

# the osteopath

*International Journal of Osteopathic Medicine enclosed*

## New GOsC Council



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General  
Osteopathic  
Council



General  
Osteopathic  
Council

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for osteopaths** 0800 917 8031

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

**Professional Standards** ext 238 / 235 / 240

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

**Finance & Administration** ext 227

**Enquiries about** registration fees, VAT, payments.

**Public affairs** ext 245 / 247

**Enquiries about** national healthcare policy, parliamentary and international affairs.

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**Regulation** ext 224 / 249

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

**Clerk to Council** 01580 720 213

**Enquiries about** Council Members and meetings, GOsC Committee business.

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## the osteopath

Volume 12 | Issue 2 | April/May 09

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

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

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# New GOSC Council takes office

**On 1 April 2009, the new Council formally took office when the General Osteopathic Council (Constitution) Order 2009 came into force.**

In compliance with Government reforms to healthcare regulation, the GOSC last year launched a national campaign to recruit 13 new members to a smaller, fully appointed Council. Under transitional arrangements specified in the 2009 Constitution Order, **Professor Adrian Eddleston**, Chair of the previous Council, continues in post for a further four years.

Candidates were shortlisted and interviewed by an independent Appointments Commission panel in November and December 2008 and final

recommendations for appointment were approved by the Appointments Commission's Health and Social Care Committee in January.

All Council members then underwent formal induction and training in February to ensure that they are equipped for their new roles. Training was provided by Field Fisher Waterhouse, and covered the duties and work of the GOSC, the individual's duties and responsibilities as a Council member, data handling and equality and diversity.

## Introducing the new GOSC Council Lay members

**Professor Adrian Eddleston** – Chair of Council – qualified in medicine at Oxford and Guy's and became Professor of Liver Immunology and a consultant physician with a special interest in liver disease and general medicine at King's College Hospital.

His interest in medical education, particularly in improving communication skills, team-working and interest in primary care, led to his appointment as Curriculum Sub-Dean and Vice-Dean from 1983 to 1992, when he incorporated osteopathy into a revised medical curriculum. He became Dean of the Medical School in 1992, and was appointed as the first Dean of the merged Medical School of Guy's, King's and St Thomas' (GKT) in 1998.

After retiring in 2000, Professor Eddleston was appointed Chair of Bromley Primary Care Trust until 2005. For seven years, until December 2008, he was Vice-Chairman of the Management Committee of the King's Fund.



**John Chuter OBE** resumes his role as Treasurer of the GOSC, having been originally appointed in 2003. He is also Chairman of the Bradford & Airedale Teaching Primary Care Trust and was previously the Chairman and a Non-Executive Director of the Bradford District Care Trust. John spent most of his working life in the defence logistics arena as a Commissioned Officer.



**Geraldine Campbell** was originally appointed to Council in 2008 and was reappointed to the new Council in April. She is also a member of the Northern Ireland Social Care Council and the Northern Ireland Committee of The Big Lottery Fund; a consumer engagement advisor to the Food Standards Agency, London; a member of the Partners Council of the Social Care Institute of Excellence,



London; a lay Chair within the Health and Personal Social Services Complaints Procedure of the Eastern and Southern Health and Social Services Boards, Northern Ireland; and a Trustee of Citizen's Advice Belfast. Geraldine was also a former Trustee of the National AIDS Trust, London.

**Professor Ian Hughes** was originally appointed as a lay member of Council in 2003 and was reappointed to the new Council in April. His other roles include work with the Judicial Appointments Commission, the General Social Care Council, the Bar Council, the Richmond Fellowship and the Biobank Ethics and



Governance Council. Ian is also Professor of Pharmacology Education, Faculty of Biological Sciences, at the University of Leeds, and Chairman of the Leeds Partnership NHS Foundation Trust.

**Kim Lavelly** has lived and worked in London since 1974, having completed her first degree in medical sociology at Boston University. She later completed an MBA at London Business School in 1985 and has spent her working life in the not-for-profit sector: as Director of Marie Stopes International, Deputy Chief Executive at Consumers' Association (*Which?*), interim Director General of Consumers International, and Chief Executive of The Prince's Foundation for Integrated Health. She has been a non-executive member of a number of boards, including her current appointment with the Charities Aid Foundation. Kim is now an independent consultant, focusing mainly on consumer and health issues.



**Professor Julie Stone** is an independent consultant in healthcare ethics and law and Visiting Professor in Ethics at the Peninsula Medical School. She is also Non-Executive Director of NHS Cornwall and Isles of Scilly; member of the Advisory Board on the Registration of Homeopathic Products; and senior consultant to Political Intelligence, a public affairs consultancy. In addition, Julie is a member of the British Psychological Society Ethics Committee, the Clinical Disputes Forum, and the Governing Body of the Institute of Medical Ethics.

Former appointments include Deputy Director of the Council for Healthcare Regulatory Excellence; advisor to the Department of Health Steering Group on the Statutory Regulation of Practitioners of Acupuncture, Herbal Medicine and Traditional Chinese Medicine; and advisor to the Kerr/Haslam Inquiry.



**Jenny White MBE** was originally appointed to Council in 2008 and is a non-practising barrister with broad experience in the public, voluntary and regulated sectors. Previously a legal advisor to the Electricity Association, a Commissioner on the Disability Rights Commission, and a member of the National Disability Council, she has knowledge of discrimination law and the legislative process, and an interest in health, governance and plain language. Jenny is also Vice-Chairman of the Centre for Accessible Environments, an advisor to the Employers' Forum on Disability and a lay member of the East London and City Research Ethics Committee.



# Introducing the new GOSC Council Osteopath members

**Paula Cook** qualified as an osteopath from the British School of Osteopathy in 2008. Prior to her osteopathic training, Paula was Director of Human Resources and a partner in a global financial services firm. She has been a Non-Executive Director in an NHS Trust and is currently a lay member of the Employment Tribunals Service.

Paula now works in general practice in Cranleigh, Surrey, and at the Princess Alice Hospice. She has a special

interest in osteopathic care for oncology patients and in palliative care. She is undertaking funded research into the contribution of and standards for osteopathy in palliative care and is studying for an MSc in palliative medicine at Cardiff University.



**Jonathan Hearsey** graduated from the European School of Osteopathy (ESO) in 1994 and has since held management positions in the teaching clinic and international department. He also taught and examined on the ESO's undergraduate programme, and now lectures to postgraduate physiotherapists and medical doctors in Norway, Spain, France and Russia.

Jonathan initially practised in Harley Street, London, before moving to Sussex to consult with patients both privately and for the NHS. He currently runs a team of osteopaths on behalf of West Sussex Primary Care Trust, both in multidisciplinary and in-house formats. Jonathan is committed to developing simple care pathways for musculoskeletal patients that are universally recognised and simple for primary care trusts to implement.



**Nick Hounsfeld** qualified as an osteopath from the British School of Osteopathy in 1997. After working for many years as an associate, he opened a multidisciplinary health practice in Bristol with three members of his family who are also osteopaths.

Nick has a special interest in the treatment of children and is currently researching the treatment of cystic fibrosis. He also works in a GP practice in Bristol, where he has been conducting research into the provision of osteopathy in the NHS. Nick is Chairman of the Western Counties Society of Osteopaths and was previously GOSC Regional Communications Officer for osteopaths in south west England.



**Brian McKenna** is a partner in a general osteopathic practice in Cardiff and has a special interest in paediatrics and shoulder dysfunction. He also has an interest in data collection and clinical audit and sees the benefits this brings to his own practice and the potential benefits for the profession.

Brian was formerly the elected member for Wales on the GOSC Council and is also a committee member of the South Wales Osteopathic Society where he assists other members in providing continuing professional development, support and lobbying for the funding of osteopathy by the NHS. He is currently following the postgraduate Sutherland Cranial College pathway.



**Kenneth McLean** lives and practises in North Berwick, Scotland. Prior to returning to Scotland in 2008, he worked at the Penn Clinic in Hatfield and ran a private practice in London. Before qualifying as an osteopath, Kenneth worked in the voluntary sector for the National Autistic Society and in the commercial sector for the Laporte Group,

based in England and the Netherlands. He speaks several languages and is fluent in French and Dutch. He is also involved in a voluntary capacity with the emergency and life-saving response team, First Responders, in North Berwick.



**Robin Shepherd** has been in both private and NHS osteopathic practice since qualifying in 1990. He is also trained as an 'expert witness', offering medical report writing and mediation services. Robin first joined the Council in 2002 and was the Acting Chairman from 2006 to March 2009. Previous positions include part-time funded osteopath in a GP setting, pain clinician at Addenbrookes Hospital, Cambridge, and consultant advisor to Boots the Chemist.

For eight years Robin taught osteopathy at an undergraduate level and has since run postgraduate training courses associated with osteopathy. He has chaired and spoken at numerous osteopathic events, presented at national medical conferences and published a number of papers in professional journals.



**Fiona Walsh** graduated from the British School of Osteopathy in 1977, and has since been a senior lecturer in technique and senior clinical tutor teaching osteopathy at the BSO and the Vienna School of Osteopathy. She has worked continuously in private practice and since 1994 has delivered osteopathy in an NHS setting in two large GP training practices in London.

Fiona was the last Chairman of the General Council and Register of Osteopaths – a voluntary register in existence before statutory regulation was introduced – and was directly involved in the transition from voluntary to statutory regulation. She was originally elected to Council in 2002, and is an external examiner in the UK and throughout Europe with wide-ranging experience of validation and accreditation with the Open University, the University of Wales and the University of Westminster.



# A fond farewell

Members of the outgoing GOsC Council met for the last time on 10 March (see In Council for a summary of their discussions).

Council Chair, Professor Adrian Eddleston, commended the work of the outgoing Council, saying:

"In the last edition of *The Osteopath*, I was quoted as saying how pleased I was that the process for appointing the new Council had created such an excellent mix of talented people to be the new members, and I would like to stress now how important the previous Council were in achieving this outcome. Through working groups of osteopaths and lay members, they carefully defined the competences against which the new appointments were made, and helped to develop the new subcommittee structure which will support the new Council in all that it seeks to achieve.

"There is no more difficult task than designing a future in which you may not necessarily participate, but they did it with enthusiasm and wisdom. I know they will enjoy watching their offspring build on the sound foundations they have laid."

## In Council

Jane Quinnell, Clerk to Council

10 March 2009 – 61st meeting of the General Osteopathic Council

### HEALTHCARE REGULATION

#### GOsC governance changes

The recruitment campaigns to appoint 13 Council members (lay and professional) and 22 panellists to the Council's Fitness to Practise committees (Investigating, Professional Conduct and Health) have now come to a close. Further information about the new Council members and their other work and appointments is available on pages 4-7. The names of the Fitness to Practise panellists are announced on page 10.

Council was briefed on progress to appoint four external members to the GOsC Education Committee, with a view to formal appointment on 1 April (see page 10 for further updates).

Recruitment to the Council's non-statutory Audit and Remuneration Committees has been postponed until the autumn, for appointment in April 2010. Interim committees will be established from 1 April 2009.

### REVALIDATION

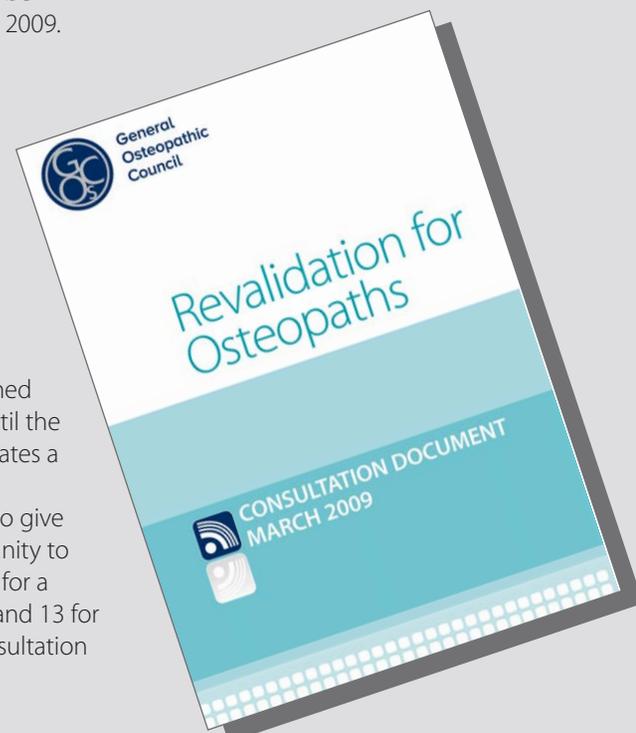
Council received an update on the development of a revalidation scheme for osteopaths. The profession-wide consultation was launched in February and runs until the end of June. It incorporates a series of six regional consultation meetings to give osteopaths the opportunity to comment on proposals for a scheme. See pages 12 and 13 for details of the GOsC consultation meetings.

### EQUALITY AND DIVERSITY

Following consultation on the GOsC's draft Equality Scheme and analysis of feedback, the final Scheme and Action Plan will be published on the GOsC website ([www.osteopathy.org.uk](http://www.osteopathy.org.uk)) shortly and will continue to inform GOsC work and policy development.

### OSTEOPATHY HOUSE

Council received an update on the redevelopment works at Osteopathy House, which commenced on 10 December 2008, and noted that the project is on target for completion in April 2009 and remains within budget.



## NATIONAL COUNCIL FOR OSTEOPATHIC RESEARCH (NCOR)

A report was presented to Council on phase two of the Standardised Data Collection (SDC) project being undertaken by NCOR and funded by the GOsC. The Council agreed that, subject to confirmation from the steering group that the activities outlined in the contract milestones had been met, a further payment could be released on this project. Dissemination of the final results of the project will take place in a series of national and regional presentations and the data collection tool development process will be written-up for publication in an osteopathic research journal such as the *International Journal of Osteopathic Medicine*.

## GOSC DRAFT BUSINESS PLAN AND BUDGET FOR 2009/10

Council considered an updated version of the draft Business Plan and Budget for 2009/10. The plan was amended after Council's last meeting in December 2008 to incorporate a new objective relating to a review of the GOsC's research strategy. In addition, the risk analysis sections were amended and the budget adjusted to reflect expenditure identified at the time of the last meeting. Council approved the Budget and agreed that the existing Business Plan will be a holding measure until a new plan can be prepared in September to take into account the issues lying ahead for the Council.

## PATIENT RESEARCH

Council received an update on the Osteopathic Patient Expectations (OPEn) Project, the research study commissioned by the GOsC in December 2008. The project will help the GOsC gain a better understanding of public and patient expectations, and experience, of osteopathic care (see pages 14 and 15 for more information).

## CODE OF PRACTICE

The Code of Practice is reviewed on a five-yearly cycle and is due to be revised by 2010. A working group has been established to steer the revisions. All registrants are invited to attend one of three remaining regional consultation meetings to share their ideas about how the Code can be improved (see pages 12 and 13 for more information).



## COUNCIL FOR HEALTHCARE REGULATORY EXCELLENCE (CHRE)

The GOsC's 2008/09 submission to the Council for Healthcare Regulatory Excellence (CHRE) for this year's performance review was presented to Council.

A performance review meeting with the CHRE was held on 3 March 2009. The CHRE commended the GOsC for its research on students' registration experiences, its work with the osteopathic educational institutions and the work Sarah Eldred, the Public & International Affairs Manager, carried out in connection with Europe. The CHRE will be lodging the results of all healthcare regulators' performance reviews in Parliament this year.

## Future Council meetings

- > 15 July 2009
- > 15 October 2009
- > 19 January 2010
- > 14 April 2010

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

**Contact Jane Quinnell on tel: 01580 720 213 or email: [janeq@osteopathy.org.uk](mailto:janeq@osteopathy.org.uk) for further information, or if you would like to attend the next Council meeting.**

# Reconstituting the Education and Fitness to Practise committees

Last year, the GOSC launched recruitment campaigns to appoint members to the Council's Fitness to Practise committees – Investigating, Professional Conduct and Health – and also the Education Committee. Recruitment is now complete, and, under the General Osteopathic Council (Constitution) Order 2009, the newly constituted committees took office on 1 April.

The membership of the committees is set out below, and in the next issue of *The Osteopath* and on the GOSC website ([www.osteopathy.org.uk](http://www.osteopathy.org.uk)) we will introduce the individual panellists in more detail.

## Fitness to Practise committees

### Investigating Committee

Claire Cheetham (osteopath)  
Fionnuala Cook (lay)  
Charles Dunning (osteopath)  
Gillian Hawken (lay)  
Anne Johnstone (lay)  
Abigail Miller (osteopath)  
John Mundy (lay, Chair)  
James Olorenshaw (osteopath)  
Sarah Payne (lay)  
Michael Yates (lay)

### Professional Conduct Committee (PCC) / Health Committee (HC)

Derek Auchie (lay)  
Vicki Harris (lay)

Jean Johns (lay)  
Anthony Kanutin (osteopath)  
Corinna Kershaw (lay)  
Andrew Kerr (osteopath)  
David Plank (lay, PCC Chair)  
Jacqueline Salter (osteopath)  
Rodney Varley (lay)  
Margaret Wolff (lay, HC Chair)  
Nicholas Woodhead (osteopath)  
Judith Worthington (lay)

### Education Committee

Paula Cook (osteopath)  
Professor Adrian Eddleston (lay)  
Nick Hounsfield (osteopath)  
Professor Ian Hughes (lay, Chair)  
Professor Julie Stone (lay)

## External members

Dr Jane Fox (lay)  
Professor Bernardette Griffin (lay)  
Liam Stapleton (lay)  
Robert McCoy (osteopath)

The new Fitness to Practise committee members received training at the end of March from solicitor Blake Laphorn, on the legislative framework governing panel members' decision-making, common issues, problem areas, best practice and the conduct of committee members.

An induction and training programme will take place shortly for members of the Education Committee.

## Changing your contact details?

With more and more osteopaths joining the Register each year, practitioners are increasingly sharing the same name. To avoid confusion when updating your contact details, please ensure that you quote your unique registration number. If we don't know your registration number, we can't change your details.

Any request to change your contact details will need to be made in writing, so please email our Registration Department at: [registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk) or log on to the **o** zone.

## Protecting the title, protecting patients

The GOSC has successfully prosecuted a practitioner in Bradford for falsely claiming to be an osteopath when not registered with the Council. Bradford Magistrates' Court ruled that Olivia Douglas of the New Line Clinic broke the law and she was fined £3,000 and ordered to pay £730 costs.

Ms Douglas pleaded guilty on 2 March to two charges of describing herself as an osteopath when not registered with the GOSC. She had been aware that she was not entitled to describe herself as an osteopath since May 2004. Despite previous warnings from the GOSC that she must cease describing herself as an osteopath, Ms Douglas continued to deliberately mislead the public.

Since the passing of the *Osteopaths Act 1993*, the title 'osteopath' is protected by law. Under Section 32(1) of the Act, it is a criminal offence for anyone to claim, expressly or by implication, to be any kind of osteopath unless registered with the GOSC.

Patient safety is the primary purpose of restricting the use of the osteopathic title to those registered with the GOSC. The Council ensures that the practitioners on its Register are safe and competent osteopaths who follow strict codes of conduct.

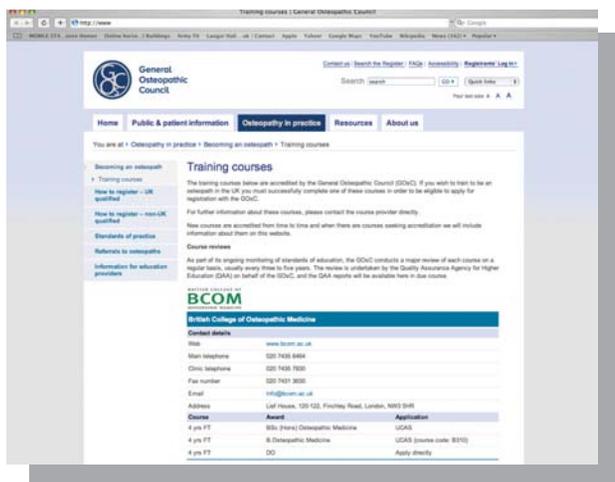
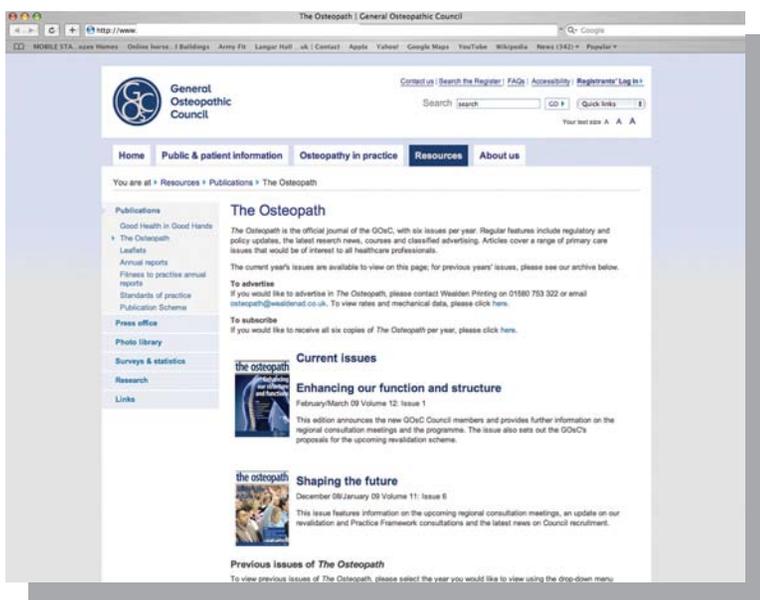
**You can read the full press release on the GOSC website:**  
[www.osteopathy.org.uk/media](http://www.osteopathy.org.uk/media).

# New public website goes live

The GOsC has been developing a new, much improved public website, with emphasis on offering greater accessibility to all our stakeholders. We wish also to encourage more feedback from the website's users and to present Register information in greater detail, with a wider range of search options than previously.

The website has been designed to be easily navigable and to present information as clearly and simply as possible, with a clean, bright design. The address remains [www.osteopathy.org.uk](http://www.osteopathy.org.uk) and osteopaths can still log on to the **o** zone website via the public site.

The new public website is going live as this issue of *The Osteopath* goes to print; we will be including more information and pictures of the site in the June/July issue.



# Equality and Diversity questionnaire

**Evlynn Gilvarry,**  
Chief Executive & Registrar

As a result of the recent Equality and Diversity questionnaire, we now hold diversity data on almost 50% of registrants. The data records the gender, ethnicity and disability of those who responded to the questionnaire, and such information is critical in enabling the General Osteopathic Council to meet its duties under anti-discrimination legislation.

Those duties are two-fold: first, to take steps to avoid direct and indirect discrimination, and secondly to promote equality and diversity. As a regulator, we must do everything we can to ensure our processes and procedures are fair, objective and transparent. We must also do all we can to help osteopaths meet their responsibilities under anti-discrimination law.

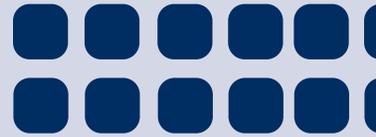
To carry out these crucial duties, we need reliable, relevant diversity data and that is why the positive response to the recent census is very much appreciated.

We will repeat the census in the autumn. Those who have already provided information will not need to respond again, but we hope that a majority, if not all, of those who did not respond this time, will provide their data at that point.

The information will be treated confidentially and strictly for the purpose collected, which is to put us on a much surer footing in formulating equality and diversity policies.



# Shaping the profession: your views count



**Should the Code of Practice be less prescriptive? Would defining the scope of osteopathic practice constrain the development of osteopathy? What is the cost of developing and introducing a revalidation scheme? These were just some of the concerns expressed at the first regional consultation meeting held in March, which will help shape future policies underpinning osteopathic practice.**

There are currently four key developments facing the osteopathic profession, on which we welcome your views: the introduction of revalidation; revisions to the osteopathic Code of Conduct and standards of practice; and the development of an Osteopathic Practice Framework.

It is important you bear in mind that each has a direct bearing on the other and it's helpful to consider how they fit together. For example, osteopaths will be revalidated against the revised Code and standards, so it's critical you take the opportunity to help design and refine each of these

policy developments in a way that makes the finished product workable in practice. The more involved you get with the consultation process, the more say you have over how the policies shape up.

Attendance at the three consultation meetings held so far has been good, with lots of thought-provoking discussion. This is exactly what we want and need, so please consider attending one of the three remaining meetings in Taunton, Stansted and Manchester. Further information on where and when these are being held is available on the next page.

However, this isn't the only way you can tell us what you think. You should by now have received three GOSC consultation documents – on the Standard of Proficiency, Revalidation and Osteopathic Practice Framework. This consultation process will continue until 30 June 2009 and all three feedback forms are available to complete in paper and electronic format via the GOSC public website ([www.osteopathy.org.uk](http://www.osteopathy.org.uk)) and the **o** zone.

**So please, don't delay. Share your views and help shape osteopathic practice.**





## GOSc Regional Consultation Meetings programme:

- 9.00 – 9.45am** Registration
- 9.45 – 10.00am** Chair's welcome and introductions
- 10.00 – 11.15am** **Session one: Revalidation for osteopaths – shaping the scheme**  
 All UK health professions are required to introduce a mandatory system of revalidation by 2011. We want to engage all osteopaths in the development of a scheme that will be appropriate to osteopathy
- 11.15 – 11.45am** *Tea and exhibition*
- 11.45 – 12.45pm** **Session two: Reviewing the Code of Practice - revising the Code for 2010**  
 The five-yearly review and revision of the profession's Code of Conduct will be informed by discussion and debate to highlight areas of practice where osteopaths would welcome more guidance
- 12.45 – 2.00pm** *Lunch and exhibition*
- 2.00 – 2.45pm** **Session three: Revising the Standard of Proficiency – modernising practice standards**  
 Consultation is already 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
- 2.45 – 3.00pm** *Stretch break*
- 3.00 – 4.15pm** **Session four: Developing an Osteopathic Practice Framework**  
 Would osteopathy benefit from a more clearly-defined scope of practice? Possibly this is the most important consideration for the future of osteopathic practice worldwide. This session will debate the pros, cons and practicalities of producing a broadly defined framework of practice, initiating a vitally important area of professional development. An initial consultation document has been sent out to all members of the profession to inform this discussion and your feedback
- 4.15 – 4.30pm** Chair's summary and close  
*Tea and exhibition*

### Booking your place at the 2009 regional consultation events

To reserve your place at one of the three remaining consultation meetings, please return a booking form to us as soon as possible. A form has been included in this edition of *The Osteopath*, or you can book online via the **o** zone. Reservations are on a first-come first-served basis.

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

Reservations can be cancelled up to 14 days prior to the meeting – but in the event of failure to cancel at least 14 days before, or non-attendance, delegates will incur a £35 charge.



## 2009 Consultation meeting dates and venues

Region	Date	Venue	Booking deadline
South West England & South Wales	Saturday 16 May	Taunton Holiday Inn	8 May
London & Eastern Counties	Saturday 6 June	Stansted Airport Radisson SAS	29 May
Northern England & North Wales	Saturday 27 June	Manchester Airport Radisson SAS	19 June

# Investigating patient expectations of osteopathic treatment

**In the last issue of *The Osteopath* (Feb/March, page 6), we announced that Brighton University had been commissioned by the GOSC to carry out a programme of research to gain a better understanding of public and patient expectations, and experience, of osteopathic care. Work has now begun on the OPEn Project – Osteopathic Patient Expectations – and osteopathic practices around the country are invited to participate in one of the most important programmes of research for osteopaths and their patients, to date.**

The University of Brighton Clinical Research Centre for Health Professions began work on the project in February and is expected to finish in December. The aim of the project is to gain a deeper understanding of patients' expectations of osteopaths and osteopathic treatment, and the extent to which these expectations are met. The results will help all osteopaths to shape their practices to meet the needs and expectations of their patients most effectively.

The research will focus on two main questions:

- > What are the specific aspects of osteopathic practice about which patients have expectations?
- > To what extent do patients perceive that their expectations are met?

## Developing the survey

A survey questionnaire will be developed by interviewing groups of osteopathic patients in seven focus groups in different locations across the UK. The aim will be to involve the widest diversity of patients with respect to age, gender, ethnicity, disability, financial means, employment, and presenting symptoms. It is intended that both private practice patients and NHS patients will be included. The focus groups will explore issues such as expectations of treatment, satisfaction levels, and communication.

## Conducting the study

The resulting questionnaire will be used to collect patients' views in the largest nationwide survey of osteopathic patients to date. The aim will be to recruit patients through the active cooperation of 800 osteopathic practices across the UK. With their help, it is hoped to distribute 8,000 questionnaires – 10 per practice, with patients chosen using a method of random selection.



Patients will be invited to complete the questionnaire at home and return these anonymously to the Clinical Research Centre.

## The study findings

It is hoped that the overall findings will show:

- > to what extent patients' expectations are met;
- > what aspects of practice are important for patients in meeting their expectations;
- > how osteopathic patient care can be improved; and
- > any new issues or themes which may indicate the need for future surveys.

The results of the research will assist the GOSC in carrying out its statutory duties and, in particular, will help shape the information provided to patients by all concerned with osteopathic care. The findings will be summarised in a series of reports for patients, osteopaths, the GOSC, and the osteopathic training colleges.



The study team will contact osteopaths directly to invite and encourage your participation in this important project. Further details about the study can be obtained from Janine Leach PhD, Senior Research Fellow at the University of Brighton. Janine can be contacted by email at [c.m.j.leach@brighton.ac.uk](mailto:c.m.j.leach@brighton.ac.uk).

**Further information about the study can be found at the project website: [www.patientexpectationstudy.org.uk](http://www.patientexpectationstudy.org.uk). The website is currently under construction.**



General  
Osteopathic  
Council



**University of Brighton**

# Lords deliver warning about EU patients' rights proposals

Sarah Eldred, Public & International Affairs Manager

On 24 February, the House of Lords EU Committee welcomed a proposal from the European Commission for a Directive on patients' rights,\* but expressed caution that the provisions in the Directive would need to be carefully monitored upon implementation.

The proposal, launched in July 2008, follows a series of European Court of Justice judgments and seeks to provide a coherent policy on patients' rights and national health systems' responsibilities when patients from one Member State receive care in another. Key features of the Directive propose that:

- > Patients in most cases will have the right to seek any healthcare they would have received under their home health system in another Member State and to be reimbursed up to the amount that their care could have cost the Member State to provide. The patient would normally cover travel and other costs.
- > Prior authorisation systems (where a patient makes a request to be treated abroad before they obtain treatment) can only be compulsory in certain circumstances, e.g. care must require an overnight stay in hospital and the outflow of patients must pose a risk of seriously undermining the planning or financial balance of the health service.
- > Each Member State will need to designate a national contact point to provide information on 'cross-border' healthcare to patients seeking care in another country and incoming patients from other Member States.

- > There will be new data collection requirements for relevant authorities on cross-border healthcare.

The GOsC supports what the proposal seeks to achieve, but this should not be at the expense of patient and public safety. For this reason, in our evidence to the House of Lords inquiry, we pressed for:

- > support for the development and implementation of regulatory mechanisms across Europe to ensure a high standard of osteopathic care for patients; and
- > a Europe-wide approach, through a legal duty, to communicate and share information (such as registration and fitness to practise data on healthcare professionals) between designated authorities.

Whilst the main focus of this policy is the likely impact on NHS-funded care, it cannot be discounted that private healthcare will be delivered increasingly across borders in the spirit of the draft Directive. There could be an increase in the availability of private health insurance schemes offering cover for patients seeking osteopathic treatment in other Member States. Osteopaths working in private practice could find themselves treating patients from other Member States with EU-wide insurance cover. The need for effective communication will be even more critical, as osteopaths may be treating patients whose first language is not English, and sharing patient records with healthcare professionals in the patient's home country. Further complications may arise through differences between data protection legislation in Member States.

As a draft Directive, this proposal is subject to a lengthy process of negotiation before it becomes law. Through active lobbying at a national and European level, we hope this proposal will help promote the need for greater consistency in standards of osteopathic care across Europe, increased cooperation between osteopathic organisations within Europe and consistent information for the public and patients on osteopathic care. Further updates will follow.

**For a copy of the GOsC's submission to the House of Lords inquiry and/or our response to a similar consultation held by the Department of Health, contact Sarah Eldred on ext 245 or email: [sarahe@osteopathy.org.uk](mailto:sarahe@osteopathy.org.uk).**

\* Proposal for a Directive of the European Parliament and of the Council on the application of patients' rights in cross-border healthcare. COM(2008) 414 final. Brussels, 2 July 2008.



# Northern Ireland pilot offers improvements to NHS patients

The findings of a year-long pilot in Northern Ireland have shown that osteopathy, acupuncture, chiropractic, homeopathy, reflexology, massage and aromatherapy treatment can offer significant health improvements to NHS patients.

Funded by the Department of Health, Social Services and Public Safety, this scheme was implemented by Get Well UK – a social enterprise – to explore the potential for widening the scope of existing primary care services.

In total, 713 patients with musculoskeletal and mental health

conditions were referred by their GP to a relevant discipline in the project, for example osteopathy for back pain.

The evaluation of the scheme was conducted independently by Social & Market Research (SMR) using a variety of data sources including patient, GP and practitioner questionnaires.

There was also a high degree of support among GPs to integrate some of the services into primary care, in particular acupuncture, osteopathy and chiropractic. For further information, visit: [www.getwelluk.com](http://www.getwelluk.com).

## Key findings:

**81% of patients reported an improvement in their physical health, and 79% in their mental health.**

**84% of patients directly linked improvements in their health and wellbeing to the treatment they had received.**

**62% of patients were suffering less pain, and 55% said they had been able to reduce their use of painkillers.**

**64% of patients in employment said they took less time off work.**

**50% of GPs reported a reduction in prescriptions for chronic or acute patients and in the need for secondary care referrals.**

# NICE launches guidance on helping people return to work

The National Institute for Health and Clinical Excellence (NICE) has recently issued a series of recommendations on managing long-term sickness absence and incapacity for work.

It is estimated that in Britain the annual cost of sickness absence and unemployment associated with ill health is over £100 billion.

This new guidance aims to complement existing initiatives to help reduce the number of employees moving to long-term sickness absence and to promote return to work. To address back problems, for example, recommendations include back management programmes delivered by specialist professionals covering employees' attitudes to health; the structure and function of the back and posture; stress and coping

strategies; posture exercises; and relaxation training. Reference is also made to the NICE guideline on low back pain, currently under development (see page 18).

**For further information, visit: [www.nice.org.uk/PH19](http://www.nice.org.uk/PH19).**



## NICE set to launch guidance on low back pain

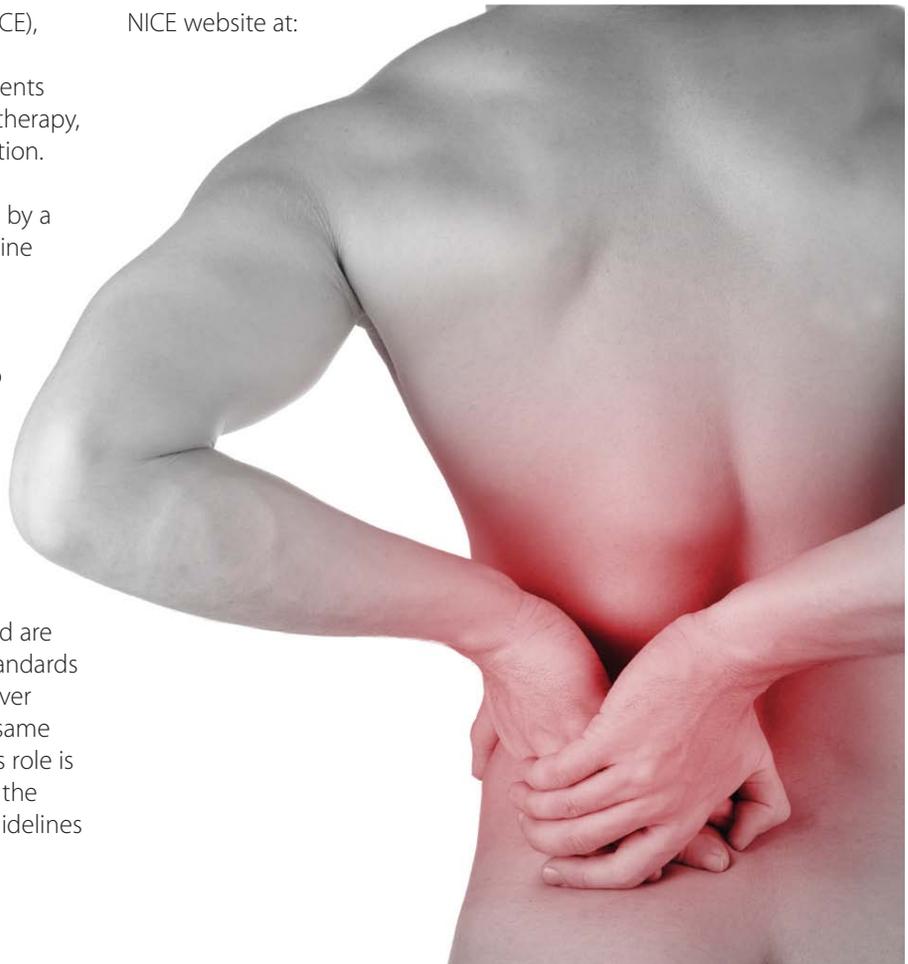
A draft clinical guideline on the treatment of chronic low back pain is due for publication in May. This guideline, to be published by the National Institute for Health and Clinical Excellence (NICE), is expected to include recommendations for patients to be referred for manual therapy, including spinal manipulation.

Developed over two years by a formally appointed Guideline Development Group and following a formal consultation process last year, this guidance aims to present, according to the latest evidence, the best care for patients with chronic low back pain.

Once published, all NHS organisations in England, Wales and Northern Ireland are expected to meet NICE standards to help ensure that wherever patients live they get the same level of quality care. NICE's role is carried out in Scotland by the Scottish Intercollegiate Guidelines Network (SIGN).

A more comprehensive feature in *The Osteopath* will follow after formal publication of the guideline. More information is available on the NICE website at:

<http://www.nice.org.uk/guidance/index.jsp?action=byID&o=11645>.



## New health and social care regulator launched

A new body was set up in April to regulate the quality of health and social care and to protect the interests of people detained under the *Mental Health Act 2007*. The Care Quality Commission, established by the *Health and Social Care Act 2008*, brings together the functions of the Commission for Social Care Inspection, the Healthcare Commission and the

Mental Health Act Commission into a more streamlined body to avoid duplication and ensure that any perceived healthcare risks are proportionate.

As a regulated profession, osteopaths do not have to register with the Care Quality Commission as it is felt that the public is sufficiently protected by the statutory duties of the General

Osteopathic Council. This does not mean, however, that osteopathic practice standards have nothing to do with the care delivered by providers who are obliged to register with the Care Quality Commission.

The GOsC will monitor the development of this body, its standards and registration criteria.

# Inside *IJOM*: introducing a new masterclass section

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

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

In this issue we are very pleased to introduce a new section of the journal: the masterclass, the purpose of which is to review aspects of practice of particular interest to osteopaths. Masterclasses may relate to specific treatment techniques, a particular management approach or management of a specific clinical entity and are designed to be a bridge between scholarship and clinical practice.

Typically, masterclasses are commissioned by the editors. However, we also welcome correspondence with prospective authors who have expertise in an area of clinical interest to osteopaths. Masterclasses should "contextualise the concepts discussed within a clinically relevant, logical and systematic framework which can then be adopted and applied by the reader to their own practice."<sup>\*</sup> Our first masterclass (see page 2 of *IJOM*) is by osteopath **Luke Rickards**, who provides an evidence-formed perspective on needling in osteopathic practice. Despite the absence of instruction about needle therapies in osteopathic education, at least anecdotally there appears to be substantial interest by osteopaths and other manual medicine practitioners in various needling techniques.

Interestingly, the Osteopathic Council of New Zealand has recently made a decision to incorporate acupuncture / dry needling into the defined scope of practice for osteopaths. Some will welcome this move, whilst others may feel the addition of therapeutic approaches beyond manually delivered osteopathic techniques threatens the integrity

of the original osteopathic concept. As I started to consider this development, it became immediately apparent that to adequately explore questions about professional identity, a clear picture of osteopathic practice is required but it is evident that we lack a detailed profile of current practice – for example, how many osteopaths use needle therapies? Such information is of vital importance if regulatory bodies, educational institutions and the professional associations are to act in the best interests of the public and the profession. It's therefore pleasing that in this issue (see page 14 of *IJOM*) osteopath **Paul Orrock** reports survey data that informs knowledge about the profile of osteopathic practice in Australia.

Although the history of osteopathy extends more than 100 years, there is little literature outside of the United States that addresses the ongoing development of the profession and the social and political forces that shape it. We are therefore pleased to be able to publish an essay (see page 25 of *IJOM*) by medical anthropologist **Hans Baer** who has been conducting research on complementary medicine for many years. He describes the evolution of osteopathy in Australia and New Zealand from its development in the early 1900s through to its emerging legitimisation.

Also in this issue is a retrospective chart review by **Crow and Gorodinsky** (see page 32 of *IJOM*), who investigated whether osteopathic manipulative treatment may be of benefit in reducing length of hospital stay for patients who had

and developed ileus following abdominal surgery. Crow and Gorodinsky cite sources that estimate the annual costs in the USA for treating post-surgical ileus to be between \$750 million and \$1 billion. Although retrospective chart reviews cannot definitively establish treatment effectiveness, retrospective methods are useful in identifying treatments that should be investigated further using more powerful prospective designs. The results of this study are encouraging and should be of interest to all readers, particularly those in the United States who work in hospital settings.

This article was adapted from the *International Journal of Osteopathic Medicine*, 12/1, Rob Moran, Introducing the New Masterclass Section, 1, Copyright Elsevier (2009).

\* Beeton K. Masterclass editorial. *Man Ther* 2008; 13:373-74.



# NCOR research hub news



## 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](mailto:c.a.fawkes@brighton.ac.uk).

[www.ncor.org.uk](http://www.ncor.org.uk)



### > BRISTOL

**Thursday 18 June**  
7–9pm  
Looking at the literature on the physiological effects of spinal manipulation

### > EXETER

**Saturday 9 May**  
10am–12pm  
Looking at literature examining osteopathic research and the management of low back pain

### > HAYWARDS HEATH

**Sunday 10 May**  
10am–12pm  
Looking at outcome measures and the literature underpinning their use in clinical practice

### > LEEDS

**Tuesday 2 June**  
7–9pm  
Topic: The audit cycle and conducting an audit in clinical practice

### > LONDON

See [www.ncor.org.uk](http://www.ncor.org.uk) for next meeting date

### > OXFORD

**Wednesday 20 May**  
7–9pm  
The next meeting will take the form of a journal club

## Conference calendar

### > 12–16 May 2009

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

Further information on registration can be found at <http://www.imconsortium-conference.org/index.php>.

### > 13–14 July 2009

**The Alternative and Complementary Health Research Network (ACHRN): Promoting Excellence in Qualitative Research**

ACHRN is holding its annual conference at the University of York. Key speakers have yet to be announced. Further details can be found at <http://achrn.moondrop.co.uk>.

### > 9–12 Sept 2009

**10th Congress of the European Federation for Research in Rehabilitation (EFRR), Riga, Latvia**

Further information on the conference programme can be found at [www.efrr-riga09.com](http://www.efrr-riga09.com).

### > 12 Sept 2009

**European School of Osteopathy 6th International Conference**

The programme will include a series of workshops and will be followed by a gala dinner at Leeds Castle. Further information can be found at [www.eso.ac.uk/international-conference.html](http://www.eso.ac.uk/international-conference.html) or by contacting Corinne Jones on 01622 671 558.

### > 27–30 Oct 2009

**The 2nd International Fascia Research Congress, Vrije University, Amsterdam**

Further information can be found at [www.fasciacongress.org/2009](http://www.fasciacongress.org/2009).

### > 30 Oct–1 Nov 2009

**3rd International Conference on Movement Dysfunction, Edinburgh**

The event is being held at the Edinburgh International Conference Centre. Further information can be found at [www.kcmacp09.com](http://www.kcmacp09.com).

### > 9–12 Nov 2009

**7th Interdisciplinary World Congress on Low Back and Pelvic Pain, Los Angeles, USA**

Further information can be found at [www.worldcongresslbp.com](http://www.worldcongresslbp.com).

### > April 2010

**The 8th International Conference on Advances in Osteopathic Research, Milan**

Further details will follow.

### > 19–21 May 2010

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

Further details will be available soon on their website: [www.iccmr2010.com](http://www.iccmr2010.com).

# Online resources for research and practice

Carol Fawkes, NCOR Research Development Officer

**The creation of the internet as a source of electronic information has allowed access to a wealth of data. Unfortunately, not all information is of good quality, or even accurate. This article attempts to highlight sources of electronic information that are easy to navigate and provide high-quality information for use in research and in daily clinical practice.**

## Research websites

A growing number of research websites are available. They vary in quality and usefulness, but can be categorised into a few basic headings. A selection of research topics has been covered in earlier articles in *The Osteopath*, and can be found on the NCOR website ([www.ncor.org.uk](http://www.ncor.org.uk)) under the heading 'osteopathic research'.

## Databases

Research in its truest sense is concerned with identifying new information. Many websites and databases hold sources of information which are of equal value to research and clinical practice. PubMed ([www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed](http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed)) and Stanford High Wire (<http://highwire.stanford.edu/>) are probably the best-known sites and clearly indicate whether abstracts or full-text papers are available, and whether they are free to access or not. Others include the Cochrane Collaboration (<http://www.cochrane.org/>), an internationally renowned organisation; the Trip Database (<http://www.tripdatabase.com/index.html>), which is a high-quality source of research studies and reviews for evidence-based medicine; and the National Electronic Library for Health (<http://www.library.nhs.uk/Default.aspx>), containing a wealth of information including guidelines and evidence summaries. This site also has its own section for complementary and alternative medicine (<http://www.library.nhs.uk/CAM/>).

Increasing numbers of websites are promoting free-to-access research findings, such as the Public Library of Science, a peer-reviewed open-access journal website (<http://medicine.plosjournals.org/>), and Biomed Central ([www.biomedcentral.com](http://www.biomedcentral.com)), an open access publisher. Some journals allow free access to their resources after a defined period of time; these can be found at [www.freemedicaljournals.com/html/e16.htm](http://www.freemedicaljournals.com/html/e16.htm).

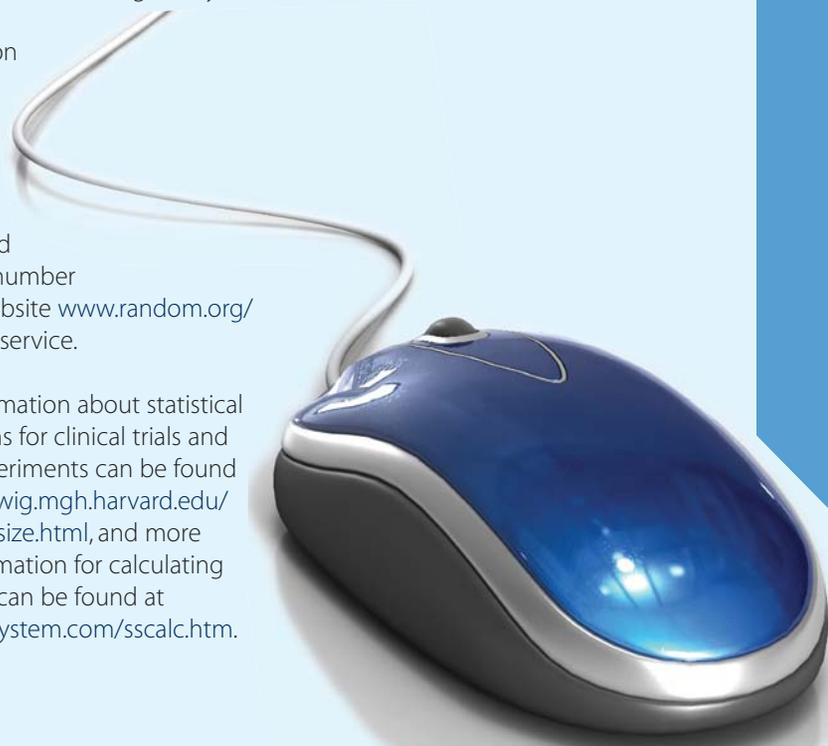
Netting the Evidence (<http://www.shef.ac.uk/scharr/ir/netting/>) is a website intended to facilitate evidence-based healthcare by providing support and access to helpful organisations and useful learning resources, such as an evidence-based virtual library, software and journals. Bandolier ([www.ebandolier.com](http://www.ebandolier.com)) is an independent journal also concerned with evidence-based healthcare, written by Oxford scientists and first printed in February 1994. It is updated monthly and has become the premier source of evidence-based healthcare information worldwide for both healthcare professionals and consumers.

## Statistical information

Students undertaking postgraduate studies frequently need help with statistics. Useful websites have been produced by statistician Will Hopkins ([www.sportsci.org/resource/stats/](http://www.sportsci.org/resource/stats/)), and Valerie Easton and John McColl ([www.stats.gla.ac.uk/steps/glossary](http://www.stats.gla.ac.uk/steps/glossary)), the latter of which provides an online glossary of statistical terms.

Randomisation for clinical studies is most efficiently produced by computer, and the random number generator website [www.random.org/](http://www.random.org/) provides this service.

General information about statistical considerations for clinical trials and scientific experiments can be found at [http://hedwig.mgh.harvard.edu/sample\\_size/size.html](http://hedwig.mgh.harvard.edu/sample_size/size.html), and more specific information for calculating sample sizes can be found at [www.surveysystem.com/sscalc.htm](http://www.surveysystem.com/sscalc.htm).



## Critical appraisal skills

Patients are increasingly well informed about their condition and will ask for opinions about different interventions. The ability to appraise information from clinical trials and to comment on their quality is an increasingly helpful skill to have. A number of critical appraisal tools are freely available to assist with reading a research paper, including the CASP tools ([www.phru.nhs.uk/Pages/PHD/resources.htm](http://www.phru.nhs.uk/Pages/PHD/resources.htm)) and the University of Salford's Healthcare Practice Research and Development Unit's tools ([www.fhsc.salford.ac.uk/hcprdu/critical-appraisal.htm](http://www.fhsc.salford.ac.uk/hcprdu/critical-appraisal.htm)).

## Research governance

Research governance describes the roles personnel play in research and the standards that are expected in pursuit of research. The Department of Health has issued its own, entitled Research Governance Framework for Health and Social Care ([http://www.dh.gov.uk/en/Researchanddevelopment/A-Z/Researchgovernance/DH\\_4002112](http://www.dh.gov.uk/en/Researchanddevelopment/A-Z/Researchgovernance/DH_4002112)). The National Council for Osteopathic Research (NCOR) also offers a research governance framework, accompanied by a summary guide for practising osteopaths ([www.brighton.ac.uk/ncor/rgf/index.htm](http://www.brighton.ac.uk/ncor/rgf/index.htm)). Details of NHS ethics requirements can be found at [www.myresearchproject.org.uk/](http://www.myresearchproject.org.uk/).

## Osteopathic educational institutions (OEI) and research

Osteopathic research continues to be carried out at each OEI, with some placing details of their student abstracts on their websites (for example, [www.iso.ac.uk/research.html](http://www.iso.ac.uk/research.html)). Others enclose their research and scholarship activities within their annual research reports (for example [www.eso.ac.uk/ResearchNews.html](http://www.eso.ac.uk/ResearchNews.html), [www.bso.ac.uk/sm4resh.htm](http://www.bso.ac.uk/sm4resh.htm) and [www.collegeofosteopaths.ac.uk/reports.html](http://www.collegeofosteopaths.ac.uk/reports.html)). Some OEIs have areas of special interest and their involvement in particular forms of research are documented on their websites (for example [www.bcom.ac.uk/research](http://www.bcom.ac.uk/research) and <http://shsc.brookes.ac.uk/research/rehabilitation-enablement>). Other OEIs undertake osteopathic research but this information isn't currently available on their websites. Further details about these institutions can be found at [www.lmu.ac.uk](http://www.lmu.ac.uk) and [www.lcom.org.uk](http://www.lcom.org.uk).

## Clinical audit

Increasing numbers of insurers require evidence of audit activity; however, there is some confusion amongst healthcare practitioners about what constitutes clinical audit. A useful article explaining what clinical audit involves is available at [www.rcpsych.ac.uk/pdf/clinauditChap1.pdf](http://www.rcpsych.ac.uk/pdf/clinauditChap1.pdf), and the National Institute for Health and Clinical Excellence (NICE) provides access to a variety of downloads including Best Practice for Clinical Audit, which can be found at [http://www.nice.org.uk/usingguidance/implementationtools/auditadvice/audit\\_advice.jsp](http://www.nice.org.uk/usingguidance/implementationtools/auditadvice/audit_advice.jsp).

The need to audit practice against guidelines is an implicit part of the audit cycle. Further information concerning guidelines used by other healthcare professions can be found at [www.library.nhs.uk/guidelinesFinder/](http://www.library.nhs.uk/guidelinesFinder/), and information regarding the new guidelines looking at manipulation and other management strategies for non-specific low back pain of chronic duration (longer than six weeks) will be published by NICE at the end of May. Interim details can be found at [www.nice.org.uk/search/searchresults.jsp?keywords=low+back+pain&searchType=all](http://www.nice.org.uk/search/searchresults.jsp?keywords=low+back+pain&searchType=all).

## Outcome measures

In a similar manner to clinical audit, increasing attention is being paid to the outcome measures used in clinical practice. The range of outcome measures is extensive, but some are more commonly used than others and have undergone considerable reliability and validity testing.

The Oxford Orthopaedic scores ([http://phi.uhce.ox.ac.uk/ox\\_scores.php](http://phi.uhce.ox.ac.uk/ox_scores.php)) deals specifically with outcome measures for patients experiencing pain and potentially facing joint replacement. A database of outcome measures is available on the same website ([http://phi.uhce.ox.ac.uk/perl/phig/phidb\\_search.pl](http://phi.uhce.ox.ac.uk/perl/phig/phidb_search.pl)). The Chartered Society of Physiotherapists has a very user-friendly searchable database of outcome measures on their website ([www.csp.org.uk/](http://www.csp.org.uk/)) as does the online outcomes database ([www.outcomesdatabase.org/show/category/id/15](http://www.outcomesdatabase.org/show/category/id/15)).

## Websites for patients

Patients increasingly like to research options concerning the management of health problems. A number of sites have been created specifically for patients, avoiding much of the jargon beloved by health professionals.





Health Talk Online ([www.healthtalkonline.org](http://www.healthtalkonline.org)), created by a research team at Oxford University, offers hundreds of interviews with patients about their experiences of health and illness. A version of the website aimed solely at young people has also been developed by the research team ([www.youthhealthtalk.org](http://www.youthhealthtalk.org)). Another site specifically for teenagers can be found at [www.teenagehealthfreak.org](http://www.teenagehealthfreak.org), which is based on a series of successful books that have been developed under the same name.

NHS Choices ([www.nhs.uk](http://www.nhs.uk)) provides local information about health services, including general practices, hospitals and dental services. The site also features blogs from expert patients, and detailed medical information. Patient UK ([www.patient.co.uk](http://www.patient.co.uk)) is an independent site run solely on advertising revenue (excluding drug companies) by husband and wife GPs. It provides extensive medical information accompanied by clear pictures and diagrams. Net Doctor ([www.netdoctor.co.uk](http://www.netdoctor.co.uk)) provides general medical information written by an expert panel of healthcare professionals and contains current healthcare news stories, video information and a directory of local services. The best-known site for patients with back pain is run by the charity BackCare ([www.backcare.org.uk/](http://www.backcare.org.uk/)), and offers a range of resources and products for patients.

## Patient-led sites

These are regarded by many healthcare professionals to be of great help in offering support for patients. It can be easy for healthcare professionals to provide facts and figures about conditions, but dealing with the emotional impact and sheer practical difficulties associated with those conditions can be unwittingly forgotten. Patient-led sites fill this niche and remind patients that they are not alone in experiencing a particular type of problem. Two notable patient-led sites are

[www.mdf.org.uk](http://www.mdf.org.uk), concerned with mental health, and [www.downyourdrink.org.uk](http://www.downyourdrink.org.uk), which is aimed at individuals who drink too much but are not physically dependent on alcohol. Some patient-led websites are frequently used by health professionals. The site [www.prime-cfs.org](http://www.prime-cfs.org) is a clear example of this, and provides information about chronic fatigue syndrome.

## Useful information for practices

The requirements of practice are growing and it can be time consuming to locate information relating to hygiene matters and other health and safety issues. Helpful sites offering a broad scope of information in these areas are [www.workingforhealth.gov.uk/Resources/Default.aspx](http://www.workingforhealth.gov.uk/Resources/Default.aspx), [www.businesslink.gov.uk/bdotg/action/layer?topicId=1073858787](http://www.businesslink.gov.uk/bdotg/action/layer?topicId=1073858787) and [www.hse.gov.uk/pubns/regindex.htm](http://www.hse.gov.uk/pubns/regindex.htm).

Osteopaths who also practise acupuncture or dry needling are required to have their premises licensed by their local council. This is a requirement under the *Local Government (Miscellaneous Provisions) Act 1982*. Ealing Council has produced a considerable amount of useful information on this ([http://www.ealing.gov.uk/services/business/health\\_safety/legislation/business\\_requirements/acupuncture.html](http://www.ealing.gov.uk/services/business/health_safety/legislation/business_requirements/acupuncture.html)), and Burnley Council provides information concerning the details of the Act ([http://www.burnley.gov.uk/site/scripts/download\\_info.php?fileID=100](http://www.burnley.gov.uk/site/scripts/download_info.php?fileID=100)). Local councils may vary slightly in their requirements, but local officers will supply information concerning their requirements for the practice and the disposal of clinic waste on request.

The British Osteopathic Association (BOA) offers a variety of business-based links through the 'Market Place' section of its website ([www.osteopathy.org/MAKAQJ16999](http://www.osteopathy.org/MAKAQJ16999)).

## Continuing professional development (CPD)

Online seminars are growing in popularity and an increasing number are free to access. Examples include [www.metabolicseminars.com/seminars.php](http://www.metabolicseminars.com/seminars.php), [www.conntutorials.com/video.html](http://www.conntutorials.com/video.html) and [www.neuroexam.com/](http://www.neuroexam.com/).

If you would like an electronic copy of this article for easier access to the links, please email me, Carol Fawkes, at : [c.a.fawkes@brighton.ac.uk](mailto:c.a.fawkes@brighton.ac.uk).



# Assessing risky practice for osteopaths

**The British School of Osteopathy (BSO) welcomed nearly 60 delegates to a one-day conference highlighting the key areas of legal and practical vulnerability for osteopaths, chiropractors and physiotherapists.**

The conference, held on 21 February, covered topics such as risk assessment and management for patients with neck pain, fitness to practise investigations and how to avoid them, and guidance on appropriate boundaries and intimacy.

The day began with Paul Grant, a specialist in medico-legal law, looking at why therapists find themselves investigated by healthcare regulators, and explaining how to avoid this.

His recommendations included the central importance of comprehensive note-making on all aspects of a consultation; putting in place a complaints procedure and making patients aware of it; good communication with patients; and an ongoing commitment to continuing professional development.

Consultant physiotherapist at the Nuffield Orthopaedic Centre specialising in spinal pain and disability, Elaine Buchanan went on to explore the risks and red flags relating to low back pain. Her analysis built on current UK guidance by considering red flags together as indicating risk in the areas of spinal infection, cauda equina and vertebral collapse. She advised practitioners to follow the

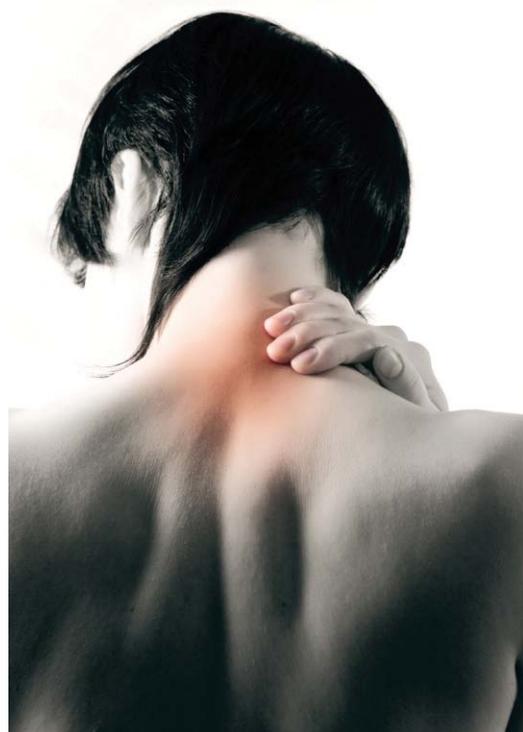
advice given in current guidelines, but to also take into account systematic reviews in the field.

Following on from this, Professor Alan Breen of the Anglo-European College of Chiropractic (AECC) looked at risk assessment and management for patients with neck pain and concluded that the risk of harm to patients is

very low, but comes mainly from missed diagnosis. He advised that the best form of risk management comes from competent, well-informed practice and good communication with patients. Professor Breen cited poor communication as the main reason why patients made complaints or instigated fitness to practise proceedings.

Delegates also heard from Professor Julie Stone, Visiting Professor in Ethics at the Peninsula Medical School, who looked at the Council for Healthcare Regulatory Excellence's guidelines on appropriate boundaries and intimacy. She demonstrated the importance of boundaries and highlighted the harm patients suffer from boundary violation. Social and sexual relationships with patients, receiving gifts and touch were used as exemplars for discussion. She pointed out the need for practitioners to be aware of their reactions to patients and to avoid responding sexually or with hostility.

**For information on future conferences held by the BSO, please visit: [www.bso.ac.uk/mm5fut.htm](http://www.bso.ac.uk/mm5fut.htm).**



## 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](http://www.osteopathy.org.uk).

### 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](mailto: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](mailto: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](mailto:cpd@cpdo.net)

>13–16

#### Biodynamic cranial osteopathy phase 3: Establishing a relationship with tissue and the long tide

Speaker: Christian Sullivan.  
Venue: Ledrick Lodge, Brig O'Turk, Callander, Scotland.  
tel: 0771 423 9636  
email: [cranialgroupscotland@hotmail.co.uk](mailto:cranialgroupscotland@hotmail.co.uk)

>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](mailto:cpd@cpdo.net)

>20–21

#### Craniosacral therapy introductory weekend

Venue: Skylight Centre, Unit 8, 9–15 Elthorne Road, London N19.  
tel: 07000 785 778  
email: [info@cranio.co.uk](mailto:info@cranio.co.uk)  
website: [www.cranio.co.uk](http://www.cranio.co.uk)

>27

#### First aid appointed person course

Speaker: Alex Brazkiewicz.  
Venue: Skylight Centre, Unit 8, 9–15 Elthorne Road, London N19.  
tel: 07000 785 778  
email: [info@cranio.co.uk](mailto:info@cranio.co.uk)  
website: [www.cranio.co.uk](http://www.cranio.co.uk)

### July

>4

#### Cranio-sacral therapy – introductory day

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

>18–23

#### 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  
e-mail: [info@ccst.co.uk](mailto:info@ccst.co.uk)  
website: [www.ccst.co.uk](http://www.ccst.co.uk)

>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](mailto: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](mailto:cpd@cpdo.net)

### September

>4–6

#### The speech of the embryo

Speaker: Prof. Jaap van der Wal.  
Venue: Skylight Centre, Unit 8, 9–15 Elthorne Road, London N19.  
tel: 07000 785 778  
email: [info@cranio.co.uk](mailto:info@cranio.co.uk)  
website: [www.cranio.co.uk](http://www.cranio.co.uk)

>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](mailto: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](mailto: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](mailto:editor@osteopathy.org.uk).

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

# 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

## > 15–18 The spiral of life

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

## > 16–18 Developing palpation osteopathy in the cranial field part 1

Tutor: Ian Wright.  
Venue: Tig Roy Retreat Centre, Co Tipperary.  
tel: 00353 523 8800  
email: clonmelosteopaths@eircom.net

## > 17–18 Muscle energy techniques

Course leader: Leon Chaitow.  
Venue: Bangor Hospital, Castle Street, Bangor.  
Tel: 08453 70 22 70  
email: enquiries@welbeing-cpd.co.uk

## > 18–19 The spiral of life

Speaker: Dr Michael Shea.  
Venue: Skylight Centre, Unit 8, 9–15 Elthorne Road, London N19.  
tel: 07000 785778  
email: info@cranio.co.uk  
website: www.cranio.co.uk

## >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

## >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

## >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

## > 18–21 Immotion – the role of the psyche and emotions in the manifestation of somatic dysfunction

Speaker: Christine Conroy.  
Venue: TynyCornel Hotel, Talyllyn, Snowdonia National Park.  
tel: 01654 761 435  
email: info@immotion.org.uk  
website: www.immotion.org.uk

## > 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

## > 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

## > 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 Introduction to counselling skills for manual and physical therapists

Speakers: Tsafi Lederman and Jenny Stacy.  
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

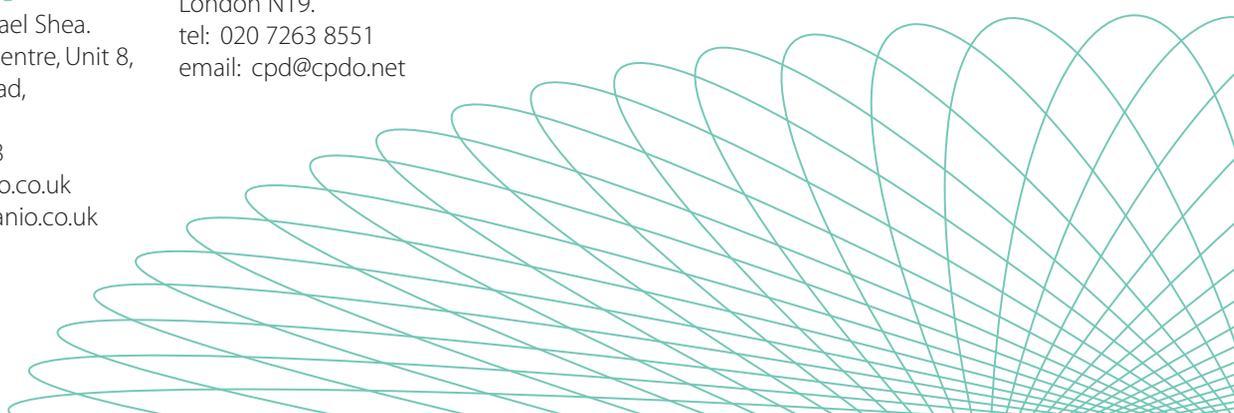
Speaker: Valeria Ferreira.  
Venue: Middlesex University, Archway Campus, Holborn Union Building, Highgate Hill, London N19.  
tel: 020 7263 8551  
email: cpd@cpdo.net

## >5 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

## >6–7 Pregnancy care

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



**CLASSIFIEDS**

**RECRUITMENT**

**Motivated, experienced osteopath** seeks partnership or similar in dynamic, forward-thinking practice. BSO, 16 years' full-time experience: general family practice, sports injury, rehabilitation of dancers and athletes, structural and specialising in cranial obstetric/paediatric practice. Practising homeopath and healer, with excellent people and organisation skills. Seeks geographic relocation in N England, Wales or Scotland for mountaineering, climbing, sea kayaking, etc. Contact Carolyn McGregor on 01736 365 948 or 07766 330 489, or email carolynosteopath@hotmail.com.

**Great opportunity.** Busy expanding clinic in Singapore seeks an experienced osteopath with strong structural and cranial skills. Associate initially, with the opportunity of a share in the business in the future, for the right applicant. Please email CV to: sgosteopath@yahoo.com.

**Associate required** in Salisbury, Monday and Wednesday, to replace long-term osteopath. Applicants should have at least two years' experience, and have good diagnostic and HVT skills. An outgoing, charming personality also required. Tel: 01722 421 242.

**An established multidisciplinary** clinic in south-west London seeks an osteopath who is keen to join the team. An interest in working with pregnant women and cranial with babies is essential. Please send your CV and covering letter to Ratna Vohora at ratna@vitality-centre.co.uk and call 07950 701 079 for more details.

**Wanted: part-time osteopath.** Great opportunity within busy multidisciplinary clinic in central Solihull location. Enthusiastic team player with some experience an advantage. Contact Mark Webb on 07788 133 731.

**COMMERCIAL**

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

**Goodwill for sale,** osteopathic clinic established 30 years in Hertfordshire. Average turnover in the last three years £83,000, average pre-tax profit £50,000. Asking price £75,000, no time-wasters. If you are interested, please send your name and contact details to clinic4545@yahoo.co.uk.

**Excellent opportunity** in beautiful Scotland. Forres, north Scotland. Purpose-built practice with separate entrance, in domestic property. Goodwill and domestic premises sold together. Osteopathy, cranial and applied kinesiology. Established for eight and a half years, excellent reputation. Very low overheads and ability to expand. May consider selling goodwill on its own. Sale due to overseas move. Phone: 01309 675 279.

**Freehold established osteopathic practice** and therapy centre for sale in Essex, would consider an assistant with the opportunity to purchase. Low overheads, all equipment and furnishings, rents from other therapists. Waiting room, reception, three couch rooms, one chiropody room, two toilets. Lindsey or Ken Gooch: 01255 222 238.

**Spain (Calpe, near Alicante).** Practice for sale. Two beautiful treatment rooms. Large reception, kitchen, two bathrooms. Low rent/bills. Two minutes from beach! Large client base. Good contacts with local doctors, etc. Great opportunity. Contact toniasheriff@gmail.com.

**Seeking to acquire** all or part of an established practice in North-west London area, from someone considering retirement or someone looking for a partner in a business venture. Please contact Jack on 020 3204 1057.

**Consulting rooms to rent/lease,** Birmingham, Castle Bromwich. No local competition known of. Premises above a podiatric practice and has been used as podiatry practice. Fully self-contained premises with reception, own entrance and utilities. Excellent opportunity to develop your practice. Room to rent from £25 per half day / week. Lease the premises for £5,900 per annum. Phone 0121 749 6313 for more details.

**Bristol: fitted consulting rooms** for rent at brand new GP surgery premises, on half- and full-day basis for health-related professions. Excellent opportunity for an established practitioner. Please contact The Willow Surgery on 01179 709 500 or email gill.quilty@gp-L81052.nhs.uk.

**Business for sale.** Beautiful osteopathic practice situated in West Kirby (Merseyside). Minimum four days per week, with existing, busy patient list. All different treatment modalities used. Contracts set up with several medical insurance companies. Ideal for motivated, sporting individual or couple. Tel: 07595 952 486.

**Is your practice listed?** New and exciting web based therapy practice directory for quick and easy location of private practices throughout the UK. Visit [www.therapyadvertising.com](http://www.therapyadvertising.com)

**COURSES**

**The Aaron Mattes four-day** active isolated stretching and strengthening seminar at The Renaissance Hotel, Heathrow, from 15-18 October 2009. More details regarding registration and accommodation can be found at [www.stretchinggb.com](http://www.stretchinggb.com).

**Manual Therapy International** presents: Graduate diploma in short lever adjusting technique. A one, two, three or five-day programme for the full spine and pelvis, using techniques based on diversified chiropractic, the main method of chiropractic, plus Thompson Drop table techniques and J tech mechanical methods similar to an Activator. Specific upper cervical techniques for atlas, axis and condyles, Gonstead and SOT method introduced. Short lever adjustments for disc problems. See [www.manualtherapyinternational.com](http://www.manualtherapyinternational.com) or email [robphysio-osteopath@hotmail.co.uk](mailto:robphysio-osteopath@hotmail.co.uk). For Kirkby David Lloyd on 10-14 June, contact: [tphilip@live.co.uk](mailto:tphilip@live.co.uk) or 0151 546 7405 (after 6pm). For Essex on 24-28 June, contact: [petermcintyre@hotmail.com](mailto:petermcintyre@hotmail.com) or 01268 552 682. For Bristol on 20-25 July, contact: [kellyclements@btinternet.com](mailto:kellyclements@btinternet.com) or 07912 448 510. Seminar fee is £1,000 for five days, or pay by 15 May to receive 10% discount. For courses in Thailand in December, please see the website.

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**GENERAL**

**Nomeq rise and fall couch,** hand control, manual head/back rest, white. Excellent condition. £250. Two static massage tables, manual head/back rests. Light but stable. Excellent condition. £60 each. Contact Sue Burt on 020 8339 0481 or email [info@brabanthouseclinic.co.uk](mailto:info@brabanthouseclinic.co.uk).

**EBIOST (Education in Biodynamic Osteopathy)** organise courses related to biodynamic osteopathy, the phenomena 'primary respiration' and 'the breath of life'. Please feel free to visit our new website: [www.ebiost.org](http://www.ebiost.org).



# British School of Osteopathy Continuing Professional Development

## Psychological Management of People in Pain

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

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

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

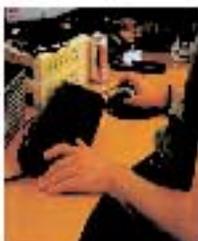
The course is led by Professor Tamar Pincus and Steven Vogel DO.

CPD: 6 hours



Intro: Sat 25th Apr  
Day 2: Sat 9th May  
Day 3: Sat 20th Jun  
Day 4: Sat 11th Jul  
Cost: £150 per day  
£500 course:

## 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 BSc Ergonomics, as well as a practising Osteopath.

Dates: Sat 30th May 2009

Cost: £95

CPD: 6 hours

## BSO Summer School

Our Summer School is a series of mini-CPD and networking evenings, and the draft programme includes topics from nutrition to the new NICE guidelines for low back pain. The topics have been selected as 'tasters' to interest areas, allowing osteopaths, teachers and students to come together in an informal setting to exchange ideas.

Each session will involve 2 hours of CPD, running each evening. The first hour will be split into two 30-minute talks from experts in their field. The second hour will be less formal, developing topics further by discussions in the BSO bar.

Dates: Tuesday 2nd June, Wednesday 3rd June, Thursday 4th June

Cost: £15 per evening, or £40 for all evenings (£10 per evening for staff, students and alumni)



## 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 13th June or Friday 11th September 09

Cost: 95

CPD: 6 hours

## Functional Active Release in Osteopathy

This course introduces the application and theory of this useful, remedial myo-fascial technique. There will be 12 different techniques 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 could benefit. Functional active release is ideal for deep muscular dysfunction anywhere in the body and is useful for enhancing performance in sports patients.

Dates: Saturday 18th July 2009

Cost: £95

CPD: 6 hours



All courses are held at the British School of Osteopathy in central London.  
To apply or find out more, please contact Gayda Arnold on 020 7089 5315 or [g.arnold@bso.ac.uk](mailto:g.arnold@bso.ac.uk)



# British School of Osteopathy Continuing Professional Development

## Preliminary Course in Osteopathy in the Cranial Field



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

Course fee: £975.00

CPD: 35 hours

Dates: Friday 4th, Saturday 5th, Sunday 6th and Saturday 12th, Sunday 13th September 2009

Deadline for applications: Friday 14 August 2009

## Advanced & Applied Ergonomics for Osteopathic Treatment

David Annett leads this advanced course in ergonomics for osteopathic treatment, building on skills developed through CPD courses and practical experience. The emphasis will be on applied practice, ensuring that participants can support their patients effectively in their work environments.



Dates: Sat 17th October 2009

Cost: £95

CPD: 6 hours

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

To apply or find out more, please contact Gayda Arnold on 020 7089 5315 or [g.arnold@bso.ac.uk](mailto:g.arnold@bso.ac.uk)



## The British School of Osteopathy Postgraduate Courses

### Master of Osteopathy Conversion Course

This course is aimed at people who are registered osteopaths and already have a first degree or Diploma in Osteopathy and who wish to convert this into a Master of Osteopathy qualification. The conversion course does not offer eligibility for registration with the GOC. It offers opportunities to develop research and critical appraisal skills suitable to the modern practitioner and to contextualise continuing professional development in line with increasing demands of the regulator. In addition you will have the opportunity to evaluate your current practice in a structured and reflective context. The anticipated start for the course is September 2009.

### MSc Osteopathy in the Cranial Field

Designed for practitioners, this course provides extensive practice-based learning supported by regional tutors. Ideal for osteopaths returning to study, it offers expert teaching from BSO faculty members plus external lecturers specialising in fields including dental and paediatric osteopathy. The anticipated start for the course is September 2009.

Course leader: Nick Woodhead (who has teaching experience with SCTF in the USA and Australia)

### Professional Doctorate in Osteopathy

This doctoral degree programme offers the most advanced level of formal learning in osteopathy outside the USA. The course is taught in elite institutions, for those who are keen and able to engage with the challenges thrown up by doctoral level scholarship and in-depth enquiry into your profession. Planned start date of September 2009

Course Leader: Professor Stephen Tyrer (PhD)

Postgraduate Courses anticipated to commence January 2010:

### MSc Paediatric Osteopathy

Following on from the end of the partnership with the Foundation for Paediatric Osteopathy the BSO will continue delivering an MSc in Paediatric Osteopathy.

### Postgraduate Certificate Research Methods

This is a flexible programme to support the health care professional to consider, design, propose and complete research in their close field of research or project work covering the research methodology and analytical techniques used in both quantitative and qualitative areas of research.

### Postgraduate Certificate in Osteopathic Education

This programme offers two modules. The first explores Osteopathic academic teaching including adult learning styles, student centred teaching strategies, models of assessment and feedback and critical reflective thinking in education. The second considers education for clinical supervision and teaching technical skills. Each module will involve a four day course which will utilise a variety of teaching approaches including seminars and practical workshops, supported by assignments.

Course Leader: Fiona Hendry

### MSc Osteopathy

Designed for practising osteopaths this stimulating flexible programme includes opportunities to advance existing skills, acquire new knowledge and fulfil CPD requirements by allowing a choice of elective modules. The core modules aim to consider the influence and importance of research in supporting osteopathic practice and the current developments in patient management and professional roles in osteopathy.

To register your interest for further information when available, please contact:

Gayda Arnold on 020 7089 5315 or [g.arnold@bso.ac.uk](mailto:g.arnold@bso.ac.uk)



Date	Title	Tutor / lecturer	Cost	Deposit
<i>Weekend courses</i>				
<b>For booking and information – <a href="http://www.cpdo.net">www.cpdo.net</a></b>				
J 16-17 May	<b>Osteopathic technique: Lumbar &amp; thoracic spine and ribs</b>	David Tallor	£220.00	£100.00
T 16-17 May	<b>Cognitive behavioural approach to chronic pain in physical therapies</b>	Heather Muncey Peter Gladwell	£250.00	£150.00
T 8-7 June	<b>Positional release techniques</b>	Leon Charow	£215.00	£150.00
D 3 June	<b>Introduction to visceral osteopathy: the abdomen</b>	Joanna Cril Dawson	£120.00	Pay in full
J 20-21 June	<b>Osteopathic care of small animals</b>	Tony Nevill	£245.00	£100.00
J 12-13 Sept	<b>Sports Rehabilitation – managing lower limb injuries</b>	Chris Boyres	£220.00	£100.00
J 25-27 Sept	<b>Harmonic technique (3 days)</b>	Prof. Eyal Lederman	£350.00	£250.00
T 20 Sept	<b>Introduction to visceral osteopathy: the thorax</b>	Joanna Cril Dawson	£120.00	Pay in full
T 3-8 Nov	<b>Pregnancy care (3 days)</b>	Averille Morgan	£350.00	£200.00
D 7 Nov	<b>Trunk / spinal movement rehabilitation</b>	Prof. Eyal Lederman	£115.00	Pay in full
J 21-22 Nov	<b>Osteopathic technique: Cervical spine, CD and UEX</b>	David Tallor	£220.00	£100.00
T 21 Nov	<b>Introduction to counselling skills for manual and physical therapists</b>	Ben Lederman Jenny Stacy	£120.00	Pay in full
D 26-28 Nov	<b>Vascular visceral manipulation (3 days) Full</b>	Jean-Pierre Daniel	£460.00	£300.00
<i>Evening courses (19.00-22.00)</i>		<b><a href="http://www.cpdo.net">www.cpdo.net</a></b>		
T 14 May	<b>How to treat: Tennis elbow</b>	Prof. Eyal Lederman	£40.00	Pay in full
D 24 Sept	<b>How to treat: Whiplash injuries</b>	Prof. Eyal Lederman	£40.00	Pay in full
J 22 Oct	<b>How to treat: Impingement syndrome of the shoulder</b>	Prof. Eyal Lederman	£40.00	Pay in full
T 5 Nov	<b>Osteopathic Integration II: Lower back pain and endometriosis</b>	Valeria Ferreira	£40.00	Pay in full
J 19 Nov	<b>How to treat: Plantar fasciitis</b>	Prof. Eyal Lederman	£40.00	Pay in full
<i>Evening lectures (19.00-21.00)</i>		<b>Courses open to all manual and physical therapists</b>		
D 14 May	<b>The role of diet in central nervous system function: Brain foods and beyond</b>	Dr Adam Cunliffe	£20.00	Pay in full
T 4 June	<b>Medical ethics: Does belief give the right to practise?</b>	Paul Grant	£20.00	Pay in full
J 5 Oct	<b>Weight Control: What we should be telling our patients</b>	Dr Adam Cunliffe	£20.00	Pay in full
D 5 Nov	<b>Therapists, shamans and charlatans: what are the differences?</b>	Paul Grant	£20.00	Pay in full
T 26 Nov	<b>Perfecting placebo</b>	Prof. Eyal Lederman	£20.00	Pay in full

**Venue: Middlesex University, Archway Campus, Highgate Hill, London N19**

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

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# SUTHERLAND *Cranial College*

## DYNAMIC BASICRANIUM

### MODULE 6

Course Director: **Iz Haylen, DO MSC**

**26-28 June 2009**

Fee: **5830 CPD: 24 hrs**

**Hawlswood College, Stroud, Gloucestershire**

*Residential Pathway Course*

of diagnosis and treatment and their application to the whole body; including the fascia, face and intra-osseous problems are all taken into consideration. We encourage self-assessment and feedback and, each day, time is set aside for individual student discussion with the tutor.

## AN OSTEOPATHIC APPROACH TO THE FACE

### MODULE 8

Course Director: **Diana Harvey-Kimmerdo MSCC**

**2-4 October 2009 CPD: 24hrs**

**Hawlswood College, Stroud, Gloucestershire**

*Residential Pathway Course*

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.

The course aims to review the anatomy, physiology and embryology of the face and to use this knowledge both to think osteopathically about common viscerocranial problems that we encounter in practice, and to communicate with other professionals (opticians, orthodontists etc).

We will use small group workshops to re-familiarise ourselves with the intricate bony relationships, their impact on healthy involuntary Motion and on the special senses of the upper, middle and lower face.

A tutor- student ratio of 1:4 will enable us to deepen our palpatory understanding of the involuntary mechanism whilst practising specific techniques for the face.

Follow on 2 day advanced osteopathic approach to the face course in France in February 2010 for the complete dental experience in practice, not to be missed. CD: Cherry Harris MSc (Ost Med), DO

## OSTEOPATHY IN THE CRANIAL FIELD

### MODULE 2/3

Course Director: **Michael Harris DO MSCC**

**8-12 September 2008 CPD: 40hrs**

**Columbia Hotel, 95-99 Lancaster Gate, London, W2 3NH**

*Non-residential Pathway Course  
- SCTF approved*

The course presents Sutherland's 'Five Phenomena'; reviews centering and monitoring and explores palpatory differences among structures at different levels of function. Principles

SCC Administration, PO Box 91, NP16 7ZS

Telephone **01291 680008**/ Fax 01291 680056

Email: [info@admin@scc-osteopathy.co.uk](mailto:info@admin@scc-osteopathy.co.uk) [www.sutherlandcranialcollege.co.uk](http://www.sutherlandcranialcollege.co.uk)

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

Saturday 16 May 2009 - 8 Hours CPD

This one-day course will be conducted in Boxley, Kent, by Judith S. This course explores the effects of words and thoughts on patient outcomes.



The Physiology of Emotions - how thoughts and images play out in the mind/body and affect the possibilities of healing.

The Verbal First Aid Protocol - speaking to patients in such a way as to engage the patient's own inner healing capabilities and set a course for recovery.

Verbal First Aid for Children - ways of working with younger patients to gain cooperation and compliance and transform pain to comfort and fear to self-mastery.

Guided Imagery and Basic Self-Hypnosis - techniques that can help patients do their part in their own recovery and add much to your reputation. Prenatal guided Imagery will also be discussed.

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or call +44 (0)1622 671558



The European School of Osteopathy is pleased to announce its

## CPD Event and Gala Dinner

Saturday 12th September 2009

### CPD Event at the ESO, Boxley

Delegates will choose 2 half-day workshops from the following:

- "45 years on, practical techniques that have lasted - a structural workshop"  
*Bevie Snary DO*
- "An introduction to the osteopathic care of animals"  
*Tony New DO*
- "Pelvic balance and urogenital problems"  
*Prof Renato Molinari DO*
- "Integration of osteopathic concepts and approaches"  
*Jean Marie Bevelts DO, MSc*

Translation will be available in French where requested

### Gala Dinner at Leeds Castle

Champagne reception followed by 3-course dinner and live band

Price: £200 inclusive of Gala Dinner / £150 Workshops only (limited to 150 places)

For further information visit [www.eso.ac.uk](http://www.eso.ac.uk) or call +44 (0)1622 671558

Past and present ESO Principals will attend to celebrate the anniversary of several landmark events in the school's history





## FOUNDATION COURSE IN PRESCRIPTION ORTHOSES

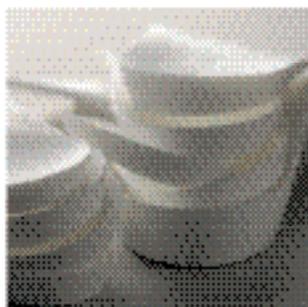
This course includes: - practical podiatric biomechanics, foot techniques, gait analysis and instructions on how to prescribe and cast custom made orthoses.

**Did you know orthoses can help with chronic and acute pain such as:**

- ▶ **Fore-Foot:** Pes cavus, pes planus, calluses, bunions, cramping, metatarsal pain and neuromas.
- ▶ **Rear-Foot:** Heel pain/spurs, growing pains, Achilles tendonitis and plantar fasciitis.
- ▶ **Gait:** Knee, hip, pelvic and lower back pain, diabetes, arthritis and poor posture.

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

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Many Thanks"

**Professor Laurie Hartman  
Osteopath**

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**Tel: +44 (0) 1923 260452**

- ▶ Course location: The Abbots Langley Clinic, Abbots Langley, Herts, WD5 0AZ
- ▶ 1 day course costs £150 per delegate.
- ▶ Cost includes lunch, starter pack & certificate of attendance for 7 HOURS CPD.

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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?

DG Mutual 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. DG Mutual 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. DG Mutual will pay out until the end of the policy (typically aged 60.)

Take away the worry and do the smart thing, contact DG Mutual

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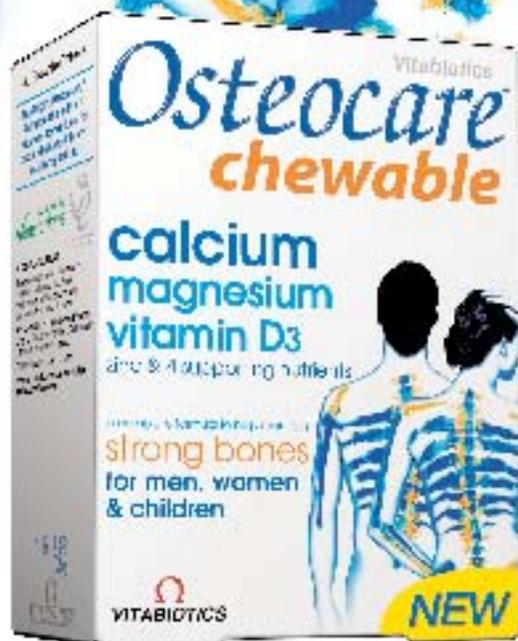
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The Neuro Orthopaedic Institute is an independent group of therapists dedicated to providing quality education and resources. We have teams of instructors in more than 25 countries and on all continents, delivering education to over 4000 health professionals each year.

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A comprehensive introduction to the diagnosis and management of physical dysfunction of the nervous system. With plenty of practical work and the latest neurobiology, clinicians will be able to rapidly merge the material into all existing manual therapy frameworks.

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6 - 7 June 2009	Dublin	St James Hospital	Robin Blake & Ben Davies
20 - 21 June 2009	London, Wimbledon	Richside Hospital	Tim Beames
4 - 5 July 2009	Oxford	The Manor Hospital	Robin Blake & David Bolton
3 - 4 October 2009	Belfast	Arches Physiotherapy Practice	Tim Beames
17 - 18 October 2009	Ridham	Tameside Hospital	Robin Blake & Ben Davies
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Building on level 1 courses with a strong problem solving and 'hands on' focus

9 - 10 May 2009	Upper limb, thorax & neck	London, St Thomas Hospital	Juana Luoma-aki
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25 - 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: joanna@noi-group.com T: 01934 737919  
W: www.noi-group.com Address: Joanna Taylor, NOI UK, Popin Barn, Main Street, Hessay, York, YO25 8JF

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# Royal National Orthopaedic Hospital



NHS Trust

In association with the Institute of Orthopaedics and Musculoskeletal Sciences, University College London

## Spinal Imaging

25th & 26th June 2009

The Royal National Orthopaedic Hospital NHS Trust has one of the largest Spinal Surgical Units in the UK. Consequently, the Radiology Department has extensive experience in the imaging of the spine.

This 2-day course is a comprehensive review of radiology as applied to the diagnosis and management of spinal disorders. The patho-anatomic basis for spinal intervention will also be reviewed.

It is relevant for Radiologists, Spinal Surgeons, Pain Physicians, Rheumatologists, Osteopaths and Chiropractors. The attendees will benefit from lecture-panel combination and the informal setting of the course is designed for maximum educational benefit.

### Lecture Topics include

Lumbar Disc Disease, Spinal Stenosis & Erect MRI of the Lumbar Spine, Failed Back Syndrome, Scoliosis, Spinal Infection, Spinal Cord Pathologies, Spinal Trauma, Tumours, Injections & Biopsy, Nerve Root Blocks, Vertebroplasty, Spondylolysis and Spondylolisthesis, RF Treatment of Spinal Osteoid Osteoma, Kyphoplasty, Spinal Vascular Intervention and Surgeon's Perspective on Spine Intervention.

**Registration Fee** – Any 1 day – **£200** Both days – **£350** Fee inclusive of all course material, lunch and refreshments.

**Venue** – Sir Herbert Secklon Teaching Centre, RNOH NHS Trust, Stanmore

For further information please contact the Education Centre

Telephone **020 8909 5326** email [courses@rnoh.nhs.uk](mailto:courses@rnoh.nhs.uk) or visit our website [www.rnoh.nhs.uk/education](http://www.rnoh.nhs.uk/education)

## The Complex Patient

### An Integrated Approach

#### Evaluation and Treatment of the Anxious Patient

With Mr. Gerry Gajadharsingh DO Dr. Brian Roet MBBS and Dr. David Beales FRCP, MRCP

## WEEKEND LECTURE & WORKSHOP

### Saturday 26th & Sunday 27th September 2009

With over 100 years of clinical/teaching experience between them, the members of the lecturing team share a passion for the practice of a more integrated approach to medicine. Over the course of the weekend they will share with you their invaluable knowledge and experience in this type of practice and in particular in dealing with 'the anxious patient'.

The package price of £425\* includes: 2-day course/lecture and manual, Saturday evening accommodation and all meals at the beautiful Missenden Abbey Conference Centre, located in Buckinghamshire.

**Early Bird Discount Offer £395** (Must be booked and paid in total by 01.06.09)

Places are strictly limited, please contact Lisa on **+44(0)20 7631 1414** to reserve your place.

Further information can be found at our website [www.thehealthequation.co.uk](http://www.thehealthequation.co.uk)

\*Terms Non-refundable Deposit £150 to secure booking

Full Payment Required by 20.07.09

**The Health Equation, 4th Floor North, 25 Wimpole Street,  
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Foundation for  
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## Diploma in Paediatric Osteopathy

The Foundation for Paediatric Osteopathy, in response to demand from the profession, is replacing its successful MSc course with a more clinically based diploma programme. The course provides a unique opportunity to work with, and learn from, leading practitioners in the field of paediatric osteopathy. It is of relevance to osteopaths treating children in general practice and osteopaths intending to specialize in the osteopathic care of children.

Applicants must be registered with the General Osteopathic Council and must have completed a postgraduate Sutherland Cranial Teaching Foundation (SCTF) approved course before October 2009. A good UK osteopathic degree (or equivalent) is required. All applicants must provide an enhanced criminal records disclosure.

The two-year course encourages reflective, self-directed learning and is designed to provide the necessary experiences, knowledge and skills to deal with a wide variety of clinical presentations. Practical work includes treating very premature infants in a hospital neonatal intensive care unit and at least 95 days of supervised clinical learning.

Tutorials, weekend seminars and written course work support the clinical teaching. Assessment is ongoing and includes end of year written exams and clinically based vivas.

Further information on the course and an application form are available on line at [www.fpo.org.uk](http://www.fpo.org.uk).

Closing date for receipt of applications is 30th June, 2009

Registered charity number 1 003934

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Please contact: Mrs Linda Millard, Health Surgery,  
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## Lessness Natural Health Clinic

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We would like to hear from experienced osteopathic practitioners wishing to take over an existing practice within this multidisciplinary clinic.

The clinic is easily accessible and there are no parking restrictions.

Contact: JANE BATTY 011 02 0 8312 2141

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# Osteopathic Practice Framework consultation

What is involved in osteopathic practice?  
Should we define the scope of osteopathic practice?

The General Osteopathic Council is currently consulting on the development of a guide to what is involved in osteopathic practice.

Visit [www.osteopathy.org.uk](http://www.osteopathy.org.uk) or the **o** zone for the online consultation.

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contact the GOsC  
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