



General  
Osteopathic  
Council

REGIONAL GROUPS  
SUPPORT FOR  
OSTEOPATHS

EDUCATION  
LEARNING FROM  
PATIENTS

INSURANCE  
DON'T GET  
CAUGHT OUT!

# The Osteopath

Supporting high standards in osteopathic practice

MARCH/APRIL 2020 | VOL 23 | ISSUE 2



## KEEPING CPD RECORDS

YOUR COMPREHENSIVE GUIDE TO KEEPING  
TRACK OF YOUR CPD ACTIVITIES



General  
Osteopathic  
Council

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**Bill Gunnyeon** (from 1 April 2020)

**Acting Chief Executive and Registrar:**  
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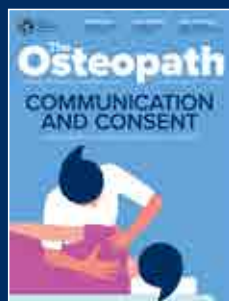
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Find PDFs of this and previous issues of The Osteopath at:  
[osteopathy.org.uk/  
theosteopathmagazine](http://osteopathy.org.uk/theosteopathmagazine)



# Welcome



We've had queries from osteopaths who want to know more about what CPD records to keep and how to report to the GOsC each year. You should find all the answers you need in a comprehensive article on p8.

Dr Bill Gunnyeon CBE will take over as the GOsC's new Chair from 1 April 2020, after serving four years as a lay member of Council. Find out more about Bill and his vision for the future on p6.

The Norfolk Osteopathic Society regional group regularly surveys its members to find out what support they want. They share their insights and plans on p14.

The GOsC's Dr Stacey Clift explores the benefits to both patients and students of increased patient involvement in osteopathic education on p17. There's also still time to let us know if any of your patients would like to share their views with the GOsC for a variety of activities (p19).

Have you checked your insurance recently? There has been an increase in cases relating to failure to maintain the correct insurance, so do read the article on p20 by GOsC's Director of Fitness to Practise, Sheleen McCormack, to make sure you don't get caught out.

I hope you enjoy this issue and find it useful. Please get in touch if there is any content you'd like to see in future issues.

**Clare Conley**

Managing Editor

Email: [editor@osteopathy.org.uk](mailto:editor@osteopathy.org.uk)

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# UPDATE

March/April 2020

## CPD SCHEME

### Health regulatory bodies compare CPD schemes

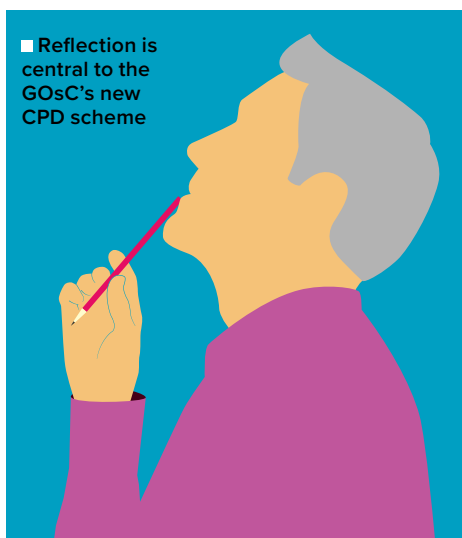
An emphasis on the need for reflection as a requirement of CPD schemes is a key trend among healthcare regulators to encourage osteopaths to consider how CPD has informed their practice.

This was confirmed when the GOsC team hosted representatives from the General Chiropractic Council, General Dental Council, General Medical Council, General Pharmaceutical Council, Health and Care Professions Council, Nursing and Midwifery Council, and Social Work England in January to discuss their approaches to implementing CPD and revalidation schemes, and to identify any challenges they have experienced in their sector.

Reflection (learning from CPD and practice) is central to the GOsC's new CPD scheme which launched in October 2018. In June last year, the nine healthcare regulators joined forces to stress the benefits and importance of good reflection and signed a joint statement outlining the processes and advantages of being a good reflective practitioner. See: [osteopathy.org.uk/regulators-support-reflective-practitioners](http://osteopathy.org.uk/regulators-support-reflective-practitioners).

Also taking part in the health

■ Reflection is central to the GOsC's new CPD scheme



regulators meeting in January was Ian Setchfield, an Acute Care Consultant Nurse. Ian is leading on an Advanced Clinical Practice CPD Strategy for Health Education England and was keen to learn from attendees' experience to help inform his work developing a strategy for the Academy of Advancing Clinical Practice which is expected to launch soon.

The health regulatory group plan to meet again in summer 2020.

## GOSC NEWS

### Profile of osteopathy regulation raised at Council of Deans of Health

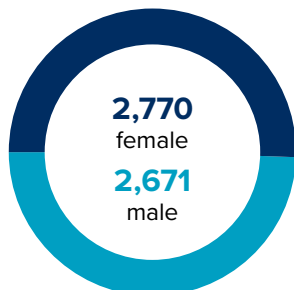
Representatives from the GOsC attended the Council of Deans of Health annual conference on 21 January. The Council of Deans represents the UK university faculties for nursing, midwifery and the allied health professions (AHPs).

The GOsC exhibited at the conference and shared information with attendees about our CPD scheme and the 2019 Osteopathic Practice Standards, helping to raise the profile of osteopathy regulation.

The conference focused on key issues and challenges for the health and higher education sectors and included panel discussions on the healthcare workforce in England and the AHP workforce in the devolved nations.

## SNAPSHOT

### REGISTER STATISTICS: 1 MAR 2020



**160**  
practise in Scotland  
**29**  
practise in NI



**450**  
practise in the rest of the world



## GOSC NEWS

## Standard Case Directions come into effect

Following public consultation, a practice note with Standard Case Directions has been published. This will apply to all cases that progress to a final hearing before a Professional Conduct Committee (PCC) following a referral by the Investigating Committee (IC).

The Standard Case Directions are designed to ensure that cases are progressed in a timely way, for the benefit of the osteopath concerned and in the public interest.

The practice note sets out the steps that should be followed by the GOsC and by the osteopath and their legal

representative to prepare for a case to be heard by the PCC.

The overriding objective of the Standard Case Directions is to enable the GOsC to deal with cases fairly, justly and expeditiously in the public interest.

A public consultation was held on a draft of the Standard Case Directions between 21 August to 15 October 2018 and approved by Council in November 2018. The directions apply to all cases referred by the IC from 1 December 2019.

Read the Standard Case Directions at: [osteopathy.org.uk/standard-case-directions](http://osteopathy.org.uk/standard-case-directions)

## GOSC NEWS

## New home for the o zone



You may have noticed that the web address for the o zone has changed to [ozone.osteopathy.org.uk](http://ozone.osteopathy.org.uk).

We hope this change will help make it easier for you to see where you are when navigating through our websites.

This follows on from a number of improvements we made to the navigation of the o zone last year.

You will still be able to use any existing bookmarks you have on your web browser to access the site.

You can share your feedback using the o zone survey at: [osteopathy.org.uk/ozonesurvey](http://osteopathy.org.uk/ozonesurvey).

Or if you have any queries, please email: [webmanager@osteopathy.org.uk](mailto:webmanager@osteopathy.org.uk)



Fitness to Practise  
Annual Report  
2018-19



## GOSC NEWS

## Fitness to practise annual report published

Our latest Fitness to Practise Annual Report 2018-19 has been published. It provides details of the decisions and any sanctions applied from the substantive hearings of the GOsC's Professional Conduct Committee (PCC) concluded during the period 1 April 2018 to 31 March 2019.

Our Fitness to Practise reports are published each year and provide guidance to osteopaths on the high standards of conduct and practice required to maintain their registration. When the PCC investigates an allegation and decides that it is not well founded, the osteopath can ask for this to be recorded in the next Fitness to Practise report.

The outcomes of hearings are published at [osteopathy.org.uk/decisions](http://osteopathy.org.uk/decisions) for a period of time that varies in accordance with the severity of the sanction, as specified in our Fitness to Practise Publication Policy.

The annual publication of Fitness to Practise reports is a statutory obligation, required by The Osteopaths Act 1993.

You can read the report at: [osteopathy.org.uk/ftp-annual-report-18-19](http://osteopathy.org.uk/ftp-annual-report-18-19)

# Leading the GOsC

**Dr Bill Gunnyeon CBE** will take over as the new Chair of the GOsC on 1 April 2020, and looks forward to his new role

I feel hugely privileged to have been appointed as the next Chair of the GOsC and to have the opportunity to lead our work for the next four years.

As a regulator, our primary concern is the protection of patients and the public. But we will only be truly successful in achieving this if we work in partnership with osteopaths to try to help you ensure that you can practise in accordance with our standards and in a way which significantly reduces the likelihood of any complaint arising.

By understanding the challenges you face on a day-to-day basis, providing you with appropriate guidance and helping to ensure you can remain up to date and enhance your practice through our CPD scheme, we can work together to ensure the best outcome for patients.

We all know, however, that in spite of the best of intentions, things can happen which lead to complaints to the regulator, albeit a very small number in relation to the number of osteopaths on the Register. Having been a healthcare professional myself – and so subject to regulation – I appreciate all too well the anxiety that arises on receipt of a letter from the regulator. In such circumstances, it is really important that both osteopath and patient can have confidence that our processes will:

- treat them both with respect;
- be fair and impartial;
- be open and transparent;
- and ensure the matter is dealt with as quickly as possible.

In this way we can ensure that public confidence in the profession remains high.

It is also important for us to ensure that all those who seek to join the



■ Bill Gunnyeon at a recent GOsC Council meeting

profession as osteopaths meet the same standards of competence as those already in practice, and thus our work in regulating osteopathic education is critically important. The grounding that students receive during their undergraduate training secures the foundations upon which future professional practice is built, and I appreciate the efforts that our osteopathic educational providers make to helping to build those foundations. We must, however, continue to ensure that those standards are not only maintained,

but evolve and develop as the profession itself evolves and develops.

A dynamic, thriving profession is important for the future of osteopathy and it's important that as the regulator we work with others to help support the development of the profession so that it can take advantage of opportunities that arise. This will also ensure that osteopathy remains a highly attractive profession for those seeking a stimulating and rewarding career.

Over my almost four years as a lay member of Council, I have greatly

**‘It’s important that as the regulator we work with others to help support the development of the profession’**

**Dr Bill Gunnyeon**

**CBE FFOM FRCP FRCPE FRCGP**

Bill has spent most of his career in the occupational health field, holding a number of senior and high-profile roles in the private and public sectors, involving professional and strategic leadership as well as commercial and business development responsibilities, after starting out as a Medical Officer in the Royal Air Force. Here are some of Bill’s career highlights:

**2020:** new Chair of the GOsC

**2017:** Lay Governor at Glasgow Caledonian University

**2016–2020:** Lay member of the GOsC Council and Chair of the Policy Advisory Committee

**2016:** Chair of Board of the Institution of Occupational Safety and Health

**2005–2014:** Chief Medical Adviser, Director for Health and Wellbeing and Chief Scientist at the Department for Work and Pensions

**2002–2005:** President of the Faculty of Occupational Medicine

enjoyed learning about osteopathy and meeting many of our stakeholders. I know there is still much for me to learn, and I look forward to working with you all, with patients, and with our many other stakeholders as I move into my new role.

If any of you have thoughts on how we can improve how we perform as a regulator, or how we can help you to improve your practice and thus the safety of your patients, please do let me know.

You can contact me via:  
[chair@osteopathy.org.uk](mailto:chair@osteopathy.org.uk)

# Looking to the future



**Matthew Redford, Acting Chief Executive and Registrar, sets out the key areas of focus for the GOsC for the coming years**

It is a tremendous honour to be the Acting Chief Executive and Registrar of a regulated profession that delivers high-quality, patient-focused care which is valued by patients and is recognised and respected alongside other healthcare disciplines as Allied Health Professionals.

It is also a privilege to lead a fantastic staff team at the GOsC which, while small in number, benefits greatly from its diversity and consistently delivers on its statutory responsibilities as a regulatory body and a registered charity.

But that does not mean we can afford to rest on our laurels and be complacent, for there is still much to learn and much to do, as our Strategic Plan 2019-24 outlines (see [osteopathy.org.uk/strategic-plan](https://osteopathy.org.uk/strategic-plan)).

Collaboration and engagement with our regulatory partners, stakeholders, patients, the public, and the profession, is fundamental to how we operate and is something we aim to continue in the coming years. Engagement was a key feature as we developed and implemented the three-year CPD scheme and considered what revisions were required to the Osteopathic Practice Standards.

Speaking as a member of the Senior Management Team that delivered a 24% reduction in the headline registration fee, I am pleased that balancing the

books through effective cost control is part of our natural business.

And now, as I lead the organisation, I am fully aware that we need to think about how well we use data and technologies. We need to make sure we invest in our systems and our people to ensure that we continue to deliver cost effective, efficient, proportionate regulation.

This is likely to mean we will drive more of our activity online, which will have the added benefit of improving our environmental footprint – something which, as a charity, I consider we have a duty to do.

We also took an important step towards environmental sustainability with this magazine which, as you may have noticed, is now delivered in plastic-free packaging while the magazine itself continues to be produced from responsibly sourced paper. And this first step represents the start of our work in this area.

The work of the staff team here at the GOsC is overseen by the Council and in this issue of the magazine, as we bid a fond farewell to Alison White who completes her tenure as Chair of Council, we welcome Bill Gunnyeon to the role (see facing page). We thank Alison for all her work over her eight-year term, and look forward to building upon it with Bill.

**‘Collaboration and engagement is fundamental to how we operate’**





# Keeping a record of your CPD activities

**Lorraine Palmer**, GOSc's Registration and International Applications Officer, explains what you need to include in your CPD records, including the kinds of evidence you need to keep

**A**s we enter March, all osteopaths will now be on the new three-year CPD scheme and a number of you will already have come to the end of your first year. I've been hearing from osteopaths that you'd like some more information about what CPD records to keep, and how to report to the GOSc each year. So I have set this out in the following article and provided information on some different methods you could choose for keeping your CPD records.

## The five main features of the scheme

As you know, the CPD scheme has the following five main features, one of which is keeping CPD records:

- Range of practice and the four Osteopathic Practice Standards (OPS) themes
- Objective activity
- Communication and consent
- Keeping CPD records
- Peer Discussion Review

## Why you need to keep CPD records

The requirement to keep CPD records hasn't changed from the previous CPD scheme. Keeping a record of your CPD activities will help you make sure you are on track as you progress through the scheme.

At the end of each registration period, you'll be required to complete an annual renewal of registration form (on the **o** zone or hard copy) and, as part of this, you need to make a declaration about the CPD activities you've done in the previous 12 months. Scan the QR code on the next page or see the May/June 2019 issue of *The Osteopath* to see a sample of a completed form. We'll be contacting a small random sample of osteopaths at the end of each year of the scheme to ask for more information about the types of CPD activities that have been declared. You would need to be able to share your CPD records with the GOSc.

Note that, unlike the previous CPD scheme, you no longer need to submit an annual CPD summary form with all the



→ details of your CPD activities. Instead, you renew your registration declaring you hold indemnity insurance; and make declarations about your character, your health and fitness, which features of the CPD scheme have been completed and the CPD hours you have undertaken in the previous 12 months.

### Which details to record

You need to keep a note of all the practical details to do with the activities you have done, including:

- the date and location
- summary of the activity including what you did and what you learned
- the type of activity
- how much of it was learning with others and/or by yourself

But also, the important thing to remember is that you need to keep a record of the OPS themes you have covered and your reflections on the activities. See the next two sections of this article for more on this and see the sample CPD Diary summary on the right.

### Linking to the OPS themes

For all the CPD activities that you do, remember to consider which of the four themes of the OPS you have covered in each activity. You might find you have covered more than one and, possibly, all

### Reflecting on your CPD

When you are reflecting on your CPD activities, you might find it helpful to think about these questions:

- What were your reasons for undertaking the activity?
- Which themes of the OPS have you considered in relation to this activity?
- What was the impact or significance of the activity?
- How has/will the activity contribute to your practice?
- Has the activity highlighted any other learning needs, and are you planning any further activities as a result of undertaking this one?
- Did you have any other thoughts or reflections on the activity?

the themes. You will find guidance on linking to the OPS themes in the CPD workbooks at [cpd.osteopathy.org.uk/workbooks](http://cpd.osteopathy.org.uk/workbooks) (for more about the Keeping CPD Records Workbook, see the box at the end of this article on p12).

### What is meant by 'reflection' and how to record this

The new scheme places an emphasis on reflection. So remember to keep a record of your reflections on your CPD activities as well as recording what you did and when, and this should form part of the evidence you need to keep. See the box

above for more on reflecting on your CPD.

To help you with your reflection on each activity, you could work through the questions given in the box above and keep a note of this. These notes could then be added to your CPD records and you might find these reflections are helpful in identifying any future learning needs and for your Peer Discussion Review.

You can see a sample of how you might include reflection when you write up an activity in the example online CPD Diary summary shown below.

### Sample CPD Diary summary

#### GOsC CPD Evaluation Survey

▶ Edit ▶ Delete

<b>Start/end date:</b>	18 Oct 2019 - 18 Oct 2019	
<b>Subject/topic:</b>	GOsC CPD Evaluation Survey	
<b>Activity type:</b>	Reading/review	
<b>Venue:</b>	Home	
<b>Learning type:</b>	By Oneself	

<b>Hours completed:</b>	<b>Hours</b>	<b>Minutes</b>
	1	0

**Summary of activity:** Includes 30 minutes reflection. This survey has helped me to see how I currently undertake CPD and how I may benefit from planning my CPD for the year, reflecting on each activity so as to better inform my professional development. From this survey I have started to consider how to broaden the activities to cover the breadth of my practice (not just knowledge and skills), eg it has helped me identify the need to enhance my knowledge and skills in patient feedback so I can plan my objective activity next year.



#### See a completed form

Simply open the camera app on your phone or tablet. Position so the QR code appears in the viewfinder. Your device will recognise the QR code and show a notification. Tap the notification to open the link.

Scan the code to see an example of what a completed annual renewal of registration form might look like.



### Templates to help you

You might find the following editable templates in the Keeping CPD Records Workbook useful in helping you record your CPD:

■ **CPD activity record template:** this could be used in situations where you want to record a specific activity. For example, attending a course or lecture, an informal discussion with a colleague, or an encounter with a patient which you found challenging (see p15 of the Workbook for a filled-in example and p19 for a blank template)

■ **CPD record summary template:** remember that a brief summary of the key points, the impact these have had and any learning or actions you have identified will be sufficient for you to talk this through with a colleague when you come to do a Peer Discussion Review (see p17 of the Workbook for a filled-in example and p20 for a blank template)

See Keeping CPD Records Workbook: [cpd.osteopathy.org.uk/keeping-cpd-records](http://cpd.osteopathy.org.uk/keeping-cpd-records)

### Types of evidence you need to keep

As well as keeping a record of your reflections on your CPD activities, which should include the OPS themes you have covered (see earlier), the evidence you keep as a record of CPD will depend on

the particular CPD activity you have done, but it might include:

- completed templates, for example the CPD activity record template
- any documents, notes or completed feedback from activities
- signed record of a case-based discussion with your colleagues or other healthcare professionals
- materials you have produced; for example, you may have developed a complaints policy for your practice, produced a summary of audit poster, or published an article in a magazine or on your website, updated your case history forms, or, if you're an educator, then you might have undertaken research and updated learning materials for students, etc.

### Using CPD records from other roles

If, for example, you are registered with another health regulator and undertake CPD for them, you can include that CPD activity in your records if you are able to show how it is relevant to your osteopathic practice.

### Methods to consider for recording your CPD

The method you use to keep your records is up to you. Many osteopaths are choosing to use the online CPD Diary available in the **o** zone, which is a modified

version of the old annual summary form, but you could use an eportfolio platform, or some osteopaths prefer to stick to keeping paper records.

### Your online CPD Diary

This is your personal record for you to keep and you can easily share it with your Peer Reviewer before your Peer Discussion Review. It's available for you in the My CPD section of the **o** zone. If you use the CPD Diary, remember to keep hold of any supplementary materials such as the evidence types we looked at earlier in the article.

### Your own electronic records

You can use Microsoft Word, Apple Pages, Google Docs or whatever platform you're familiar with and works best for you. Remember to back up electronic records so they can be accessed even if your computer is lost or damaged.

It's possible to create your own eportfolio and store these in a folder which can be shared with your peer or colleague for your Peer Discussion Review.

### Scanning evidence on your phone

As well as your records of activities, it's possible to scan evidence, such as certificates or notes and reflections using a smartphone app and store these in your records too.



## KEEPING CPD RECORDS

### An eportfolio platform

→ There are several eportfolio platforms available which individuals can sign up to. For example:

- PebblePad: [pebblepad.co.uk](http://pebblepad.co.uk)
- Folio Spaces: [foliospaces.org](http://foliospaces.org)
- Padlet: [padlet.com](http://padlet.com)
- Mahara: [mahara.org](http://mahara.org)

Some of these platforms might incur a fee, so, if an eportfolio suits your needs, it's worth exploring what might work best for you. An eportfolio provides you with a chance to plan and reflect on activities and maintain evidence of your CPD in one place, with the ability to share this information with colleagues.

### Paper records

You might prefer to keep paper records of your activities and evidence. This is possible, although you may need to allow some extra time before your Peer Discussion Review to take copies and get them to your colleague in advance of your meeting. Again, it's always worth keeping copies in case they get lost or damaged.

### Using your records to prepare for your Peer Discussion Review

Some people have told us that they find it useful to start filling in the Peer Discussion Review (PDR) template (see: [cpd.osteopathy.org.uk/peer-discussion-review-guidelines](http://cpd.osteopathy.org.uk/peer-discussion-review-guidelines)) to help them plan their three-year CPD cycle. If you find it useful to do this, you might want to consider keeping this draft PDR template in your CPD records as this will give you extra evidence of how you have engaged with the CPD scheme. You might also find this very useful preparation for your final PDR, which usually takes place before the end of your three-year CPD cycle.

### Summary points

- Reflect on your CPD and record your reflections to show learning.
- You must keep a record of your CPD activities, but how you do this is up to you.
- Your CPD records should include a brief summary of the key points, the impact they have had, and any further learning or actions you have identified. This will help you show that you have engaged with the scheme.
- Many CPD activities will cover more than one theme of the OPS. You don't need to cover all the standards in any particular theme.
- You must have a record of all the CPD you claim. ●



### Visit the CPD website

Simply open the camera app on your phone or tablet. Position so the QR code appears in the viewfinder. Your device will recognise the QR code and show a notification. Tap the notification to open the link and visit the CPD website.

### Find guidance and resources on [cpd.osteopathy.org.uk](http://cpd.osteopathy.org.uk)

For each element of the CPD scheme you can find advice and resources on the CPD website to assist you:

- Range of practice (this includes the 4 OPS themes): [cpd.osteopathy.org.uk/standards](http://cpd.osteopathy.org.uk/standards)
- Objective activity: [cpd.osteopathy.org.uk/objective-activity](http://cpd.osteopathy.org.uk/objective-activity)
- Peer Discussion Review: [cpd.osteopathy.org.uk/pdr](http://cpd.osteopathy.org.uk/pdr)

- Communication and consent: [cpd.osteopathy.org.uk/communication-and-consent](http://cpd.osteopathy.org.uk/communication-and-consent)
- Keeping CPD records: [cpd.osteopathy.org.uk/keeping-cpd-records](http://cpd.osteopathy.org.uk/keeping-cpd-records)

You might also find this section on planning your CPD useful: [cpd.osteopathy.org.uk/planning](http://cpd.osteopathy.org.uk/planning)

### Keeping CPD Records Workbook: a practical guide

The Keeping CPD Records Workbook is one of a series of practical guides developed by the GOsC to help guide you through the elements of the new CPD scheme.

In the workbook you'll find sections on:

- What constitutes CPD and professional practice
- Recording your CPD activity: options to consider
- Linking your CPD to the four themes of the OPS
- Keeping records to help you prepare for a Peer Discussion Review

- Templates: CPD activity record and CPD record summary templates – examples of filled-in and blank templates for you to adapt
- Further information on useful websites and resources

You'll also find the following workbooks at [cpd.osteopathy.org.uk/workbooks](http://cpd.osteopathy.org.uk/workbooks)

- Planning your CPD
- Communication and consent
- Patient feedback
- Case-based discussion
- Peer observation



**Download the Workbook**  
See above for instructions





# Q&A



## Your questions about the CPD scheme answered

Here are some of the most common questions we get asked when we are engaging with osteopaths at events, in person or online.

### Q: What CPD activities can help me meet the communication and consent requirement?

**A:** There are a variety of ways to meet this requirement. Activities might include for example:

- exploring case studies on [cpd.osteopathy.org.uk](http://cpd.osteopathy.org.uk) with a colleague
- reviewing the National Council for Osteopathic Research website resources about communicating benefits and risks (See [bit.ly/ncor-benefits-risks](http://bit.ly/ncor-benefits-risks))
- doing a dedicated CPD course on communications and consent
- doing any CPD course if it relates to how you communicate with patients and involves reviewing the guidance in the Osteopathic Practice Standards (OPS)

You must undertake at least one CPD activity relating to communication and consent during your three-year CPD

cycle. Doing an activity that includes communication and consent will help you to demonstrate how your CPD benefits patients.

You can find out more about communication and consent by reading the Communication and consent Workbook available on the CPD microsite: [cpd.osteopathy.org.uk/communication-and-consent-workbook](http://cpd.osteopathy.org.uk/communication-and-consent-workbook)

### Q: Can CPD activities cover more than one OPS theme?

**A:** Most CPD will cover more than one OPS theme, eg if you attend a workshop on the review of orthopaedic testing of the shoulder and upper limb, this could potentially cover all four themes.

If your learning from the workshop enhanced your ability to talk to patients more knowledgeably about treatment

options, which in turn helped you gain informed consent for osteopathic intervention, this could cover **Theme A: Communication and patient partnership**. Most activities will impact on **Theme B: Knowledge, skills and performance** because all CPD is about recognising and working within the limits of your training and competence and keeping knowledge and skills up to date. **Theme C: Safety and quality in practice** includes keeping comprehensive patient notes.

Equally, if the workshop helped you to see how other professionals approach orthopaedic testing and views on the reliability of certain tests, then this could fall under **Theme D: Professionalism**.

We recommend that every time you record an activity you consider the following questions:

- What did you learn?
- What was the impact on your CPD and practice?
- What will you do next as a result of this?
- What themes of the OPS did you cover?

The Osteopathic Practice Standards are available at:

[standards.osteopathy.org.uk](http://standards.osteopathy.org.uk)

### Q: Does my Peer Reviewer need to be an osteopath?

**A:** You can choose an osteopath or another registered health professional eg a chiropractor or a physiotherapist to be your Peer Reviewer for your Peer Discussion Review (PDR). Your PDR needs to be completed by the end of your three-year cycle but you might find it helpful to agree your Peer Reviewer early on in the three-year CPD cycle to help discuss your CPD as you go along.

Some osteopaths prefer to select peers who have the same kind of osteopathic approach as they do. While other osteopaths feel more comfortable discussing their practice with a peer who has a different approach or another health professional. You might also decide to choose more than one Peer Reviewer and do your PDR with a group.

Read more about Peer Discussion Review at: [cpd.osteopathy.org.uk/peer-discussion-review-guidelines](http://cpd.osteopathy.org.uk/peer-discussion-review-guidelines) ●

### MORE Q&AS

You can see some more Q&As in the January /February issue of The Osteopath ([bit.ly/TheOsteoJanFeb20](http://bit.ly/TheOsteoJanFeb20))

# Regional groups: supporting osteopaths

**Zoë Clark**, Secretary of the Norfolk Osteopathic Society, shares her insight from the results of a recent survey of their regional group members

**R**egional and local groups are a good way to connect with other osteopaths and often provide cost-effective options for CPD. But if you're running a group, or thinking of setting one up, it's important to understand what your members want. One way to get this insight is to carry out a survey.

Here, Zoë Clark talks about her role as Secretary of the Norfolk Osteopathic Society (NOS) and about how the NOS surveyed its members about what support they wanted with the CPD scheme.

## **What does your role involve and what motivates you to do it?**

I organise CPD events; share relevant event information and job adverts; represent members through communication with the GOsC and the Institute of Osteopathy (iO), and survey members to ensure the group meets their needs.

Felicity, Emma and I all work in Norfolk (see About the Norfolk Osteopathic Society box on the next page). We've found being members, and now organisers of the NOS, has helped to reduce the isolation we've previously experienced in practice. It also helps ensure that we pursue varied CPD activities and continue to grow as practitioners.

## **How often does the NOS meet?**

The society meets about once every quarter at a local community centre and we share information about local CPD events that are held in between. We communicate via a mailing list



between meetings and have a designated email address so members can reach the society team. We have a website ([groupspaces.com/NORS](http://groupspaces.com/NORS)) where we post information about meetings, the results of surveys, resources for members and discounts/membership benefits. The society is free to join and is not-for-profit, so meeting costs are kept to a minimum. Group meetings are intentionally quite informal, because we find allowing people to discuss their practice and general wellbeing is really important.

## **How did you carry out the survey?**

We used SurveyMonkey (free to use

for surveys of up to 10 questions) and emailed it to members through the society mailing list, where members could respond anonymously. We also shared it via social media to encourage new members to join who may have recently moved to the area. We had a 20% response rate and analysed the results using the SurveyMonkey analysis tool which was quick and simple to use.

## **What were the results?**

We kept the survey very short, so it would be quick and easy to take part. There were four multiple choice questions and the option to add any other

comments – the questions and most popular answers are listed below:

**1. Which objective activities would you like the group to cover?**

- Case-based discussion
- Patient feedback
- Clinical audit

**2. Are you interested in the group hosting case history discussions?**

Most popular was one-off or regular small group sessions discussing anonymised case histories each person would bring with them.

**3. Which sessions would you be most interested in?**

- Covering the four themes of the Osteopathic Practice Standards (OPS)
- Communication and consent
- Keeping CPD records

**4. What Peer Discussion Review support would you like?**

- Informal group meeting working through the Peer Discussion Review (PDR) at the start of the three-year cycle
- An annual informal mini-review
- A group session of six to eight people who each present their CPD and undertake the Peer Review process as a group

**Was there anything about the results you found surprising?**

The survey showed us that continued communication and support regarding the scheme is needed. At the end of the survey we included a link to the GOsC's CPD website ([cpd.osteopathy.org.uk](http://cpd.osteopathy.org.uk)), so hopefully respondents went on to find more information and reassurance.

When asked if the respondent would like the NOS to allocate a Peer Reviewer for the PDR, the results were very mixed, with some people very/extremely keen but more people not interested. The survey has shown that we need to have a variety of options for members, including some face-to-face meetings to discuss the PDR in groups or pairs.

**Are you planning to take any actions as a result?**

It can be time-consuming running a regional group, so ensuring there is demand for an event is essential. The survey has helped clarify our plans for the next year or so. Following the survey we are going to keep running meetings

every two to three months on the topics identified. We'll run workshops on different objective activities as well as informal PDR sessions. We have a workshop planned this year to discuss communication and consent and note taking. We also plan to have sessions on how to cover the themes of OPS and CPD record keeping.

We are encouraging members to run small workshops and talks for each other about their own areas of special interest. We started this with a meeting in November 2019 where I talked about Hypermobility Spectrum Disorder and Ehlers-Danlos syndrome and Emma Broom talked about management of shoulder problems.

We published the survey results on our password-protected website, and emailed the results directly to members. We plan to carry out a follow-up survey in a couple of years to ensure all the actions we have carried out are helpful and still working for the benefit of members.

**Would you recommend other osteopaths join a group?**

Yes, whether you're a sole practitioner or work in a large multi-disciplinary clinic, we really recommend joining your local group and getting involved in events. You can meet colleagues from the region, make links with other healthcare practitioners and access a variety of CPD. We think the new CPD scheme and PDR will enable societies to provide an even more important role. ●

**IDEAS TO HELP YOU CONNECT FOR CPD**

- Join your regional or local group: [cpd.osteopathy.org.uk/groups](http://cpd.osteopathy.org.uk/groups)
- Contact other osteopaths in your local area – you can find them by searching the Register at: [osteopathy.org.uk/register-search](http://osteopathy.org.uk/register-search)
- Why not set up a new group? It could be a local group for face-to-face meetings like the Norfolk Osteopathic Society or a virtual group by Skype, phone or other online channels. Read tips from osteopaths who have set up groups at: [cpd.osteopathy.org.uk/groups](http://cpd.osteopathy.org.uk/groups)

**About the Norfolk Osteopathic Society**

The Norfolk Osteopathic Society (NOS) has 80 members from across Norfolk. They meet every quarter and communicate via email in between meetings.

**Meet the group organisers**



**Zoë Clark:**

Secretary since March 2019, member for two years. Zoë graduated from the British College of

Osteopathic Medicine (BCOM) with a Masters in Osteopathy (MOS) in 2013. Currently based in two different Norfolk practices, Zoë has a special interest in rheumatological conditions and osteopathic education.



**Felicity Hancock:**

Chair since 2016, member since 2008. Felicity graduated from the University College of Osteopathy

(formerly the British School of Osteopathy) in 2005. In 2007 she graduated from the Foundation for Paediatric Osteopathy with a Masters in Paediatric Osteopathy. Felicity has a special interest in children, pregnancy, post-partum care, headaches and migraines.



**Emma Broom:**

Treasurer since 2016. Emma graduated from the European School of Osteopathy in 2001, after

studying structural and cranial osteopathy. Completing her Animal Osteopathy Diploma in 2016, Emma now enjoys treating horse riders in conjunction with colleagues who treat the horse, so horse and rider are treated holistically.

**Contact the NOS**

Membership is free. If you'd like to join, please email: [norfolkosteopathicsociety@gmail.com](mailto:norfolkosteopathicsociety@gmail.com) or visit: [groupspaces.com/NORS](http://groupspaces.com/NORS).

# Engaging with educators



**Rachel Heatley**, Senior Communications Officer, reports from the University College of Osteopathy biannual International Education Conference

**T**he impact educators have in shaping the osteopathic profession is significant, especially when it comes to embedding the Osteopathic Practice Standards. That's why Acting Chief Executive and Registrar Matthew Redford (pictured), and I, were pleased to attend the University College of Osteopathy (UCO) International Education Conference on 7 December last year. The conference provided an opportunity to meet with educators and osteopaths from around the world as well as representatives from related disciplines including chiropractic, physiotherapy, dietetics and nutrition.

We heard keynote lectures from Dr Brett Vaughan of Melbourne University and Steven Vogel from the UCO, on the topics of educating osteopathic clinicians and supporting students with evidence-based practice in their learning, and how changing the culture of the teaching environment can change the student, leading to better outcomes for patients. There were discussions about innovative curriculum developments, and the findings from research studies into different educational delivery processes and their effects on student learning outcomes.

I also contributed to the conference programme, delivering a workshop entitled: Shaping the future as educators embodying the Osteopathic Practice Standards (OPS) and supporting CPD.

The workshop included an interactive element giving attendees the opportunity to try out a case-based discussion objective activity. The osteopaths were asked to think about a particular challenge they had faced in educational



■ Acting Chief Executive and Registrar Matthew Redford

practice, and consider what went well, what could have gone better, and what they would do as a result of the case-based discussion.

Attendees said that our GOsC workshop gave them food for thought regarding their role in setting the culture for osteopathy, and helping to embed the Standards so that osteopaths will act in accordance with them, which highlighted an interesting link back to the earlier keynote lectures. There was also acknowledgement that the part-time nature of the majority of educator roles can be a hindrance to embedding OPS in a uniform way.

Matthew said: 'The UCO's conference proved a wonderful opportunity to learn more about the developments in



osteopathic education and meet with educators and students alike to hear their perspectives.

'We are keen to engage with educators as much as possible in the future so that we can continue to explore the impact and potential they have to shape osteopathic practice. Embedding the OPS in the practice of today's students – tomorrow's profession – is an important component in continuing to ensure patient safety.' ●

## MORE INFORMATION:

Visit [standards.osteopathy.org.uk](https://standards.osteopathy.org.uk) to read the Osteopathic Practice Standards



# Getting patients involved in education



**Dr Stacey Clift**, Senior Research and Policy Officer at the GOsC, examines the benefits to both patients and students of patient involvement in osteopathic education

Involving patients in osteopathic education provides many benefits to both the student and the patient. Findings from the Can Patients be Teachers Report by the Health Foundation (2011) shows that for students, patient involvement leads to:

- high learner satisfaction
- valuable patient interaction skills
- increase in confidence in talking to patients
- greater exposure to important patient issues
- enhanced understanding of patient perspectives
- development of communication skills

For patients, their involvement is positive because they:

- feel their experiential knowledge of illness and the healthcare system is being recognised as an integral part of medical education
- like to give something back to the community
- like to feel their experiences can benefit future health professionals and patients
- report specific therapeutic benefits, such as raised self-esteem and empowerment
- gain new insights into their problems or condition and a deeper understanding of the practitioner-patient relationship

The QAA Subject Benchmark Statement: Osteopathy (2019) sets out expectations of clinical education involving real patients, with students experiencing at



least 1000 hours of clinical education, and seeing a minimum of 50 new patients where the students take main responsibility for patient care. This expectation is reiterated in the Guidance for Osteopathic Pre-Registration Education (GOPRE) (2015), which says that students should ensure they have seen patients on repeated occasions. GOPRE sets out a range of presentations which students should be exposed to and have experience in managing. All UK osteopathic providers, therefore, have a teaching clinic, where students are

involved in the osteopathic care of real patients.

## **Increasing patient contribution to osteopathic education**

The GOsC and the osteopathic education providers are keen to explore to what extent patients could contribute further to the pre-registration education of osteopaths in the UK.

To help understand the current situation, each of the 9 osteopathic educational providers completed a survey between 14 May 2019 to 2 September



→ 2019. The purpose of the survey was to look across the osteopathic sector and find out more about:

- patient involvement in teaching clinics
- patient involvement in curricular and governance structures
- patient feedback mechanisms used in education
- enhancements and challenges in involving patients in education

## Patient involvement adds value

Respondents reported that involving patients adds value to the work they undertake. They reported that it:

- strengthens education provision
- makes the education providers more responsive to issues as they occur
- assists in shaping strategic and operational directions
- provides specific or different insights as a direct result of them being service users
- improves quality of care

## Patient involvement in teaching clinics

The survey found that students are exposed to a diversity of patient experiences mainly through a general clinic (all 9 osteopathic providers). For 6 education providers this is also achieved through specialist clinics for particular groups such as pregnancy/maternity, paediatrics, sports injury. Three providers targeted recruitment of particular patient groups at set times of the year to meet the needs of the curriculum.

In addition to attending patient clinics for treatment, it was reported that the main ways in which patients are physically involved in clinical education are primarily through either a patient panel or as 'expert patients' (see box below).

Three education providers reported that patients contribute to the development of resources used in clinical education, where they were involved this was generally through:

- use of real patient problems for problem-solving learning
- patient narratives
- virtual patient cases eg interactive computer simulations of patients and clinical processes to complement clinical training

## Other patient involvement

Osteopathic education providers were less likely to involve patients in:

- curriculum development, with just one doing this
- governance structures (eg patients holding a formal position within the governance structure, such as patient representation on the Board of Trustees or equivalent), with 3 doing this
- recruitment of osteopathy students, with 3 doing this

## Patient feedback

The main feedback mechanisms used by the 9 education providers can be seen in the table on the next page.

Respondents reported that these patient feedback mechanisms contribute to osteopathic educational programmes and the development of osteopathy students by:

- initiating changes in processes and procedures
- helping to identify the impact of clinic tutoring activities
- identifying areas of improvement that can be taken into classroom teaching
- informing staff training regarding clinical practice eg maximising treatment time in appointments
- assisting students to identify individual areas for improvement ie aiding student development
- helping students to build their confidence with patients
- encouraging students to reflect on their feelings of patient management and how they interact with patients' actual experiences

## Challenges and barriers

Of the 9 education providers, 3 reported experiencing challenges when involving patients in education, including:

- unbalanced views from patients (2 of 3)
- identifying resources to support patient involvement (2 of 3),
- 2 of the 3 responded 'other' and raised issues around the time it takes to organise patients and the difficulty in recruiting new patients with new perspectives
- consent and confidentiality issues (1 of 3)
- blurring of professional boundaries as a direct result of patient involvement (3)
- patients needing to revisit negative experiences (1 of 3)

## Enhancements to patient involvement

Of the 9 providers, 8 reported that they are making plans to enhance their current patient involvement practices, ie identifying that more could be done. These plans centred around three key areas:

1. Recruitment of patients on to patient panels, Board of Trustees or Research and Ethics Committees.
2. Encouraging and requesting feedback more routinely from patients through inviting patients to talk about their experiences of osteopathy (both simple MSK and more complex conditions) and encouraging patients to feedback to their student practitioners about their experiences.
3. Strengthen existing patient involvement provision and exploring

## Involving patients through Patient panels or as Expert patients

### Patient panels

Of the providers, 4 have a functioning patient panel, forum or similar. Respondents reported that these panels contribute to the educational processes/activities in the following ways:

- provides a feedback loop to clinic experience
- provides the space to discuss any emerging issues raised by patient feedback forms
- provides a space to update patients on current plans and changes
- Informs the running of the clinic
- provides a space to discuss patient clinic issues such as communication and consent
- leads to a more comprehensive system being developed concerning how patients are handed over from Year 4 students to Year 3 students

### Expert patients

Expert patients are often those with experiences of chronic illnesses or disabilities whose knowledge and experience about their condition empowers them to play a part in its management. Expert patients may get involved in teaching as 'patient educators' through participating in lectures and assessments in a range of teaching settings.

<b>Table:</b> Mechanisms currently used to give patients the opportunity to feedback	Number of providers
Comments cards	7
Complaints and compliments	7
Patient surveys (satisfaction or experience)	6
Patient panel/forum	4
Patient involvement in research	3
Online ratings	2
Public meetings	1
Patient outcome surveys (eg Bournemouth survey)	1
In-depth interviews with patients	1
Other	1

alternatives such as reviewing the function of patient panels, exploring other ways that patients can contribute to the development of courses, developing patient outcome measures, identifying how patients could be given a voice through curriculum review, developing feedback mechanisms and exploring further ways patients can be involved in all levels of the institution.

### Next steps

When the osteopathic education providers and the GOsC met in December 2019 to review these survey findings, it was agreed that it would be useful to set up a workshop to enable the education providers to share their experiences and to learn from each other. GOsC will be further considering the role of patients in the work that we all do for the profession, how patients can be supported to articulate and develop their points of view, so as to be in a position to fully participate, take on governance roles and feel part of a much wider patient community (see The Patient Revolution, David Gilbert (2019)). The workshop is due to take place in April 2020 and will feature in a future issue of The Osteopath. ●

# The benefits of patient involvement

Two patients recently joined the Board of the Osteopathic Development Group (ODG) as patient representatives. The ODG brings together the major osteopathic organisations in the UK, working in partnership on a number of projects to support the long-term development of osteopathy. Here, Board member Susan Farwell explains why she personally finds that helpful and we hear from the patients about what benefits they are hoping to get:



**"We osteopaths need to get used to interacting more directly with the outside world and listening to how people perceive**

**us. This will help us communicate better with the public and the rest of the healthcare world. Hearing a patient's insights into osteopathic care, the profession and how it compares to others, can be incredibly useful in helping us to reflect on what we do, and enhancing this. An added bonus was that both patients were very complimentary about the osteopathic profession, in light of their wide experience of other types of healthcare."**

**Susan Farwell**, osteopath and President of the Institute of Osteopathy.



**"I am very honoured to have been given the opportunity to attend the ODG Board as a patient representative,**

**as well as my ongoing patient engagement work for GOsC. This has allowed me to understand more about osteopathy and enabled me to be part of the discussion. I get the chance to give my personal health story and explain how osteopathy has brought me my life back."**

**Gul**, patient representative



**"I joined the ODG Board to help influence how treatments are delivered, to suggest improvements according to my**

**personal experience and to help make sure care is patient centred. I also want to understand and learn about how the Board members work together to ensure that the osteopathic treatment that gets delivered is of the highest quality. I often talk to my friends and relatives about the benefits of treatment and tell them about regulation and the continuing checks on osteopaths, all of which really helps allay any of their fears and concerns."**

**Asmina**, patient representative on the ODG Board

More about the ODG:  
[osteodevelopment.org.uk](http://osteodevelopment.org.uk)



## WOULD YOUR PATIENTS LIKE TO SHARE THEIR VIEWS?

The GOsC wants to listen and learn from patients so we are looking for patients to take part in a range of upcoming activities such as focus groups, surveys and magazine articles. If you think any of your patients would like to help inform health regulation, education and standards, you can download a free poster/flyer for your practice. Visit: [osteopathy.org.uk/patient-voice](http://osteopathy.org.uk/patient-voice)



# Insurance: why having the correct cover is vital



The GOsC has investigated 18 cases relating to professional indemnity insurance over the past two years. **Sheleen McCormack**, GOsC's Director of Fitness to Practise, explains why PII is so important and explores two recent fitness to practise hearings



**H**aving appropriate professional indemnity insurance (PII) is a fundamental part of professional practice. Not having cover, even for a short period, is a serious matter which could be made worse if osteopaths don't fully engage with us.

Since January 2018, we have opened 18 fitness to practise investigations involving osteopaths who have failed to ensure that they had appropriate PII in place.

The legal requirement to have an appropriate level of indemnity cover is set out in Section 37 of the Osteopaths Act 1993. It is incumbent on osteopaths to check their PII position to ensure they are acting in accordance with the applicable rules.

Not being insured is a serious

matter, even if it is for a short period and retrospective cover is obtained later. The fundamental purpose of PII is to protect and assure patients and the public in the event of a claim. It ensures that an osteopath is indemnified against liabilities incurred while registered – it's important that patients can recover any compensation they might be entitled to in a successful claim. Even if you aren't currently treating patients – you still need to have cover if you are registered, as you may be subject to a claim from patients treated previously. Failing to have appropriate insurance, for any length of time, exposes patients to risk of harm and could make the osteopath subject to fitness to practise proceedings. As a Professional Conduct Committee (PCC) concluded recently, failing to inform the regulator of a lapse in PII

was 'a failure in respect of basic ethical standards' and lacked integrity.

### **If you realise your cover has lapsed**

If at any point you become aware that you are no longer insured, you should immediately contact your indemnity insurer, to see whether they can arrange retrospective cover, and also inform the GOsC.

It is not enough for an osteopath to arrange for retrospective cover and avoid telling us about the period when they were uninsured. If we audit someone's PII cover and notice they have been on the Register while uninsured – regardless of whether any patients have come to harm as a result, or whether the break has been covered retrospectively – we will want to know why that osteopath did not inform us of this. There is a risk of →

## **Two recent fitness to practise cases concerning PII:**

### **Case 1. Putting patients at risk of harm**

In one recent case heard by the PCC, an osteopath returned to practise without acquiring insurance.

She explained that her failure to reinsure was a consequence of stress in response to various life events. However, the PCC noted that the osteopath had returned to work and had been seeing patients for two months before taking steps to reinsure. Significantly, the PCC also noted that almost a month had passed between the osteopath putting in place insurance and advising the GOsC that

she had practised without insurance.

The PCC found that the osteopath had acted to the potential detriment of patients treated by her during the period in which she had no insurance cover, and she had placed those patients at risk. The PCC considered that the osteopath had failed to give sufficient priority to ensuring compliance with the indemnity rules to protect the public and maintain public confidence in the profession.

The conclusion of the PCC was that a period of suspension was required to indicate both the seriousness of the osteopath's conduct and to allow her an opportunity to reflect on the consequences for patient care of practising without insurance. The osteopath was suspended for a period of three months.

### **Case 2. Having adequate PII underpins public confidence in the profession**

In another recent case, the osteopath failed to renew his PII and practised for a period of at least five months without insurance. During that time he had booked over 400 patient appointments.

The osteopath told the PCC he did not realise that he was not insured during the period in question and he told the PCC of the difficult personal circumstances in his life at that time.

The PCC concluded that the osteopath was guilty of unacceptable professional conduct. When determining what sanction to impose the PCC took into account, among other matters, the fact that the osteopath self-referred to the GOsC as soon as he became aware of the lapse in insurance.

The PCC considered the osteopath had shown insight into his failings and that he recognised the risk to his patients when he treated them without the appropriate indemnity insurance. Taking into account all the circumstances, the osteopath was issued with an admonishment.



■ Fitness to practise hearing

→ worsening the situation if the osteopath does not inform us and it is left to us to draw the matter to the osteopath's attention without that osteopath engaging with us.

If you know that you do not have insurance and yet continue to practise you could also face an additional allegation of dishonesty.

## If we ask for proof of cover

If you receive a communication from the GOsC Registration Department requesting proof of your PII cover for a specific period, and this alerts you to the fact that you have a gap in your cover for that period, we realise that this can be a stressful experience.

Nevertheless, it is vital for you to reply and engage with us. Ignoring the regulator's request for proof of insurance can itself amount to 'unacceptable professional conduct' – and failing to engage at all, could lead to a more significant sanction than might otherwise be applied. ●

## Share your views: Consultation on draft guidance on insurance requirements for osteopaths

We are inviting views on our draft Guidance on insurance requirements for osteopaths. The proposed draft Guidance is part of our ongoing work to raise awareness about insurance requirements for the profession.

The draft Guidance outlines the provisions within the Osteopaths Act 1993 (as amended) and the General Osteopathic Council (Indemnity Arrangements) Rules Order of Council 2015 as they relate to PII cover. It also sets out the requirements as outlined in the Osteopathic Practice Standards, effective from 1 September 2019.

It's quick and easy to share your views on this important subject – and it could help us to make the guidance even clearer for osteopaths. The Guidance note is just two pages long, broken down into 23 bullet points



and there are five yes/no questions, with the opportunity to add further comments if you wish. You could find the guidance helpful to read to make sure you are fully aware of all the requirements.

The consultation is open until 9 April 2020. Please share your views at: [osteopathy.org.uk/pii-consultation](https://osteopathy.org.uk/pii-consultation)

## What cover do you need?

### Public Liability Insurance

1. Public liability insurance protects an osteopath against claims for compensation.
2. It provides cover for damage caused at an osteopath's place of work, outside of their work as an osteopath. For example, if a patient makes a claim for an injury sustained by falling over in an osteopath's waiting room, this would be covered by the osteopath's public liability insurance arrangement. A professional indemnity insurance policy would not cover this because the injury did not happen during the osteopath's work as an osteopath.
3. There is no fixed amount for this cover. An osteopath will need to discuss the range of policies available and an appropriate amount of cover with an insurance broker based on where and how they work.
4. Some insurers offer combined policies providing cover for both public liability and professional indemnity. If an osteopath decides to purchase a combined policy, it is

their responsibility to check that the professional indemnity cover meets all the requirements set out in the GOsC Indemnity Insurance Rules (see [osteopathy.org.uk/insurance](https://osteopathy.org.uk/insurance)).

5. It is a requirement of the Osteopathic Practice Standards (OPS).

**Theme C: Safety and quality in practice**

**C5.3: You must have adequate public liability insurance.**

### Professional Indemnity Insurance

1. Professional indemnity insurance protects an osteopath against claims for compensation.
2. It provides cover for damage or injury caused during their work as an osteopath, for example if a patient suffers harm as a result of treatment that the osteopath carried out on them.
3. An osteopath must have the minimum cover of £5 million.
4. Osteopaths have a legal requirement to advise GOsC immediately if they

have ceased to practice and/or changed insurer.

5. Check the current Professional Indemnity Insurance Rules at: [legislation.gov.uk/uksi/2015/693/schedule/made](https://legislation.gov.uk/uksi/2015/693/schedule/made)
6. Osteopaths must have cover in respect of any claim that may arise at any time, even if they have since ceased to practise and/or changed provider.
7. Professional indemnity insurance is a legal requirement of the Osteopaths Act 1993.
8. It is also a requirement of the OPS

**Theme D: Professionalism**

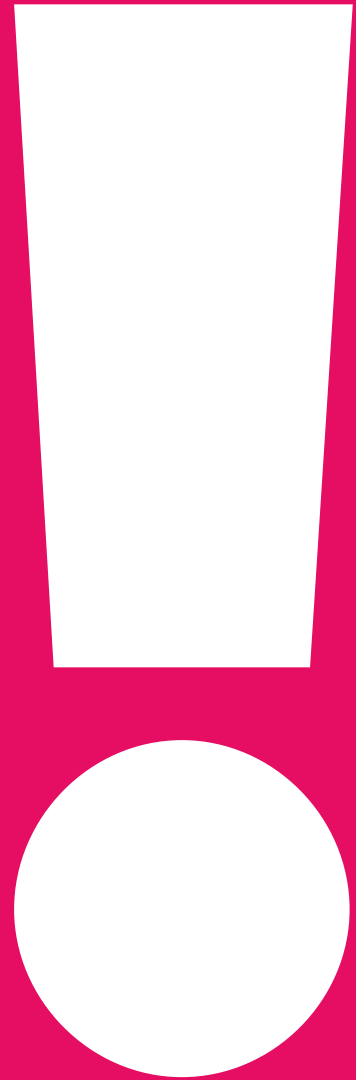
**D1.3: You must have a professional indemnity insurance arrangement which provides appropriate cover in accordance with the requirements of the Osteopaths Act 1993 and the current Professional Indemnity Insurance Rules.**

**D4.5: You should inform your professional indemnity insurers immediately if you receive a complaint.**



General  
Osteopathic  
Council

# Don't get caught out



It's a legal requirement for every osteopath to have **Professional Indemnity Insurance** cover and this needs to be in place even if you're not seeing patients.

Indemnity insurance is there to protect and assure patients and the public and to ensure that an osteopath is indemnified against liabilities incurred while registered.

**[osteopathy.org.uk/insurance](http://osteopathy.org.uk/insurance)**

# How to register

Are you a final year student looking to register with the GOsC? Here we take a look at how to complete the application process to register with us.

You should have received an application pack from us in January, containing an information booklet and the forms you need to complete for your application.

## The application process

You are required to submit the following:

### Completed application form

- Sign and date the declarations on the front of the application form
- Answer all the questions on the application form
- State the name of your intended insurance provider

### Health reference

- Ask a GP to complete, sign and date this form
- The GP can't be a relative and needs to have known you for at least four years or be able to access your medical records over the past four years
- If the GP can't complete the form, email [registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk) and we can advise you

### Character reference

- Ask a professional to complete, sign and date this form
- Choose someone who has known you for at least 4 years
- They can't be related to you (including by marriage)

### Proof of Recognised Qualification (RQ)

- Your school will forward proof of your RQ directly to us, so you don't need to

### Entry fee

- The fee is £320. This is taken when you are being signed onto the Register
- You can pay in one lump sum or by monthly Direct Debit



### Enhanced check for regulated activity

As part of your application, you'll also need to undergo a DBS (Disclosure and Barring Service) 'enhanced check for regulated activity' so your name can be entered on the Register. You should aim to do this in good time – but remember, the check is only valid for 6 months. It needs to be current when your registration application is being processed by us.

To get your enhanced check, you'll need to apply via a service registered with the DBS (as you can't apply to the DBS directly). The GOsC uses GBGroup which administers enhanced checks on our behalf:

- The GOsC needs your written permission to share your contact details with GBGroup, you can do this by emailing [registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk)
- GBGroup will then email you a pin number and a link to its website
- Complete the online form then print off the verification page. Take this with your documentation to a Post Office

(find a branch at: [postoffice.co.uk/branch-finder](https://www.postoffice.co.uk/branch-finder)), with a fee of £58.60

- The Post Office will verify the documentation and confirm to GBGroup
- GBGroup will then start working on your enhanced check – this usually takes 4 to 6 weeks

Once the enhanced check is completed, GBGroup will send a disclosure certificate to you. You don't need to pass this certificate on to us, as our Registration team will be able to view your completed check via a secure website.

If you have any convictions/cautions on your certificate, the GOsC won't be able to view this online – you'll need to send the original disclosure certificate together with a supporting letter which outlines the circumstances that led to the caution/conviction being issued.

## When can I start to practise?

Once all parts of your application are completed, and any queries are resolved, it can take up to 5 working days for your name to be entered onto the Register. You'll then receive a letter from the GOsC confirming your registration.

When you receive this letter, you'll need to activate your insurance and send a copy of your insurance policy to: [registration@osteopathy.org.uk](mailto:registration@osteopathy.org.uk)

Within 2 weeks of confirming your registration, you'll receive your certificate and an ID card (if requested), followed by a full registration pack. ●

### FURTHER INFORMATION:

Take a look at the student area of the ● zone for more information on registering. You can also download application forms: [osteopathy.org.uk/student-zone](https://osteopathy.org.uk/student-zone)



# Classifieds

## **Osteopath required: Cannock**

Associate required to work in small friendly team. Initially one day a week with potential to increase. Cannock Osteopaths has been established 30 years and has a large, loyal patient base. New graduates considered. Please contact Pete at [info@cannockosteopaths.co.uk](mailto:info@cannockosteopaths.co.uk)

## **Osteopath required: Carshalton Beeches, Surrey**

We are looking for an osteopath to join our team starting as soon as possible, starting with two half days per week. Times and days are flexible. Please send your CV to [clinic@wallingtonosteopaths.com](mailto:clinic@wallingtonosteopaths.com)

## **Osteopath required: Derbyshire**

We have an amazing opportunity to join our team, ideal for new graduates and those who are hungry to learn and keen to develop their career. Do you want to build a busy patient list? A part-time position (0.5 FTE) with potential to grow to a full time post is available. If interested, please send your CV and covering letter to Tracey at [info@almaosteopathicpractice.co.uk](mailto:info@almaosteopathicpractice.co.uk)

## **Osteopath required: Fulham, London**

We are looking for an osteopath with a strong mother and baby skill set to join our amazing practice. For more information about this job, visit our website at

[www.fulhamosteopaths.co.uk/more/jobs](http://www.fulhamosteopaths.co.uk/more/jobs). To apply email your CV and covering letter to [info@fop.co.uk](mailto:info@fop.co.uk)

## **Osteopath required: London**

We are looking for an experienced osteopath with an existing patient base to join our Harley Street Medical Practice. Our clinical focus is mindbody integration and we work with a variety of mindbody therapies. If this interests you, please contact Donna Tolhurst on 07458 991 727 or by email: [pa@drpetersen.co.uk](mailto:pa@drpetersen.co.uk)

## **Osteopath required: Northern Ireland**

Friendly, enthusiastic osteopath required to cover full list between two practices in Comber, Co Down and Carrickfergus, Co Antrim, Northern Ireland. For initial three month locum from March 2020 with potential for long-term associate position. Cranial skills and an interest in sports injuries preferred but not essential. Please contact Julia McLaughlin on 07812 059 358, or email [comberosteopathicclinic@gmail.com](mailto:comberosteopathicclinic@gmail.com)

## **Associate osteopath required: Cambridgeshire**

Are you fed up and exhausted with treating lists of individual patients on a one-off basis? Our clinic is committed to creating strong relationships with our patients, meaning they commit to treatment plans and view us as their first port of call for their health. So

come join our fantastic clinic family! For more information or to apply email [lee@chatterisosteopaths.co.uk](mailto:lee@chatterisosteopaths.co.uk)

## **Associate osteopath required: Exeter**

Health House Clinic ([www.health-house.co.uk](http://www.health-house.co.uk)). New graduates considered. Two and a half days or more a week available. Exceptional retainer percentage package while you build your list. CPD and support available. For further information call Rosie on 07796 633 225. Please send CV, covering letter and references (if new grad to include academic reference) to [healthhouseltd@gmail.com](mailto:healthhouseltd@gmail.com)

## **Osteopath/associate osteopath required: Gerrards Cross, South Bucks**

Confident osteopath required for busy clinics in South Buckinghamshire (20 and 30 minutes from Marylebone) with friendly team of osteopaths and physiotherapists. Two sessions with potential to increase. Excellent remuneration and low DNAs. CPD with local surgeons and mentoring offered. To start asap. Contact [sarah@bucksosteopathy.com](mailto:sarah@bucksosteopathy.com)

## **Associate osteopath required: Wolverhampton**

Position available for Mondays 8.30am–1.30pm and Fridays 2.00pm–7.00pm starting immediately with a 50% fee share. Regular support provided by the principals. Computer literacy essential. For enquiries or applications,

please email: [info@cityosteopaths.co.uk](mailto:info@cityosteopaths.co.uk)

## **Clinical room to let: Barnet**

We are looking for an osteopath to rent our room on Tuesdays and alternate Saturdays. Thandy's Footstep was established three years ago. We therefore have an extensive patient list, which you will benefit from. Full use of facilities and reception is included in the rental price. If you are interested email Thandy Mali at [info@thandysfootsteps.com](mailto:info@thandysfootsteps.com) or call 020 3489 4844 or 07956 559 881.

## **Course**

Looking for fantastic CPD that meets the new criteria and supports your academia? Join us at OsteoOwl for online learning with a lecturer every month from the comfort of your own home. [www.osteowowl.com](http://www.osteowowl.com)

## **Accredited courses**

Fully accredited courses. Refresher articulation and manipulation techniques for the lumbar spine. Ideal for new graduates – 25 March – Ware, Hertfordshire. Repeat Lumbar Spine course, 27 May. Refresher articulation and manipulation for the thoracic spine – 15 April. Repeat Thoracic Spine course 17 June. All courses held in Ware, Hertfordshire. Find out more at [www.thelancastersystem.co.uk](http://www.thelancastersystem.co.uk) or email [training@thelancastersystem.co.uk](mailto:training@thelancastersystem.co.uk)

# Courses 2020

For more courses, see the CPD site at: [cpd.osteopathy.org.uk/events](http://cpd.osteopathy.org.uk/events)  
Please email details of future courses to: [info@osteopathy.org.uk](mailto:info@osteopathy.org.uk)  
Inclusion of courses does not imply approval or accreditation by the GOsC.

## April

### 4 European School of Osteopathy: the principal's lecture – ESO alumni and faculty only

**Course leader:** Simon Tolson  
**Venue:** European School of  
Osteopathy (ESO), Maidstone,  
Kent  
**Tel:** 01622 671 558  
[cpd@eso.ac.uk](mailto:cpd@eso.ac.uk)  
[eso.ac.uk/postgraduate](http://eso.ac.uk/postgraduate)

### 4 First aid in the clinic

**Venue:** Albemarle Centre,  
Albemarle Road, Taunton  
TA1 1BA  
[ana@academyofphysicalmedicine.co.uk](mailto:ana@academyofphysicalmedicine.co.uk)  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

### 7 The vital cervical spine masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex, Jackdaw  
Lane, Oxford OX4 1EQ  
**Tel:** 07850 176 600  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 8 Spinal manipulation and mobilisation technique masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 8 Case-based discussion

**Venue:** Webinar  
**Tel:** 01933 328 150  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

### 9 Advanced spinal manipulation masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 14 Muscle energy techniques masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 15 Kinesiology taping for the athlete masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 16 The vital knee joint masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 17 The vital glutes and psoas masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 21–22 Advanced soft tissue techniques masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 22 The vital hip and groin masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 23 The vital nerves masterclass

**Speaker:** John Gibbons  
**Venue:** Oxford University  
Sports Complex  
[john.gibbons@bodymaster.co.uk](mailto:john.gibbons@bodymaster.co.uk)

### 24 Introduction to diagnostic ultrasound in musculoskeletal and sports medicine

**Course leader:** Chris Myers  
**Venue:** University College  
of Osteopathy (UCO),  
275 Borough High Street,  
London SE1 1JE  
**Tel:** 020 7089 5333  
[bit.ly/UCO-ultrasound-April20](http://bit.ly/UCO-ultrasound-April20)

### 26 First aid in the clinic

**Venue:** The University of  
York, Heslington, York  
YO10 5DD  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

### 28 Case-based discussion

**Venue:** Webinar  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

## May

### 2–3 Pain in clinical practice

**Course leader:** Hubert van  
Griensven  
**Venue:** UCO  
[bit.ly/UCO-pain-clinical-May20](http://bit.ly/UCO-pain-clinical-May20)

### 13 Case-based discussion

**Venue:** Webinar  
[academyofphysicalmedicine.co.uk](http://academyofphysicalmedicine.co.uk)

### 15 Communication and consent

**Course leaders:** Mark  
Waters, Samantha Fennell,  
Rob McCoy  
**Venue:** UCO  
[bit.ly/UCO-comms-consent-May20](http://bit.ly/UCO-comms-consent-May20)

### 16 Osteopathic approach to head and neck trauma

**Speaker:** Walter McKone  
**Venue:** Whittington Education  
Centre, London N19  
**Tel:** 020 7263 8551  
[cpd@cpdo.net](mailto:cpd@cpdo.net)  
[cpdo.net](http://cpdo.net)

# OSTEO MARKETING

FIRST MONTH £15  
Essentials package: Expires 30 Apr 2020

## ESSENTIALS PACKAGE

- ✓ 8+ Osteo social media posts with images/video
- ✓ 1 blog written for SEO
- ✓ 1 client email (or 2nd blog)
- ✓ Location protection guarantee
- ✓ Normal price: just the cost of one patient appointment per month!

## CUSTOM SOLUTIONS

- ✓ Bespoke social media posts with images/video
- ✓ Social media ads
- ✓ Blogs and web content
- ✓ Client emails
- ✓ Marketing plans
- ✓ Much more – just ask!

**ALL CLIENTS** ✓ No lock-in contracts ✓ Access to a marketing coach

020 3318 1076 | [uk@marketingmovement.net](mailto:uk@marketingmovement.net)  
[www.marketingmovement.net](http://www.marketingmovement.net)



## MARKETPLACE ADVERTISING RATES

**Approval of material** the publisher reserves the right to refuse any editorial contributions or advertisements without explanation, and copy may be edited for length and clarity. Products and services advertised are for general information and inclusion does not imply approval or accreditation by the GOsC.

### **Classified:**

Up to 40 words is £55 + VAT. Thereafter it is 65p per word. Payment is required at time of booking for classified advertising.

For recruitment adverts please supply your copy in the below format:  
Osteopath or Associate required: Location  
copy underneath

### **Display:**

Please request a media pack from Debbie Blackman.

### **Inserts:**

Prices are available on request. All rates exclude VAT.

**Contact:** Debbie Blackman

**Tel:** 0117 300 8562

**Email:** [debbie.blackman@immediate.co.uk](mailto:debbie.blackman@immediate.co.uk)

**OCA**  
Osteopathic Centre  
for Animals

Postgraduate Certificate in  
**ANIMAL  
OSTEOPATHY**  
(PGCert AO)

Duration:	1 Year part-time
Location:	Osteopathic Centre for Animals (Oxfordshire)
Course Leader:	Stuart McGregor DO
Validating Body:	University College of Osteopathy

**We are currently accepting applications  
for September 2020 entry**

If you would like to apply or have any questions please  
email admissions: [info@oca.uk](mailto:info@oca.uk) [www.oca.uk](http://www.oca.uk)  
or call OCA admissions on: 01235 768055

 **University College  
of Osteopathy**



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EXPLORE  
OSTEOPATHY  
FROM A

## PRINCIPLE GUIDED PRACTICE

### Course

Foundation Course 2020/2021  
Postgraduate Training in Classical  
Osteopathy and Beyond

5 seminars of 4 days each -  
140CPD hours  
September 2020 till May 2021

### Webinar

Osteopathy For Pediatrics  
Considerations in Assessment &  
Treatment

Todd Bezilla  
8th of May 2020 @ 7pm UK time

### Workshop

Raising a Healthy Family with Nature  
Cure and Classical Osteopathy -  
Pre-conception, Birth and Beyond

Alex Johnson  
16th of May 2020 @ 9am-5pm  
Dorking (Surrey)





### **Pain in clinical practice**

A two-day course exploring the theory and application of managing persistent pain. Pain experts Danny Orchard and Dr Hubert van Griensven have teamed up to teach you how to treat and manage pain from a mechanism-based perspective. They will review the neurophysiology of pain, including neuropathic pain and central sensitisation. The theory is linked with clinical practice by discussion of implications for history taking, clinical testing and the use of manual therapy as a way of influencing the physiology. You will be given the opportunity to learn by examining case studies and treatment approaches.

2-3 May, £270, UCO

### **Demystifying the female pelvic floor**

60% theory and 40% practical, this course will cover common dysfunctions and teach you evidenced-based exercise techniques to train a woman's pelvic floor so they can sneeze, cough, jump, laugh or run with confidence. We will discuss what lifestyle changes are beneficial and what general exercise women with pelvic floor problems should avoid and why; and explore adapted Pilates-based exercises for pelvic health, some of which will be on a floor-based mat, the remainder seated or on a treatment couch. We will also discuss case histories and design a home plan for women at four critical stages of their life.

2-3 May, £270, UCO

### **Mental health awareness for health professionals**

This course introduces first aid for mental health to health professionals with an interest in gaining a better understanding of common mental health illnesses affecting their patients or colleagues. It aims to give you the ability to spot the early signs and symptoms, (not diagnose) of a range of mental health conditions, recognise common triggers in mental ill health and signs that someone may need support.

16 May, £135, UCO

### **An introduction to paediatric mental health**

Three children in every class in the U.K. have a mental health problem. Identifying and getting the right help is imperative due to the lifelong implications of little or poor management.

This one-day course will introduce practitioners to paediatric mental health, common conditions and what to look out for. It will also identify the relevant pathways for onward referral of patients and the legal responsibilities including consent.

17 May, £135, UCO

### **The art of professionalism explained**

This course explores and applies theme D of the OPS— professionalism. We will look at preventing and responding to complaints by learning from real case examples and consider other aspects of professionalism including boundaries, candour, data and professional reputation.

6 June, £135, UCO



**University College  
of Osteopathy**

# **Enhance your practice**

**Meet your CPD requirements  
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The University College of Osteopathy is  
a leading provider of osteopathic education.

Our CPD provision offers high-quality,  
evidence-based content, delivered by experts,  
designed for use in your daily practice.

For the full list of available courses, visit:

**[www.uco.ac.uk/cpdto](http://www.uco.ac.uk/cpdto)  
020 7089 5333**

### **Osteopathy in the cranial field reloaded**

Explanatory models in cranial osteopathy are either outdated, in conflict with current evidence or way too subtle to be grounded on any evidence-informed theory. This course is designed as an invitation to consider the head from a different perspective, comply with current knowledge in the field of tissue mechanics and open up to new perspectives in the manual approach of the bony tissue in general, in particular the head.

6-7 June, £270, UCO

# Join us!

## 2020 Roadshows

Following the success of last year's roadshows, the iO team will again be hitting the road to meet osteopaths from up and down the country.

The packed schedule will include an update on what we've been up to, initial results from the exciting 'Brand' project, workshops on social media and mentoring, as well as opportunities to share your views with the team and connect with others from your local area.

iO member £25 | Non-iO member £40

Attendance is eligible for a full day's CPD.

Price includes lunch and refreshments.

- **28 February**, Birmingham
- **27 March**, Swansea
- **1 May**, York
- **12 June**, Brighton

For more information and to book visit:

**[iOsteopathy.org/roadshows](http://iOsteopathy.org/roadshows)**



## Communication and consent

We are taking our hugely successful Communication and Consent workshop to new venues. Specifically designed to provide practical guidance to osteopaths on best practice in communicating with patients about their treatment and obtaining and recording consent, we bring our experience in supporting osteopaths in real-life cases and provide an opportunity to share and learn with fellow osteopaths.

New for 2020... have your say on new resources that can be used for recording consent and items to share with your patients to provide insight and expectations of osteopathic treatment.

iO member £100 | Non-iO member £120

Attendance is eligible for a full day's CPD.

Price includes lunch and refreshments.

- **29 February**, Birmingham
- **28 March**, Swansea
- **2 May**, York
- **5 September**, London

For more information and to book visit:

**[iOsteopathy.org/communication-consent](http://iOsteopathy.org/communication-consent)**



For more information visit **[iOsteopathy.org](http://iOsteopathy.org)** or contact us  
at **[enquiries@iOsteopathy.org](mailto:enquiries@iOsteopathy.org)** or by calling **01582 488 455**





To book, visit: [www.scco.ac](http://www.scco.ac), email [admin@scco.ac](mailto:admin@scco.ac) or call **01453 767607**

## MORE COURSES

**Osteopathy in the Cranial Field** [M2]  
Speaker: TAJINDER DEOORA

Columbia Hotel, LONDON non-res

**23-27 MAR 2020** **£990**

**Balanced Ligamentous Tension** [M4]  
with SUSAN TURNER

Hawkwood, STROUD non-res / res

**7-11 MAY 2020** **£1150/£1400**

**Foundation Course** [M1]  
with PENNY PRICE

Crista Galli, LONDON non-res

**16-17 MAY 2020** **£275**

**Foundation Course** [M1]  
with PENNY PRICE

Stillpoint, BATH non-res

**4-5 JUL 2020** **£275**

**Paediatric Diploma Access Day** [P0]  
with HILARY PERCIVAL & MARK WILSON

Hawkwood, STROUD non-res/res

**4 SEP 2020** **£200/£289**

**Developing Brain & Emergent Behaviour** [P4]  
with HILARY PERCIVAL & MARK WILSON

Hawkwood, STROUD non-res/res

**5-6 SEP 2020** **£549/£599**

**Inflammation, Interstitium & Lymphatics**  
with DR. HUGH ETTLINGER

Hawkwood, STROUD non-res/res

**12-13 SEP 2020** **\*£390/£490**

**Biodynamic Embryology:** Clinical Applications  
with JANE EASTY & HENRY KLESSSEN

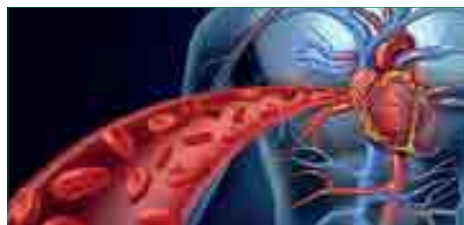
Göttingham, GERMANY non-res only

**24-25 SEP 2020** **\*£390**

## FEATURED COURSES

### Rule of the Artery: Using it in Practice

**Leaders:** TIM MARRIS



Aimed at helping anyone who has taken the Rule of the Artery course and would like to get more experience and understanding on how to help their patients. We will be helped to use the knowledge of working directly with the circulation to help your patients.

*"The course added a new dimension to my approach to treatment I found the lectures incredibly interesting and learnt a lot of new facts."*

This course is not run or managed by the University College of Osteopathy, and the UCO does not in any way endorse the course content of any external provider.

**19 APR 2020**

UCO, LONDON

### Growing a Frame [P3]

**Leader:** HILARY PERCIVAL & MARK WILSON



A frame is vital to give support and allow us to move, observe, and interact with our world. We will study the extraordinary developmental processes which give rise to the growth of our skeletal structures from embryo to early maturity.

*"The review of subject and technique is good. As always Hawkwood came up trumps." ~ "Felt faculty understand better where we are all coming from and better explained the wider postgrad concepts of osteopathy that they want us to think about."*

**25-26 APR 2020**

Hawkwood, STROUD

### Osteopathic Medicine [M3]

**Leader:** LYNN HALLER



This truly holistic course returns to the legacies of Still, Sutherland and Littlejohn to place us on the 'rock of reason' and instil confidence in treating a wide range of conditions; ultimately broadening and inspiring our approach to clinical practice.

*"This course has fundamentally changed my approach and treatment in practice, and now in my practice working with the internal organs blends seamlessly with treatment and understanding of the musculoskeletal system, with impressive results."*

**25-28 JUN 2020**

Hawkwood, LONDON

Some courses have a minimum entry requirement, please call us for further details.

\* Discounts available for paid Fellows and Members

**shared learning, knowledge & practice**



## The Principal's Lecture: Professor Peter Blagrove

Advanced technique applying the somatic dysfunction theme

Presented by Simon Tolson

Saturday 4 April 2020 - £60

**Open to ESO Faculty and Staff only.** The Principal's Lecture is an annual lecture to remember, honour and pay credit to influential members of ESO Faculty and Staff. This inaugural lecture will be in memory of Professor Peter Blagrove, a long standing technique lecturer and clinic tutor. The morning lecture will pay tribute to Professor Blagrove's time and involvement throughout his journey at the ESO. To correspond with the ESO motto of 'Tradition With Vision' this lecture will evaluate the concept of somatic dysfunction. A practical session will be held in the afternoon:- 'Advanced technique applying the somatic dysfunction theme.' The fee will be £60 with lunch included. Delegates are welcome to attend the morning, afternoon or both as they wish.

### The Principal's Lecture



## Osteopathy in Sport

Building the ultimate lower back for sporting performance

Presented by Danny Mace

Saturday 6 - Sunday 7 June 2020 - £300

This course will explain why osteopathy has a key role to play in optimising sporting performance. This will be achieved through an understanding of biomechanics; anatomy and loading patterns and their application to the treatment approach. The course will demonstrate how principles applied to the elite athlete are equally applicable to the amateur sporting patient. This course is suitable for all clinical practitioners.



## Introduction to primitive reflexes and developmental delay

Presented by Jamie Taylor and supported by Lynsey Taylor

Saturday 14 - Sunday 15 November 2020 - £300

This course aims to provide a seminar for osteopaths with an interest in child development, integrating assessment and treatment regimes to support children with retained reflexes. Combining practical demonstration and theory with task orientated learning, the course will explore the role of osteopathic manual therapy in post birth aetiological factors.



## Canine & Equine CPD Courses\*

**Level I CPD Certificate (Canine &/or Equine)**

Canine - March 30, 31, April 20 & 21, May 11 & 12, June 1 & 2 (2020)

Equine - April 18 & 19, May 9 & 10, June 13 & 14, July 11 & 12 (2020)

**Level II Certificate - (Canine only - condensed format)**

Canine - March 26, 27 & 28, April 23 & 24, May 14, 15 & 16, June 11 & 12 (2020)

**Level II CPD Short Courses (Canine &/or Equine)**

A range of short animal courses running throughout 2020 and 2021

\*All animal treatment requires prior consent from the animal's vet and practitioners must work within their scope of practice; for further information please refer to the ESO website. Due to higher running costs, animal courses are subject to sufficient delegate bookings and we recommend that no flights or hotels are booked before final confirmation has been received.







# CPDO 2020

Professional Development for Osteopaths

☎ 0207 263 8551

cpd@cpdo.net

Date	Topic	Lecturer	Cost	Deposit	CPD points
16 May	Osteopathic approach to head and neck trauma	Walter Llewellyn McKone, DO	£135		7
16-17 May	A process approach in manual & physical therapies	Dr. Eyal Lederman	£195	£95	14
19 June	COURSES IN LEEDS (For venue details please visit <a href="http://www.cpdo.net">www.cpdo.net</a> ) Harmonic Technique: one day introduction	Dr. Eyal Lederman	£135		7
20 June	COURSES IN LEEDS (For venue details please visit <a href="http://www.cpdo.net">www.cpdo.net</a> ) Functional exercise prescription	Dr. Eyal Lederman	£135		7
26 Sept	How to use placebos to help patients: an evidence-based approach	Dr. Jeremy Howick	£135		7
26-27 Sept	Muscle Energy Technique: from science to practice	Prof. Gary Fryer	£345		14
		<p>This workshop will extend your understanding and skills in the practice of muscle energy technique. The emphasis of this workshop will be to develop your skills in the use of muscle energy for pain and dysfunction of the spine and associated musculature. It will explore variations of muscle energy technique aimed to emphasize different physiological processes based on a scientific rationale. The workshop will cover the most up-to-date explanations for the therapeutic principles underpinning muscle energy and how this information impacts the use of technique and patient management in practice. It will introduce the principles of biopsychosocial management and how to most effectively manage common patient conditions such as neck and low back.</p>			
3 Oct	Functional exercise prescription	Dr. Eyal Lederman	£135		7
3 Oct	Introduction to global postural reeducation	Emiliano Grossi	£135		7
7 Nov	Practical sleep management	Prof. Kevin Morgan	£135		7
7-8 Nov	Hartman's master class in manipulative techniques: upper body	Prof. Laurie Hartman	£435		14
20-22 Nov (Start Friday 17:00)	Harmonic Technique	Dr. Eyal Lederman	£385	£200	18
2-4 Dec	Barral's visceral: the intervertebral disc in focus	Jean-Pierre Barral	£785	£395	20

Courses venue: Whittington Education Centre, Whittington Hospital  
Gordon Close, off Highgate Hill, London N19

CPDO Ltd. 15 Harberton Road, London N19 3JS, UK / 0044 (0) 207 263 8551

email: [cpd@cpdo.net](mailto:cpd@cpdo.net) For more information and booking visit [www.cpdo.net](http://www.cpdo.net)

50% discount available to students on most courses (see [www.cpdo.net](http://www.cpdo.net) for further details)



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Marty M (Osteopath)

## Course Dates/Time

9am - 5pm

**London**

Saturday 18th April &

Sunday 19th April

**Maidstone**

Saturday 25th April &

Sunday 26th April

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## Award in Paediatric Osteopathy (APO)

Applications are now open for the Foundation for Paediatric Osteopathy Award course 2020 intake. On this one year programme you will work with leading paediatric Osteopaths in a unique clinical environment.

With more than 20 successful years training postgraduate Osteopaths, the APO offers the opportunity to gain expert paediatric knowledge:

An Exceptional clinical experience: all the effective learning takes place in the clinic.

The chance to develop a diverse set of Osteopathic skills from a range of osteopathic traditions and technical approaches, not confined to one particular style or philosophy.

Clinical Training begins in November 2020

Closing date for applications is 9 July 2020

## Developing Osteopathy in Paediatrics Course

### Part 1 – Sat 2nd May 2020

Designed for osteopaths who wish to explore clinical examination of babies, the course will also cover differential diagnosis of the unsettled baby as well as an osteopathic understanding of the effects of birth on the structure of the body and the resulting influence on function. We will also be discussing practical and legal issues related to gaining consent to examine and treat paediatric patients.

### Part 2 – Sun 3rd May 2020

This course follows from the first Developing Osteopathy in Paediatrics Course. The course considers the principles of diagnostic clinical reasoning and paediatric practice as well as clinical presentation and treatment of infants.

### Each Day: 7 Hours

For details and booking form visit:  
[www.occ.uk.com/developing-osteopathy-in-paediatrics](http://www.occ.uk.com/developing-osteopathy-in-paediatrics)

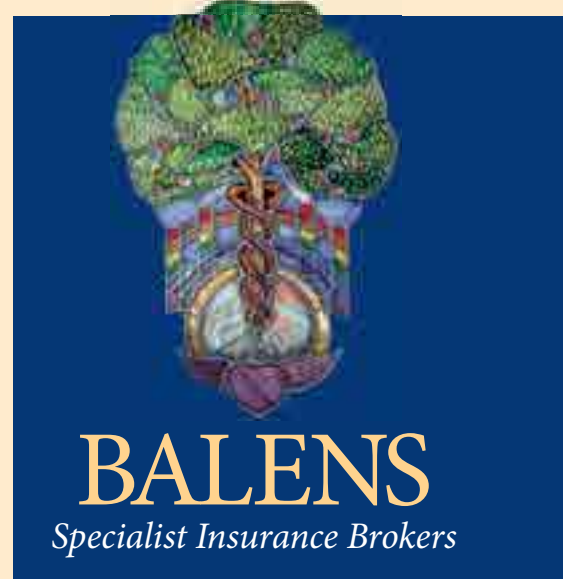
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