preserve the distinctiveness of osteopathy in an increasingly competitive world; and how osteopaths and osteopathic physicians can cooperate more constructively, were chewed over thoroughly in the course of the three-day event.

And, although none of these issues has a ready or easy solution, there are some very helpful developments around the world that point to progress. One example of this is the increasing number of worthwhile research projects that in time will provide that much-needed evidence base for osteopathy. Examples of such projects in the US and elsewhere were highlighted at the meeting, and the GOsC, through its support of the National Council for Osteopathic Research, plays its part in building the evidence base.

Another very promising development reported on this occasion was the prospect, at last, of publication of a set of guidelines by the World Health Organization on basic training and safety in osteopathy. These guidelines should help in the drive towards consistency of standards of osteopathy. They should also help to preserve the special nature of osteopathy at a time when that distinctiveness is being questioned by



Delegates attending the 2008 Osteopathic International Alliance meeting, Chicago

other disciplines practising manipulative techniques.

If there was an overriding theme of the conference, it was that the future wellbeing of the global osteopathic profession hinged on reaching and maintaining high standards of teaching, research and practice. These are challenging objectives for any country where osteopathy is practised but especially so for those countries where there is no regulator to set the standards.

At present only six countries in Europe have any form of regulation. A most encouraging feature of the meeting, therefore, was reports from osteopaths in countries where no regulation exists about the work they are doing to encourage their governments to introduce regulation. And the good news is that this work is paying off, with encouraging signs in Italy, Portugal and Ireland of regulation on the horizon.

Another very encouraging feature was the absence of discord between osteopaths and osteopath physicians. Quite the opposite. Several osteopath and osteopath physician speakers spoke in support of cordial co-existence and



Above: Clive Standon, Stephen Tyreman and Christian Fossum

Below: Ray Klingensmith & Larry Wickless



constructive cooperation. To general applause they argued that the traditional tensions between the two groups were giving way to the need for unity in tackling the many challenges facing the global osteopathic community.

GOSc meets with Health Minister

In October, GOSc representatives met with Health Minister, Ben Bradshaw MP, to discuss regulatory developments both in the UK and within Europe.

The Minister expressed interest in exploring how his department could assist the GOSc with the challenge of protecting patients when, according to an EU



Directive*, the Regulator is not permitted to test the language skills of EU applicants to the UK Register (ie those with non-UK qualifications). A subsequent meeting with Department of Health officials to discuss this issue in detail is planned.

The regulatory implications of an increase in NHS-funded osteopathy was also discussed, this in the light of a Government announcement that day regarding patient self-referral to allied health professionals. The Minister's attention was drawn to a multi-disciplinary acute back pain service, which includes osteopathy, operated by Plymouth PCT. Mr Bradshaw holds Ministerial responsibility for the South West and for the Government's 18-Week Programme. A Ministerial visit to the back pain unit is proposed for January 2009.

* Directive 2005/36/EC of the European Parliament and of the Council of 7 September 2005 on the recognition of professional qualifications.

GOSc responds to Government consultation on Patient Rights

The GOSc has submitted a response to the Department of Health's consultation on plans for an EU Directive on patient rights. The proposal, launched in July this year, gives patients rights to access healthcare treatment elsewhere in Europe, and is intended to provide legal certainty for patients, Member States and healthcare providers, following a series of European Court of Justice rulings on the issue.

In its submission, the GOSc set out its support for a clear framework on cross-border care, as long as this does not jeopardise patient safety and confidence in UK osteopathic standards.

Whilst it is still not clear what impact this directive could have on the delivery of private healthcare, there could be an increase in the availability of private health insurance schemes offering cover for patients seeking treatment in other

Member States. Osteopaths working in private practice in the UK, for example, could be treating patients from other Member States with EU-wide insurance cover. The need for effective communication will be even more demanding, not only because of the potential language complications that could arise during treatment, but also because of the complexities of access to patient records and contact with the healthcare professionals in the patient's home State, matters complicated by differences in data protection legislation, as well as in language.

You can read the GOSc's response in the news sections of the o zone and the GOSc public website.

For further information, contact Sarah Eldred on 020 7357 6655 ext 245 or email sarahe@osteopathy.org.uk.

NICE consults on low back pain guidelines

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).

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 12 weeks". A choice of therapies, including osteopathy, may be offered, taking into account patient preference. This is important in terms of embedding osteopathy within wider clinical practice, thereby helping to facilitate referrals between osteopaths and other healthcare professionals, particularly GPs.

The GOSc, the National Council for Osteopathic Research and the British Osteopathic Association exchanged views and submitted a single coordinated response to NICE before the consultation deadline of 26 November 2008.



Inside *IJOM*: Clinical competency, CPD and more

Robert Moran MHS (Osteo), School of Health Science, Unitec New Zealand and New Zealand editor of *IJOM*

Editor Robert Moran selects some highlights from the December issue of the *International Journal of Osteopathic Medicine*, enclosed with this magazine

The assessment of clinical competency is a topic of significant interest, not only to those who work as educators in the various Osteopathic Educational Institutions (OEs), but also to students, regulatory bodies and the general public. If you've ever wondered about the educational theory underlying those anxiety-inducing but time-honoured clinical competency examinations, you'll find plenty of material to feed your interest in the enclosed issue of the *International Journal of Osteopathic Medicine*.

At most OEs, the clinical competency examination is the pinnacle assessment, the focal point for years of study. Countless hours in clinic, lectures, practical classes and tutorials, assignments and presentations – all culminate in an assessment that determines whether a student can graduate and register as an osteopath. There is a lot at stake, not least of which is the assurance that when a member of the public consults an osteopath, that practitioner is appropriately qualified and competent.

Although there is a large volume of literature on clinical competence in the general medical and healthcare arena, there has been relatively little published that pertains directly to osteopathy. We are therefore particularly pleased to be able to publish three papers on this important topic.

If you attended **Advancing Osteopathy 2008**, you may recognise the authors as three

of the presenters at the very successful education conference, 'Osteopathic Learning and Practice – a global future'. Hilary Abbey, Simeon London and Paula Fletcher have all contributed papers that expand on their presentations.

Hilary Abbey analyses the outcomes of final clinical competence assessments and clinic tutor reports from four years at the BSO. Would you expect the outcomes of these two types of assessment to be similar or different? Do these assessments measure the same thing and should they? See *IJOM* p. 125 for more.

In an environment where multiple OEs produce graduates who will register and practise under the same legal framework, it seems sensible to explore the idea of a single 'gold standard' of clinical competence that can be agreed by the institutions and endorsed by the GOSC. This is the thought-provoking conclusion to **Simeon London's** commentary (see p. 132). Perhaps there might even be a place for a standardised national clinical competency exam? This topic is sure to provoke a response from anyone involved in clinical education. I wonder whether anyone is willing to express their opinion about the potential for a national exam in a 'Letter to the Editor'?

The final paper in the trio is by **Paula Fletcher**, whose commentary, starting on p. 137, explores the reliability and validity of clinical

competency assessment. Fletcher reviews the strengths and weaknesses of the 'long case' as the predominant method of clinical assessment in osteopathy. Drawing on previously published literature, she provides a useful series of practical pointers that can increase the validity and reliability of the long case. If you teach in clinic, this piece is a 'must read'.

If your experience of the clinical competency assessment was such that you've never thought about it since (and don't ever want to again!), then one of the abstracts (see pp. 149-168) may be of more interest. The journal is pleased to publish abstracts from the 7th International Conference for Advances in Osteopathic Research (ICAOR7), held in Florida, USA, during September 2008. One of the main driving forces behind ICAOR, Dr Ian Drysdale, contributes a guest editorial (p. 123) that outlines some of the history of the ICAOR meeting, and also reminds us of the place of research as a cornerstone for osteopathy education and practice.

The ICAOR meeting continues to grow in quality and size every year and it's great to see a growing number of clinical trials being presented. The trials this year included



investigations into somatoform autonomic cardiovascular dysfunctions (p. 161), headache and sinus pressure in patients with chronic rhinosinusitis (p. 157), and persistent post-partum back pain in women (p. 156). Also notable are some nicely designed animal experiments looking at lymphatic pump techniques (see pp. 149, 150 and 151).

Don't forget that every issue of the journal includes a self-assessed CPD activity based on the contents of the current issue. You'll also find answers for the previous CPD activity on p. 148.



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.

Standardised data collection – potential benefits for osteopathy

Carol Fawkes, NCOR Research Development Officer



Why develop a standardised data collection (SDC) tool?

Complementary and alternative medicine is currently used by some 13% of the population in the United Kingdom¹. Access to osteopathic treatment is through a variety of locations: private practices, NHS hospital outpatient departments, general practices (GPs) and clinics attached to Osteopathic Education Institutions. The vast majority of patients access treatment through private practices². Traditionally, musculoskeletal disorders, particularly low back pain, have been the commonest reasons for a patient to visit an osteopath.

The limited survey work that has been done suggests that back pain accounts for approximately fifty percent of an osteopath's workload³ and that musculoskeletal type presentations make up the majority of the rest of the case load. However, these data have to be treated with some caution as they are either dated⁴, based on teaching clinics⁵, single practices^{6,3}, or single day surveys with poor response rates^{7,8}. The same critique applies to descriptions of osteopathic approaches to treatment for particular complaints. There remains little serious investigation into the range of presentations that osteopaths treat, in addition to musculoskeletal symptoms, so it is difficult to demonstrate the full scope of osteopathic care.

Quality initiatives have been launched by other healthcare professions including medicine in 1983^{9,10,11}, nursing¹² and the Allied Health Professions in the 1980's and 90's^{13,14,15}. Given the progress of these initiatives, it seems timely for osteopathy to initiate significant work in this area.

The introduction of clinical governance¹⁶ into the healthcare arena has affected not only NHS practitioners but those in complementary health care professions such as osteopathy¹⁷. Clinical governance has modified the focus from quality assurance¹⁸ to encompass standards on record keeping, monitoring outcomes, clinical audit, patient satisfaction measures, patient safety and the implementation of evidence. These demands reflect some of the requirements outlined in the recent Fitness to Practise guidance issued by the General Osteopathic Council¹⁹. Osteopathy currently lacks a data set to fulfil the information requirements in many of these areas. There has to date been an absence of research strategy informed by an identified set of research priorities for the profession; NCOR and the work on the SDC are attempting to address this deficit. Many professions have found themselves in this situation historically and have addressed their needs in a variety of ways^{20,21}.

NCOR development of a standardised data collection (SDC) tool for osteopathy – progress update

Search for existing tools – **completed**

Development of draft SDC tool in 9 hubs – **completed**

Merger of all draft tools – **completed**

Review of merged tools by all hubs – **completed**

Creation of single draft tool based on feedback from all hubs – **completed**

First pilot of draft tool by 4 members of all hubs for 1 month using new and existing patients – **completed**

Revisions to tool based on feedback – **completed**

Second pilot of revised tool by all hub members for 1 month using new and existing patients – **completed**

Revisions to tool based on feedback – **completed**

Third pilot by a selection of 4 non-hub members in each hub region for 2 weeks using new and existing patients – **ongoing**

Revisions to tool based on feedback

National pilot of tool by random sample (1 in 5) of the profession on all new patients for 3 months

Analysis of data

Preparation of report based on findings and analysis of data



The use of an audit-based approach to improving quality of care and promoting evidence-based practice has been used extensively within the NHS²². Although there are existing data collection tools for this process, they have been developed in other settings, such as primary care. Early data collection work in osteopathy, undertaken by Professor Kim Burton in 1981, looked retrospectively at case history data⁴. The healthcare

landscape has changed in the intervening 27 years and the current data collection tool being developed for osteopathy has attempted to recognise the needs of the profession as it enters the 21st Century. Professor Ann Moore, who is leading the project for NCOR, has extensive experience in developing data collection tools for the NHS, and for practitioners in NHS and private practice settings^{23,24,25,26}.



How can data collection help my practice?

Using the data collection tool will provide information that will be useful for:

- > Marketing your practice more effectively
- > Identifying useful CPD activities
- > Accessing new healthcare markets
- > Identifying research questions to benefit patients
- > Identifying research questions to promote osteopathy

What information will the data collection tool provide?

The osteopathic profession currently has no documented information concerning how it practises and the patients it treats. The data collection tool will provide information concerning:

- > The profile of patients seeking treatment e.g. their age, sex, general health
- > The reasons patients seek treatment
- > The wide variety of treatment approaches used in osteopathic care
- > Investigations and other forms of treatment sought by patients before consultation
- > Responses to treatment
- > Cost-effectiveness of treatment

Will CPD be awarded?

Time involved in data collection can be counted as CPD activity should individual practitioners decide they wish to do this.

How can I become involved?

NCOR is asking as many osteopaths as possible to participate in this data collection project. You will be asked to **collect data on 10 new patients within a three-month period**, following them from their initial consultation and documenting their osteopathic care. A considerable amount of the data collected on the SDC form will be recorded as part of the case history taking process. There are some additional questions but the data collection tool has been designed deliberately so that it is not onerous and overly time-consuming to complete. **All data will be anonymised and treated in strict confidence.**

Taking part

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



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.

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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 27 January, 7–9pm

Looking at outcome measures suitable for clinical practice and developing a patient satisfaction questionnaire for osteopathic practice

A selection of case studies will be presented at the meeting

> LONDON

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

> OXFORD

Wednesday 28 January, 7–9pm

A workshop on the critical appraisal of two selected papers will take place; the group will also continue developing a research study investigating shoulder dysfunction

> KENT – New research hub

Friday 23 January, 7–8.30pm

The next meeting of the Kent research hub will be held at the European School of Osteopathy

The meeting will be facilitated by Dr Dawn Carnes and Mr Rob Froud. If you are interested in attending future hub meetings please contact Dawn either by email: D.Carnes@qmul.ac.uk or tel: 07710 4970 242

> BRISTOL

Thursday 22 January, 7–9pm

The meeting will be looking at the literature concerning the physiological effects taking place during spinal manipulation. A selection of outcome measures suitable for clinical practice will be discussed

> EXETER

See www.ncor.org.uk for next meeting date

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

> HAYWARDS HEATH

Sunday 8 February, 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

> 9 May 2009

5th International evidence-based physical therapy conference and exhibition

This will be held at Imperial College, South Kensington, London. Further information at www.heseminars.com or tel: 01202 568 898.

> 12–16 May 2009

North American Research Conference on Complementary and Integrative Medicine, Minneapolis, Minnesota

Further information on registration and how to submit an abstract can be found at www.imconsortium-conference.org/index.php.

> 13–14 July 2009

The Alternative and Complementary Health Research Network: Promoting Excellence in Qualitative Research

The ACHRN annual conference, University of York. Key speakers have yet to be announced; further details can be found at <http://achrn.moondrop.co.uk>.

> 19–21 May 2010

5th International Congress on Complementary Medicine Research, Tromsø, Norway

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

Health and Wellbeing at Work 2009

24-25 February, National Exhibition Centre, Birmingham

Health and Wellbeing at Work is aimed at health professionals involved in improving the health and wellbeing of work-aged people.

This year's conference comes at a particularly appropriate time, as the Government has just published its response to Dame Carol Black's report on how to help disabled and ill people stay in work rather than going onto long-term sick leave.

Dame Carol, who is the National Director for Health and Work, will give a keynote address titled 'Health, Work and Well-Being – Where Are We?' in the 'Health and Wellbeing' conference programme on Tuesday 24 February.



'Musculoskeletal Disorders', another programme on the same day, includes a presentation on reducing absence through early intervention, from osteopath Kelston Chorley. The 'Ergonomics' programme on Wednesday 25 February might also be of interest to osteopaths.

There will also be an exhibition of relevant products and services involving more than 150 organisations.

For further information, visit the conference website: www.healthatwork2009.co.uk/ or telephone 0151 709 8979. For further information about Dame Carol Black's report and the Government's response, visit the Department of Health website at www.dh.gov.uk and see the press release 'Keep Britain working - Johnson and Purnell respond to Dame Carol Black report'.

4th Complementary Therapies and Children's Palliative Care Conference

25 April 2009, Birmingham Children's Hospital

Organised by the Children's Complementary Therapy Network, this conference provides the opportunity for healthcare professionals to learn and share knowledge and experiences in the management of children receiving palliative care.

The day will include presentations on children's palliative care from medical and complementary therapy perspectives as well as break-out sessions on specific topics.

There will be an opportunity for delegates to display poster presentations at the conference. The closing date for poster submission is 2 March 2009.

For further information about the conference visit: <http://cctn.freshwinds.org.uk> or telephone Dr Pankaj Shah on 0121 415 6670.

Primary Care 2009

20-21 May, National Exhibition Centre, Birmingham

Primary Care is the largest national healthcare conference of its kind in Europe and in 2009 will feature 16 parallel conference programmes aimed at a wide range of healthcare professionals. The full programme will be available from January.

The conference provides excellent opportunities to find out about new clinical, Government and primary care trust initiatives as well as to network with healthcare

colleagues. As usual there will be a large exhibition showcasing a wide range of products, services and patient organisations. In addition entry is free to practising healthcare professionals.

A growing number of osteopaths have realised the benefits of attending Primary Care and osteopathy was well represented at the 2008 show. Visit www.primarycare09.co.uk/ for further information about Primary Care 2009.



Central Sussex Osteopaths

Jeremy Buck DO, Brighton & Hove

Meetings in 2009

Following some very successful meetings over the course of 2008, we are pleased to announce some highlights in our 2009 programme. Note that we shall be re-locating our meetings for 2009 to the Hickstead Showjumping Ground, Hickstead, West Sussex.

Saturday 7 February 2009

9.30am–1pm

Clicks, pops and things that go bump in the night! TMJ from a dental perspective.

James Hooper is a dentist who has run a private dental practice in Hove for 24 years. In that time he has developed an interest in occlusion and its relationship to musculoskeletal problems. Patients can present with headaches, neck aches and back pain which have strong occlusal elements in their aetiology. In this session, James will explore the potential benefits of combining osteopathic and occlusal treatments. He will demonstrate the immediate relaxation of the muscles of mastication, with a temporary change in the occlusion, as an indicator of how effective occlusal treatment might be. In the latter part of his presentation he wants to discuss and develop a greater understanding of clicks and pops that present in the temporomandibular joint and of treatment options as seen from a dental perspective.

Saturday 16 May 2009

9.30am–1pm

Walter McKone will be coming to talk about osteopathic philosophy. To find out more about him have a look at his web site www.osteopathicphilosophy.com

Saturday 26 September 2009

9.30am–1pm

Clifford Lomax will talk to us about migraine treatment and management. See *Osteopathy Today*, October 2008 p.15.

Please note: Hickstead Showjumping Ground is on the A23, on the left hand side of the road when heading north. If using sat nav, enter the postcode for the nearby FridayAd building, BN6 9HS, and this will direct you to the appropriate southern entrance. This is only about two miles from where we usually meet – please contact me if you need further information or you are not already on our email list. Email on info@thedriveosteopathicclinic.co.uk or phone on 01273 203 820.

Western Counties Society of Osteopaths

Nick Hounsfield BSc (Hons) Ost, Bristol

AGM and CPD day 8 November 2008

A record 94 delegates gathered for our AGM and an excellent day of lectures at the Exeter Golf and Country Club in early November.

First, we had an information-jammed 90 minutes from Ron McCulloch, Podiatric Surgeon, who talked in detail about gait analysis techniques and the clinical implications of various foot dysfunctions. An excellent lecture.

Orthopaedic surgeon Ben Lankester then delivered an amusing and informative talk on knee reconstruction surgery, which included fantastic arthroscopic video footage of the procedures, especially ACL ligament repairs.

After a healthy lunch Brigid Tucker and Marcus Dye from the GOsC discussed revalidation for osteopaths. This stopped delegates from snoozing after lunch, and the session turned into a useful forum in which WCSO members could air their

apprehension about the revalidation scheme and also discuss the potential opportunities this could bring to the profession. Brigid fielded the questions and concerns well and the Society has decided to set aside time at all future meeting to discuss current developments within the profession ... so if you want to have your say, please attend the meetings!

Ossur had a stand with their various braces and support devices, and provided a comprehensive guide to knee surgery rehab and prehab.

Anita Hegarty has now “done her time” and hands over the role of Chairman to Nick Hounsfield. Zara Ford joins him as Secretary and the Dynamic Duo will deliver some great conferences over the coming 4 years. Future dates for your diaries:

Spring meeting

13 March 2009

Saunton Sands Weekend

13–14 June 2009

Exeter Golf and Country Club

7 November 2009

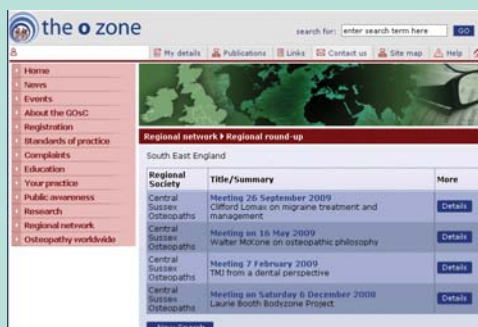
Regional news on the o zone

Do you know that there is a section of the o zone devoted to regional group news? Click on the Regional Round-up menu bar in the Regional Network section of the o zone, to search for regional CPD meetings on offer in your area, and around the UK, and find out how to attend any you are interested in.

Should you wish to join a regional group, you can access the contact details of your local groups via the interactive map listings on the main Regional Network page.

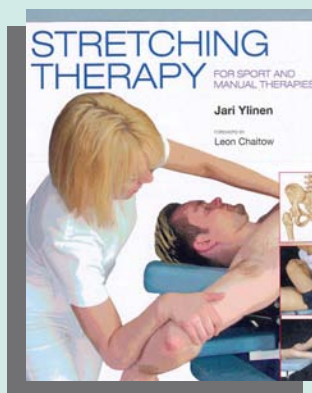
The most efficient way for regional groups to get their news and information about forthcoming meetings onto the o zone is to use the convenient, tailor-made form in this section. Click on the ‘Submit a regional news item’ button on the Regional Round-up search page,

and you will access the form. Fill in the required details, click on ‘submit’ and your regional news will be sent straight to the GOsC and, after review, will appear on the website.



Bookshelf

a selection of illustrated reference books for the osteopathic bookshelf



Stretching Therapy: for sport and manual therapies

Jari Ylinen

Published by Churchill Livingstone Elsevier
ISBN: 978-0-443-10127-4
Price: £28.99

Aimed at all health professionals, including osteopaths, who use stretching in their work, this book includes a review of research into the effects of stretching and comparisons of different stretching techniques. Colour illustrations show a wide range of specific stretches. Both static and tension-relaxation stretching techniques are described and there is information about possible complications and contraindications.

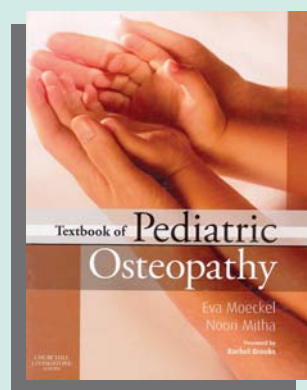
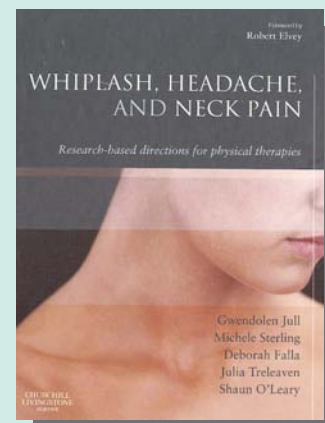
Whiplash, Headache, and Neck Pain

Research-based directions for physical therapies

Gwendolen Jull,
Michele Sterling,
Deborah Falla,
Julia Treleaven and
Shaun O'Leary

Published by Churchill Livingstone Elsevier
ISBN: 978-0-443-10047-5
Price: £24.99

A research-based textbook and practical clinical handbook about the evaluation, diagnosis, assessment and management of patients with cervical spine disorders, this book focuses on whiplash-associated disorders, cervicogenic headache and cervico-brachial pain. It aims to demonstrate the clinical relevance of the research to students and practitioners and presents specific rehabilitation and prevention strategies for neck pain.



Textbook of Pediatric Osteopathy

Eva Moeckel and
Noori Mitha

Published by Churchill Livingstone Elsevier
ISBN: 978-0-443-06864-5
Price: £39.99

This book covers the spectrum of paediatric osteopathy from newborn to teenager, including developmental physiology, principles of osteopathic treatment, psychological aspects and nutrition. Also considered are the development of specific areas of the body and running a paediatric practice. There is a final section of references to further information sources in the UK.

The Physiology of the Joints

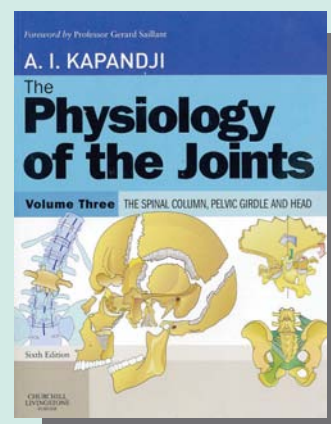
Vol 3: the spinal column, pelvic girdle and head

(Sixth edition)

A I Kapandji

Published by Churchill Livingstone Elsevier
ISBN: 978-0-7020-2959-2
Price: £26.99

This book is aimed at all health practitioners, including osteopaths, who are interested in the biomechanics of the human body. The book describes the functioning of, and illustrates, the joints, ligaments and muscles associated with the spine, pelvic girdle and head.



Textbooks are available from Osteopathic Supplies Limited

www.osteopathicsupplies.com
T: 08449 840 325
F: 08449 840 326
E: sales@o-s-l.com



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

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

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.

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 Postpartum 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.
email: info@ccst.co.uk
website: www.ccst.co.uk

>15–18 Immotion 2, 2nd level: Embodiment of emotions & clinical significance for osteopaths working with involuntary motion

Speaker: Christine Conroy MSc.Ost. DO Hons MSCC.
Venue: Tyncornel Hotel, Gwynedd, Wales.
tel: 01654 761 435
email: info@immotion.org.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 & 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

Speakers: 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

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.

> 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

July

> 18

Cranio-sacral Therapy introductory course: first stage of full professional training

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

September

> 12–13

Sports rehabilitation – managing lower 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

> 24

How to treat: Whiplash injuries

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

> 25–27

Harmonic technique

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

> 26

Introduction to visceral osteopathy: the thorax

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

October

> 8

Weight control: What we should be telling our patients

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

> 22

How to treat: Impingement syndrome of the shoulder

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

> 29

Therapists, shamans and charlatans: what are the differences?

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

November

> 5

Osteopathic integration II: Lower back pain and endometriosis

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

> 26

Perfecting placebo

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

> 6–8

Pregnancy care

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

> 7

Trunk/spinal movement rehabilitation

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

> 19

How to treat: Plantar fasciitis

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

> 21–22

Osteopathic technique: Cervical spine, CD and UEX

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

> 21

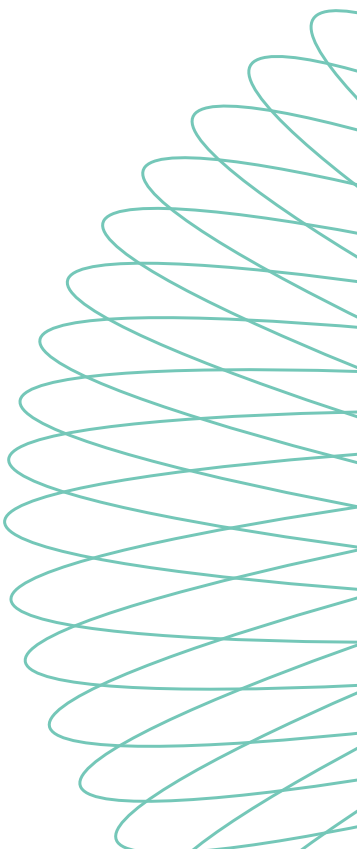
Introduction to counselling skills for manual and physical therapists

Speakers: Tsafi Lederman & Jenny Stacy.
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.
tel: 020 7263 8551
email: cpd@cpdo.net

> 26–28

Vascular visceral manipulation

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



CLASSIFIEDS

RECRUITMENT

Maternity cover, mainly structural but some cranial useful (not essential). Working in friendly practice, would suit recent graduate - support available. Possible future assistant position available. Help finding accommodation. Mar - Nov 2009, Mon - Fri, flexible hours. Tel: 07971 470679. Email: katedefleury@yahoo.co.uk. (Please forward your CV). Carrickfergus, Co Antrim, Northern Ireland.

Experienced female osteopath seeks locum/associate work in London from February 2009. BSO 1998 graduate - comprehensive structural practitioner with IVM skills. Enthusiastic, dedicated, hardworking, superb interpersonal skills. Conscientious to the core. Enjoys treating a broad range of patients from babies and expectant mothers to stressed city types and older patients. Tel: 07742 625 662.

Central Bristol. Long-term position available with a view to partnership from February/March 2009. Established practices, including one-day NHS clinic. 35-40 patients per week. Minimum 2 years' experience and use of IVM essential. Please call 0781 636 0076.

Experienced osteopath required for busy Cambridge practice, three days per week and alternate Saturdays. Must have cranial experience, combined with good structural skills. Experience treating children and babies is essential. The position is within a multi-disciplinary team, benefiting from full reception cover. The position will involve taking over and maintaining a full list, and you will ideally be BUPA registered. Please send your CV and covering letter to: Box 109, The Osteopath, Wealden Advertiser Ltd, Cowden Close, Horns Road, Hawkhurst, Kent TN18 4QT.

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. Tel: 07984 801 231 or 020 8203 4360.

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Treatment room to rent, High Chelmer Shopping Complex, central Chelmsford. Excellent location, with superb advertising potential. Minutes to parking. Brand new room within new Pilates studio. Aircon, heating, fan and nice view. Access 7am to 9pm, Monday to Saturday. Call Chris on 07947 650 809.

COURSES

Buteyko breathing technique: for asthma and breathing related problems. Learn the theory and how to teach the technique. Used in the NHS and recommended in British Thoracic Society National Asthma Guideline 2008. Five-day modular teacher training course for health professionals; 4-6 February and 5-6 March 2009. The course leads to qualification and registration with the Buteyko Breathing Association. For details go to www.teachingbuteyko.co.uk or contact Kathryn Godfrey: kg@teachingbuteyko.co.uk 020 7254 5638.

GENERAL

Manual to aid retirement. Build yourself a £1million pension pot whilst running a financially successful practice. Details of retired osteopath's eManual, in which he tells you how he did it, at: www.practitionerretirementmadeeasy.net.

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Teresa Kelly MSc Dip (Osteopath)
27th February - 1st March 2009. Cowley, Kent TN18 4QT
Tel: 01580 753 322

Learn and practice how to:

- Normalise diaphragm position, to ease and assist breathing
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- Relieve and assist with the baby's breathing
- Relieve and assist with the baby's digestion
- Relieve and assist with the baby's circulation
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- Relieve and assist with the baby's circulation

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SUTHERLAND Cranial College

COURSES 2009

OSTEOPATHY IN THE CRANIAL FIELD

MODULES 2 AND 3
a five day residential course
4-6 April 2009
Course Director:
Carl Surridge, DO MSCC
Course Costs £1360
Venue: Hinselby 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 courses.

Students to tutor ratio of 4-1
40 hours CPD

For details of all courses, please see our website www.eco-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
14-16 May 2009
Course Director:
Sue Turner, MA DO MSCC
Course Costs £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.

On this course we explore Dr Sutherland's ingenious methods for engaging the innate self-corrective forces in all the joints of the body, using the principle of Balanced Ligamentous Tension.

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 courses.

Students to tutor ratio of 4-1
34 hours CPD

DYNAMIC BASICRANIUM

MODULE 6
a three day residential course
26-28 June 2009
Course Director:
Liz Hayden, DO MSCC
Course Costs £630
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 tensesity structure of the whole body; how differential growth during childhood has implications for the treatment of children of different ages; the mechanics of both intracranial 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: *Please make this your priority to*

Mr/Mrs/Miss/Ms/Dr First Name:Surname: *Sutherland Cranial College and post*

College/University attended:Year Qualified: *with completed application form to*

Address: *Sutherland Cranial College*

.....Postcode: *PO Box 91 Clepton HP16 7ZS*

Telephone number (am) (pm) *Card Payments accepted please*

Email address: *ring 01291 680008 during office*

..... *hours*

..... *Monday - Friday 9.00am - 5.00pm*

..... *admin or*

..... *info@ecoosteopathy.co.uk*

PLEASE INFORM COURSE OFFICE REGARDING ANY SPECIAL DIETS AND DISABILITIES ASAP. THANK YOU
PLEASE INCLUDE A SEPARATE PIECE OF PAPER DETAILING QUALIFICATIONS AND OTHER POST GRADUATE COURSES TAKEN

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 Lederman	£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	Mareel Kern	£220.00	£150.00
7-9 Feb	Sports Rehabilitation – managing upper limb injuries	Chris Baynes	£220.00	£100.00
3-5 Feb	Neuromuscular "re-abilitation": A functional approach (3 days)	Prof. Eyal Lederman	£355.00	£200.00
21-22 Feb	Modern muscle energy techniques	Leon Chabow	£245.00	£100.00
21 Feb	Nutritional assessment and clinical supplement prescription	Dr Adam Curllife	£120.00	Pay in full
26-28 Feb	Peripheral nerve manipulation (3 days) Full	Jean Pierre Baral	£465.00	£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 Taffon	£220.00	£100.00
16-17 May	Cognitive behavioural approach to chronic pain in physical therapies	Heather Murray Peter Glaswell	£235.00	£150.00
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3 June	Introduction to visceral osteopathy: the abdomen	Joanna Crill Dawson	£120.00	Pay in full
20-21 June	Osteopathic care of small animals	Tony Nevin	£245.00	£100.00
12-13 Sept	Sports Rehabilitation – managing lower limb injuries	Chris Baynes	£220.00	£150.00
25-27 Sept	Harmonic technique (3 days)	Prof. Eyal Lederman	£265.00	£200.00
26 Sept	Introduction to visceral osteopathy: the thorax	Joanna Crill Dawson	£120.00	Pay in full
3-9 Nov	Pregnancy care (3 days)	Averile Morgan	£305.00	£100.00
7 Nov	Trunk / spinal movement rehabilitation	Prof. Eyal Lederman	£175.00	Pay in full
21-22 Nov	Osteopathic technique: Cervical spine, GD and UEX	David Taffon	£220.00	£100.00
21 Nov	Introduction to counselling skills for manual and physical therapists	Teal Lederman Mary Stroy	£120.00	Pay in full
26-28 Nov	Vascular visceral manipulation (3 days) Full	Jean-Pierre Baral	£465.00	£300.00
Evening courses (£8.00-22.00)		www.cpdo.net		
22 Jan	How to treat: Acute disc	Prof. Eyal Lederman	£40.00	Pay in full
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5 March	How to treat: Trapezius myalgia and chronic neck pain	Prof. Eyal Lederman	£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 Lederman	£40.00	Pay in full
14 May	How to treat: Tennis elbow	Prof. Eyal Lederman	£40.00	Pay in full
24 Sept	How to treat: Whiplash injuries	Prof. Eyal Lederman	£40.00	Pay in full
22 Oct	How to treat: Impingement syndrome of the shoulder	Prof. Eyal Lederman	£40.00	Pay in full
5 Nov	Osteopathic Integration II: Lower back pain and endometriosis	Valeria Ferreira	£40.00	Pay in full
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A functional approach

Prof. Eyal Lederman DO PhD

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- Following central nervous system damage (stroke, MS, head injuries)

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In the workshop the participants will explore a functional approach in rehabilitation, which is ***the process of helping a person recover their movement capacity by using their own movement repertoire.***

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- No need for special exercise equipment
- No need for complex and protracted training

For a demonstration of Neuromuscular Rehabilitation see www.cpdo.net

Prof. Eyal Lederman graduated from the British School of Osteopathy and has been in practice for over two decades. He completed his PhD in Physiotherapy at King's College, London, where he researched the neurophysiology of manual therapy.

Prof. Lederman has been teaching manual technique and the physiological basis of manual therapy internationally to different disciplines of physical therapists. He has published articles in the area of manual therapy and is the author of the books "Harmonic Technique", "The Science and Practice of Manual Therapy" and "Neuromuscular Rehabilitation in Manual and Physical Therapies" (2008).

Dates: 6-8 Feb 09 (Friday-Sunday)

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Students: £175.00 (limited places available)

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Tel: 0207 203 8551 / e-mail: cpd@cpdo.net



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Functional Active Release in Osteopathy

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

Dates: Saturday 17th January 2009

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: Saturday 31st January 2009

Course fee: £95

CPD: 6 hours

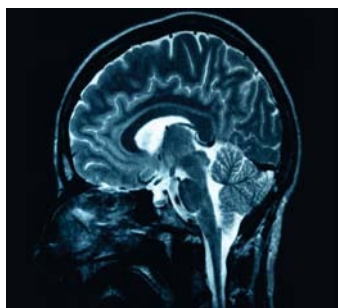
Stretching Exercises & Application to Osteopathic Care

This intensive one-day course focuses on sixteen tailor-made remedial stretches and strengthening exercises, which can form part of your patient management plan. The day will examine ways to modify stretches for individuals, contra-indications and muscle physiology. The course will be largely practical, to allow participants to experience both performing and teaching stretches. The course leader is Robin Lansman DO, Tutor in the Sports Injury Clinic at the BSO.

Dates: Saturday 31st January 2009

Course fee: £95

CPD: 6 hours



Osteopathy in the Cranial Field Support Day

This one-day course of structured practical/tutorial sessions, following short lectures, is designed to help practitioners to overcome some of the difficulties commonly encountered in the early days of putting Dr Sutherland's approach into clinical practice. This course is open to practitioners who have previously attended one or more basic 5-day courses at the BSO (or SCC equivalent).

Dates: Sunday 8 February 2009

Course fee £110

CPD: 6 hours

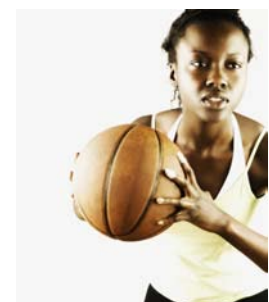
Sports injuries and rehabilitation

Robin Lansman leads this one day course looking at the osteopathic treatment of sports injuries. Topics covered include a specialized case history and assessment, active palpation, muscle global balance tests and fatigability, psychological aspects of exercise, chronic injury, motivation and goals, cross training, footwear and orthotics, stretching and training and sports specific guidance.

Dates: Saturday 21st March 2009

Course fee: £95

CPD: 6 hours





Continuing Professional Development

www.bso.ac.uk/cpd



Risky Practice: Advice for manual therapists

Risk in practice for manual therapists is a concern for us all. This conference will highlight the key areas of legal and practical vulnerability for a manual therapist, as well as providing reassurance and advice with relevant guidance. The speakers represent expertise across osteopathy, chiropractic and physiotherapy, as well as the legal profession and the NHS. The cost of the conference is just **£125** for the day- we anticipate that this will be a very popular programme, and must stress that places will be allocated on a first come, first served basis.

Highlights of the programme include:

- **Legal issues - why therapists find themselves investigated by healthcare regulators and how to avoid it**
Paul Grant - practising solicitor specialising in medical law
- **Low Back Pain - An applied review of evidence of risks & red flags**
Elaine Buchanan - Consultant Physiotherapist
- **Risk assessment and management for patients with neck pain**
Professor Alan Breen - Director of the Institute for Musculoskeletal Research and Clinical Implementation
- **Understanding why things go wrong – systems not people**
Pippa Bark- Principal Research Fellow, Centre for Health Informatics & Multiprofessional Education UCL
- **Adverse events in manual therapy - what does the evidence tell us?**
Dr Dawn Carnes - Research Fellow and osteopath, UCL
- **Appropriate boundaries and intimacy - guidelines from the Council for Healthcare Regulatory Excellence**
Professor Julie Stone - Consultant

Two streams of applied seminars will include workshops about: neck pain, communicating with patients, informed consent and infection control.

Date: Saturday 21 February 2009 Course fee: £125 CPD: 7 hours

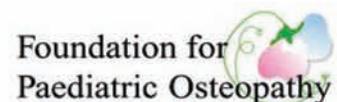
All CPD courses are held at the British School of Osteopathy in central London.

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



THE BRITISH SCHOOL OF OSTEOPATHY

MSc in Paediatric Osteopathy



Foundation for Paediatric Osteopathy

The Foundation for Paediatric Osteopathy (formally 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 GOsC and must have completed a postgraduate Sutherland Teaching Foundation approved course (BSO or SCC) 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 (initial interviews to take place during May and June)

A prospectus and application form, will be available from January 2009 to download from the website www.fpo.org.uk or www.bso.ac.uk

BSO: Registered Charity Number 146343 Foundation for Paediatric Osteopathy: Registered Charity Number 1003934



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Rising inflation is worrying a lot of people but how would you cope if you lost your income? How could you pay for all your daily living costs such as food, clothing, and general household bills?

Many people don't like to think of this situation and assume that their bills will be paid in the event of illness or injury, but how will this be done if your income has disappeared?

We insure our cars, our houses, our lives, even our pets but not our income - the one thing that enables us to pay for all of these.

Many people choose to insure their mortgage with an accident, sickness and unemployment policy, however this only pays for a maximum of one or two years and only pays your mortgage. What about all the other things you need to pay?

The D&G's Income Protection, will pay out up to 66% of your income tax free* from the first day of illness or injury and you decide what you want to spend the money on. The D&G will pay you for practically any illness or injury that stops you from working. This could be anything from short term illnesses such as coughs, colds, stomach upsets etc to long term illnesses where it looks like you will be unable to ever work again. The D&G will pay out until the end of the policy (typically aged 60.)

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9th - 11th February 2009

This 3-day course is primarily designed for specialist registrars in radiology preparing for their final FRC Examination. It will also be relevant to Consultant Radiologists who want to brush up on their knowledge of orthopaedic imaging. Osteopaths, orthopaedic and rheumatology registrars would also benefit from the mix of topics and lecture-tutorial combination.

The programme consists of comprehensive lectures with each day divided into half day lectures and half day tutorials. The tutorial sessions allow quick revision of topics covered in the lectures.

Lecture Topics include

Benign Bone Lesions, Malignant Bone Tumours, Arthritis & Spondyloarthropathy, Bone & Joint Infection, Important Skeletal Lesions, Scintigraphy in Musculoskeletal System, The Paediatric Hip, Stress Lesions of Bones, Metabolic Bone Disease, Imaging of Prosthesis, Tumours & Infection of Spine, Spinal Trauma, Osteochondritis & Osteonecrosis, Spinal Degenerative Disorders, Skeletal Metastases & Myeloma & Soft Tissue Tumours.

Tutorial Sessions include

Paediatrics, Trauma, Tumours, Scintigraphy, Soft Tissue Tumours, Spinal and General topics

Registration Fee **£450.00** Fee inclusive of all course material, lunch & refreshments

Venue - Sir Herbert Secklon Teaching Centre, RNOH NHS Trust, Stanmore

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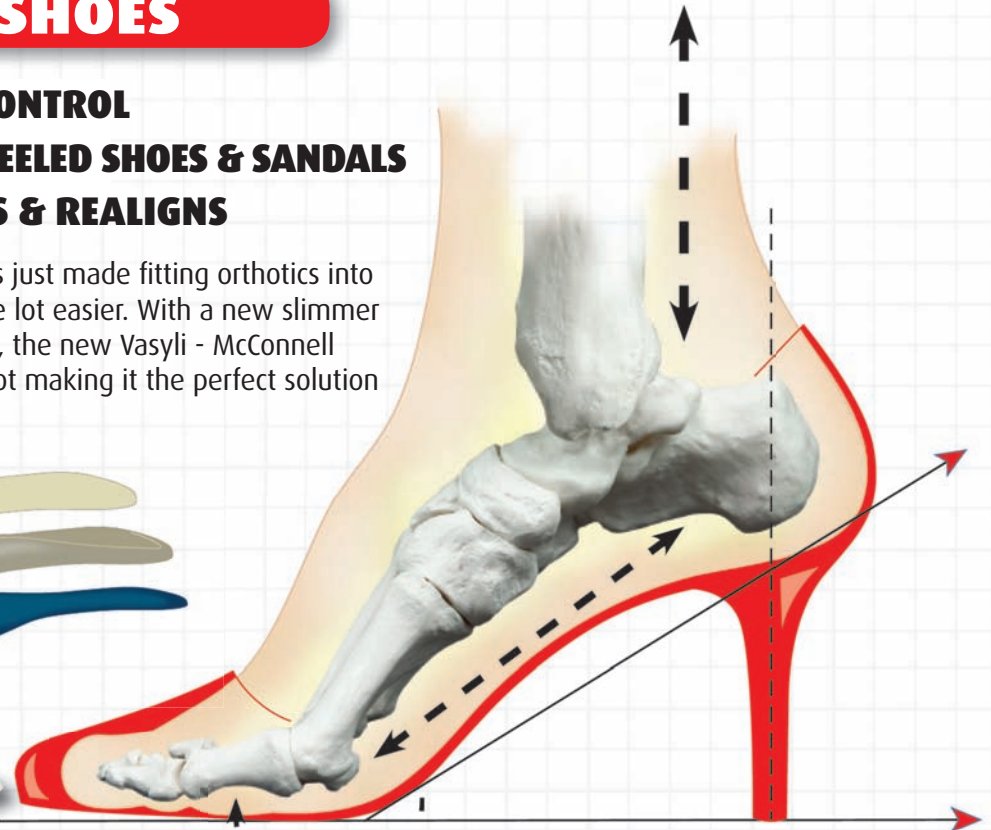
Adhesive PU gel insert

2°

Rear view

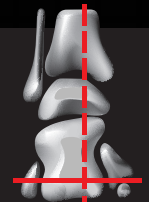
Broad sulcus extension

Front view



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21 - 22 February 2009	London, Hospital Health	Royal Free Hospital	Robin Blake & Sarah Crowther
25 February - 1 March 2009	Sheffield	Royal Shrewsbury Hospital	Tim Beames & Ben Davies
7 - 8 March 2009	Edinburgh	Spire Murrayfield Hospital	Tim Beames
31 March - 1 April 2009	Sheffield	Sheffield Hallam University	David Butler **last few places**
25 - 26 April 2009	Paris/Moulins	St Mary's Hospital	Tim Beames
25 - 26 April 2009	Newcastle	Newcastle Sports Injury Clinic	Robin Blake
May 2009 - Ormeau TBC	Ashford	TBC	Robin Blake
6 - 7 June 2009	Dublin	St James Hospital	Robin Blake & Ben Davies
20 - 21 June 2009	London, Wimbeldon	Paradise Hospital	Tim Beames
17 - 18 October 2009	Oslo/Nor	Tameside Hospital	Robin Blake

Clinical Applications

8 - 10 May 2009	Upper limb, thorax & neck	Bundock Level 2 courses with a strong problem solving and 'hands on' focus	London, St Thomas Hospital	Tim Beames
17 - 20 June 2009	Upper limb, thorax and neck		Newcastle Sports Injury Clinic	Tim Beames
26 - 27 September 2009	Upper limb, thorax and neck		Royal Bournemouth Hospital	Tim Beames
10 - 11 October 2009	Lower limb and lumbar spine		London, St Ann's Hospital	Tim Beames
28 - 29 November 2009	Lower limb and lumbar spine		Newcastle Sports Injury Clinic	Tim Beames

Course Registration | Information | NOI Books and Products

To register for courses or to buy NOI books and products please contact Joanna Taylor, E: joat@noiigroup.com T: 01904 737519
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Books and Products

A full list of products can be found on our website: www.noigroup.com. Prices include postage.

- Explain Pain by David Butler and Lorimer Moseley £40**
A ground-breaking concept in its content and presentation, Explain Pain aims to demystify the process of understanding and managing acute pain, bringing the body's life in a way that makes an interesting read for therapists and pain sufferers alike.
- The Sensitive Nervous System by David Butler £40**
The Sensitive Nervous System updates and integrates the growing science of neurodynamics into current practice. Physical examination of the nervous system is carefully illustrated and explained, and management strategies are underpinned by cutting-edge neurology and evidence-based medicine.
- Neurodynamics Technique DVD and Handbook £65**
The International College of Osteopaths presents the definitive manual of neurodynamic techniques for everyday use in the clinic. This book and its accompanying DVD will help you to deal with physical health and sensitivity issues related to all peripheral and central nervous system based pain presentations.

Book Orders

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Thinking of booking a CPD Course? visit www.eso.ac.uk

Biomechanics Study Day

Lecturer: Mr Robert Issacs
Date: Saturday 7th February 2009
Cost: £125
CPD: 8 hours

Robert Issacs is a Physiatrist who has specialised in Biomechanics for the last 8 years, 3 of those in paediatrics. He works full time for the NHS and carries out joint clinics with Surgeons, Physiotherapists and Orthotists. The Study Day will include: History of Biomechanical Understanding; Kinetic Chain Biomechanics; Foot/Ankle/Heel; Managing the Hypermobile Child; Common Paediatric Presentations (heel pain, savers, leg pain, knee pain, in-toeing, toe walking).

Post Graduate Weekend

Lecturer: Prof Frank Willard
Date: Saturday 7th and Sunday 8th March 2009
Cost: £250
CPD: 16 hours

Further details to follow

We are also pleased to announce that the European School of Osteopathy one-day

INTERNATIONAL CONFERENCE

will be held on 12th September 2009, followed by a Gala Dinner at Leeds Castle. www.eso.ac.uk

Beyond Verbal First Aid™: Empowering Your Patients' Own Inner Healing for Greater Success

Lecturer: Dr Judith Simon Prager
Date: Saturday 16th May 2009
Cost: £125
CPD: 8 hours

Conducted by Judith Simon Prager, hypnotherapist and energy healer with a PhD in Psychology, who is an expert on the effects of words and thoughts on patient outcomes. She is co-author of the book *The Worst is Over: What to Say When Every Moment Counts*. The course will consist of four segments: The Physiology of Emotions; The Verbal First Aid Protocol; Verbal First Aid for Children; Guided Imagery and Basic Self-Hypnosis.

For further information please contact:
 Corinne Jones, The European School of Osteopathy,
 Boxley House, Maidstone, Kent, ME14 3DZ
Tel: +44 (0)1622 671558 or E-mail: corinnejones@eso.ac.uk



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Osteopathic Practice Standards consultation

Share your views

The General Osteopathic Council has launched a consultation on revisions to the standards that guide safe and competent osteopathic practice.

A requirement of registration with the GOsC, these professional standards (formerly the *Standard of Proficiency*) are under review to ensure they continue to enhance patient safety.

**Access the online
consultation via
the GOsC website
www.osteopathy.org.uk
or the o zone.**

