

# CPD Portfolio

*Steven Bruce*

*Registration Number: 4256*

*1<sup>st</sup> March 2019 - 28<sup>th</sup> February 2022*

# Contents

Summary.....	3
Learning with Others.....	4
Year 1.....	4
Year 2.....	6
Year 3.....	10
Learning by Oneself.....	12
Year 1.....	12
Year 2.....	13
Year 3.....	14
Objective Activity.....	16
Reflection:.....	17
Communication & Consent.....	18
OPS A.....	20
OPS B.....	24
OPS C.....	30
OPS D.....	34
Evidence.....	36
Certificates.....	37
Self-Certification.....	144

To navigate this document, simply click the buttons to the side of the page to access each section. Alternatively, click any red text to jump to something specific such as a certificate. Use the "Back" arrow at the top of the page to return to the previous page, or the "Table of Contents" link, also at the top of the page to return to this page.

# Summary

Correct as at: 19<sup>th</sup> June 2021

**Start Date:** 1<sup>st</sup> March 2019

**End Date:** 28<sup>th</sup> February 2022

**Total CPD Hours: 210.5**

198.5 *hrs (with others)*

12.00 *hrs (by oneself)*

## Learning with Others:

Year 1: 49.75 *hrs*

Year 2: 124.75 *hrs*

Year 3: 24.00 *hrs*

## Learning by Oneself:

Year 1: 0.00 *hrs*

Year 2: 8.00 *hrs*

Year 3: 4.00 *hrs*

**Objective Activities Completed: 50**

**Communication & Consent Activities: 54**

## Osteopathic Practice Standards

*A. Communication & Patient Partnership:* **Yes**

*B. Knowledge, Skills & Performance:* **Yes**

*C. Safety & Quality in Practice:* **Yes**

*D. Professionalism:* **Yes**

# Learning with Others

## Year 1

Total Hours 49 ¾ hrs

- Lower Limb Tendinopathy	1.5 hrs	OPS A/B/C	37
- Kinesiology Taping	0.75 hr	OPS A/B/C	37
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	38
- Breast Cancer - The Role of the Physical Therapist	1.5 hrs	OPS A/B/C/D	38
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	39
- Power of Placebo	1.5 hr	OPS A/B/C	39
- Case-Based Discussion	0.75 hr	OPS A/B/C	40
- Pilates in Practice	1.5 hrs	OPS A/B/C/D	40
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	41
- Animal Case-Based Discussion	0.75 hr	OPS A/B/D	41
- Dealing With B12 Deficiency	1.5 hrs	OPS A/B/C/D	42
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	42
- Diagnostic Ultrasound	1.5 hrs	OPS A/B/C/D	43
- Case-Based Discussion	0.75 hr	OPS A/B	43
- Caring for the OA Knee	0.75 hr	OPS A/B/C	44
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	44
- Equipment Review - The Mobiliser	0.75 hr	OPS A/B/C	45
- TMJ and Hamstrings	1.5 hrs	OPS A/B/C	45
- Physiological Load	0.75 hr	OPS A/B/C	46
- Case-Based Discussion	0.75 hr	OPS B/C/D	46
- Comms, Social Media and Advertising Standards	1.5 hrs	OPS A/B/D	47
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	47
- Shoulder Assessment and Rehab	0.75 hr	OPS A/B/C/D	48
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	48
- Safeguarding	0.75 hr	OPS A/B/C/D	49
- Case-Based Discussion	0.75 hr	OPS A/B/C	49
- Case-Based Discussion	0.75 hr	OPS A/B/C	50
- Headache Management	1.5 hrs	OPS A/B/C/D	50
- Pilates Reformer	0.75 hr	OPS A/B/D	51
- Case-Based Discussion	0.75 hrh	OPS A/B/C	51
- Scoliosis	1.5 hrs	OPS A/B/D	52
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	52
- Clinic Software - Jane	0.75 hr	OPS B/C	53
- Measuring Patient Outcomes	1.5 hr	OPS A/B	53
- Pilates Exercises for Neck Rehab	0.75 hr h	OPS A/B/D	54
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	54
- Safeguarding	1.5 hrs	OPS A/B/C/D	55
- Amplifying Practitioner Input	1.5 hrs	OPS A/B/C	55
- Case-Based Discussion	0.75 hr	OPS A/B	56
- Functional Active Release and Rehab	1.5 hrs	OPS A/B/C	56
- Axial Spondyloarthropathy	1.5 hrs	OPS A/B/C/D	57
- Case-Based Discussion	0.75 hr	OPS A/B/C/D	57
- Athletes and Sports Injuries	1.5 hrs	OPS A/B/C	58
- Case-Based Discussion	0.75 hr	OPS A/B/C	58
- The Hamstring Insight	1.5 hrs	OPS B/C	59

## Learning With Others - Year 1 (Continued)

- Case-Based Discussion	0.75 hr	OPS B/C	59
- Electrophysical Agents	1.5 hrs	OPS A/B/C	60
- Chaos and Complexity	1 hr	OPS A/B/C	88

# Learning with Others

## Year 2

Total Hours 124.75

- Mental Health 1.5 hrs OPS A/B/C/D .....	60
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	61
- Bone Health 1.5 hrs OPS A/B/C .....	62
- COVID-19 Business Support 0.75hr OPS A/B/C .....	62
- GOsC GCC and iO Update 0.75 hr OPS A/B/C/D .....	63
- Covid 19 HR Issues 0.75 hr OPS B/D .....	63
- COVID-19 Finance 0.75 hr OPS A/B/C/D .....	64
- Covid Discussion 0.75 hr OPS A/B/C/D .....	64
- Pilates 0.75 hr OPS A/B/C .....	65
- Telehealth Consultations 0.75 hr OPS A/B/C .....	65
- Cauda Equina 1.25 hrs OPS B/C/D .....	66
- The Law 0.75 hr OPS A/B/C .....	66
- Healthy Breathing 0.75 hr OPS A/B/C .....	67
- Science of Sleep 1.5 hrs OPS A/B/C .....	67
- COVID Financial Update 0.75 hr OPS B/D .....	68
- NHS MSK and Covid 0.75 hr OPS A/B/C .....	68
- Language of Touch 1 hr OPS A/B .....	69
- Exercises in Pregnancy 0.75 hr OPS A/B/C .....	69
- Breathwork 0.75 hr OPS A/B/C/D .....	70
- Science of Sleep 0.75 hr OPS A/B/C .....	70
- Face, Head and Neck Pain 1 hr OPS A/B/C .....	71
- Breathwork 0.75 hr OPS A/B/C .....	71
- Manual Therapy and Modern Medicine 1.5 hrs OPS A/B/C/D .....	72
- Telehealth Triage - Red Flags 1hr OPS A/B/C/D .....	72
- Ultrasound Diagnosis 1 hr OPS A/B/C/D .....	73
- Rotator Cuff and Sub-Acromial Pain 1hr OPS A/B/C .....	73
- Covid 19 and Knee Surgery 1 hr OPS A/B/C .....	74
- Escaping Limbo 0.75 hr OPS A/B/C/D .....	74
- Breathwork II 0.75 hr OPS A/B/C .....	75
- Women's Health 1.5 hrs OPS A/B/C .....	75
- Exercises in Pregnancy II 0.75 hr OPS A/B/C .....	76
- Strength, Conditioning and Rehab 0.75 hr OPS A/B .....	76
- Elbow and Wrist Pain 1 hr OPS A/B/C .....	77
- Movement as Treatment 0.75 hr OPS A/B/C .....	77
- Breathwork III 0.75 hr OPS A/B/C .....	78
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	78
- Rehab and Online Apps 0.75 hr OPS A/B/C/D .....	79
- Dealing With Chronic Pain 0.75 hr OPS A/B .....	79
- Spondylolisthesis and T4 Syndrome 1 hr OPS B/C .....	80
- Fascia and Manual Therapy 0.75 hr OPS B/C .....	80
- Dementia 0.75 hr OPS A/B/C .....	81
- Pain Science 0.75 hr OPS A/B/C .....	81
- Preparing to Reopen Practices 0.75 hr OPS A/B/C .....	82
- SIJs and Sciatica 0.75 hr OPS A/B/C .....	82
- Spinal Conditions 0.75 hrs OPS B/C .....	83

## Learning With Others - Year 2 (Continued)

- Case-Based Discussion 0.75 hr OPS A/B/C .....	83
- Classical Osteopathy 0.75 hr OPS B .....	84
- MRI Interpretation 1 hr OPS B/D .....	84
- Knee and Foot Pain 1.25 hrs OPS A/B/C .....	85
- Spinal Fractures 1.5 hrs OPS B/C .....	85
- Virology 0.75 hr OPS A/B/C/D .....	86
- Peripheral Nerve Surgery 0.75 hr OPS B/C .....	86
- Lockdown to Launch: Social Media 0.75 hr OPS A/B .....	87
- Dermatology 0.75 hr OPS A/B/C .....	87
- Orthopaedics: Ankle and Foot 0.75 hr OPS A/B/C .....	88
- Hip Replacement & Accelerated Rehab 0.75 hr OPS A/B/C .....	89
- Ankle Rehab 0.75 hr OPS A/B/C .....	89
- The WHO View 0.5 hr OPS B/C .....	90
- Myofascial Release 0.75 hr OPS B/C .....	90
- Meniscal Tears and Replacements 1.5 hrs OPS A/B/C .....	91
- Women's Health and Nutrition 0.75 hr OPS A/B/C .....	91
- Eczema, Psoriasis and Psoriatic Arthritis 0.75 hr OPS A/B/C .....	92
- Rebuilding Practices Post-Covid 1 hr OPS A/B/D .....	92
- Spinal Cases 0.75 hr OPS B/C .....	93
- The Older Shoulder 0.75 hr OPS A/B/C .....	93
- Case-Based Discussion 0.75 hr OPS A/B/C .....	94
- Yoga for Practitioners 0.75 hr OPS A/B/C .....	94
- Labral Tears of the Hip 0.75 hr OPS A/B/C .....	95
- Cardio Thoracic Differentials 1 hr OPS B/C .....	95
- Business Support Update 0.75 hr OPS B/D .....	96
- Neuroinflammation, Pain and Fatigue 1.5 hrs OPS B/C .....	96
- MRI Shockers 1 hr OPS B/D .....	97
- Case-Based Discussion 0.75 hr OPS A/B/C .....	97
- Case-Based Discussion 0.75 hr OPS B/C .....	98
- Benign Paroxysmal Positional Vertigo 0.75 hr OPS A/B/C .....	98
- Treating Patients with MND and MS 0.75 hr OPS A/B/C .....	99
- Autonomic Imbalance in Children 1.5 hr OPS B/C/D .....	99
- The Crossover Effect in Rehab 0.75 hr OPS A/B/C .....	100
- Happiness 0.75 hr OPS A/B/C .....	100
- Case-Based Discussion 0.75 hr OPS A/B/C .....	101
- Dysmenorrhoea 0.75 hr OPS A/B/C .....	101
- ACJ Instability 0.75 hr OPS B/C .....	102
- Spinal Cases and Lifestyle 0.75 hr OPS B/C .....	102
- Elbow and Shoulder Problems 0.75 hr OPS B/C .....	103
- Muscle Tone Inhibition 1.5 hrs OPS B/C .....	103
- Patellar Dislocation 0.75 hr OPS B/C .....	104
- Biomechanics and Pain Science 0.75 hr OPS A/B/C .....	104
- Case-Based Discussion 0.75 hr OPS B/C .....	105
- Persistent Pain and Activity Levels 0.75 hr OPS A/B .....	105
- Case-Based Discussion 0.75 hr OPS A/B/C .....	106
- Mental Health and Covid-19 1.5 hrs OPS A/B/C .....	106
- Nutrition - 7 Essentials 0.75 hr OPS B .....	107
- Breathing, Pain and Covid-19 0.75 hr OPS A/B/C/D .....	107



## Learning With Others - Year 2 (Continued)

	- Case-Based Discussion 0.75 hr OPS A/B.....	108
	- Shoulder and Thoracic Exercises 0.75 hr OPS A/B/C.....	108
LW/O	- Hip Cases 0.75 hr OPS B/C.....	109
	- 7 Principles of Rehab 0.75 hr OPS A/B/C.....	109
	- Reversing Diabetes 0.75 hr OPS A/B/C.....	110
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	110
LBS	- Communication and Collaboration 0.75 hr OPS A/B/C.....	111
	- Treatment, Research Context and Innate Healing 0.75 hr OPS A/B/C.....	111
	- Current Evidence 1.5 hrs OPS A/B/C.....	112
	- HRT and Breast Cancer 0.75 hr OPS A/B/C.....	112
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	113
Objective Activity	- Orthotics and Cerebral Palsy 0.75 hr OPS B/C/D.....	113
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	114
	- Virology 0.75 hr OPS A/B/C/D.....	115
	- Bone Fragility 1.5 hrs OPS B/C/D.....	115
	- Perthes' Disease and Hip Dysplasia 0.75 hr OPS A/B/C/D.....	116
	- Babies: Vestibular Development 0.75 hr OPS A/B/C/D.....	116
Coms & Consent	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	117
	- Yoga for Chronic Stress 0.75 hr OPS A/B/D.....	117
	- CSP MRI Interpretation 0.75 hr OPS B/C/D.....	118
	- Pitfalls in Spinal Assessment 0.75 hr OPS A/B/C/D.....	119
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	119
OPS A	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	120
	- Covid and the Law 0.75 hr OPS A/B/C/D.....	121
	- Lockdown Battle Plan 0.75 hr OPS A/B/D.....	121
	- Primitive and Retained Reflexes 1.5 hrs OPS A/B/C.....	122
	- Creating a Tourette's-Friendly Clinic 0.75 hr OPS A/B/C/D.....	122
OPS B	- Mindfulness 0.75 hr OPS A/B/C/D.....	123
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	123
	- Gender Diversity in the Clinic 1.5 hrs OPS A/B/C/D.....	124
	- Upper Extremity - The Biceps 0.75 hr OPS B/C/D.....	124
	- Myogenic Headaches 0.75 hr OPS A/B/C.....	125
OPS C	- Cervical Scans Pt 2 0.75 hr OPS A/B/C/D.....	125
	- Avoiding Joint Replacement 0.75 hr OPS A/B/C/D.....	126
	- Treating the Hip 0.75 hr OPS B/C.....	126
	- Shoulder Impingement 1.5 hrs OPS A/B/C.....	127
	- Pectus Excavatum and Carinatum 0.75 hr OPS A/B/C/D.....	127
	- The Case for Keto 1.5 hrs OPS A/B/C/D.....	128
OPS D	- Mask Fitting 0.75 hr OPS B/C.....	128
	- Case Presentations 1.5 hrs OPS A/B/C/D.....	129
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	129
	- Hip and Knee Cases 0.75 hr OPS B/C/D.....	130
	- Case-Based Discussion 0.75 hr OPS A/B/D.....	130
Certificates	- Treating Trans People 1.5 hrs OPS A/B/C/D.....	131
	- Pain Science 0.75 hr OPS A/B/C.....	131
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	132
	- Neuroinflammation and the BSP Model 1.5 hrs OPS A/B/C/D.....	132
	- Pelvic Girdle Pain 0.75 hr OPS B/C/D.....	133

## Learning With Others - Year 2 (Continued)

- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	133
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# Learning with Others

## Year 3

Total Hours 24.00 (as at 19<sup>th</sup> June 2021)

- Sleep Apnoea 0.75 hr OPS A/B/C/D .....	114
- Maintenance Care 1.5 hrs OPS A/B/C .....	118
- Measuring Activity Levels 0.75 hr OPS A/B/C .....	120
- Spinal Cases: CES and Differentials 0.75 hr OPS B/C/D .....	134
- Treating the Whole Voice 1.5 hrs OPS A/B/C .....	134
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	135
- Barriers to B12 Deficiency Diagnosis 1.5 hrs OPS A/B/C/D .....	135
- Movement Science 0.75 hr OPS A/B/C/D .....	136
- Communication and Consent 1.5 hrs OPS A/B/D .....	136
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	137
- Spondylolisthesis Treatment 0.75 hr OPS B/C .....	137
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	138
- Emotions, Stress, Posture and Patients 1.5 hrs OPS A/B/D .....	138
- The Science of Fascia 0.75 hr OPS A/B/D .....	139
- Cranio-Fascial Dynamics 1.5 hrs OPS B/D .....	139
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	140
- Ecological Medicine 1.5 hr OPS A/B/C .....	140
- Long Covid and Post-Viral Fatigue 0.75 hr OPS A/B/C/D .....	141
- Case-Based Discussion 0.75 hr OPS A/B/C .....	141
- Arthritis and Vasculitis 1.5 hr OPS B/C .....	142
- Treating the Stammering Patient 0.75 hr OPS A/B .....	142
- More Science of Fascia 1.5 hr OPS B/C .....	143
- Breathing Pattern Dysfunction 0.75 hr OPS B/C/D .....	143

# Learning by Oneself

## Year 1

Total Hours   0 hrs

[Back to  
Contents](#)

## Year 2

Total Hours   8 hrs

Breast Cancer Screening   8hrs   OPS A/B/C/D ..... 140

[Back to  
Contents](#)

Summary	LW/O	LBS	Objective Activity	Coms & Consent	OPS A	OPS B	OPS C	OPS D	Certificates	Self-Certification
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Year 3

Total Hours 4 hrs

COVID: Analysis of Evidence 4hrs OPS A/B/C/D ..... 140

Summary	LW/O	LBS	Objective Activity	Coms & Consent	OPS A	OPS B	OPS C	OPS D	Certificates	Self-Certification
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# Objective Activity

Total Activities: 50

LW/O	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	38
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	39
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	40
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	41
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	42
LBS	- Diagnostic Ultrasound 1.5 hrs OPS A/B/C/D .....	43
	- Case-Based Discussion 0.75 hr OPS A/B.....	43
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	44
	- Case-Based Discussion 0.75 hr OPS B/C/D.....	46
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	47
	- Shoulder Assessment and Rehab 0.75 hr OPS A/B/C/D.....	48
	- CCase-Based Discussion 0.75 hr OPS A/B/C/D.....	48
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	49
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	50
	- Case-Based Discussion 0.75 hrh OPS A/B/C .....	51
	-Case-Based Discussion 0.75 hr OPS A/B/C/D.....	52
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	54
	- Amplifying Practitioner Input 1.5 hrs OPS A/B/C.....	55
	- Case-Based Discussion 0.75 hr OPS A/B .....	56
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	57
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	58
	- Case-Based Discussion 0.75 hr OPS B/C.....	59
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	61
	- Covid Discussion 0.75 hr OPS A/B/C/D .....	64
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	78
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	83
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	94
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	97
	- Case-Based Discussion 0.75 hr OPS B/C.....	98
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	101
	- Case-Based Discussion 0.75 hr OPS B/C.....	105
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	106
	- Case-Based Discussion 0.75 hr OPS A/B.....	108
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	110
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	113
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	114
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	117
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	119
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	120
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	123
	- Case Presentations 1.5 hrs OPS A/B/C/D.....	129
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	129
	- Case-Based Discussion 0.75 hr OPS A/B/D.....	130
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	132
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	133
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	135
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	137

- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	138
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	140
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	141

## Reflection:

*How this activity has influenced my practice*

These activities were a mixture of cases brought by me and by others . In each case, I have reflected on how the lessons learned might affect my own practice, and this is clear from the individual statements of reflection appended to each certificate.

In particular, I have tried to ensure that any issues of communication or consent have been explored, as I am aware that these are areas which can give rise to complaints if appropriate mechanisms are not in place.

I have found it very instructive to learn from the way others have dealt well with difficult cases, and it has helped me to be prepared for the unexpected in my own clinic.



Steven Bruce  
19<sup>th</sup> June 2021



# Communication & Consent

**Total Activities: 54**

- Lower Limb Tendinopathy 1.5 hrs OPS A/B/C .....	37
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	38
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	39
- Power of Placebo 1.5 hr OPS A/B/C .....	39
- Case-Based Discussion 0.75 hr OPS A/B/C .....	40
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	41
- Case-Based Discussion 0.75 hr OPS A/B .....	43
- Comms, Social Media and Advertising Standards 1.5 hrs OPS A/B/D ..	47
- Shoulder Assessment and Rehab 0.75 hr OPS A/B/C/D .....	48
- Safeguarding 0.75 hr OPS A/B/C/D .....	49
- Safeguarding 1.5 hrs OPS A/B/C/D .....	55
- Case-Based Discussion 0.75 hr OPS A/B .....	56
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	57
- Case-Based Discussion 0.75 hr OPS A/B/C .....	58
- Mental Health 1.5 hrs OPS A/B/C/D .....	60
- COVID-19 Finance 0.75 hr OPS A/B/C/D .....	64
- Pilates 0.75 hr OPS A/B/C .....	65
- Telehealth Consultations 0.75 hr OPS A/B/C .....	65
- Manual Therapy and Modern Medicine 1.5 hrs OPS A/B/C/D .....	72
- Telehealth Triage - Red Flags 1hr OPS A/B/C/D .....	72
- Ultrasound Diagnosis 1 hr OPS A/B/C/D .....	73
- Breathwork II 0.75 hr OPS A/B/C .....	75
- Movement as Treatment 0.75 hr OPS A/B/C .....	77
- Dementia 0.75 hr OPS A/B/C .....	81
- Pain Science 0.75 hr OPS A/B/C .....	81
- Case-Based Discussion 0.75 hr OPS A/B/C .....	83
- Case-Based Discussion 0.75 hr OPS A/B/C .....	94
- Case-Based Discussion 0.75 hr OPS A/B/C .....	101
- Mental Health and Covid-19 1.5 hrs OPS A/B/C .....	106
- Case-Based Discussion 0.75 hr OPS A/B/C .....	110
- Treatment, Research Context and Innate Healing 0.75 hr OPS A/B/C ...	111
- Current Evidence 1.5 hrs OPS A/B/C .....	112
- Case-Based Discussion 0.75 hr OPS A/B/C .....	119
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	120
- Covid and the Law 0.75 hr OPS A/B/C/D .....	121
- Creating a Tourette's-Friendly Clinic 0.75 hr OPS A/B/C/D .....	122
- Mindfulness 0.75 hr OPS A/B/C/D .....	123
- Gender Diversity in the Clinic 1.5 hrs OPS A/B/C/D .....	124
- Shoulder Impingement 1.5 hrs OPS A/B/C .....	127
- Case Presentations 1.5 hrs OPS A/B/C/D .....	129
- Treating Trans People 1.5 hrs OPS A/B/C/D .....	131
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	132
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	133
- Treating the Whole Voice 1.5 hrs OPS A/B/C .....	134
- Barriers to B12 Deficiency Diagnosis 1.5 hrs OPS A/B/C/D .....	135
- Movement Science 0.75 hr OPS A/B/C/D .....	136
- Communication and Consent 1.5 hrs OPS A/B/D .....	136

## Communication and Consent (Continued)

- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	137
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	140
- Ecological Medicine 1.5 hr OPS A/B/C .....	140
- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	141
- Treating the Stammering Patient 0.75 hr OPS A/B .....	142
- Breast Cancer Screening 6hrs OPS A/B/C/D .....	144
- COVID: Analysis of Evidence 4hrs OPS A/B/C/D .....	144

# OPS A

## OPS A (Continued)

Summary	
LW/O	- Lower Limb Tendinopathy 1.5 hrs OPS A/B/C ..... 37 - Kinesiology Taping 0.75 hr OPS A/B/C..... 37 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 38 - Breast Cancer - The Role of the Physical Therapist 1.5 hrs OPS A/B/C/D.... 38 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 39 - Power of Placebo 1.5 hr OPS A/B/C ..... 39 - Case-Based Discussion 0.75 hr OPS A/B/C..... 40 - Pilates in Practice 1.5 hrs OPS A/B/C/D..... 40 - Case-Based Discussion 0.75 hr OPS A/B/C/D..... 41 - Animal Case-Based Discussion 0.75 hr OPS A/B/D..... 41 - Dealing With B12 Deficiency 1.5 hrs OPS A/B/C/D..... 42 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 42 - Diagnostic Ultrasound 1.5 hrs OPS A/B/C/D ..... 43 - Case-Based Discussion 0.75 hr OPS A/B..... 43 - CCaring for the OA Knee 0.75 hr OPS A/B/C ..... 44 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 44 - Equipment Review - The Mobiliser 0.75 hr OPS A/B/C ..... 45 - TMJ and Hamstrings 1.5 hrs OPS A/B/C ..... 45 - Physiological Load 0.75 hr OPS A/B/C..... 46 - Comms, Social Media and Advertising Standards 1.5 hrs OPS A/B/D ..... 47 - Case-Based Discussion 0.75 hr OPS A/B/C/D..... 47 - Shoulder Assessment and Rehab 0.75 hr OPS A/B/C/D..... 48 - Case-Based Discussion 0.75 hr OPS A/B/C/D..... 48 - Safeguarding 0.75 hr OPS A/B/C/D..... 49 - Case-Based Discussion 0.75 hr OPS A/B/C..... 49 - Case-Based Discussion 0.75 hr OPS A/B/C ..... 50 - Headache Management 1.5 hrs OPS A/B/C/D ..... 50 - Pilates Reformer 0.75 hr OPS A/B/D ..... 51 - Case-Based Discussion 0.75 hrh OPS A/B/C ..... 51 - Scoliosis 1.5 hrs OPS A/B/D..... 52 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 52 - Measuring Patient Outcomes 1.5 hr OPS A/B..... 53 - Pilates Exercises for Neck Rehab 0.75 hr h OPS A/B/D ..... 54 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 54 - Safeguarding 1.5 hrs OPS A/B/C/D..... 55 - Amplifying Practitioner Input 1.5 hrs OPS A/B/C..... 55 - Case-Based Discussion 0.75 hr OPS A/B..... 56 - Functional Active Release and Rehab 1.5 hrs OPS A/B/C ..... 56 - Axial Spondyloarthritis 1.5 hrs OPS A/B/C/D ..... 57 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 57 - Athletes and Sports Injuries 1.5 hrs OPS A/B/C..... 58 - Case-Based Discussion 0.75 hr OPS A/B/C..... 58 - Electrophysical Agents 1.5 hrs OPS A/B/C..... 60 - Mental Health 1.5 hrs OPS A/B/C/D ..... 60 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 61 - Bone Health 1.5 hrs OPS A/B/C ..... 62 - COVID-19 Business Support 0.75hr OPS A/B/C ..... 62 - GOsC GCC and iO Update 0.75 hr OPS A/B/C/D..... 63
LBS	
Objective Activity	
Coms & Consent	
OPS A	
OPS B	
OPS C	
OPS D	
Certificates	
Self-Certification	

Summary	
LW/O	- COVID-19 Finance 0.75 hr OPS A/B/C/D ..... 64 - Covid Discussion 0.75 hr OPS A/B/C/D ..... 64 - Pilates 0.75 hr OPS A/B/C..... 65 - Telehealth Consultations 0.75 hr OPS A/B/C ..... 65 - The Law 0.75 hr OPS A/B/C..... 66 - Healthy Breathing 0.75 hr OPS A/B/C..... 67 - Science of Sleep 1.5 hrs OPS A/B/C..... 67 - NHS MSK and Covid 0.75 hr OPS A/B/C ..... 68 - Language of Touch 1 hr OPS A/B..... 69 - Exercises in Pregnancy 0.75 hr OPS A/B/C..... 69 - Breathwork 0.75 hr OPS A/B/C/D ..... 70 - Science of Sleep 0.75 hr OPS A/B/C..... 70 - Face, Head and Neck Pain 1 hr OPS A/B/C ..... 71 - Breathwork 0.75 hr OPS A/B/C..... 71 - Manual Therapy and Modern Medicine 1.5 hrs OPS A/B/C/D ..... 72 - Telehealth Triage - Red Flags 1hr OPS A/B/C/D..... 72 - Ultrasound Diagnosis 1 hr OPS A/B/C/D ..... 73 - Rotator Cuff and Sub-Acromial Pain 1hr OPS A/B/C ..... 73 - Covid 19 and Knee Surgery 1 hr OPS A/B/C ..... 74 - Escaping Limbo 0.75 hr OPS A/B/C/D..... 74 - Breathwork II 0.75 hr OPS A/B/C..... 75 - Women's Health 1.5 hrs OPS A/B/C ..... 75 - Exercises in Pregnancy II 0.75 hr OPS A/B/C..... 76 - Strength, Conditioning and Rehab 0.75 hr OPS A/B..... 76 - Elbow and Wrist Pain 1 hr OPS A/B/C..... 77 - Movement as Treatment 0.75 hr OPS A/B/C ..... 77 - Breathwork III 0.75 hr OPS A/B/C ..... 78 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 78 - Rehab and Online Apps 0.75 hr OPS A/B/C/D ..... 79 - Dealing With Chronic Pain 0.75 hr OPS A/B..... 79 - Dementia 0.75 hr OPS A/B/C..... 81 - Pain Science 0.75 hr OPS A/B/C..... 81 - Preparing to Reopen Practices 0.75 hr OPS A/B/C..... 82 - SIJs and Sciatica 0.75 hr OPS A/B/C..... 82 - Case-Based Discussion 0.75 hr OPS A/B/C ..... 83 - Knee and Foot Pain 1.25 hrs OPS A/B/C..... 85 - Virology 0.75 hr OPS A/B/C/D..... 86 - Lockdown to Launch: Social Media 0.75 hr OPS A/B..... 87 - Dermatology 0.75 hr OPS A/B/C..... 87 - Chaos and Complexity 1 hr OPS A/B/C..... 88 - Orthopaedics: Ankle and Foot 0.75 hr OPS A/B/C..... 88 - Hip Replacement & Accelerated Rehab 0.75 hr OPS A/B/C ..... 89 - Ankle Rehab 0.75 hr OPS A/B/C..... 89 - Meniscal Tears and Replacements 1.5 hrs OPS A/B/C..... 91 - Women's Health and Nutrition 0.75 hr OPS A/B/C ..... 91 - Eczema, Psoriasis and Psoriatic Arthritis 0.75 hr OPS A/B/C..... 92 - Rebuilding Practices Post-Covid 1 hr OPS A/B/D..... 92 - The Older Shoulder 0.75 hr OPS A/B/C..... 93
LBS	
Objective Activity	
Coms & Consent	
OPS A	
OPS B	
OPS C	
OPS D	
Certificates	
Self-Certification	

## OPS A (Continued)

Summary	
LW/O	<ul style="list-style-type: none"> <li>- Case-Based Discussion 0.75 hr OPS A/B/C ..... 94</li> <li>- Yoga for Practitioners 0.75 hr OPS A/B/C..... 94</li> <li>- Labral Tears of the Hip 0.75 hr OPS A/B/C..... 95</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C..... 97</li> <li>- Benign Paroxysmal Positional Vertigo 0.75 hr OPS A/B/C..... 98</li> <li>- Treating Patients with MND and MS 0.75 hr OPS A/B/C..... 99</li> <li>- The Crossover Effect in Rehab 0.75 hr OPS A/B/C..... 100</li> </ul>
LBS	<ul style="list-style-type: none"> <li>- Happiness 0.75 hr OPS A/B/C..... 100</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C..... 101</li> <li>- Dysmenorrhoea 0.75 hr OPS A/B/C..... 101</li> <li>- Biomechanics and Pain Science 0.75 hr OPS A/B/C..... 104</li> </ul>
Objective Activity	<ul style="list-style-type: none"> <li>- Persistent Pain and Activity Levels 0.75 hr OPS A/B..... 105</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C..... 106</li> <li>- Mental Health and Covid-19 1.5 hrs OPS A/B/C..... 106</li> <li>- Breathing, Pain and Covid-19 0.75 hr OPS A/B/C/D..... 107</li> <li>- Case-Based Discussion 0.75 hr OPS A/B..... 108</li> <li>- Shoulder and Thoracic Exercises 0.75 hr OPS A/B/C..... 108</li> </ul>
Coms & Consent	<ul style="list-style-type: none"> <li>- 7 Principles of Rehab 0.75 hr OPS A/B/C..... 109</li> <li>- Reversing Diabetes 0.75 hr OPS A/B/C..... 110</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C..... 110</li> <li>- Communication and Collaboration 0.75 hr OPS A/B/C..... 111</li> <li>- Treatment, Research Context and Innate Healing 0.75 hr OPS A/B/C..... 111</li> </ul>
OPS A	<ul style="list-style-type: none"> <li>- Current Evidence 1.5 hrs OPS A/B/C..... 112</li> <li>- HRT and Breast Cancer 0.75 hr OPS A/B/C..... 112</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 113</li> <li>- Sleep Apnoea 0.75 hr OPS A/B/C/D..... 114</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 114</li> <li>- Virology 0.75 hr OPS A/B/C/D..... 115</li> </ul>
OPS B	<ul style="list-style-type: none"> <li>- Perthes' Disease and Hip Dysplasia 0.75 hr OPS A/B/C/D..... 116</li> <li>- Babies: Vestibular Development 0.75 hr OPS A/B/C/D..... 116</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 117</li> <li>- Yoga for Chronic Stress 0.75 hr OPS A/B/D..... 117</li> </ul>
OPS C	<ul style="list-style-type: none"> <li>- Maintenance Care 1.5 hrs OPS A/B/C..... 118</li> <li>- Pitfalls in Spinal Assessment 0.75 hr OPS A/B/C/D..... 119</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C..... 119</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 120</li> <li>- Measuring Activity Levels 0.75 hr OPS A/B/C..... 120</li> </ul>
OPS D	<ul style="list-style-type: none"> <li>- Covid and the Law 0.75 hr OPS A/B/C/D..... 121</li> <li>- Lockdown Battle Plan 0.75 hr OPS A/B/D..... 121</li> <li>- Primitive and Retained Reflexes 1.5 hrs OPS A/B/C..... 122</li> <li>- Creating a Tourette's-Friendly Clinic 0.75 hr OPS A/B/C/D..... 122</li> <li>- Mindfulness 0.75 hr OPS A/B/C/D..... 123</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C..... 123</li> </ul>
Certificates	<ul style="list-style-type: none"> <li>- Gender Diversity in the Clinic 1.5 hrs OPS A/B/C/D..... 124</li> <li>- Myogenic Headaches 0.75 hr OPS A/B/C..... 125</li> <li>- Avoiding Joint Replacement 0.75 hr OPS A/B/C/D..... 126</li> <li>- Shoulder Impingement 1.5 hrs OPS A/B/C..... 127</li> <li>- Pectus Excavatum and Carinatum 0.75 hr OPS A/B/C/D..... 127</li> </ul>
Self-Certification	

## OPS A (Continued)

Summary	
LW/O	<ul style="list-style-type: none"> <li>- The Case for Keto 1.5 hrs OPS A/B/C/D..... 128</li> <li>- Case Presentations 1.5 hrs OPS A/B/C/D..... 129</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 129</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/D..... 130</li> <li>- Treating Trans People 1.5 hrs OPS A/B/C/D..... 131</li> </ul>
LBS	<ul style="list-style-type: none"> <li>- Pain Science 0.75 hr OPS A/B/C..... 131</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 132</li> <li>- Neuroinflammation and the BSP Model 1.5 hrs OPS A/B/C/D..... 132</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 133</li> <li>- Treating the Whole Voice 1.5 hrs OPS A/B/C..... 134</li> </ul>
Objective Activity	<ul style="list-style-type: none"> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 135</li> <li>- Barriers to B12 Deficiency Diagnosis 1.5 hrs OPS A/B/C/D..... 135</li> <li>- Movement Science 0.75 hr OPS A/B/C/D..... 136</li> <li>- Communication and Consent 1.5 hrs OPS A/B/D..... 136</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 137</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 138</li> <li>- Emotions, Stress, Posture and Patients 1.5 hrs OPS A/B/D..... 138</li> </ul>
Coms & Consent	<ul style="list-style-type: none"> <li>- The Science of Fascia 0.75 hr OPS A/B/D..... 139</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 140</li> <li>- Ecological Medicine 1.5 hr OPS A/B/C..... 140</li> <li>- Long Covid and Post-Viral Fatigue 0.75 hr OPS A/B/C/D..... 141</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D..... 141</li> </ul>
OPS A	<ul style="list-style-type: none"> <li>- Treating the Stammering Patient 0.75 hr OPS A/B..... 142</li> <li>- Breast Cancer Screening 6hrs OPS A/B/C/D..... 144</li> <li>- COVID: Analysis of Evidence 4hrs OPS A/B/C/D..... 144</li> </ul>
OPS B	
OPS C	
OPS D	
Certificates	
Self-Certification	



# OPS B

Summary	
LW/O	- Lower Limb Tendinopathy 1.5 hrs OPS A/B/C ..... 37 - Kinesiology Taping 0.75 hr OPS A/B/C ..... 37 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 38 - Breast Cancer - The Role of the Physical Therapist 1.5 hrs OPS A/B/C/D .... 38 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 39 - Power of Placebo 1.5 hr OPS A/B/C ..... 39 - Case-Based Discussion 0.75 hr OPS A/B/C ..... 40 - Pilates in Practice 1.5 hrs OPS A/B/C/D ..... 40 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 41 - Animal Case-Based Discussion 0.75 hr OPS A/B/D ..... 41 - Dealing With B12 Deficiency 1.5 hrs OPS A/B/C/D ..... 42 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 42 - Diagnostic Ultrasound 1.5 hrs OPS A/B/C/D ..... 43 - Case-Based Discussion 0.75 hr OPS A/B ..... 43 - Caring for the OA Knee 0.75 hr OPS A/B/C ..... 44 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 44 - Equipment Review - The Mobiliser 0.75 hr OPS A/B/C ..... 45 - TMJ and Hamstrings 1.5 hrs OPS A/B/C ..... 45 - Physiological Load 0.75 hr OPS A/B/C ..... 46 - Case-Based Discussion 0.75 hr OPS B/C/D ..... 46 - Comms, Social Media and Advertising Standards 1.5 hrs OPS A/B/D ..... 47 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 47 - Shoulder Assessment and Rehab 0.75 hr OPS A/B/C/D ..... 48 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 48 - Safeguarding 0.75 hr OPS A/B/C/D ..... 49 - Case-Based Discussion 0.75 hr OPS A/B/C ..... 49 - Case-Based Discussion 0.75 hr OPS A/B/C ..... 50 - Headache Management 1.5 hrs OPS A/B/C/D ..... 50 - Pilates Reformer 0.75 hr OPS A/B/D ..... 51 - Case-Based Discussion 0.75 hrh OPS A/B/C ..... 51 - Scoliosis 1.5 hrs OPS A/B/D ..... 52 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 52 Clinic Software - Jane 0.75 hr OPS B/C ..... 53 - Measuring Patient Outcomes 1.5 hr OPS A/B ..... 53 - Pilates Exercises for Neck Rehab 0.75 hr h OPS A/B/D ..... 54 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 54 - Safeguarding 1.5 hrs OPS A/B/C/D ..... 55 - Amplifying Practitioner Input 1.5 hrs OPS A/B/C ..... 55 - Case-Based Discussion 0.75 hr OPS A/B ..... 56 - Functional Active Release and Rehab 1.5 hrs OPS A/B/C ..... 56 - Axial Spondyloarthritis 1.5 hrs OPS A/B/C/D ..... 57 - Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 57 - Athletes and Sports Injuries 1.5 hrs OPS A/B/C ..... 58 - Case-Based Discussion 0.75 hr OPS A/B/C ..... 58 - The Hamstring Insight 1.5 hrs OPS B/C ..... 59 - Case-Based Discussion 0.75 hr OPS B/C ..... 59 - Electrophysical Agents 1.5 hrs OPS A/B/C ..... 60 - Mental Health 1.5 hrs OPS A/B/C/D ..... 60
LBS	
Objective Activity	
Coms & Consent	
OPS A	
OPS B	
OPS C	
OPS D	
Certificates	
Self-Certification	

## OPS B (Continued)

- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 61
- Bone Health 1.5 hrs OPS A/B/C ..... 62
- COVID-19 Business Support 0.75hr OPS A/B/C ..... 62
- GOsC GCC and iO Update 0.75 hr OPS A/B/C/D ..... 63
- Covid 19 HR Issues 0.75 hr OPS B/D ..... 63
- COVID-19 Finance 0.75 hr OPS A/B/C/D ..... 64
- Covid Discussion 0.75 hr OPS A/B/C/D ..... 64
- Pilates 0.75 hr OPS A/B/C ..... 65
- Telehealth Consultations 0.75 hr OPS A/B/C ..... 65
- Cauda Equina 1.25 hrs OPS B/C/D ..... 66
- The Law 0.75 hr OPS A/B/C ..... 66
- Healthy Breathing 0.75 hr OPS A/B/C ..... 67
- Science of Sleep 1.5 hrs OPS A/B/C ..... 67
- COVID Financial Update 0.75 hr OPS B/D ..... 68
- NHS MSK and Covid 0.75 hr OPS A/B/C ..... 68
- Language of Touch 1 hr OPS A/B ..... 69
- Exercises in Pregnancy 0.75 hr OPS A/B/C ..... 69
- Breathwork 0.75 hr OPS A/B/C/D ..... 70
- Science of Sleep 0.75 hr OPS A/B/C ..... 70
- Face, Head and Neck Pain 1 hr OPS A/B/C ..... 71
- Breathwork 0.75 hr OPS A/B/C ..... 71
- Manual Therapy and Modern Medicine 1.5 hrs OPS A/B/C/D ..... 72
- Telehealth Triage - Red Flags 1hr OPS A/B/C/D ..... 72
- Ultrasound Diagnosis 1 hr OPS A/B/C/D ..... 73
- Rotator Cuff and Sub-Acromial Pain 1hr OPS A/B/C ..... 73
- Covid 19 and Knee Surgery 1 hr OPS A/B/C ..... 74
- Escaping Limbo 0.75 hr OPS A/B/C/D ..... 74
- Breathwork II 0.75 hr OPS A/B/C ..... 75
- Women's Health 1.5 hrs OPS A/B/C ..... 75
- Exercises in Pregnancy II 0.75 hr OPS A/B/C ..... 76
- Strength, Conditioning and Rehab 0.75 hr OPS A/B ..... 76
- Elbow and Wrist Pain 1 hr OPS A/B/C ..... 77
- Movement as Treatment 0.75 hr OPS A/B/C ..... 77
- Breathwork III 0.75 hr OPS A/B/C ..... 78
- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 78
- Rehab and Online Apps 0.75 hr OPS A/B/C/D ..... 79
- Dealing With Chronic Pain 0.75 hr OPS A/B ..... 79
- Spondylolisthesis and T4 Syndrome 1 hr OPS B/C ..... 80
- Fascia and Manual Therapy 0.75 hr OPS B/C ..... 80
- Dementia 0.75 hr OPS A/B/C ..... 81
- Pain Science 0.75 hr OPS A/B/C ..... 81
- Preparing to Reopen Practices 0.75 hr OPS A/B/C ..... 82
- SIJs and Sciatica 0.75 hr OPS A/B/C ..... 82
- Spinal Conditions 0.75 hrs OPS B/C ..... 83
- Case-Based Discussion 0.75 hr OPS A/B/C ..... 83
- Classical Osteopathy 0.75 hr OPS B ..... 84
- MRI Interpretation 1 hr OPS B/D ..... 84
- Knee and Foot Pain 1.25 hrs OPS A/B/C ..... 85

## OPS B (Continued)

Summary		
LW/O	- Spinal Fractures 1.5 hrs OPS B/C.....	85
	- Virology 0.75 hr OPS A/B/C/D.....	86
	- Peripheral Nerve Surgery 0.75 hr OPS B/C.....	86
	- Lockdown to Launch: Social Media 0.75 hr OPS A/B.....	87
	- Dermatology 0.75 hr OPS A/B/C.....	87
	- Chaos and Complexity 1 hr OPS A/B/C.....	88
LBS	- Orthopaedics: Ankle and Foot 0.75 hr OPS A/B/C.....	88
	- Hip Replacement & Accelerated Rehab 0.75 hr OPS A/B/C.....	89
	- Ankle Rehab 0.75 hr OPS A/B/C.....	89
	- The WHO View 0.5 hr OPS B/C.....	90
	- Myofascial Release 0.75 hr OPS B/C.....	90
Objective Activity	- Meniscal Tears and Replacements 1.5 hrs OPS A/B/C.....	91
	- Women's Health and Nutrition 0.75 hr OPS A/B/C.....	91
	- Eczema, Psoriasis and Psoriatic Arthritis 0.75 hr OPS A/B/C.....	92
	- Rebuilding Practices Post-Covid 1 hr OPS A/B/D.....	92
	- Spinal Cases 0.75 hr OPS B/C.....	93
	- The Older Shoulder 0.75 hr OPS A/B/C.....	93
Coms & Consent	- Case-Based Discussion 0.75 hr OPS A/B/C.....	94
	- Yoga for Practitioners 0.75 hr OPS A/B/C.....	94
	- Labral Tears of the Hip 0.75 hr OPS A/B/C.....	95
	- Cardio Thoracic Differentials 1 hr OPS B/C.....	95
	- Business Support Update 0.75 hr OPS B/D.....	96
	- Neuroinflammation, Pain and Fatigue 1.5 hrs OPS B/C.....	96
OPS A	- MRI Shockers 1 hr OPS B/D.....	97
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	97
	- Case-Based Discussion 0.75 hr OPS B/C.....	98
	- Benign Paroxysmal Positional Vertigo 0.75 hr OPS A/B/C.....	98
	- Treating Patients with MND and MS 0.75 hr OPS A/B/C.....	99
OPS B	- Autonomic Imbalance in Children 1.5 hr OPS B/C/D.....	99
	- The Crossover Effect in Rehab 0.75 hr OPS A/B/C.....	100
	- Happiness 0.75 hr OPS A/B/C.....	100
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	101
	- Dysmenorrhoea 0.75 hr OPS A/B/C.....	101
OPS C	- ACJ Instability 0.75 hr OPS B/C.....	102
	- Spinal Cases and Lifestyle 0.75 hr OPS B/C.....	102
	- Elbow and Shoulder Problems 0.75 hr OPS B/C.....	103
	- Muscle Tone Inhibition 1.5 hrs OPS B/C.....	103
	- Patellar Dislocation 0.75 hr OPS B/C.....	104
	- Biomechanics and Pain Science 0.75 hr OPS A/B/C.....	104
OPS D	- Case-Based Discussion 0.75 hr OPS B/C.....	105
	- Persistent Pain and Activity Levels 0.75 hr OPS A/B.....	105
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	106
	- Mental Health and Covid-19 1.5 hrs OPS A/B/C.....	106
Certificates	- Nutrition - 7 Essentials 0.75 hr OPS B.....	107
	- Breathing, Pain and Covid-19 0.75 hr OPS A/B/C/D.....	107
	- Case-Based Discussion 0.75 hr OPS A/B.....	108
	- Shoulder and Thoracic Exercises 0.75 hr OPS A/B/C.....	108
	- Hip Cases 0.75 hr OPS B/C.....	109
Self-Certification	- 7 Principles of Rehab 0.75 hr OPS A/B/C.....	109
	- Reversing Diabetes 0.75 hr OPS A/B/C.....	110

## OPS B (Continued)

	- Case-Based Discussion 0.75 hr OPS A/B/C.....	110
	- Communication and Collaboration 0.75 hr OPS A/B/C.....	111
	- Treatment, Research Context and Innate Healing 0.75 hr OPS A/B/C.....	111
	- Current Evidence 1.5 hrs OPS A/B/C.....	112
	- HRT and Breast Cancer 0.75 hr OPS A/B/C.....	112
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	113
	- Orthotics and Cerebral Palsy 0.75 hr OPS B/C/D.....	113
	- Sleep Apnoea 0.75 hr OPS A/B/C/D.....	114
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	114
	- Virology 0.75 hr OPS A/B/C/D.....	115
	- Bone Fragility 1.5 hrs OPS B/C/D.....	115
	- Perthes' Disease and Hip Dysplasia 0.75 hr OPS A/B/C/D.....	116
	- Babies: Vestibular Development 0.75 hr OPS A/B/C/D.....	116
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	117
	- Yoga for Chronic Stress 0.75 hr OPS A/B/D.....	117
	- CSP MRI Interpretation 0.75 hr OPS B/C/D.....	118
	- Maintenance Care 1.5 hrs OPS A/B/C.....	118
	- Pitfalls in Spinal Assessment 0.75 hr OPS A/B/C/D.....	119
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	119
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	120
	- Measuring Activity Levels 0.75 hr OPS A/B/C.....	120
	- Covid and the Law 0.75 hr OPS A/B/C/D.....	121
	- Lockdown Battle Plan 0.75 hr OPS A/B/D.....	121
	- Primitive and Retained Reflexes 1.5 hrs OPS A/B/C.....	122
	- Creating a Tourette's-Friendly Clinic 0.75 hr OPS A/B/C/D.....	122
	- Mindfulness 0.75 hr OPS A/B/C/D.....	123
	- Case-Based Discussion 0.75 hr OPS A/B/C.....	123
	- Gender Diversity in the Clinic 1.5 hrs OPS A/B/C/D.....	124
	- Upper Extremity - The Biceps 0.75 hr OPS B/C/D.....	124
	- Myogenic Headaches 0.75 hr OPS A/B/C.....	125
	- Cervical Scans Pt 2 0.75 hr OPS A/B/C/D.....	125
	- Avoiding Joint Replacement 0.75 hr OPS A/B/C/D.....	126
	- Treating the Hip 0.75 hr OPS B/C.....	126
	- Shoulder Impingement 1.5 hrs OPS A/B/C.....	127
	- Pectus Excavatum and Carinatum 0.75 hr OPS A/B/C/D.....	127
	- The Case for Keto 1.5 hrs OPS A/B/C/D.....	128
	- Mask Fitting 0.75 hr OPS B/C.....	128
	- Case Presentations 1.5 hrs OPS A/B/C/D.....	129
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	129
	- Hip and Knee Cases 0.75 hr OPS B/C/D.....	130
	- Case-Based Discussion 0.75 hr OPS A/B/D.....	130
	- Treating Trans People 1.5 hrs OPS A/B/C/D.....	131
	- Pain Science 0.75 hr OPS A/B/C.....	131
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	132
	- Neuroinflammation and the BSP Model 1.5 hrs OPS A/B/C/D.....	132
	- Pelvic Girdle Pain 0.75 hr OPS B/C/D.....	133
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	133
	- Spinal Cases: CES and Differentials 0.75 hr OPS B/C/D.....	134
	- Treating the Whole Voice 1.5 hrs OPS A/B/C.....	134
	- Case-Based Discussion 0.75 hr OPS A/B/C/D.....	135



Summary	
LW/O	- Barriers to B12 Deficiency Diagnosis 1.5 hrs OPS A/B/C/D.....135 - Movement Science 0.75 hr OPS A/B/C/D.....136 - Communication and Consent 1.5 hrs OPS A/B/D.....136 - Case-Based Discussion 0.75 hr OPS A/B/C/D .....137 - Spondylolisthesis Treatment 0.75 hr OPS B/C.....137 - Case-Based Discussion 0.75 hr OPS A/B/C/D.....138 - Emotions, Stress, Posture and Patients 1.5 hrs OPS A/B/D.....138 - The Science of Fascia 0.75 hr OPS A/B/D.....139 - Cranio-Fascial Dynamics 1.5 hrs OPS B/D.....139 - Case-Based Discussion 0.75 hr OPS A/B/C/D.....140 - Ecological Medicine 1.5 hr OPS A/B/C.....140 - Long Covid and Post-Viral Fatigue 0.75 hr OPS A/B/C/D.....141 - Case-Based Discussion 0.75 hr OPS A/B/C/D.....141 - Arthritis and Vasculitis 1.5 hr OPS B/C.....142 - Treating the Stammering Patient 0.75 hr OPS A/B.....142
LBS	
Objective Activity	
Coms & Consent	
OPS A	
OPS B	
OPS C	
OPS D	
Certificates	
Self-Certification	

OPS B (Continued)

Summary	
LW/O	
LBS	
Objective Activity	
Coms & Consent	
OPS A	
OPS B	
OPS C	
OPS D	
Certificates	
Self-Certification	

# OPS C

Summary		
LW/O	- Lower Limb Tendinopathy 1.5 hrs OPS A/B/C .....	37
	- Kinesiology Taping 0.75 hr OPS A/B/C .....	37
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	38
	- Breast Cancer - The Role of the Physical Therapist 1.5 hrs OPS A/B/C/D .....	38
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	39
	- Power of Placebo 1.5 hr OPS A/B/C .....	39
LBS	- Case-Based Discussion 0.75 hr OPS A/B/C .....	40
	- Pilates in Practice 1.5 hrs OPS A/B/C/D .....	40
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	41
	- Dealing With B12 Deficiency 1.5 hrs OPS A/B/C/D .....	42
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	42
Objective Activity	- Diagnostic Ultrasound 1.5 hrs OPS A/B/C/D .....	43
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	43
	- Caring for the OA Knee 0.75 hr OPS A/B/C .....	44
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	44
	- Equipment Review - The Mobiliser 0.75 hr OPS A/B/C .....	45
	- TMJ and Hamstrings 1.5 hrs OPS A/B/C .....	45
Coms & Consent	- Physiological Load 0.75 hr OPS A/B/C .....	46
	- Case-Based Discussion 0.75 hr OPS B/C/D .....	46
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	47
	- Shoulder Assessment and Rehab 0.75 hr OPS A/B/C/D .....	48
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	48
OPS A	- Safeguarding 0.75 hr OPS A/B/C/D .....	49
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	49
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	50
	- Headache Management 1.5 hrs OPS A/B/C/D .....	50
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	51
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	52
OPS B	Clinic Software - Jane 0.75 hr OPS B/C .....	53
	- Pilates Exercises for Neck Rehab 0.75 hr OPS A/B/D .....	54
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	54
	- Safeguarding 1.5 hrs OPS A/B/C/D .....	55
OPS C	- Amplifying Practitioner Input 1.5 hrs OPS A/B/C .....	55
	- Functional Active Release and Rehab 1.5 hrs OPS A/B/C .....	56
	- Axial Spondyloarthropathy 1.5 hrs OPS A/B/C/D .....	57
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	57
	- Athletes and Sports Injuries 1.5 hrs OPS A/B/C .....	58
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	58
	- The Hamstring Insight 1.5 hrs OPS B/C .....	59
OPS D	- Case-Based Discussion 0.75 hr OPS B/C .....	59
	- Electrophysical Agents 1.5 hrs OPS A/B/C .....	60
	- Mental Health 1.5 hrs OPS A/B/C/D .....	60
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	61
Certificates	- Bone Health 1.5 hrs OPS A/B/C .....	62
	- COVID-19 Business Support 0.75hr OPS A/B/C .....	62
	- GOsC GCC and iO Update 0.75 hr OPS A/B/C/D .....	63
	- COVID-19 Finance 0.75 hr OPS A/B/C/D .....	64
	- Covid Discussion 0.75 hr OPS A/B/C/D .....	64
Self-Certification		

## OPS C (Continued)

	- Pilates 0.75 hr OPS A/B/C .....	65
	- Telehealth Consultations 0.75 hr OPS A/B/C .....	65
LW/O	- Cauda Equina 1.25 hrs OPS B/C/D .....	66
	- The Law 0.75 hr OPS A/B/C .....	66
	- Healthy Breathing 0.75 hr OPS A/B/C .....	67
	- Science of Sleep 1.5 hrs OPS A/B/C .....	67
	- NHS MSK and Covid 0.75 hr OPS A/B/C .....	68
	- Exercises in Pregnancy 0.75 hr OPS A/B/C .....	69
	- Breathwork 0.75 hr OPS A/B/C/D .....	70
	- Science of Sleep 0.75 hr OPS A/B/C .....	70
	- Face, Head and Neck Pain 1 hr OPS A/B/C .....	71
	- Breathwork 0.75 hr OPS A/B/C .....	71
	- Manual Therapy and Modern Medicine 1.5 hrs OPS A/B/C/D .....	72
	- Telehealth Triage - Red Flags 1hr OPS A/B/C/D .....	72
	- Ultrasound Diagnosis 1 hr OPS A/B/C/D .....	73
	- Rotator Cuff and Sub-Acromial Pain 1hr OPS A/B/C .....	73
	- Covid 19 and Knee Surgery 1 hr OPS A/B/C .....	74
	- Escaping Limbo 0.75 hr OPS A/B/C/D .....	74
	- Breathwork II 0.75 hr OPS A/B/C .....	75
	- Women's Health 1.5 hrs OPS A/B/C .....	75
	- Exercises in Pregnancy II 0.75 hr OPS A/B/C .....	76
	- Elbow and Wrist Pain 1 hr OPS A/B/C .....	77
	- Movement as Treatment 0.75 hr OPS A/B/C .....	77
OPS A	- Breathwork III 0.75 hr OPS A/B/C .....	78
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	78
	- Rehab and Online Apps 0.75 hr OPS A/B/C/D .....	79
	- Spondylolisthesis and T4 Syndrome 1 hr OPS B/C .....	80
	- Fascia and Manual Therapy 0.75 hr OPS B/C .....	80
OPS B	- Dementia 0.75 hr OPS A/B/C .....	81
	- Pain Science 0.75 hr OPS A/B/C .....	81
	- Preparing to Reopen Practices 0.75 hr OPS A/B/C .....	82
	- SSIJs and Sciatica 0.75 hr OPS A/B/C .....	82
	- Spinal Conditions 0.75 hrs OPS B/C .....	83
	- Case-Based Discussion 0.75 hr OPS A/B/C .....	83
OPS C	- Knee and Foot Pain 1.25 hrs OPS A/B/C .....	85
	- Spinal Fractures 1.5 hrs OPS B/C .....	85
	- Virology 0.75 hr OPS A/B/C/D .....	86
	- Peripheral Nerve Surgery 0.75 hr OPS B/C .....	86
	- Dermatology 0.75 hr OPS A/B/C .....	87
	- Chaos and Complexity 1 hr OPS A/B/C .....	88
	- Orthopaedics: Ankle and Foot 0.75 hr OPS A/B/C .....	88
	- Hip Replacement & Accelerated Rehab 0.75 hr OPS A/B/C .....	89
	- Ankle Rehab 0.75 hr OPS A/B/C .....	89
	- The WHO View 0.5 hr OPS B/C .....	90
	- Myofascial Release 0.75 hr OPS B/C .....	90
	- Meniscal Tears and Replacements 1.5 hrs OPS A/B/C .....	91
	- Women's Health and Nutrition 0.75 hr OPS A/B/C .....	91
	- Eczema, Psoriasis and Psoriatic Arthritis 0.75 hr OPS A/B/C .....	92
OPS D		
Certificates		
Self-Certification		

## OPS C (Continued)

Summary	
LWO	<ul style="list-style-type: none"> <li>- Spinal Cases 0.75 hr OPS B/C ..... 93</li> <li>- The Older Shoulder 0.75 hr OPS A/B/C ..... 93</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C ..... 94</li> <li>- Yoga for Practitioners 0.75 hr OPS A/B/C ..... 94</li> <li>- Labral Tears of the Hip 0.75 hr OPS A/B/C ..... 95</li> </ul>
LBS	<ul style="list-style-type: none"> <li>- Cardio Thoracic Differentials 1 hr OPS B/C ..... 95</li> <li>- Neuroinflammation, Pain and Fatigue 1.5 hrs OPS B/C ..... 96</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C ..... 97</li> <li>- Case-Based Discussion 0.75 hr OPS B/C ..... 98</li> <li>- Benign Paroxysmal Positional Vertigo 0.75 hr OPS A/B/C ..... 98</li> <li>- Treating Patients with MND and MS 0.75 hr OPS A/B/C ..... 99</li> </ul>
Objective Activity	<ul style="list-style-type: none"> <li>- Autonomic Imbalance in Children 1.5 hr OPS B/C/D ..... 99</li> <li>- The Crossover Effect in Rehab 0.75 hr OPS A/B/C ..... 100</li> <li>- Happiness 0.75 hr OPS A/B/C ..... 100</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C ..... 101</li> <li>- Dysmenorrhoea 0.75 hr OPS A/B/C ..... 101</li> <li>- ACJ Instability 0.75 hr OPS B/C ..... 102</li> </ul>
Coms & Consent	<ul style="list-style-type: none"> <li>- Spinal Cases and Lifestyle 0.75 hr OPS B/C ..... 102</li> <li>- Elbow and Shoulder Problems 0.75 hr OPS B/C ..... 103</li> <li>- Muscle Tone Inhibition 1.5 hrs OPS B/C ..... 103</li> <li>- Patellar Dislocation 0.75 hr OPS B/C ..... 104</li> <li>- Biomechanics and Pain Science 0.75 hr OPS A/B/C ..... 104</li> </ul>
OPS A	<ul style="list-style-type: none"> <li>- Case-Based Discussion 0.75 hr OPS B/C ..... 105</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C ..... 106</li> <li>- Mental Health and Covid-19 1.5 hrs OPS A/B/C ..... 106</li> <li>- Breathing, Pain and Covid-19 0.75 hr OPS A/B/C/D ..... 107</li> <li>- Shoulder and Thoracic Exercises 0.75 hr OPS A/B/C ..... 108</li> </ul>
OPS B	<ul style="list-style-type: none"> <li>- Hip Cases 0.75 hr OPS B/C ..... 109</li> <li>- 7 Principles of Rehab 0.75 hr OPS A/B/C ..... 109</li> <li>- Reversing Diabetes 0.75 hr OPS A/B/C ..... 110</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C ..... 110</li> <li>- Communication and Collaboration 0.75 hr OPS A/B/C ..... 111</li> </ul>
OPS C	<ul style="list-style-type: none"> <li>- Treatment, Research Context and Innate Healing 0.75 hr OPS A/B/C ..... 111</li> <li>- Current Evidence 1.5 hrs OPS A/B/C ..... 112</li> <li>- HRT and Breast Cancer 0.75 hr OPS A/B/C ..... 112</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 113</li> <li>- Orthotics and Cerebral Palsy 0.75 hr OPS B/C/D ..... 113</li> <li>- Sleep Apnoea 0.75 hr OPS A/B/C/D ..... 114</li> </ul>
OPS D	<ul style="list-style-type: none"> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 114</li> <li>- Virology 0.75 hr OPS A/B/C/D ..... 115</li> <li>- Bone Fragility 1.5 hrs OPS B/C/D ..... 115</li> <li>- Perthes' Disease and Hip Dysplasia 0.75 hr OPS A/B/C/D ..... 116</li> <li>- Babies: Vestibular Development 0.75 hr OPS A/B/C/D ..... 116</li> </ul>
Certificates	<ul style="list-style-type: none"> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 117</li> <li>- CSP MRI Interpretation 0.75 hr OPS B/C/D ..... 118</li> <li>- Maintenance Care 1.5 hrs OPS A/B/C ..... 118</li> <li>- Pitfalls in Spinal Assessment 0.75 hr OPS A/B/C/D ..... 119</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C ..... 119</li> </ul>
Self-Certification	

## OPS C (Continued)

	<ul style="list-style-type: none"> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 120</li> <li>- Measuring Activity Levels 0.75 hr OPS A/B/C ..... 120</li> <li>- Covid and the Law 0.75 hr OPS A/B/C/D ..... 121</li> <li>- Primitive and Retained Reflexes 1.5 hrs OPS A/B/C ..... 122</li> <li>- Creating a Tourette's-Friendly Clinic 0.75 hr OPS A/B/C/D ..... 122</li> <li>- Mindfulness 0.75 hr OPS A/B/C/D ..... 123</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C ..... 123</li> <li>- Gender Diversity in the Clinic 1.5 hrs OPS A/B/C/D ..... 124</li> <li>- Upper Extremity - The Biceps 0.75 hr OPS B/C/D ..... 124</li> <li>- Myogenic Headaches 0.75 hr OPS A/B/C ..... 125</li> <li>- Cervical Scans Pt 2 0.75 hr OPS A/B/C/D ..... 125</li> <li>- Avoiding Joint Replacement 0.75 hr OPS A/B/C/D ..... 126</li> <li>- Treating the Hip 0.75 hr OPS B/C ..... 126</li> <li>- Shoulder Impingement 1.5 hrs OPS A/B/C ..... 127</li> <li>- Pectus Excavatum and Carinatum 0.75 hr OPS A/B/C/D ..... 127</li> <li>- The Case for Keto 1.5 hrs OPS A/B/C/D ..... 128</li> <li>- Mask Fitting 0.75 hr OPS B/C ..... 128</li> <li>- Case Presentations 1.5 hrs OPS A/B/C/D ..... 129</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 129</li> <li>- Hip and Knee Cases 0.75 hr OPS B/C/D ..... 130</li> <li>- Treating Trans People 1.5 hrs OPS A/B/C/D ..... 131</li> <li>- Pain Science 0.75 hr OPS A/B/C ..... 131</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 132</li> <li>- Neuroinflammation and the BSP Model 1.5 hrs OPS A/B/C/D ..... 132</li> <li>- Pelvic Girdle Pain 0.75 hr OPS B/C/D ..... 133</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 133</li> <li>- Spinal Cases: CES and Differentials 0.75 hr OPS B/C/D ..... 134</li> <li>- Treating the Whole Voice 1.5 hrs OPS A/B/C ..... 134</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 135</li> <li>- Barriers to B12 Deficiency Diagnosis 1.5 hrs OPS A/B/C/D ..... 135</li> <li>- Movement Science 0.75 hr OPS A/B/C/D ..... 136</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 137</li> <li>- Spondylolisthesis Treatment 0.75 hr OPS B/C ..... 137</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 138</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 140</li> <li>- Ecological Medicine 1.5 hr OPS A/B/C ..... 140</li> <li>- Long Covid and Post-Viral Fatigue 0.75 hr OPS A/B/C/D ..... 141</li> <li>- Case-Based Discussion 0.75 hr OPS A/B/C/D ..... 141</li> <li>- Arthritis and Vasculitis 1.5 hr OPS B/C ..... 142</li> <li>- More Science of Fascia 1.5 hr OPS B/C ..... 143</li> <li>- Breathing Pattern Dysfunction 0.75 hr OPS B/C/D ..... 143</li> <li>- Breast Cancer Screening 6hrs OPS A/B/C/D ..... 144</li> <li>- COVID: Analysis of Evidence 4hrs OPS A/B/C/D ..... 144</li> </ul>
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# OPS D

Summary		
LW/O	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	38
	- Breast Cancer - The Role of the Physical Therapist 1.5 hrs OPS A/B/C/D....	38
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	39
	- Pilates in Practice 1.5 hrs OPS A/B/C/D .....	40
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	41
	- Animal Case-Based Discussion 0.75 hr OPS A/B/D .....	41
	- Dealing With B12 Deficiency 1.5 hrs OPS A/B/C/D .....	42
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	42
	- Diagnostic Ultrasound 1.5 hrs OPS A/B/C/D .....	43
	- Case-Based Discussion 0.75 hr OPS A/B .....	43
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	44
	- Case-Based Discussion 0.75 hr OPS B/C/D .....	46
	- Comms, Social Media and Advertising Standards 1.5 hrs OPS A/B/D .....	47
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	47
	- Shoulder Assessment and Rehab 0.75 hr OPS A/B/C/D .....	48
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	48
	- Safeguarding 0.75 hr OPS A/B/C/D .....	49
	- Headache Management 1.5 hrs OPS A/B/C/D .....	50
	- Pilates Reformer 0.75 hr OPS A/B/D .....	51
	- Scoliosis 1.5 hrs OPS A/B/D .....	52
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	52
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	54
	- Safeguarding 1.5 hrs OPS A/B/C/D .....	55
	- Axial Spondyloarthritis 1.5 hrs OPS A/B/C/D .....	57
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	57
	- Mental Health 1.5 hrs OPS A/B/C/D .....	60
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	61
	- GOsC GCC and iO Update 0.75 hr OPS A/B/C/D .....	63
	- Covid 19 HR Issues 0.75 hr OPS B/D .....	63
	- COVID-19 Finance 0.75 hr OPS A/B/C/D .....	64
	- Covid Discussion 0.75 hr OPS A/B/C/D .....	64
	- Cauda Equina 1.25 hrs OPS B/C/D .....	66
	- COVID Financial Update 0.75 hr OPS B/D .....	68
	- Breathwork 0.75 hr OPS A/B/C/D .....	70
	- Manual Therapy and Modern Medicine 1.5 hrs OPS A/B/C/D .....	72
	- Telehealth Triage - Red Flags 1hr OPS A/B/C/D .....	72
	- Ultrasound Diagnosis 1 hr OPS A/B/C/D .....	73
	- Escaping Limbo 0.75 hr OPS A/B/C/D .....	74
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	78
	- Rehab and Online Apps 0.75 hr OPS A/B/C/D .....	79
	- MRI Interpretation 1 hr OPS B/D .....	84
	- Virology 0.75 hr OPS A/B/C/D .....	86
	- Rebuilding Practices Post-Covid 1 hr OPS A/B/D .....	92
	- Business Support Update 0.75 hr OPS B/D .....	96
	- MRI Shockers 1 hr OPS B/D .....	97
	- Autonomic Imbalance in Children 1.5 hr OPS B/C/D .....	99
	- Breathing, Pain and Covid-19 0.75 hr OPS A/B/C/D .....	107
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	113

## OPS D (Continued)

	- Orthotics and Cerebral Palsy 0.75 hr OPS B/C/D .....	113
	- Sleep Apnoea 0.75 hr OPS A/B/C/D .....	114
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	114
	- Virology 0.75 hr OPS A/B/C/D .....	115
	- Bone Fragility 1.5 hrs OPS B/C/D .....	115
	- Perthes' Disease and Hip Dysplasia 0.75 hr OPS A/B/C/D .....	116
	- Babies: Vestibular Development 0.75 hr OPS A/B/C/D .....	116
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	117
	- Yoga for Chronic Stress 0.75 hr OPS A/B/D .....	117
	- CSP MRI Interpretation 0.75 hr OPS B/C/D .....	118
	- Pitfalls in Spinal Assessment 0.75 hr OPS A/B/C/D .....	119
	- CPD Title and Hours - OPS D .....	119
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	120
	- Covid and the Law 0.75 hr OPS A/B/C/D .....	121
	- Lockdown Battle Plan 0.75 hr OPS A/B/D .....	121
	- Creating a Tourette's-Friendly Clinic 0.75 hr OPS A/B/C/D .....	122
	- Mindfulness 0.75 hr OPS A/B/C/D .....	123
	- Gender Diversity in the Clinic 1.5 hrs OPS A/B/C/D .....	124
	- Upper Extremity - The Biceps 0.75 hr OPS B/C/D .....	124
	- Avoiding Joint Replacement 0.75 hr OPS A/B/C/D .....	126
	- Pectus Excavatum and Carinatum 0.75 hr OPS A/B/C/D .....	127
	- The Case for Keto 1.5 hrs OPS A/B/C/D .....	128
	- Case Presentations 1.5 hrs OPS A/B/C/D .....	129
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	129
	- Hip and Knee Cases 0.75 hr OPS B/C/D .....	130
	- Case-Based Discussion 0.75 hr OPS A/B/D .....	130
	- Treating Trans People 1.5 hrs OPS A/B/C/D .....	131
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	132
	- Neuroinflammation and the BSP Model 1.5 hrs OPS A/B/C/D .....	132
	- Pelvic Girdle Pain 0.75 hr OPS B/C/D .....	133
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	133
	- Spinal Cases: CES and Differentials 0.75 hr OPS B/C/D .....	134
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	135
	- Barriers to B12 Deficiency Diagnosis 1.5 hrs OPS A/B/C/D .....	135
	- Movement Science 0.75 hr OPS A/B/C/D .....	136
	- Communication and Consent 1.5 hrs OPS A/B/D .....	136
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	137
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	138
	- Emotions, Stress, Posture and Patients 1.5 hrs OPS A/B/D .....	138
	- The Science of Fascia 0.75 hr OPS A/B/D .....	139
	- Cranio-Fascial Dynamics 1.5 hrs OPS B/D .....	139
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	140
	- Long Covid and Post-Viral Fatigue 0.75 hr OPS A/B/C/D .....	141
	- Case-Based Discussion 0.75 hr OPS A/B/C/D .....	141
	- Breathing Pattern Dysfunction 0.75 hr OPS B/C/D .....	143
	- Breast Cancer Screening 6hrs OPS A/B/C/D .....	144
	- COVID: Analysis of Evidence 4hrs OPS A/B/C/D .....	144

Evidence

Certificates

- Lower Limb Tendinopathy 1.5 hrs OPS A/B/C

CPD SUMMARY RECORD  
(Learning With Others)

Subject: Lower Limb Tendinopathy

Date: 6<sup>th</sup> March 2019

Academy

PHYSICAL MEDICINE

Evaluation, Reflection and Impact on Practice:

This discussion included an evaluation of recent approached to tendinopathy, including the role of inflammation. Biomechanical and evolutionary aspects were covered and a demonstration of tests, eaxaminations and rehab methods was given. The importance of suitable communication methods was highlighted, in particular the adverse effect that negative terminology (eg "degeneration"), although accurate in a medical context, might have on recovery.

On reflection, there is a lot of information in this discussion which I can apply to my own patients, in particular tests to differentiate tendinous problems from muscular or arthritic issues.

Additional Notes  
(by attendee, as required)

Osteopathic Practice Standards 2012:

A1, A5; B2, B4; C1, C2, C3, C7.

Osteopathic Objective Activity:

Case-Based Discussion

Chiropractic Code 2016:

C1, C2, C3, C5; F4; G1

Communication & Consent: Yes

Type: Live, online webinar

Hours: 90 minutes' Learning with Others

- Kinesiology Taping 0.75 hr OPS A/B/C

CPD SUMMARY RECORD  
(Learning With Others)

Subject: Kinesiology Taping

Date: 7<sup>th</sup> March 2019

Academy

PHYSICAL MEDICINE

Evaluation, Reflection and Impact on Practice:

This discussion included an explanation of the principles behind kinesiology taping, an outline of the evidence base and a demonstration of taping techniques.

On reflection, I can see how kinesiology taping might be able to enhance my patients' recovery in certain conditions, not least by pain reduction through neuro-modulation.

Additional Notes  
(by attendee, as required)

Osteopathic Practice Standards 2012:

A1, A5; B2, B4; C1, C2, C3, C7.

Osteopathic Objective Activity:

Case-Based Discussion

Chiropractic Code 2016:

C4, C5; G1

Communication & Consent: No

Type: Live, online webinar

Hours: 45 minutes' Learning with Others



- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Date: 13<sup>th</sup> March 2019

Live Event:  
Learning With Others

Summary

The role of physical therapy, and its limitations in diastesis recti were discussed, and it was determined that more information on treatment options would be helpful. The need for referral, possibly for full blood tests and imagery was identified in the case of a patient with complications following a distal fracture of the humerus, and the risk factors for a patient suffering atrial fibrillation and on anticoagulant medication were discussed.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

13<sup>th</sup> March 2019

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: Case-Based Discussion

Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

On reflection, it is useful to be reminded of the need to communicate possible adverse outcomes to physical therapy, even though these may be rare (abdominal damage from deep inhibition of psoas). I can also make use of the knowledge gained in this discussion to ensure that my communications and consent procedures are of a suitably high standard.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed:

38

Back to Contents

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Date: 26<sup>th</sup> March 2019

Live Event:  
Learning With Others

Summary

The difficulties of communicating ethically with a patient were discussed in the light of one case where a patient had asked his osteopath to explain a diagnosis given to him by a locum GP. The diagnosis was of widespread secondary metastases, but turned out to be completely incorrect. Also discussed was a case where a patient was treated for what appeared to be MSK problems, but turned out to be late-stage, terminal cancer. And a presentation of pulmonary embolism was discussed.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

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F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

26<sup>th</sup> March 2019

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: Case-Based Discussion

Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

Reflecting on these cases, it is clear that I must remain alert to the possibility of serious, albeit rare differential diagnoses, even when a presentation appears to be straightforward. I am also better prepared to deal with communication issues arising from a patient not understanding what has been said by a GP, where the best interests of the patient are served by an urgent referral back their doctor or consultant, but without causing unnecessary worry.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

39

- Breast Cancer - The Role of the Physical Therapist 1.5 hrs OPS A/B/C/D

CPD SUMMARY RECORD

(Learning With Others)

Subject: Breast Cancer - the Role of the Physical Therapist

Academy of PHYSICAL MEDICINE

Evaluation, Reflection and Impact on Practice:

This discussion looked at the signs and symptoms of breast cancer, covering two specific cases. The surgical options, and their impact on the musculoskeletal system were discussed and particular attention was paid to the psychological effects of receiving such a diagnosis. The role of support services in dealing with this "post-traumatic stress" was considered, as was the beneficial effect of physical therapy. Concerns about the application of physical therapy in the wake of a cancer diagnosis or in the 5-year follow-up period were aired.

On reflection, this broadcast helped reassure me that I can safely treat cancer patients for their MSK problems, and has helped me understand the psychological stress that a cancer diagnosis causes. Thus I am better able to handle and advise patients in my own clinic.

Additional Notes

(by attendee, as required)

Osteopathic Practice Standards 2012:

A1, A3, A5, A6; B1, B2, B4; C1, C2, C3, C7, D1.

Osteopathic Objective Activity:

Case-Based Discussion

Chiropractic Code 2016:

C1, C5; F1, F3, F4; G1, G3, G5

Communication & Consent: No

Type: Live, online webinar

Hours: 90 minutes' Learning with Others

- Power of Placebo 1.5 hr OPS A/B/C

CPD SUMMARY RECORD

(Learning With Others)

Subject: The Power of Placebo

Date: 3<sup>rd</sup> April 2019

Academy of PHYSICAL MEDICINE

Evaluation, Reflection and Impact on Practice:

This discussion looked at the the evidence behind the placebo effect, and how we might use the effect to enhance patient outcomes. It also examined the nocebo effect and the power of empathy, as well as considering how placebo might be defined. The impact of the patient knowing they were receiving a placebo was an interesting aspect of the talk.

On reflection, this broadcast helped me reassess the way in which I communicate with my patients, and I can see how addressing empathy and the placebo effect might be very useful in my own clinic..

Additional Notes

(by attendee, as required)

Osteopathic Practice Standards 2012:

A1; B2, B4; C7.

Osteopathic Objective Activity:

None

Chiropractic Code 2016:

C5; E1; F4; G1.

Communication & Consent: Yes

Type: Live, online webinar

Hours: 90 minutes' Learning with Others

- Case-Based Discussion 0.75 hr OPS A/B/C

CPD EVENT RECORD

Case-Based Discussion

Date: 10<sup>th</sup> April 2019

Live Event:  
Learning With Others

Summary

This discussion concentrated on 2 issues, one involving the treatment of a patient with end-stage cancer, with secondary metastases and the other an examination of the pressure felt by several practitioners to carry out cervical (or other) manipulation as a result of patient insistence. In the first case, the increasing incidence of cancer throughout the population was mentioned, together with the potential absence of warning signs or symptoms. The role of treatment in improving quality of life, and the relatively low possibility of exacerbating the cancer was covered. Regarding the second issue, a strategy for offering alternatives was discussed, but it was also recognised that age alone is not necessarily a contraindication to treatment.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

10<sup>th</sup> April 2019

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: Case-Based Discussion

Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

On reflection, I am reminded of the importance of good communication strategies when dealing with unreasonable patient demands. Also, I have reflected on the utility of therapy in cases of incurable disease, and can make use of this knowledge with my own patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD SUMMARY RECORD

(Learning With Others)

Subject: Case-Based Discussion

Date: 23<sup>rd</sup> April 2019

Evaluation, Reflection and Impact on Practice:

This discussion covered presentations of RSI, shoulder pain and potential AAA. It also dealt with the issue of communication with a patient's GP, where a patient's health and/or safety were concerned, but where the patient had either not consented, or had expressly stated that they did not want the GP involved. The need to deal with patients' expectations was discussed, in particular the need to see improvements quickly and the demand for MRI referral.

On reflection, the use of different tapes (ZO, EAB, Kinesiology tape) to treat a variety of conditions (LBP, tennis elbow...) is applicable to many of my patients. The exploration of the constraints of the DPA (GDPR) will also be useful, should I need to communicate with other healthcare professionals about patients in the future.

Additional Notes

(by attendee, as required)

Osteopathic Practice Standards 2012:

A1, A2; B2, B4; C3, C9D6, D13.

Osteopathic Objective Activity:

Case-Based Discussion

Chiropractic Code 2016:

A3; B4; C7; F4; G1, G2; H2.

Communication & Consent: Yes

Type: Live, online webinar

Hours: 45 minutes' Learning with Others

- Animal Case-Based Discussion 0.75 hr OPS A/B/D

CPD SUMMARY RECORD

(Learning With Others)

Subject: Animal Case-Based Discussion

Date: 30<sup>th</sup> April 2019

Evaluation, Reflection and Impact on Practice:

This discussion covered specific techniques for treating the cervical spine in humans, ducks and sheep, and obtaining consent when treating human babies and animals.

We also discussed treating acute disc problems in humans, and treating the TMJ and severe shoulder injuries in horses and humans. This led to some comments on how to deal with extreme levels of distress in a patient. The merits of different imaging and how to request them were also covered.

On reflection this discussion will help me to work with patients who are in severe pain and to think about how I obtain consent for a patient who is unable to give it him/herself.

Additional Notes

(by attendee, as required)

Osteopathic Practice Standards 2012:

A1, A4, A5; B1, B2, B4; D1, D2

Osteopathic Objective Activity:

Case-Based Discussion

Chiropractic Code 2016:

C7, C8; E2, E5; G1, G3

Communication & Consent:

Type: Live, online webinar


Hours: 45 minutes' Learning with Others

- Dealing With B12 Deficiency 1.5 hrs OPS A/B/C/D

CPD SUMMARY RECORD  
(Learning With Others)

Subject: **Dealing With B12 Deficiency**

Date: 1<sup>st</sup> May 2019



Evaluation, Reflection and Impact on Practice:

This discussion covered extensively the signs, symptoms and treatment options for B12 deficiency. It also highlighted the frequent misdiagnoses, with their medical and social consequences. Mechanismas for testing werthe also covered.

On reflection, I can see that it is very important to consider B12 deficiency as a differential diagnosis in a wide variety of cases. This is applicable to a very lage propotion of patients presenting in my own practice.

Additional Notes  
(by attendee, as required)

Osteopathic Practice Standards 2012:

A3, A5, A6; B2, B4; C2, C3; D1.

Osteopathic Objective Activity:

None

Chiropractic Code 2016:

C2, C4, C5, C7, C8; F1; G1, G5.

Communication & Consent: No

Type: *Live, online webinar*

Hours: *90 minutes' Learning with Others*

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Date: 8<sup>th</sup> May 2019

Live Event:  
Learning With Others

Summary

This discussion included how to approach a patient who had refused to see the GP about a possible lymphoma and how to document the conversation. Complications such as family members disapproving of osteopathic and chiropractic treatment were discussed, as were alternative approaches to cancer treatments. Also discussed was the communication difficulties arising when we don't feel comfortable treating a patient. How to deal with the situation and how to document it.

Chiropractic Code 2016

A Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice  
C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care  
E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills  
G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct  
B1 B2 B3 B4 B5 B6 B7 B8 B9


D Establish and maintain a clear professional relationship with patients  
D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6


H Maintain and protect patient information  
H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event

  
S L BRUCE, APM Director

8<sup>th</sup> May 2019  
45 minutes  
Learning with Others  
Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership  
A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance  
B1 B2 B3 B4

C Safety and quality in practice  
C1 C2 C3 C4 C5 C6

D Professionalism  
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12

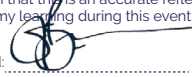
Objective Activity: Case-Based Discussion  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

I have reflected on the discussion and will endeavour to keep these difficult conversations positive when they arise. I will also ensure that my documentation of the conversations are accurate and detailed.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

42


[Back to Contents](#)

- Diagnostic Ultrasound 1.5 hrs OPS A/B/C/D

CPD SUMMARY RECORD  
(Learning With Others)

Subject: **Diagnostic Ultrasound**

Date: 21<sup>st</sup> May 2019



Evaluation, Reflection and Impact on Practice:

In this discussion, the role of portable ultrasound imaging equipment was discussed. Techniques for using the equipment were demonstrated, including a live demonstration on a real patient. The merits of different imaging techniques were compared, the training needs for ultrasound outlined, together with opportunities for referral.

On reflection, there may well be occasions where US imagery could be invaluable in coming to a firm diagnosis with my own patients.

Additional Notes  
(by attendee, as required)

Osteopathic Practice Standards 2012:

A3; B4; C7; D1.

Osteopathic Objective Activity:

Case-Based Discussion

Chiropractic Code 2016:

A5; C5, C8; F3; G1, G5.

Communication & Consent: No

Type: *Live, online webinar*

Hours: *90 minutes' Learning with Others*

- Case-Based Discussion 0.75 hr OPS A/B

CPD EVENT RECORD

Case-Based Discussion

Date: 28<sup>th</sup> May 2019

Live Event:  
Learning With Others

Summary

This discussion centred on a patient with Achilles tendinopathy and the best approaches to use for both rehab and communicating the need to adjust exercise. The differences between insertional and mid-tendon problems were discussed, together with specific techniques to improve function. Some time was also devoted to looking at the rehab of shoulder tendinopathy.

Chiropractic Code 2016

A Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice  
C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care  
E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills  
G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct  
B1 B2 B3 B4 B5 B6 B7 B8 B9


D Establish and maintain a clear professional relationship with patients  
D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6


H Maintain and protect patient information  
H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event

  
S L BRUCE, APM Director

28<sup>th</sup> May 2019  
45 minutes  
Learning with Others  
Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership  
A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance  
B1 B2 B3 B4

C Safety and quality in practice  
C1 C2 C3 C4 C5 C6

D Professionalism  
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12

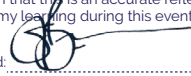
Objective Activity: Case-Based Discussion  
Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

On reflection, this was all useful in reminding me how to approach my own patients, and the importance of using appropriate terms when communicating with them about their injuries.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

43

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification



- Caring for the OA Knee 0.75 hr OPS A/B/C

CPD SUMMARY RECORD (Learning With Others)		
<div><div>Subject: <b>Caring for the OA Knee</b></div><div>5<sup>th</sup> June 2019</div><div>Evaluation, Reflection and Impact on Practice:</div><div><p>This discussion covered the rehabilitation of osteo-arthritic knees, focussing on exercises which can be performed in the home, without specialist equipment. Demonstrations were given.</p><p>On reflection, this discussion has helped me understand the evidence-based principle behind the strength and conditioning training needed to relieve symptomatic knees, and will enable me to modify my advice to future patients accordingly.</p></div></div> <div><div>Additional Notes (by attendee, as required)</div></div> <div><div>Osteopathic Practice Standards 2012:</div><div>A3, A6; B2, B4; C3, C7.</div></div> <div><div>Osteopathic Objective Activity:</div><div></div></div> <div><div>Chiropractic Code 2016:</div><div>C3, C4, C5; G1.</div></div> <div><div>Communication &amp; Consent: No</div><div>Type: <i>Live, online webinar</i></div><div>Hours: <i>45 minutes' Learning with Others</i></div></div>		

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD SUMMARY RECORD (Learning With Others)		
<div><div>Subject: <b>Case-Based Discussion</b></div><div>Date: <b>12<sup>th</sup> June 2019</b></div><div>Evaluation, Reflection and Impact on Practice:</div><div><p>This discussion looked at possible causes of asymptomatic muscle deformation in a patient who had suffered minor trauma, and possible remedies for elbow pain and dysfunction in a tennis player. Psychological influences in chronic pain were also discussed.</p><p>Although no conclusion was reached regarding the muscle deformation, the options of dry needling and strapping in the case of elbow pain, together with the need to look at other contributory sites to the dysfunction, and exercise modification will prove useful in future patients.</p></div></div> <div><div>Additional Notes (by attendee, as required)</div></div> <div><div>Osteopathic Practice Standards 2012:</div><div>A1, A2, A6; B2, B4; C1C2; D1.</div></div> <div><div>Osteopathic Objective Activity:</div><div>Case-Based Discussion</div></div> <div><div>Chiropractic Code 2016:</div><div>C3, C4; G1.</div></div> <div><div>Communication &amp; Consent: No</div><div>Type: <i>Live, online webinar</i></div><div>Hours: <i>45 minutes' Learning with Others</i></div></div>		

- Equipment Review - The Mobiliser 0.75 hr OPS A/B/C

CPD SUMMARY RECORD (Learning With Others)		
<div><div>Subject: <b>Equipment Review - The Mobiliser</b></div><div>Date: <b>13<sup>th</sup> June 2019</b></div><div>Evaluation, Reflection and Impact on Practice:</div><div><p>This discussion considered the role of Back in Action's "Mobiliser" in treating cases of back pain or stiffness. The mechanism of action was explined and the protocols for using the device outlined, with a demonstration on a real patient and feedback from that patient on how the treatment had improved their condition.</p><p>On reflection, the Mobiliser clearly has a role in helping some patients, particularly the more chronic back pain sufferers. It is something I may consider recommending for appropriate patients in the future.</p></div></div> <div><div>Additional Notes (by attendee, as required)</div></div> <div><div>Osteopathic Practice Standards 2012:</div><div>A5, A6; B2, B4; C3.</div></div> <div><div>Osteopathic Objective Activity:</div><div></div></div> <div><div>Chiropractic Code 2016:</div><div>C5; F1, G1.</div></div> <div><div>Communication &amp; Consent: No</div><div>Type: <i>Live, online webinar</i></div><div>Hours: <i>45 minutes' Learning with Others</i></div></div>		

- TMJ and Hamstrings 1.5 hrs OPS A/B/C

CPD SUMMARY RECORD (Learning With Others)		
<div><div>Subject: <b>The TMJ - How it Affects the Hamstrings</b></div><div>Date: <b>18<sup>th</sup> June 2019</b></div><div>Evaluation, Reflection and Impact on Practice:</div><div><p>This was a wide-ranging, evidence-based discussion illustrating how TMD can affect other structures in the body, including the hamstrings. It included assessment techniques and examples of treatment, providing an excellent illustration of true, holisitic care.</p><p>On reflection, there is much from this discussion which will enhance my ability to explain injury or dysfunction processes to my patients. Also, the diagnostic processes outlined will help enhance the effectiveness of my treatments.</p></div></div> <div><div>Additional Notes (by attendee, as required)</div></div> <div><div>Osteopathic Practice Standards 2012:</div><div>A3; B2, B4; C1, C2C3, C7.</div></div> <div><div>Osteopathic Objective Activity:</div><div></div></div> <div><div>Chiropractic Code 2016:</div><div>C3, C5; F1; G1.</div></div> <div><div>Communication &amp; Consent: No</div><div>Type: <i>Live, online webinar</i></div><div>Hours: <i>90 minutes' Learning with Others</i></div></div>		

- Physiological Load 0.75 hr OPS A/B/C

CPD SUMMARY RECORD  
(Learning With Others)

Subject: The Effect of Physiological Load

Date: 19th June 2019

Evaluation, Reflection and Impact on Practice:

This discussion looked at the multifarious components of physiological load, and the overall effect on central sensitisation. An online screening tool was also shown.

On reflection, this diagnostic approach is relevant to all patients, and I may consider using the online screening tool in the future.

Additional Notes  
(by attendee, as required)

Osteopathic Practice Standards 2012:

Osteopathic Objective Activity:

Chiropractic Code 2016:

Communication & Consent: No

A3, B2, B4, C1, C2C3, C7.

C3, C5, F1, G1.

Type: Live, online webinar

Hours: 45 minutes' Learning with Others

Academy

of PHYSICAL MEDICINE

- Case-Based Discussion 0.75 hr OPS B/C/D

CPD SUMMARY RECORD  
(Learning With Others)

Subject: Case-Based Discussion

Date: 25<sup>th</sup> June 2019

Evaluation, Reflection and Impact on Practice:

This discussion looked at possible causes of thickened flexor tendons in the hand and treatment options. Dupuytren's disease was discussed and the use of both mechanical and electronic activator devices, together with the possible role of serrapeptase. In addition, different protocols for the measurement of leg-length inequality were covered, as was the legal basis for retention of patient records on retirement.

This online meeting has given rise to consideration of additional interventions which might benefit my patients with Dupuytren's disease (or similar). It has also caused me to reflect on the legal basis for my retention of patient records.

Additional Notes  
(by attendee, as required)

Osteopathic Practice Standards 2012:

Osteopathic Objective Activity:

Chiropractic Code 2016:

Communication & Consent: No

B2, B4, C7, D2.

Case-Based Discussion

G1, G2, H4, H5, H7.

Type: Live, online webinar

Hours: 45 minutes' Learning with Others

46

[Back to Contents](#)

- Comms, Social Media and Advertising Standards 1.5 hrs OPS A/B/D

CPD SUMMARY RECORD  
(Learning With Others)

Subject: Communication, Social Media, Advertising Standards

Date: 3rd July 2019

Evaluation, Reflection and Impact on Practice:

This discussion focussed on appropriate ways to communicate with existing patients and attract new patients using social media. The latest regulations from the Advertising Standards Agency/Committee of Advertising Practice were made available, and the relevance of the DPA/GDPR was also covered in relation to practice standards.

On reflection, social media is a powerful way to communicate with the general public, and can be used to good (ethical) effect without breaching codes of practice. Understanding recent changes to the Facebook algorithm will help me to reach a wider audience in my efforts to help relieve their pain/problems.

Additional Notes  
(by attendee, as required)

Osteopathic Practice Standards 2012:

Osteopathic Objective Activity:

Chiropractic Code 2016:

Communication & Consent: Yes

A1, A6, B2, B4, D2, D6.

No

B3, G1, G2

Type: Live, online webinar

Hours: 90 minutes' Learning with Others

Academy

of PHYSICAL MEDICINE

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Summary

This discussion concentrated on an elderly, male patient with osteoporosis and spinal wedging between T11 and L3. This had impacted his activities of daily living and he was in urgent need of rehab. The merits of strength training and neuro pathway re-education were discussed, as well as the value of hydrotherapy.

Chiropractic Code 2016

A Put the health interests of patients first

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

C Provide a good standard of clinical care and practice

E Obtain informed consent for all aspects of patient care

G Maintain, develop and work within your professional knowledge and skills

A1 A2 A3 A4 A5 A6 A7

B1 B2 B3 B4 B5 B6 B7 B8 B9

C1 C2 C3 C4 C5 C6 C7 C8 C9

E1 E2 E3 E4 E5 E6 E7

G1 G2 G3 G4 G5 G6

Certification

This certificate confirms that Steven Bruce participated in this CPD event

Signature

S L BRUCE, APM Director

10<sup>th</sup> July 2019

45 minutes

Learning with Others

Live, online discussion

Academy

of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

B Knowledge, skills and performance

C Safety and quality in practice

D Professionalism

A1 A2 A3 A4 A5 A6 A7

B1 B2 B3 B4

C1 C2 C3 C4 C5 C6

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12

Objective Activity: Case-Based Discussion

Communication & Consent: No

Evaluation, Reflection and Impact on Practice

The decision-making process regarding appropriate rehab protocol(s) was very useful and is one that I can see could be usefully applied to my own patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signature

47

Summary

LWO

LBS

Objective Activity

Coms & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification



- Shoulder Assessment and Rehab 0.75 hr OPS A/B/C/D

CPD SUMMARY RECORD  
(Learning With Others)

Subject: Shoulder Assessment and Rehab  
16<sup>th</sup> July 2019

Evaluation, Reflection and Impact on Practice:

This discussion covered evidence-based material on the value of orthopaedic testing, patterns of injury and rehab protocols for a variety of shoulder conditions. Two case histories were discussed in depth, and a practical demonstration of treatment on one of the patients concerned was carried out. The need for sensitive communication, which would not adversely affect recovery was discussed at length, and the need for valid consent in the case of minimally invasive techniques was covered.

On reflection, this discussion has an impact on all my treatment of the shoulder. It has caused me to review the relevance of orthopaedic tests and take into account additional factors when assessing and treating dysfunctional or painful joints.

Additional Notes  
(by attendee, as required)

Osteopathic Practice Standards 2012:	A3, A2, A3, A4, A5; B2, B4; C1, C2, C3, C7; D1.
Osteopathic Objective Activity:	Yes - Case Based Discussions
Chiropractic Code 2016:	C2, C3, C4, C5, C6; E2; F5; G1
Communication & Consent:	Yes
Type:	Live, online webinar
Hours:	45 minutes' Learning with Others

Academy  
of PHYSICAL MEDICINE

- Safeguarding 0.75 hr OPS A/B/C/D

CPD EVENT RECORD  
SAFEGUARDING  
with Jack Newton

Live Event:  
Learning With Others

Summary

This discussion covered the purpose of Safeguarding and the legislation behind it. The differing responsibilities of those involved were explained and useful resources provided for seeking further assistance, or for reporting concerns. Various signs of safeguarding problems were outlined and approaches which might be taken by the practitioner explained. Issues of communication, confidentiality and consent were made clear.

Chiropractic Code 2016

A Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7	B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9
C Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9	D Establish and maintain a clear professional relationship with patients D1 D2 D3 D4
E Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7	F Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6
G Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	H Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that  
**Steven Bruce**  
participated in this CPD event

*S L BRUCE, APM Director*

20<sup>th</sup> August 2019  
90 minutes  
Learning with Others  
Live, online discussion

Academy  
of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership A1 A2 A3 A4 A5 A6 A7	B Knowledge, skills and performance B1 B2 B3 B4
C Safety and quality in practice C1 C2 C3 C4 C5 C6	D Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

I undertook this activity because I recognise my responsibility in regard to safeguarding and wanted to be sure I was meeting that responsibility properly. This training will contribute significantly to my practice, in that I am better able to recognise problems and therefore help vulnerable patients, through a combination of better personal communication (including non-verbal) and referral to appropriate agencies.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: *[Signature]*

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD  
BROADCAST TITLE  
with Speaker

Live Event:  
Learning With Others

Summary

This discussion covered several different presentations, including neck pain in a patient with a partially removed, benign brain tumour; a spontaneous occurrence of painful, red, inflamed knee; chosto-condritis and infertility; and a patient with multiple symptoms which might be connected to B12 deficiency, together with a strong family history of pernicious anaemia.

Chiropractic Code 2016

A Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7	B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9
C Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9	D Establish and maintain a clear professional relationship with patients D1 D2 D3 D4
E Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7	F Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6
G Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	H Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that  
**Steven Bruce**  
participated in this CPD event

*S L BRUCE, APM Director*

23<sup>rd</sup> July 2019  
45 minutes  
Learning with Others  
Live, online discussion

Academy  
of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership A1 A2 A3 A4 A5 A6 A7	B Knowledge, skills and performance B1 B2 B3 B4
C Safety and quality in practice C1 C2 C3 C4 C5 C6	D Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this discussion was helpful in exploring differential diagnoses, and in determining which treatment options might be considered in unusual cases. The value of "general" treatment in restoring normal function to the body was discussed in context with assisting with fertility, but the need to emphasise that we cannot specifically treat that condition was also covered. All this will be useful in my approach to future patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: *[Signature]*

- Case-Based Discussion 0.75 hr OPS A/B/C

CPD EVENT RECORD  
BROADCAST TITLE  
with Speaker

Live Event:  
Learning With Others

Summary

This discussion considered an unusual case of sudden onset, sever low back pain, with pain and parasthesiae in both thighs, accompanied by diarrhoea. The symptoms reduced considerably over a period of a day, and nothing abnormal was found on examination. Infection, bacterial discitis, cauda equina syndrome were considered. In a separate case, the merits of various tests for sacroiliac dysfunction were discussed, as were treatment options.

Chiropractic Code 2016

A Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7	B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9
C Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9	D Establish and maintain a clear professional relationship with patients D1 D2 D3 D4
E Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7	F Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6
G Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	H Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that  
**Steven Bruce**  
participated in this CPD event

*S L BRUCE, APM Director*

27<sup>th</sup> August 2019  
45 minutes  
Learning with Others  
Live, online discussion

Academy  
of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership A1 A2 A3 A4 A5 A6 A7	B Knowledge, skills and performance B1 B2 B3 B4
C Safety and quality in practice C1 C2 C3 C4 C5 C6	D Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this discussion was helpful in exploring differential diagnoses, and in determining which treatment options might be considered in unusual cases. The importance of treating only on the basis of a diagnosis was emphasised, and the evidence-base behind certain orthopaedic tests is a useful measure to keep in mind when assessing my patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: *[Signature]*

- Case-Based Discussion 0.75 hr OPS A/B/C

CPD SUMMARY RECORD

Case-Based Discussion12<sup>th</sup> September 2019Live, online webinar

Academy of PHYSICAL MEDICINE

**Evaluation, Reflection and Impact on Practice:**  
This discussion looked at two cases. One involved an unusual presentation of CTJ/rib/UEX pain. Orthopaedic tests, differential diagnoses and possible treatment options were considered, but no conclusion reached. The second was a follow-up on an elderly, osteoporotic male. The need for highly conservative treatment and the importance of managing his expectations were emphasised. The possibility that he might benefit from the use of "nordic" walking poles was discussed.

On reflection, there are lessons from this discussion which are applicable to many patients in my own practice. In particular, it was useful to be reminded of the need to have some form of tentative diagnosis before commencing treatment and to bear in mind rare, but possible, mechanisms of injury.

**Certification**  
This certificate confirms that  
**Steven Bruce**  
participated in this CPD event on the date shown.

*S L BRUCE, APM Director*

**Confirmation**  
I confirm that the figure below accurately reflects the time spent by me on this CPD event.

For you to add any additional notes, for example if your "Reflection" differs from the suggestion above

**Additional Notes**  
(by attendee, as required)

**Osteopathic Practice Standards 2019**  
**A** Communication and patient partnership  
A1, A2, A3, A5  
**C** Safety and quality in practice  
C1  
**Objective Activity:** Case-Based Discussion  
**Communication & Consent:** No

**B** Knowledge, skills and performance  
B1, B3  
**D** Professionalism  
**G** Maintain, develop and work within your professional knowledge and skills  
G1, G5

**Chiropractic Code 2016**  
**A** Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7  
**C** Provide a good standard of clinical care and practice  
C1 C2 C3 C4 C5 C6 C7 C8 C9  
**E** Obtain informed consent for all aspects of patient care  
E1 E2 E3 E4 E5 E6 E7  
**G** Maintain, develop and work within your professional knowledge and skills  
G1 G2 G3 G4 G5 G6

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct  
B1 B2 B3 B4 B5 B6 B7 B8 B9  
**D** Establish and maintain a clear professional relationship with patients  
D1 D2 D3 D4  
**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6  
**H** Maintain and protect patient information  
H1 H2 H3 H4 H5 H6 H7

**C** Provide a good standard of clinical care and practice  
C4  
**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1, F3  
**H** Maintain and protect patient information

**Summary**  
45 minutes  
Learning with Others  
**Objective Activity:** Yes  
**Communication & Consent:** No

- Pilates Reformer 0.75 hr OPS A/B/D

CPD EVENT RECORD

Pilates "Reformer" with Karen Grinter

Live, online discussion45 minutesLearning with Others

Communication & Consent: No  
Objective Activity: No

**Evaluation, Reflection and Impact on Practice:**  
This discussion and demonstration explained the role of the Pilates "Reformer" in patient rehabilitation and conditioning. The wide range of exercise options were demonstrated, and the specific injuries/parts of the body to which they related explained.

On reflection, the "Reformer" clearly has a role in both injury prevention and in rehabilitation, but needs the supervision of a suitably trained person, at least at the outset. It is useful that I now have a better knowledge of the apparatus and can comment on this if asked by my own patients.

**Certification**  
This certificate confirms that  
**Steven Bruce**  
participated in this CPD event

*S L BRUCE, APM Director*

19<sup>th</sup> September 2019

**Confirmation**  
I confirm that the figure above accurately reflects the time spent by me on this CPD event.

Signed: .....

**Personal Notes**  
(For added information, for example if your "Reflection" differs from our suggestion)

**Chiropractic Code 2016**  
**A** Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7  
**C** Provide a good standard of clinical care and practice  
C1 C2 C3 C4 C5 C6 C7 C8 C9  
**E** Obtain informed consent for all aspects of patient care  
E1 E2 E3 E4 E5 E6 E7  
**G** Maintain, develop and work within your professional knowledge and skills  
G1 G2 G3 G4 G5 G6

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct  
B1 B2 B3 B4 B5 B6 B7 B8 B9  
**D** Establish and maintain a clear professional relationship with patients  
D1 D2 D3 D4  
**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6  
**H** Maintain and protect patient information  
H1 H2 H3 H4 H5 H6 H7

**C** Provide a good standard of clinical care and practice  
C4  
**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6  
**H** Maintain and protect patient information

**Osteopathic Practice Standards 2019**  
**A** Communication and patient partnership  
A1 A2 A3 A4 A5 A6 A7  
**C** Safety and quality in practice  
C1 C2 C3 C4 C5 C6  
**Objective Activity:** None  
**Communication & Consent:** No

**B** Knowledge, skills and performance  
B1 B2 B3 B4  
**D** Professionalism  
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

**Summary**  
45 minutes  
Learning with Others  
**Objective Activity:** Yes  
**Communication & Consent:** No

- Headache Management 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD

Headache Management with Elizabeth Huzzey

Live, online discussion90 minutesLearning with Others

Communication & Consent: No  
Objective Activity: No

**Evaluation, Reflection and Impact on Practice:**  
This discussion was a helpful explanation of the categorisation of headaches and the mechanisms behind different types. The paucity of evidence for almost any non-pharmacological intervention was discussed, and the efforts of OPHM to gather better data outlined.

Red Flag conditions were covered in some detail.

The Advertising Standards Authority constraints on claims to treat headaches were made clear.

On reflection, the matters discussed here are relevant to a wide range of my own patients, and the knowledge I have gained concerning the effectiveness of needling, gentle mobilisation, manipulation and inhibition may help improve outcomes.

**Certification**  
This certificate confirms that  
**Steven Bruce**  
participated in this CPD event

*S L BRUCE, APM Director*

17<sup>th</sup> September 2019

**Confirmation**  
I confirm that the figure above accurately reflects the time spent by me on this CPD event.

Signed: .....

**Personal Notes**  
(For added information, for example if your "Reflection" differs from our suggestion)

**Chiropractic Code 2016**  
**A** Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7  
**C** Provide a good standard of clinical care and practice  
C1 C2 C3 C4 C5 C6 C7 C8 C9  
**E** Obtain informed consent for all aspects of patient care  
E1 E2 E3 E4 E5 E6 E7  
**G** Maintain, develop and work within your professional knowledge and skills  
G1 G2 G3 G4 G5 G6

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct  
B1 B2 B3 B4 B5 B6 B7 B8 B9  
**D** Establish and maintain a clear professional relationship with patients  
D1 D2 D3 D4  
**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6  
**H** Maintain and protect patient information  
H1 H2 H3 H4 H5 H6 H7

**C** Provide a good standard of clinical care and practice  
C4  
**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6  
**H** Maintain and protect patient information

**Osteopathic Practice Standards 2019**  
**A** Communication and patient partnership  
A1 A2 A3 A4 A5 A6 A7  
**C** Safety and quality in practice  
C1 C2 C3 C4 C5 C6  
**Objective Activity:** None  
**Communication & Consent:** No

**B** Knowledge, skills and performance  
B1 B2 B3 B4  
**D** Professionalism  
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

**Summary**  
45 minutes  
Learning with Others  
**Objective Activity:** Yes  
**Communication & Consent:** No

- Case-Based Discussion 0.75 hrh OPS A/B/C

CPD EVENT RECORD

Case-Based Discussion

Live, online discussion45 minutesLearning with Others

Communication & Consent: No  
Objective Activity: Yes

**Evaluation, Reflection and Impact on Practice:**  
This case-based discussion looked at 2 separate cases.

In the first, the options for managing "Popeye Syndrome" were considered, including the role of imagery, the utility of fascial work and the acceptability of a hands-off, psychological approach, advocating the emphasis on functional outcomes.

The second case concerned the management of a high-level, teenaged amateur golfer with chronic back pain. His handling on separate appointments with physiotherapist, a spinal consultant and a chiropractor were outlined, and the psychological impact of the advice given was analysed.

On reflection, the lessons from these cases can be applied to many of my patients, in particular the importance of managing patients' expectations and concerns sensitively.

**Certification**  
This certificate confirms that  
**Steven Bruce**  
participated in this CPD event

*S L BRUCE, APM Director*

24<sup>th</sup> September 2019

**Confirmation**  
I confirm that the figure above accurately reflects the time spent by me on this CPD event.

Signed: .....

**Personal Notes**  
(For added information, for example if your "Reflection" differs from our suggestion)

**Chiropractic Code 2016**  
**A** Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7  
**C** Provide a good standard of clinical care and practice  
C1 C2 C3 C4 C5 C6 C7 C8 C9  
**E** Obtain informed consent for all aspects of patient care  
E1 E2 E3 E4 E5 E6 E7  
**G** Maintain, develop and work within your professional knowledge and skills  
G1 G2 G3 G4 G5 G6

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct  
B1 B2 B3 B4 B5 B6 B7 B8 B9  
**D** Establish and maintain a clear professional relationship with patients  
D1 D2 D3 D4  
**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6  
**H** Maintain and protect patient information  
H1 H2 H3 H4 H5 H6 H7

**C** Provide a good standard of clinical care and practice  
C4  
**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6  
**H** Maintain and protect patient information

**Osteopathic Practice Standards 2019**  
**A** Communication and patient partnership  
A1 A2 A3 A4 A5 A6 A7  
**C** Safety and quality in practice  
C1 C2 C3 C4 C5 C6  
**Objective Activity:** Case-Based Discussion  
**Communication & Consent:** No

**B** Knowledge, skills and performance  
B1 B2 B3 B4  
**D** Professionalism  
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

**Summary**  
45 minutes  
Learning with Others  
**Objective Activity:** Yes  
**Communication & Consent:** No

- Scoliosis 1.5 hrs OPS A/B/D

CPD EVENT RECORD	Scoliosis with Deborah Turnbull and Sally Hews		
	Live, online discussion	90 minutes Learning with Others	Communication & Consent: No Objective Activity: No
<p><b>Evaluation, Reflection and Impact on Practice:</b> This discussion examined the different approaches to treatment of scoliosis, the prevalence of the condition and its categorisation (juvenile, adolescent, degenerative, as well as idiopathic, congenital and neuromuscular). The roles of exercise, orthotic therapy and surgery were covered, as well as the importance of focussing on appropriate outcome measures. The impact of language and the need for good communication with patients was discussed.</p> <p>On reflection this discussion has given me a better insight into scoliosis as a whole, and has informed me of appropriate care pathways. This will enable me to advise my patients more effectively when the need arises.</p>			<p><b>Personal Notes</b> <i>(For added information, for example if your "Reflection" differs from our suggestion)</i></p>
<p><b>Chiropractic Code 2016</b></p> <p><b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7</p> <p><b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9</p> <p><b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7</p> <p><b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6</p>	<p><b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</p> <p><i>S L BRUCE, APM Director</i></p> <p>Date: 2<sup>nd</sup> October 2019</p> <p><b>Confirmation</b> I confirm that the figure above accurately reflects the time spent by me on this CPD event.</p> <p>Signed: <i>[Signature]</i></p>	<p><b>Osteopathic Practice Standards 2019</b></p> <p><b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7</p> <p><b>B</b> Knowledge, skills and performance B1 B2 B3 B4</p> <p><b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6</p> <p><b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</p> <p>Objective Activity: None Communication &amp; Consent: No</p> <p>Academy of PHYSICAL MEDICINE</p>	

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD	Case-Based Discussion		
	Live, online discussion	45 minutes Learning with Others	Communication & Consent: No Objective Activity: Yes
<p><b>Evaluation, Reflection and Impact on Practice:</b> This discussion concerned a 61-year-old man with chronic, bilateral Achilles tendinopathy, sustained as a result of walking in the Himalayas one year ago. The problem is not aggravated by his cycling, but running causes pain.</p> <p>A number of factors were considered, including psychological (perhaps the patient did not want to admit to pain as a result of cycling) and biomechanical. The need to rest the injury, perhaps using heel lifts, was discussed, and the possible benefits of "barefoot" shoes also considered. Gait analysis was felt to be potentially helpful, but the influence of the whole posterior chain had to be considered.</p> <p>On reflection, this discussion helped me to marshal the multiple factors which might play a part in this condition; this will be applicable to many of the patients I see and will contribute to better patient outcomes.</p>			<p><b>Personal Notes</b> <i>(For added information, for example if your "Reflection" differs from our suggestion)</i></p>
<p><b>Chiropractic Code 2016</b></p> <p><b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7</p> <p><b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9</p> <p><b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7</p> <p><b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6</p>	<p><b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</p> <p><i>S L BRUCE, APM Director</i></p> <p>9<sup>th</sup> October 2019</p> <p><b>Confirmation</b> I confirm that the figure above accurately reflects the time spent by me on this CPD event.</p> <p>Signed: <i>[Signature]</i></p>	<p><b>Osteopathic Practice Standards 2019</b></p> <p><b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7</p> <p><b>B</b> Knowledge, skills and performance B1 B2 B3 B4</p> <p><b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6</p> <p><b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</p> <p>Objective Activity: Case-Based Discussion Communication &amp; Consent: No</p> <p>Academy of PHYSICAL MEDICINE</p>	

- Clinic Software - Jane 0.75 hr OPS B/C

CPD EVENT RECORD	Using Clinic Software: Jane		
	Live, online discussion	45 minutes Learning with Others	Communication & Consent: No Objective Activity: No
<p><b>Evaluation, Reflection and Impact on Practice:</b> This review of Jane clinic software examined the secure processing of patient data, including pertinent aspects of the GDPR. It explained how the online notes facility could be used to good effect and went into detail on the ways in which the system could be personalised to practitioners, patients and clinics.</p> <p>Reflecting on this, it is clear that online notes and diaries are becoming increasingly user-friendly and flexible. My patients are likely to find the online booking facility appealing and easy to use, and would welcome the time saved by the payment facility, which enables a clinic to apply charges against securely stored card details. This improved customer experience would contribute to better patient outcomes.</p>			<p><b>Personal Notes</b> <i>(For added information, for example if your "Reflection" differs from our suggestion)</i></p>
<p><b>Chiropractic Code 2016</b></p> <p><b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7</p> <p><b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9</p> <p><b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7</p> <p><b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6</p>	<p><b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</p> <p><i>S L BRUCE, APM Director</i></p> <p>10<sup>th</sup> October 2019</p> <p><b>Confirmation</b> I confirm that the figure above accurately reflects the time spent by me on this CPD event.</p> <p>Signed: <i>[Signature]</i></p>	<p><b>Osteopathic Practice Standards 2019</b></p> <p><b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7</p> <p><b>B</b> Knowledge, skills and performance B1 B2 B3 B4</p> <p><b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6</p> <p><b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</p> <p>Objective Activity: None Communication &amp; Consent: No</p> <p>Academy of PHYSICAL MEDICINE</p>	

- Measuring Patient Outcomes 1.5 hr OPS A/B

CPD EVENT RECORD	Measuring Patient Outcomes		
	Live, online discussion	90 minutes Learning with Others	Communication & Consent: No Objective Activity: Yes
<p><b>Evaluation, Reflection and Impact on Practice:</b> This discussion concerned the measurement of patient outcomes and the various techniques by which this could be done, including on-line data submission through Clinvivo or Care Response. The protection of data was dealt with as was the sharing of results. The added value of PROM collection was highlighted and the importance of properly validated surveys was emphasised. The role of PROM statistics in advertising one's services to other healthcare professions and to the public was covered. The relevance of PREMs was also mentioned.</p> <p>On reflection it is clear that my patients are likely to accept ePROMs fairly readily and that by participating in their collection may actually enhance the outcome of their treatment.</p>			<p><b>Personal Notes</b> <i>(For added information, for example if your "Reflection" differs from our suggestion)</i></p>
<p><b>Chiropractic Code 2016</b></p> <p><b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7</p> <p><b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9</p> <p><b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7</p> <p><b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6</p>	<p><b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</p> <p><i>S L BRUCE, APM Director</i></p> <p>15<sup>th</sup> October 2019</p> <p><b>Confirmation</b> I confirm that the figure above accurately reflects the time spent by me on this CPD event.</p> <p>Signed: <i>[Signature]</i></p>	<p><b>Osteopathic Practice Standards 2019</b></p> <p><b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7</p> <p><b>B</b> Knowledge, skills and performance B1 B2 B3 B4</p> <p><b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6</p> <p><b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</p> <p>Objective Activity: PROMs Communication &amp; Consent: No</p> <p>Academy of PHYSICAL MEDICINE</p>	



- Pilates Exercises for Neck Rehab 0.75 hr h OPS A/B/D

CPD

EVENT RECORD

Pilates: Exercises for Neck Rehab

Live, online discussion

45 minutes

Learning with Others

Communication & Consent: No

Objective Activity: No

**Evaluation, Reflection and Impact on Practice:**  
This was a useful demonstration of a number of neck exercises. Although many of the exercises were familiar, there were some subtle refinements explained, which could help overall effectiveness. Suggesting to patients that some of the exercises could be done while in the car (albeit stationary!) was possibly a useful way to improve compliance.  
  
On reflection, this reminds me that good form in an exercise can be very important and this is something that I can emphasise to my own patients.

**Personal Notes**  
(For added information, for example if your "Reflection" differs from our suggestion)

**Chiropractic Code 2016**

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

**B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct**

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients


D1 D2 D3 D4

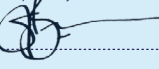
F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

**Certification**  
This certificate confirms that **Steven Bruce** participated in this CPD event  
  
**S L BRUCE, APM Director**  
17<sup>th</sup> October 2019

**Confirmation**  
I confirm that the figure above accurately reflects the time spent by me on this CPD event.  
  
Signed: 

**Osteopathic Practice Standards 2019**

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

**B Knowledge, skills and performance**


B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: PROMs

Communication & Consent: No



- Safeguarding 1.5 hrs OPS A/B/C/D

CPD

EVENT RECORD

Safeguarding

Live Event: Learning With Others

**Summary**  
This discussion covered the purpose of Safeguarding and the legislation behind it. The differing responsibilities of those involved were explained and useful resources provided for seeking further assistance, or for reporting concerns. Various signs of safeguarding problems were outlined and approaches which might be taken by the practitioner explained. Issues of communication, confidentiality and consent were made clear.

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This certificate confirms that **Steven Bruce** participated in this CPD event  
  
**S L BRUCE, APM Director**  
20<sup>th</sup> August 2019  
90 minutes  
**Learning with Others**  
Live, online discussion



**Osteopathic Practice Standards 2019**

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

**B Knowledge, skills and performance**

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: Yes

**Evaluation, Reflection and Impact on Practice**  
I undertook this activity because I recognise my responsibility in regard to safeguarding and wanted to be sure I was meeting that responsibility properly. This training will contribute significantly to my practice, in that I am better able to recognise problems and therefore help vulnerable patients, through a combination of better personal communication (including non-verbal) and referral to appropriate agencies.

**Confirmation**  
I confirm that this is an accurate reflection of my learning during this event.  
  
Signed: 

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD

EVENT RECORD

Case-Based Discussion

Live, online discussion

45 minutes

Learning with Others

Communication & Consent: No

Objective Activity: Yes

**Evaluation, Reflection and Impact on Practice:**  
This case-based discussion concentrated on headaches: possible causes, signs & symptoms, and red flags. In the case in question a young woman presented with a persistent headache of 3 days, having already seen her GP and been prescribed opioid painkillers. She was a user of cocaine and the possible interactions and side-effects of recreational drugs were considered. The limited value of BP and cranial nerve tests was discussed. The patient was subsequently referred by her osteopath to A&E, where it was discovered that she had suffered at least 2 CVAs.  
  
On reflection, this is a powerful reminder not to be complacent with apparently straightforward cases. I need to remember that GPs can miss serious underlying disease and should bear in mind that even tests of minimal clinical value at least demonstrate an appropriate thought process. This particular case also reminded me to be cautious about forming snap judgements of a patient's character, particularly where those might influence my diagnosis.

**Personal Notes**  
(For added information, for example if your "Reflection" differs from our suggestion)

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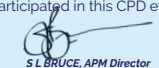
D1 D2 D3 D4

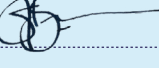
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F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

**Certification**  
This certificate confirms that **Steven Bruce** participated in this CPD event  
  
**S L BRUCE, APM Director**  
22<sup>nd</sup> October 2019

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Signed: 

**Osteopathic Practice Standards 2019**

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

**B Knowledge, skills and performance**


B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: PROMs

Communication & Consent: No



- Amplifying Practitioner Input 1.5 hrs OPS A/B/C

CPD

EVENT RECORD

AMPLIFYING PRACTITIONER INPUT/EMOTIONAL TRAUMA

Live Event: Learning With Others

**Summary**  
This discussion examined how external factors can influence treatment outcomes in patients. The addition of mass, conductive material, or the earthing of the practitioner was demonstrated to increase the range of motion achieved in 4 separate patients. A possible mechanism for this effect was proposed.  
  
Separately, 2 patients who had suffered emotional trauma were treated using a combination of added mass and conductive material, while the head was manipulated (not using HVT - the approach had more in common with cranial therapy). Both patients reported an improvement in the way they responded to memory of their trauma.

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H1 H2 H3 H4 H5 H6 H7

**Certification**  
This certificate confirms that **Steven Bruce** participated in this CPD event  
  
**S L BRUCE, APM Director**  
6<sup>th</sup> November 2019  
90 minutes  
**Learning with Others**  
Live, online discussion



**Osteopathic Practice Standards 2019**

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

**B Knowledge, skills and performance**

B1 B2 B3 B4


D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion

Communication & Consent: No

**Evaluation, Reflection and Impact on Practice**  
While I feel I would need further training to utilise this approach myself, it is further emphasis on the connection between emotional and physical components in a patient's condition, and it opens the possibility that physical therapy can help with psychological trauma.

**Confirmation**  
I confirm that this is an accurate reflection of my learning during this event.  
  
Signed: 

54

[Back to Contents](#)

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

55

- Case-Based Discussion 0.75 hr OPS A/B

CPD EVENT RECORD	Case-Based Discussion				
	Live, online discussion	45 minutes Learning with Others	Communication & Consent: No Objective Activity: Yes		
<p><b>Evaluation, Reflection and Impact on Practice:</b></p> <p>This discussion concerned a presentation of sacral nerve palsy, with complete absence of sensory response in one lower leg, with only very slight motor capability in that leg, following a road traffic accident 2 years previously. The patient was a slightly overweight, 30-year-old mother of 18-month-old twins.</p> <p>The potential for neurological recovery, with or without the use of artificial stimulation (active orthosis, muscle stim) was discussed, as was the value of cycling (static/trike/bike). Useful literature was proposed to overcome the patient's negative outlook.</p> <p>On reflection, while the specifics of these cases might not be directly relevant to my own patients, the overall approach is one that can be applied in my clinic as a whole: managing expectations, overcoming psychological barriers, employing multiple forms of stimulation to promote activity and health.</p>			<p><b>Personal Notes</b> <i>(For added information, for example if your "Reflection" differs from our suggestion)</i></p> <p><b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</p> <p><i>S L BRUCE, APM Director</i> 8<sup>th</sup> January 2020</p> <p><b>Confirmation</b> I confirm that the figure above accurately reflects the time spent by me on this CPD event.</p> <p>Signed: <i>[Signature]</i></p> <p><b>Osteopathic Practice Standards 2019</b></p> <table><tr><td><b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 C1 C2 C3 C4 C5 C6</td><td><b>B</b> Knowledge, skills and performance B1 B2 B3 B4 D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</td></tr></table> <p>Objective Activity: <b>Case-Based Discussion</b> Communication &amp; Consent: <b>Yes</b></p> <p><b>Academy of PHYSICAL MEDICINE</b></p>	<b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 C1 C2 C3 C4 C5 C6	<b>B</b> Knowledge, skills and performance B1 B2 B3 B4 D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12
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- Functional Active Release and Rehab 1.5 hrs OPS A/B/C

CPD EVENT RECORD	Functional Active Release and Rehab				
	Live, online discussion	90 minutes Learning with Others	Communication & Consent: No Objective Activity: No		
<p><b>Evaluation, Reflection and Impact on Practice:</b></p> <p>This discussion and demonstration explored methods of evaluating functional restrictions which might contribute to sciatica, and exercise protocols which specifically addressed the problems found. The role and impact of NICE guidelines was covered, as was the need for clear communication with patients during the examination/exercise process.</p> <p>On reflection, this is likely to benefit patients in my own practice in a number of ways. NICE guidelines specify the need for exercise in treating low back pain with or without sciatica, but do not go into specifics. I am better able to devise appropriate exercises for individual patients as a result of this CPD. Also, the overall diagnostic approach is one which I can apply to many patients in my own clinic.</p>			<p><b>Personal Notes</b> <i>(For added information, for example if your "Reflection" differs from our suggestion)</i></p> <p><b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</p> <p><i>S L BRUCE, APM Director</i> 14<sup>th</sup> January 2020</p> <p><b>Confirmation</b> I confirm that the figure above accurately reflects the time spent by me on this CPD event.</p> <p>Signed: <i>[Signature]</i></p> <p><b>Osteopathic Practice Standards 2019</b></p> <table><tr><td><b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 C1 C2 C3 C4 C5 C6</td><td><b>B</b> Knowledge, skills and performance B1 B2 B3 B4 D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</td></tr></table> <p>Objective Activity: None Communication &amp; Consent: No</p> <p><b>Academy of PHYSICAL MEDICINE</b></p>	<b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 C1 C2 C3 C4 C5 C6	<b>B</b> Knowledge, skills and performance B1 B2 B3 B4 D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12
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- Axial Spondyloarthropathy 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD				
Axial Spondyloarthropathy with Andrew Macmillan & Alex Corser				
<p><b>Evaluation, Reflection and Impact on Practice:</b></p> <p>This discussion and demonstration exposed a number of misconceptions in the conventional teaching of Axial Spondyloarthropathy. Diagnostic criteria and appropriate screening tests were explained; in particular, the greater than expected prevalence of the condition was made clear. The role of NASS was discussed, and online assessment and referral tools were signposted, with direct reference to NICE guidelines.</p> <p>On reflection, it is clear that I am likely to have missed patients with AS in the past, and this learning will help me not only recognise the condition better, but inform my patients more accurately and refer them on more quickly and efficiently.</p>		<p><b>Personal Notes</b> <i>(For added information, for example if your "Reflection" differs from our suggestion)</i></p> <p><b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</p> <p><i>S L BRUCE, APM Director</i> 22<sup>nd</sup> January 2020 90 minutes Learning with Others Live, online discussion</p> <p><b>Confirmation</b> I confirm that the figure above accurately reflects the time spent by me on this event.</p> <p>Signed: <i>[Signature]</i></p> <p><b>Osteopathic Practice Standards 2019</b></p> <table><tr><td><b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 C1 C2 C3 C4 C5 C6</td><td><b>B</b> Knowledge, skills and performance B1 B2 B3 B4 D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</td></tr></table> <p>Objective Activity: None Communication &amp; Consent: No</p>	<b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 C1 C2 C3 C4 C5 C6	<b>B</b> Knowledge, skills and performance B1 B2 B3 B4 D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12
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- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD				
Case-Based Discussion				
<p><b>Evaluation, Reflection and Impact on Practice:</b></p> <p>This discussion covered 2 different cases: a labral tear and problems arising from cervical ribs. The discussion also developed into considering treatment for Erb's palsy. Regarding the hip, the usefulness of Type IV laser, therapeutic ultrasound, K-tape and general muscle inhibition were considered.</p> <p>Regarding the cervical ribs and Erb's palsy, the importance of communicating the likely benefit of treatment and obtaining consent for treatment was emphasised, particularly considering the uncertainty of beneficial outcomes. Nerve stretching, artificial muscle stimulation, dry needling and fluid drive were among the modalities proposed for treatment.</p> <p>On reflection, this was another useful reminder about communication and consent which will affect my practice: there are occasions when I cannot be sure of outcomes, and patients must be made aware of this before they can agree to treatment.</p>		<p><b>Personal Notes</b> <i>(For added information, for example if your "Reflection" differs from our suggestion)</i></p> <p><b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</p> <p><i>S L BRUCE, APM Director</i> 29<sup>th</sup> January 2020 90 minutes Learning with Others Live, online discussion</p> <p><b>Confirmation</b> I confirm that the figure above accurately reflects the time spent by me on this event.</p> <p>Signed: <i>[Signature]</i></p> <p><b>Osteopathic Practice Standards 2019</b></p> <table><tr><td><b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 C1 C2 C3 C4 C5 C6</td><td><b>B</b> Knowledge, skills and performance B1 B2 B3 B4 D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</td></tr></table> <p>Objective Activity: <b>Case-Based Discussion</b> Communication &amp; Consent: <b>Yes</b></p>	<b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 C1 C2 C3 C4 C5 C6	<b>B</b> Knowledge, skills and performance B1 B2 B3 B4 D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12
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- Athletes and Sports Injuries 1.5 hrs OPS A/B/C

<h1 style="margin: 0;">CPD EVENT RECORD</h1> <h2 style="margin: 0;">Athletes and Sports Injuries with Clive Lathey</h2>									
<p><b>Evaluation, Reflection and Impact on Practice:</b>            This discussion and demonstration looked at the pressures on elite and recreational athletes, together with simple assessment protocols and orthopaedic tests.</p> <p>The importance of sleep and nutrition were covered, together with the importance of graded rehab. The conflict between a strong desire to return to sport and the need to take things slowly emphasises the necessity for good communication with the patient.</p> <p>On reflection, I am pleased to note that much of this advice is already incorporated into my assessment and treatment process. Nevertheless, it was helpful to be reassured by a highly experienced practitioner that the evidence still supports this approach.</p>	<p style="text-align: center;"><b>Personal Notes</b></p> <p><small>(For added information, for example if your "Reflection" differs from our suggestion)</small></p>								
<p style="text-align: center;"><b>Chiropractic Code 2016</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <b>A</b> Put the health interests of patients first  <small>A1 A2 A3 A4 A5 A6 A7</small> </td> <td style="width: 50%; padding: 5px;"> <b>B</b> Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct  <small>B1 B2 B3 B4 B5 B6 B7 B8 B9</small> </td> </tr> <tr> <td style="padding: 5px;"> <b>C</b> Provide a good standard of clinical care and practice  <small>C1 C2 C3 C4 C5 C6 C7 C8 C9</small> </td> <td style="padding: 5px;"> <b>D</b> Establish and maintain a clear professional relationship with patients  <small>D1 D2 D3 D4</small> </td> </tr> <tr> <td style="padding: 5px;"> <b>E</b> Obtain informed consent for all aspects of patient care  <small>E1 E2 E3 E4 E5 E6 E7</small> </td> <td style="padding: 5px;"> <b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals  <small>F1 F2 F3 F4 F5 F6</small> </td> </tr> <tr> <td style="padding: 5px;"> <b>G</b> Maintain, develop and work within your professional knowledge and skills  <small>G1 G2 G3 G4 G5 G6</small> </td> <td style="padding: 5px;"> <b>H</b> Maintain and protect patient information  <small>H1 H2 H3 H4 H5 H6 H7</small> </td> </tr> </table>	<b>A</b> Put the health interests of patients first <small>A1 A2 A3 A4 A5 A6 A7</small>	<b>B</b> Act with honesty & integrity. Maintain the highest standards of professional/personal conduct <small>B1 B2 B3 B4 B5 B6 B7 B8 B9</small>	<b>C</b> Provide a good standard of clinical care and practice <small>C1 C2 C3 C4 C5 C6 C7 C8 C9</small>	<b>D</b> Establish and maintain a clear professional relationship with patients <small>D1 D2 D3 D4</small>	<b>E</b> Obtain informed consent for all aspects of patient care <small>E1 E2 E3 E4 E5 E6 E7</small>	<b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals <small>F1 F2 F3 F4 F5 F6</small>	<b>G</b> Maintain, develop and work within your professional knowledge and skills <small>G1 G2 G3 G4 G5 G6</small>	<b>H</b> Maintain and protect patient information <small>H1 H2 H3 H4 H5 H6 H7</small>	<p style="text-align: center;"><b>Certification</b></p> <p>This certificate confirms that  <b>Steven Bruce</b>        participated in this CPD event</p> <div style="text-align: center;">   <b>S L BRUCE, APM Director</b> </div> <p style="text-align: center;"><b>5<sup>th</sup> February 2020</b>        90 minutes        Learning with Others        Live, online discussion</p> <div style="text-align: center;">   <b>Academy</b>        of PHYSICAL MEDICINE     </div>
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<p style="text-align: center;"><b>Confirmation</b></p> <p>I confirm that the above has been accurately reflects the time spent by me on this event.</p> <p>Signed: </p>									
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- Case-Based Discussion 0.75 hr OPS A/B/C

<h1 style="margin: 0;">CPD EVENT RECORD</h1> <h2 style="margin: 0;">Case-Based Discussion</h2>	
<p><b>Evaluation, Reflection and Impact on Practice:</b></p> <p>This case revolved around a 65yo female, a long-term patient who presented regularly with stiff neck and shoulders. Manipulation of the CSP (HVT) gave several weeks relief. This lady had recently presented with additional symptoms of brain fog, reduced concentration and dizziness. A recent scan had revealed partial occlusion of the carotid arteries.</p> <p>The discussion centred on the approach needed to provide continued relief, the safety of further HVT and the nature of consent required.</p> <p>It was quickly agreed that HVT was contraindicated, but there was discussion over the safety of soft tissue work. The consensus was that this was likely to be safe, especially to the posterior structures of the neck. It was agreed that the patient's informed consent to HVT could not override the practitioner's obligation to keep the patient safe.</p> <p>On reflection, this is a situation which could easily arise in my own clinic and it is useful to be prepared for the possibility of a patient insisting on treatment which I may agree to be inappropriate.</p>	<p style="text-align: center;"><b>Personal Notes</b></p> <p><small>(For added information, for example if your "Reflection" differs from our suggestion)</small></p>
<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;"><b>Chiropractic Code 2016</b></p> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p><b>A</b> Put the health interests of patients first</p> <p style="font-size: small;">A1 A2 A3 A4 A5 A6 A7</p> </div> <div style="width: 48%;"> <p><b>B</b> Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct</p> <p style="font-size: small;">B1 B2 B3 B4 B5 B6 B7 B8 B9</p> </div> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p><b>C</b> Provide a good standard of clinical care and practice</p> <p style="font-size: small;">C1 C2 C3 C4 C5 C6 C7 C8 C9</p> </div> <div style="width: 48%;"> <p><b>D</b> Establish and maintain a clear professional relationship with patients</p> <p style="font-size: small;">D1 D2 D3 D4</p> </div> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p><b>E</b> Obtain informed consent for all aspects of patient care</p> <p style="font-size: small;">E1 E2 E3 E4 E5 E6 E7</p> </div> <div style="width: 48%;"> <p><b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals</p> <p style="font-size: small;">F1 F2 F3 F4 F5 F6</p> </div> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 48%;"> <p><b>G</b> Maintain, develop and work within your professional knowledge and skills</p> <p style="font-size: small;">G1 G2 G3 G4 G5 G8</p> </div> <div style="width: 48%;"> <p><b>H</b> Maintain and protect patient information</p> <p style="font-size: small;">H1 H2 H3 H4 H5 H6 H7</p> </div> </div> </div>	<div style="border: 1px solid black; padding: 5px; margin-bottom: 5px;"> <p style="text-align: center;"><b>Certification</b></p> <p>This certificate confirms that</p> <p style="font-size: large; text-align: center;"><b>Steven Bruce</b></p> <p>participated in this CPD event</p> <div style="text-align: center;">   <small>S.L BRUCE, APM Director</small> </div> <p style="text-align: center;"><b>12<sup>th</sup> February 2020</b></p> <p style="text-align: center;">90 minutes</p> <p style="text-align: center;">Learning with Others</p> <p style="text-align: center;">Live, online discussion</p> <div style="text-align: center;">   <small>Academy of PHYSICAL MEDICINE</small> </div> </div>
<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center; color: red;"><b>Confirmation</b></p> <p>I confirm that the figure above accurately reflects the time spent by me on this event.</p> <div style="text-align: center;">               Signed: _____           </div> </div>	
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- The Hamstring Insight 1.5 hrs OPS B/C

<h1 style="margin: 0;">CPD EVENT RECORD</h1> <h2 style="margin: 0;">The Hamstring Insight <i>with Matt Wallden</i></h2>		<b>Personal Notes</b> <small>(For added information, for example if your 'Reflection' differs from our suggestion)</small>								
<b>Evaluation, Reflection and Impact on Practice:</b> This discussion and demonstration concerned: <div style="border: 1px solid black; padding: 5px; margin-top: 10px;">             the mechanism of hamstring injuries              the interaction of hamstrings with wider muscle groups and fascial slings              the role of hamstrings in knee mechanics              examination and assessment protocols              rehab concepts.           </div> <p>This clear explanation of the relevant physiology causes me to reflect on how I can better diagnose the true origin of a hamstring problem in my own patients, and therefore how I can help them rehab and recover more quickly using a more holistic approach.</p>										
<b>Chiropractic Code 2016</b> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px; border: 1px solid black;"> <b>A</b> Put the health interests of patients first  <small>A1 A2 A3 A4 A5 A6 A7</small> </td> <td style="width: 50%; padding: 5px; border: 1px solid black;"> <b>B</b> Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct  <small>B1 B2 B3 B4 B5 B6 B7 B8 B9</small> </td> </tr> <tr> <td style="padding: 5px; border: 1px solid black;"> <b>C</b> Provide a good standard of clinical care and practice  <small>C1 C2 C3 C4 C5 C6 C7 C8 C9</small> </td> <td style="padding: 5px; border: 1px solid black;"> <b>D</b> Establish and maintain a clear professional relationship with patients  <small>D1 D2 D3 D4</small> </td> </tr> <tr> <td style="padding: 5px; border: 1px solid black;"> <b>E</b> Obtain informed consent for all aspects of patient care  <small>E1 E2 E3 E4 E5 E6 E7</small> </td> <td style="padding: 5px; border: 1px solid black;"> <b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals  <small>F1 F2 F3 F4 F5 F6</small> </td> </tr> <tr> <td style="padding: 5px; border: 1px solid black;"> <b>G</b> Maintain, develop and work within your professional knowledge and skills  <small>G1 G2 G3 G4 G5 G6</small> </td> <td style="padding: 5px; border: 1px solid black;"> <b>H</b> Maintain and protect patient information  <small>H1 H2 H3 H4 H5 H6 H7</small> </td> </tr> </table>	<b>A</b> Put the health interests of patients first <small>A1 A2 A3 A4 A5 A6 A7</small>	<b>B</b> Act with honesty & integrity. Maintain the highest standards of professional/personal conduct <small>B1 B2 B3 B4 B5 B6 B7 B8 B9</small>	<b>C</b> Provide a good standard of clinical care and practice <small>C1 C2 C3 C4 C5 C6 C7 C8 C9</small>	<b>D</b> Establish and maintain a clear professional relationship with patients <small>D1 D2 D3 D4</small>	<b>E</b> Obtain informed consent for all aspects of patient care <small>E1 E2 E3 E4 E5 E6 E7</small>	<b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals <small>F1 F2 F3 F4 F5 F6</small>	<b>G</b> Maintain, develop and work within your professional knowledge and skills <small>G1 G2 G3 G4 G5 G6</small>	<b>H</b> Maintain and protect patient information <small>H1 H2 H3 H4 H5 H6 H7</small>	<b>Certification</b> This certificate confirms that <div style="text-align: center; font-size: 1.2em; font-weight: bold;">Steven Bruce</div> participated in this CPD event <div style="text-align: center; margin-top: 10px;">   <small>S L BRUCE, APM Director</small> </div> <div style="text-align: center; margin-top: 20px;">             90 minutes              Learning by Onself              Recorded, online discussion           </div> <div style="text-align: center; margin-top: 20px;"> </div>	<b>Confirmation</b> I confirm that the hours claimed accurately reflects the time spent by me on this event. <div style="text-align: right; margin-top: 10px;">               Signed: _____           </div>
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		<b>Objective Activity: None</b> <b>Communication &amp; Consent: No</b>								

- Case-Based Discussion 0.75 hr OPS B/C

<h1 style="margin: 0;">CPD EVENT RECORD</h1> <h2 style="margin: 0;">Case-Based Discussion</h2>									
<p><b>Evaluation, Reflection and Impact on Practice:</b></p> <p>This discussion concerned an 87-year-old male with chronic neck pain and restriction of movement. This was affecting his activities of daily living (eg driving) as well as reducing his quality of life due to pain. Traction with or without soft-tissue work provided pain relief for up to 2 days, with significantly increased RoM.</p> <p>An MRI showed a reverse curve in the lower cervical spine</p> <p>Managing expectations was a key element in the discussion - was this the best that could be hoped for in a man of this age?</p> <p>On reflection, this helped me consider the management of expectations in my own patients, and was helpful in raising the possibility of alternative, longer-lasting treatments.</p>	<p style="text-align: center;"><b>Personal Notes</b></p> <p>(For added information, for example if your "Reflection" differs from our suggestion)</p>          <p style="text-align: center;"><b>Confirmation</b></p> <p>I confirm that the figure above accurately reflects the time spent by me on this event.</p> <p style="text-align: right;">Signed: _____ </p>								
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- Electrophysical Agents 1.5 hrs OPS A/B/C

CPD EVENT RECORD

ELECTROPHYSICAL AGENTS

with Tim Watson

Live Event:  
Learning With Others

Summary

This discussion covered the as-yet unpublished contraindications guidelines for electrophysical agents (the new, more accurate term for electrotherapy). It was encouraging to see that a number of the old guidelines had been revised on the basis of thorough research and detailed evidence. In addition, several modalities were discussed in more detail, with the limitations in their applicability made clear where appropriate.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

D Establish and maintain a clear professional relationship with patients

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E Obtain informed consent for all aspects of patient care

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F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

G Maintain, develop and work within your professional knowledge and skills


G1 G2 G3 G4 G5 G6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




**17<sup>th</sup> December 2019**

**90 minutes**

**Learning with Others**

**Live, online discussion**



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

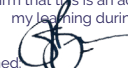
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

This discussion clarified the rationale behind electrotherapy guidelines, and has left me better able to answer questions which might be raised by patients concerning off-the-shelf equipment that they might have come across.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Evaluation, Reflection and Impact on Practice:

This discussion concerned 2 cases.

**Case1:** a 62 y/o retired deskworker with paresthesiae in all 4 distal extremities. Nerve conduction tests, brain scan, B12 levels all NAD. Guillain-Barré syndrome was discussed but thought unlikely due to the long period of onset. Better B12 testing was considered. The benefit of cranial treatment was discussed.

**Case 2:** 45 y/o, fit and active male with restless leg syndrome. Pt has a number of structural abnormalities which have been addressed through physical therapy and foot orthoses, but is seeking an alternative to medication (which is having no effect). Suggestions included quinine, iron, sodium and other electrolyte imbalances. Acupuncture was also proposed

On reflection, these cases have helped improve my own differential diagnosis process, reminded me of the factors involved in some unusual conditions and will inform my treatment of future patients.

Personal Notes

(For added information, for example if your "Reflection" differs from our suggestion)

Chiropractic Code 2016

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A1 A2 A3 A4 A5 A6 A7

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

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E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

G Maintain, develop and work within your professional knowledge and skills


G1 G2 G3 G4 G5 G6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




**11<sup>th</sup> March 2020**

**45 minutes**

**Learning with Others**

**Live, online discussion**



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism


D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion

Communication & Consent: No

Confirmation

I confirm that the figure above accurately reflects the time spent by me on this event.

Signed: 

- Mental Health 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD

MENTAL HEALTH

with David Crepez-Keay and Malcolm Parnell

Evaluation, Reflection and Impact on Practice:

This discussion covered the different types of mental health problem, their prevalence in society and the importance of the language used to describe and discuss them. Issues of consent were discussed at length, particularly in relation to protecting patients from harm in the event that they seemed likely to injure themselves. Support groups were highlighted and the merits of different interventions were discussed.

On reflection, this has added depth to my perception of the biopsychosocial model of health. I feel it is particularly helpful to have discussed issues of consent, since they are complex in these cases and could be of concern with my future patients, without warning.

Personal Notes

(For added information, for example if your "Reflection" differs from our suggestion)

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




**4<sup>th</sup> March 2020**

**90 minutes**

**Learning with Others**

**Live, online discussion**



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

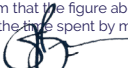
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: Yes

Confirmation

I confirm that the figure above accurately reflects the time spent by me on this event.

Signed: 

Intentionally Blank

Back to Contents

Summary

LWO

LBS

Objective Activity

Coms & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

61

- Bone Health 1.5 hrs OPS A/B/C

CPD EVENT RECORD

BONE HEALTH with Rajiv Bajekal

Evaluation, Reflection and Impact on Practice:

This discussion included an update on the coronavirus problem and epidemiological concerns. It went on to look at lifestyle medicine generally, then its application to bone health in particular. The merits of DEXA and Radio Frequency Echographic Multispectrometry were compared, and the significance of DEXA scores explained. Relevant vitamins and supplements, their recommended doses, their bioavailability and limitations of NHS recommendations were discussed. Osteoporosis, its diagnosis and possible remedies, was covered.

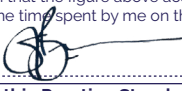
On reflection, this discussion oncluded a lot of useful, lifestyle information which I can pass on to my own patients to help them avoid or overcome a wide range of health problems.

Personal Notes

(For added information, for example if your "Reflection" differs from our suggestion)

Confirmation

I confirm that the figure above accurately reflects the time spent by me on this event.

Signed: 

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Certification

This certificate confirms that Steven Bruce participated in this CPD event




S L BRUCE, APM Director

17<sup>th</sup> March 2020

90 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- GOsC GCC and iO Update 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

GOsC, GCC and iO: COVID-19 UPDATE

Live Event: Learning With Others

Summary

This discussion concerned the guidance being given by the General Councils to osteopaths and chiropractors, and the assistance available from the Institute of Osteopathy. It was wide-ranging, covering the possibility of professional fee holidays, support from practitioners to the NHS, whether clinics should open, whether home-visits were advisable, the possibility of telehealth consultations and the extent of lobbying for government assistance to self-employed practitioners.

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Certification

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S L BRUCE, APM Director

18<sup>th</sup> March 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

nOn reflection, the discussion has helped me understand my responsibility in deciding whether to see patients or not in this time of great healthcare concern. It has also emphasised the need for good communication of the risks posed, together with an additional aspect of informed consent.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- COVID-19 Business Support 0.75hr OPS A/B/C

CPD EVENT RECORD

COVID-19 BUSINESS SUPPORT with Michael Weedon

Live Event: Learning With Others

Summary

This discussion covered possible business support during the coronavirus crisis, and coping strategies that might be adopted, including telehealth consultations. Although there was no simple, immediate solution to the problems which have and will arise, there was some reassurance that government, with prompting from the Federation of Small Businesses, will be taking some measures to protect the self-employed and other SMEs from bankruptcy.

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Certification

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S L BRUCE, APM Director

16<sup>th</sup> March 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

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C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, it is possible that I can adopt telehealth consultations to help my own patients over the duration of the crisis. I am also more aware of some of the current support mechanisms and have a useful reference website to keep abreast of changes.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Covid 19 HR Issues 0.75 hr OPS B/D

CPD EVENT RECORD

COVID-19: HR ISSUES with Donna Obstfeld

Live Event: Learning With Others

Summary

This discussion concerned the legal constraints regarding laying off staff or making them redundant, along with other issues of managing staff during the current jhealthcare crisis. The relevance of contracts, the difference between "lay-offs" and "redundancy", and government assistance to businesses were all discussed. The opportunity to use employed staff for unusual tasks while they worked from home was mentioned and the situation regarding the self-employed was also discussed.

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Certification

This certificate confirms that Steven Bruce participated in this CPD event




S L BRUCE, APM Director

19<sup>th</sup> March 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

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C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, although this discussion did not directly concern patients, it has helped clarify how to handle staff relationships during a potentially difficult time.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

Back to Contents

Summary

LWO

LBS

Objective Activity

Coms & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

62

63

- COVID-19 Finance 0.75 hr OPS A/B/C/D

CPD EVENT RECORD


COVID-19: FINANCE

with Kate Brown

Live Event:  
Learning With Others

Summary

This discussion centred on measures to assist businesses and individuals during the coronavirus pandemic. It covered available grants, statutory sickness pay, rates relief and potential assistance to the self-employed. A template was also made available for use in ensuring patients understand the risks and consent to be treated during the pandemic.


<div>Chiropractic Code 2016</div> <div><div>A Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div><div>E Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div><div>G Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div> <div><div>B Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct</div><div>B1 B2 B3 B4 B5 B6 B7 B8 B9</div><div>D Establish and maintain a clear professional relationship with patients</div><div>D1 D2 D3 D4</div><div>F Communicate properly and effectively with patients, colleagues and other healthcare professionals</div><div>F1 F2 F3 F4 F5 F6</div><div>H Maintain and protect patient information</div><div>H1 H2 H3 H4 H5 H6 H7</div></div>	<div>Certification</div> <div>This certificate confirms that</div> <div>Steven Bruce</div> <div>participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>20th March 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Osteopathic Practice Standards 2019</div> <div><div>A Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div><div>D Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div><div>B Knowledge, skills and performance</div><div>B1 B2 B3 B4</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: Yes</div>
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Evaluation, Reflection and Impact on Practice

Much of the discussion did not relate to medical care, but to business management. Thus, there is limited relevant reflection. However, it has enabled me to be able to offer better advice to staff and patients on the topic of business support, and this may at least go some way to relieving their stress. Also, there was some discussion of measures which might be taken to limit the possibility of spreading the virus which I can incorporate into my practice.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Pilates 0.75 hr OPS A/B/C

CPD EVENT RECORD


PILATES

with Karen Grinter

Live Event:  
Learning With Others

Summary

This discussion and demonstration covered some basic, Pilates-based exercises which practitioners could use via telehealth appointments to help patients relieve back pain, and improve lung function. The limitations of video conferencing were discussed, and important fault-checking principles were explained to ensure the safety of the exercises. The issue of consent, should there be more than one attendee was also discussed.


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Evaluation, Reflection and Impact on Practice

On reflection, it was helpful to discuss how I can continue to support my patients despite being prevented from engaging in face-to-face appointments by the current health crisis.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Covid Discussion 0.75 hr OPS A/B/C/D


CPD EVENT RECORD

COVID-19: Discussion

Live Event:  
Learning With Others

Summary

This discussion covered current and potential measures to support businesses during the coronavirus crisis. Options for telephone or video consultations were considered, including screening for red flag conditions and recommendations for medication. Limitations on our scope of practice in this particular regard were raised. A hypothetical case history was also examined.


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Evaluation, Reflection and Impact on Practice

On reflection, this helps to clarify my own thinking on the merits of treating patients during an epidemic such as this, the mechanisms of doing so, and the many limitations.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Telehealth Consultations 0.75 hr OPS A/B/C


CPD EVENT RECORD

TELEHEALTH CONSULTATIONS

Live Event:  
Learning With Others

Summary

This discussion provided guidance on how telehealth consultations might be conducted. The need for informed consent and accurate note-taking was emphasised, as well as simple preparations to ensure that cameras, computer desktop and furniture were organised to give the most professional result. Possible fee structures were also discussed. The potential for a consult to be recorded was discussed, along with the evident need for consent and careful data protection.


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Evaluation, Reflection and Impact on Practice

On reflection, this discussion and demonstration helped to demystify telehealth consultations, and illustrated how such consults could be useful for my own patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....



- Cauda Equina 1.25 hrs OPS B/C/D

CPD EVENT RECORD

CAUDA EQUINA

with James Booth

Live Event:  
Learning With Others

Summary

This discussion covered the causes of cauda equina syndrome, the likely signs and symptoms, the diagnostic criteria and likely outcomes. Differentiating features for older patients were also discussed. Given that undiagnosed CES has become a very litigious area within the NHS, it was emphasised that possible cases should always be referred for further investigation.

Chiropractic Code 2016

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H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

30th March 2020

75 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this topic is of added importance given the current need to avoid face-to-face consultations. It will help greatly with any telephone or video consult.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed:

- Healthy Breathing 0.75 hr OPS A/B/C

CPD EVENT RECORD

HEALTHY BREATHING

with Anji Gopal

Live Event:  
Learning With Others

Summary

This discussion covered the delivery of yoga instruction by video link and a range of exercises aimed at helping patients (and practitioners) improve their breathing with the aim of helping reduce stress. Several exercises were demonstrated, all suitable for non-yoga instructors to share successfully.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

1st April 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this could be very useful for my patients, particularly when face-to-face consultations are more difficult.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed:

- The Law 0.75 hr OPS A/B/C

CPD EVENT RECORD

THE LAW

with Jonathan Goldring

Live Event:  
Learning With Others

Summary

This discussion assessed the impact of the coronavirus legislation on current practice, and also addressed fitness to practise generally. It covered telephone and video consultations (whether they made practitioners more vulnerable to complaints), whether a practitioner could be held in breach of their duty of care if they closed their practice and actions to be taken should a complaint arise. The Fitness to Practise process was explained.

Chiropractic Code 2016

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A1 A2 A3 A4 A5 A6 A7

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H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

31st March 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, there was considerable reassurance in this broadcast that I can continue to treat patients through video or telephone consults or, where deemed necessary, face-to-face without greater risk of a complaint which would lead to disciplinary action.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed:

- Science of Sleep 1.5 hrs OPS A/B/C

CPD EVENT RECORD

SCIENCE OF SLEEP

with Neil Stanley

Live Event:  
Learning With Others

Summary

This discussion covered the effects poor sleep on anxiety and vice versa. Methods of improving sleep quality were discussed, including the importance of routine, the value of wrist-worn devices and the merits of advice from a variety of popular authors on this topic. It was explained that there are no fixed rules for improving sleep, but that routines are important. The effect of menopause on sleep was discussed, and the merits of melatonin supplements explained.

Chiropractic Code 2016

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H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

1st April 2020

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this information is applicable to virtually all my patients. Alleviating stress, and promoting a healthy routine are important at all times, and this discussion has provided me with evidence-based information that I can share as part of my own consultations.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed:

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

67



- COVID Financial Update 0.75 hr OPS B/D

CPD EVENT RECORD

COVID FINANCE UPDATE

Live Event:  
Learning With Others

Summary

This discussion, in which the speakers were an accountant and a representative of the Federation of Small Businesses, covered the measures in place to support companies and individuals which were affected by the coronavirus pandemic. It was very useful to learn how financial support is likely to be calculated, what work is permitted if a grant is to be claimed, and how to handle employed staff. Mechanisms for lobbying government were described and the help available from the FSB and other sources was outlined.

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G1 G2 G3 G4 G5 G6

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




2nd April 2020

60 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12


Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this talk is likely to be of benefit to my patients in helping me keep my business afloat after the coronavirus problems are resolved. More immediately, it has provided me with reassurance that help is available, and that moves are under way to try to address the various shortcomings in that help.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Language of Touch 1 hr OPS A/B

CPD EVENT RECORD

THE LANGUAGE OF TOUCH

Live Event:  
Learning With Others

Summary

This discussion concerned the value of touch as a therapeutic intervention. Evidence was drawn from primate studies and elsewhere, showing how the overall effect is greater than simply placebo. Where trigger points are concerned, an introduction to pain patterns was made, with explanation of how physical therapy can be used to overcome dysfunction.

On reflection, this broadcast reaffirmed the nature of trigger points, and has reminded me to consider these in future treatments, since a far greater proportion of my patients are likely to benefit than I had previously realised was the case.

Chiropractic Code 2016

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G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




6th April 2020

60 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12


Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this broadcast reaffirmed the nature of trigger points, and has reminded me to consider these in future treatments, since a far greater proportion of my patients are likely to benefit than I had previously realised was the case.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- NHS MSK and Covid 0.75 hr OPS A/B/C

CPD EVENT RECORD

NHS MSK and Coronavirus

Live Event:  
Learning With Others

Summary

This discussion focussed on the nature of work within the NHS as a musculoskeletal specialist. The speaker commented that one's profession was less important than one's approach and philosophy. He also highlighted the amount which the different professions learn from each other in such a setting. The role of MSK practitioners in triage as well as treatment was discussed and the protective measures in place as a result of the coronavirus pandemic. Mechanisms to get involved with the NHS were covered.

On reflection, the main element of this discussion relevant to my own patients was that of protection from the spread of infectious disease. This was useful in developing my policy in my own clinic, with an obvious contribution to patient safety.

Chiropractic Code 2016

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




3rd April 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

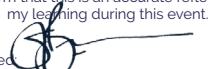
Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, the main element of this discussion relevant to my own patients was that of protection from the spread of infectious disease. This was useful in developing my policy in my own clinic, with an obvious contribution to patient safety.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Exercises in Pregnancy 0.75 hr OPS A/B/C

CPD EVENT RECORD

EXERCISES IN PREGNANCY

Live Event:  
Learning With Others

Summary

This discussion set out to describe how exercises could help prepare women for childbirth and minimise dysfunction during their pregnancy. Pubic Symphysis Dysfunction and pelvic floor problems were looked at in greater detail and relevant exercises were demonstrated.

On reflection, it is really useful to be able to describe and/or demonstrate simple techniques such as these. Whether by face-to-face appointment or telehealth consultation, I will be able to apply these in my everyday practice.

Chiropractic Code 2016

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A1 A2 A3 A4 A5 A6 A7

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




7th April 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12


Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, it is really useful to be able to describe and/or demonstrate simple techniques such as these. Whether by face-to-face appointment or telehealth consultation, I will be able to apply these in my everyday practice.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Breathwork 0.75 hr OPS A/B/C/D

CPD EVENT RECORD



Breathwork

with Kerry Dowson

Live Event:  
Learning With Others

Summary

This discussion and demonstration covered exercises to help those recovering from COVID-19 (or other pneumonia), to assist with anxiety and improve sleep. All were simple and clearly demonstrated, so were ideal for telehealth consultations as well as face-to-face appointments.

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<div>Certification</div> <div>This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</div> <div></div> <div>8<sup>th</sup> April 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Osteopathic Practice Standards 2019</div> <div><div>A</div><div>Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>B</div><div>Knowledge, skills and performance</div><div>B1 B2 B3 B4</div></div> <div><div>C</div><div>Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div></div> <div><div>D</div><div>Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
<div>Evaluation, Reflection and Impact on Practice</div> <div>On reflection, the exercises are applicable across a wide cross-section of my patients. Good breathing technique has a role in pain-relief, as well as maintaining overall health.</div>	<div>Confirmation</div> <div>I confirm that this is an accurate reflection of my learning during this event.</div> <div></div> <div>Signed: .....</div>

- Face, Head and Neck Pain 1 hr OPS A/B/C

CPD EVENT RECORD



Face, Head & Neck Pain

with Simeon Niel-Asher

Live Event:  
Learning With Others

Summary

This discussion concerned the effects of whiplash injury on the MSK system, nervous system and psychology. The relevance of trigger points in treating Whiplash Associated Disorder and Greater Occipital Neuralgia was explained, and the medico-legal requirements of a case history were outlined. The relative importance of different muscle groups in addressing these problems was also discussed, with emphasis on the often-overlooked longus colli. Trigger Points 3D was demonstrated - a very useful app for practitioners to understand which trigger points might be involved and for illustrating to patients how their pain might be referred.

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<div>Certification</div> <div>This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</div> <div></div> <div>14<sup>th</sup> April 2020</div> <div>60 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Osteopathic Practice Standards 2019</div> <div><div>A</div><div>Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>B</div><div>Knowledge, skills and performance</div><div>B1 B2 B3 B4</div></div> <div><div>C</div><div>Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div></div> <div><div>D</div><div>Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
<div>Evaluation, Reflection and Impact on Practice</div> <div>On reflection, this training has clear relevance to many of my patients, some of whom may be suffering chronic effects from untreated WAD.</div>	<div>Confirmation</div> <div>I confirm that this is an accurate reflection of my learning during this event.</div> <div></div> <div>Signed: .....</div>

- Science of Sleep 0.75 hr OPS A/B/C

CPD EVENT RECORD



Science of Sleep

with Neil Stanley

Live Event:  
Learning With Others

Summary

This discussion covered the effects of the current health crisis on anxiety and the effect that has on sleep, as well as vice versa. Methods of improving sleep quality were discussed, including the importance of routine, whether blue light affected sleep patterns and how to determine whether sleep apnoea required medical attention. The value of the Leeds Sleep Evaluation Questionnaire was explained and a clinic-friendly version made available.

<div>Chiropractic Code 2016</div> <div><div>A</div><div>Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>C</div><div>Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div></div> <div><div>E</div><div>Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div></div> <div><div>G</div><div>Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div> <div><div>B</div><div>Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct</div><div>B1 B2 B3 B4 B5 B6 B7 B8 B9</div></div> <div><div>D</div><div>Establish and maintain a clear professional relationship with patients</div><div>D1 D2 D3 D4</div></div> <div><div>F</div><div>Communicate properly and effectively with patients, colleagues and other healthcare professionals</div><div>F1 F2 F3 F4 F5 F6</div></div> <div><div>H</div><div>Maintain and protect patient information</div><div>H1 H2 H3 H4 H5 H6 H7</div></div>	
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<div>Evaluation, Reflection and Impact on Practice</div> <div>On reflection, this information is applicable to virtually all my patients, regardless of whether there is a health crisis. Alleviating stress, and promoting a healthy routine are important at all times, and this discussion has provided me with evidence-based information that I can share as part of my own consultations.</div>	<div>Confirmation</div> <div>I confirm that this is an accurate reflection of my learning during this event.</div> <div></div> <div>Signed: .....</div>

- Breathwork 0.75 hr OPS A/B/C

CPD EVENT RECORD



BREATHWORK

with Anji Gopal

Live Event:  
Learning With Others

Summary

This class, based on yoga techniques, covered relaxation and breathing techniques. Its emphasis was on awareness of breathing and on the body in general - trying to overcome the modern habit of "living in the head".

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<div>Certification</div> <div>This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</div> <div></div> <div>15<sup>th</sup> April 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Osteopathic Practice Standards 2019</div> <div><div>A</div><div>Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>B</div><div>Knowledge, skills and performance</div><div>B1 B2 B3 B4</div></div> <div><div>C</div><div>Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div></div> <div><div>D</div><div>Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
<div>Evaluation, Reflection and Impact on Practice</div> <div>On reflection, I am reminded of the importance of maintaining and promoting my own health if I am to give of my best to patients. Some of the techniques discussed will also be useful for me to pass on to patients.</div>	<div>Confirmation</div> <div>I confirm that this is an accurate reflection of my learning during this event.</div> <div></div> <div>Signed: .....</div>

- Manual Therapy and Modern Medicine 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD


Manual Therapy and Modern Medicine

with Dr Stephen Sandler DO PhD

Live Event:  
Learning With Others

Summary

This discussion aimed to illustrate ways in which manual therapy might help rehabilitate patients who were recovering from COVID-19 by addressing lung function through soft tissue, fascial and cranio-sacral connections. It was emphasised that there is no evidence to support claims that osteopathy or chiropractic can boost the immune system, and that practitioners must be very careful to state accurately what they expect to achieve, and that this must be based on evidence. The relevance of telephone triage and use of PPE was discussed, as well as safe disposal of protective equipment


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Evaluation, Reflection and Impact on Practice

On reflection, this was a very encouraging look forward to how I will be able to apply my own therapy to help people recovering from COVID-19. The suggestions regarding PPE were particularly pertinent and will apply to many future situations.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Ultrasound Diagnosis 1 hr OPS A/B/C/D

CPD EVENT RECORD


ULTRASOUND DIAGNOSIS

with Chris Myers

Live Event:  
Learning With Others

Summary

This discussion illustrated how ultrasound can be used to confirm a diagnosis, and how as a result it can lead to improved treatment and outcomes for patients. The limitations of US scanning were outlined, but its strengths over other imaging modalities were also highlighted. The degree of expertise needed to be able to interpret scans was made clear, and the limitations of some types of scanner discussed. Real case histories were used to help illustrate what was said.


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Evaluation, Reflection and Impact on Practice

On reflection, ultrasound scanning is clearly a useful tool to have at one's disposal. This discussion has reminded me of the limitations of palpation and of special tests and has led me to consider cases where US scanning would be beneficial for my own patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Telehealth Triage - Red Flags 1hr OPS A/B/C/D

CPD EVENT RECORD


Telehealth Triage: Red Flags

with James Booth

Live Event:  
Learning With Others

Summary

This discussion covered 3 red flag aspects of triage in dealing with back pain patients: metastases, infection and fracture. The at-risk groups were outlined, together with pathophysiology, likely signs and symptoms, and diagnostic criteria. Mechanisms for ensuring speedy investigation were considered, and the need to accept uncertainty in the triage process emphasised. The importance of accurate and sensitive communication with patients, as well as clear communication with other healthcare professionals was also stressed.


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Evaluation, Reflection and Impact on Practice

On reflection, this discussion has helped clarify in my mind a mechanism for identifying potential red-flag cases through telehealth consultation. This will be particularly useful during the current healthcare crisis, but will remain relevant once movement restrictions are lifted.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Rotator Cuff and Sub-Acromial Pain 1hr OPS A/B/C

CPD EVENT RECORD


Rotator Cuff and Sub-Acromial Pain

with Simeon Niel-Asher

Live Event:  
Learning With Others

Summary

This discussion concerned the effects of relationship of trigger points to rotator cuff injuries and sub-acromial pain syndrome. There was a thorough revision of the anatomy, with some interesting recent anomalies (up to 5 heads of biceps brachii), and treatment protocols were compared.

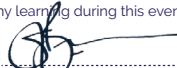
<div>Chiropractic Code 2016</div> <div><div>A Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div><div>E Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div><div>G Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div>	<div>Certification</div> <div>This certificate confirms that</div> <div>Steven Bruce</div> <div>participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>20<sup>th</sup> April 2020</div> <div>60 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Osteopathic Practice Standards 2019</div> <div><div>A Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div><div>D Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
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Evaluation, Reflection and Impact on Practice

On reflection, this training has relevance to many of my patients, many of whom suffer from shoulder pain. What I have learned has helped increase the options available to me in treating cases of this nature.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....



- Covid 19 and Knee Surgery 1 hr OPS A/B/C

CPD EVENT RECORD

COVID-19 and Knee Surgery

with Mr Ian McDermott

Live Event:  
Learning  
With Others

Summary

This discussion covered 3 different types of knee condition, locked, septic and acute injury. Mr McDermott explained the diagnostic criteria and factors which might render them urgent in the eyes of the NHS. There were useful videos illustrating the conditions, and sufficient information was given for telephone triage where face-to-face consultations were not possible.

Chiropractic Code 2016

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S L BRUCE, APM Director

21<sup>st</sup> April 2020

60 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12


Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, I feel better able to provide care for my knee patients, particularly where there is an urgent need for surgery. I can also use this information to inform my telehealth triage.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Breathwork II 0.75 hr OPS A/B/C

CPD EVENT RECORD

Breathwork II

with Kerry Dowson

Live Event:  
Learning  
With Others

Summary

This discussion and demonstration covered some very helpful techniques for improving breathing. It included techniques for the face and head which improved the efficiency of breathing, combined with a very clear explanation of the physiological theory behind them. The techniques were very suitable for telehealth consultations, and some very important safety considerations were raised in that connection.

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S L BRUCE, APM Director

22<sup>nd</sup> April 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12


Objective Activity: None  
Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

On reflection, these techniques could be applied to a broad cross-section of my patients to enhance the effectiveness of my treatment. In the event that I carry out any telehealth consultations, the safety considerations will be applicable every time.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Escaping Limbo 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Escaping Limbo

with Jade Scott

Live Event:  
Learning  
With Others

Summary

This discussion was a helpful overview about bringing practices back into operation after the coronavirus shutdown. Reassuring both staff and patients about their safety was emphasised, use of PPE was discussed and charging structures compared. The likelihood that patients would be very grateful to be able to return for treatment, and even more aware of the value of that treatment, was reassurance of the quality of service that manual therapy clinics provide.

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S L BRUCE, APM Director

21<sup>st</sup> April 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

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B Knowledge, skills and performance

B1 B2 B3 B4

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D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12


Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this discussion has helped me put into perspective how I can get back to work successfully after the coronavirus crisis. I am reminded of the importance of good communication in maintaining patient loyalty through the reassurance it can provide.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Women's Health 1.5 hrs OPS A/B/C

CPD EVENT RECORD

Women's Health

with Dr Hannah Shortt

Live Event:  
Learning  
With Others

Summary

This discussion concentrated on the effects of menopause, including symptoms that can mimic MSK problems. The merits of different forms of HRT were discussed, as well as various risk factors. The merits of bio-identical and body-identical medications were compared, and the degree to which women were able to choose clarified. A number of helpful resources were also shared, where practitioners and patients can seek further information and help.

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S L BRUCE, APM Director

22<sup>nd</sup> April 2020

90 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12


Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, there was a lot of useful information in this discussion which will help me advise my own patients, particularly in terms of reassurance over risks, and signposting to helpful resources.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

75



- Exercises in Pregnancy II 0.75 hr OPS A/B/C

CPD EVENT RECORD

Exercises in Pregnancy II

with Zoë Mundell

Live Event:

Learning With Others

Summary

This discussion and demonstration covered a number of exercises and stretches to help women deal with the aches and pains of pregnancy. Low back pain, thoracic pain and carpal tunnel problems were among the dysfunctions covered.

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H Maintain and protect patient information


H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

23<sup>rd</sup> April 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

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D Professionalism

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Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, it is really useful to be able to describe and/or demonstrate simple techniques such as these. Whether by face-to-face appointment or telehealth consultation, I will be able to apply these in my everyday practice.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Elbow and Wrist Pain 1 hr OPS A/B/C

CPD EVENT RECORD

Elbow and Wrist Pain

with Simeon Niel-Asher

Live Event:

Learning With Others

Summary

This live broadcast looked at lateral elbow pain, carpal tunnel syndrome and pronator teres syndrome. The role of trigger points was clearly explained and the evidence outlined. Appropriate interventions, including soft tissue work, needling and "spray and stretch" were discussed.

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S L BRUCE, APM Director

27<sup>th</sup> April 2020

60 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12


Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this training has clear relevance to many of my patients. Many of them suffer from carpal tunnel syndrome in particular, and this discussion added some new insights into treatment of the condition.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Strength, Conditioning and Rehab 0.75 hr OPS A/B

CPD EVENT RECORD

Strength, Conditioning and Rehab

with Dr Claire Minshull PhD

Live Event:

Learning With Others

Summary

This discussion looked at methods of encouraging patients to perform relevant exercise when they had limited access to gym equipment. It explored the science behind strength gains, and the evidence supporting muscle-strengthening in osteoarthritic pain relief. The limitations of some programmes, such as the NHS "Escape Pain" protocol were explained, and modifications needed for an older or more infirm patient were outlined.

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Certification

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Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

24<sup>th</sup> April 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

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C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12


Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, the guidance offered here will be applicable to many of my patients. The suggestions for motivating patients to exercise are likely to help with compliance, and there were useful ideas that I can employ in telehealth consultations.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Movement as Treatment 0.75 hr OPS A/B/C

CPD EVENT RECORD

Movement as Treatment

with Joanne Elphinston

Live Event:

Learning With Others

Summary

In this discussion and demonstration, the speaker contrasted the utility of exercise and movement, as tools to aid rehabilitation. The value of functionally-based movement was clearly explained and illustrated through a case history. Demonstrations of a number of different therapeutic movements were given, together with ideas on how these could be modified for different problem areas of the body.

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Certification

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Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

28<sup>th</sup> April 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

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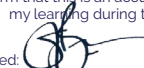
Objective Activity: None  
Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

On reflection, the approach outlined here is applicable to all my patients, in particular addressing their beliefs, where these might be obstacles to recovery. The approach to communicating in terms that a patient will respond to is something I will find helpful

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Breathwork III 0.75 hr OPS A/B/C

CPD EVENT RECORD

Breathwork III

with Anji Gopal

Live Event:  
Learning With Others

Summary

This practical session took in a number of simple, yoga-based breathing techniques, designed to improve awareness of lung function and, in the process, help reduce anxiety/stress.

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 Certification  This certificate confirms that  Steven Bruce  participated in this CPD event    S L BRUCE, APM Director  29<sup>th</sup> April 2020  45 minutes  Learning with Others  Live, online discussion | Osteopathic Practice Standards 2019  A  Communication and patient partnership  A1 A2 A3 A4 A5 A6 A7  B  Knowledge, skills and performance  B1 B2 B3 B4  C  Safety and quality in practice  C1 C2 C3 C4 C5 C6  D  Professionalism  D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12  Objective Activity: None  Communication & Consent: No |

Evaluation, Reflection and Impact on Practice

On reflection, while the techniques could be used to enhance patient care, I am reminded of the importance of caring for my own wellbeing and the impact that this has on my practice.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Rehab and Online Apps 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

REHAB AND ONLINE APPS

with Tim Allardyce

Live Event:  
Learning With Others

Summary

This discussion demonstrated the way in which one particular app (Rehab My Patient) could help with telehealth consultations and patient recovery. An example of an online consultation was conducted, with illustration of how exercises could easily be found and prescribed using the software. The security of information and compliance with UK Data Protection laws were also explained. It was made clear that other apps offer a similar facility.

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Evaluation, Reflection and Impact on Practice

On reflection, the points made about telehealth consultations were particularly pertinent in the coronavirus/post-coronavirus environment. These are relevant in many situations in my own clinic.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Summary

This discussion featured 2 patients. The first featured a female in her mid-50s, suffering trigeminal neuralgia. The case history was explored and included a recent history of colorectal cancer. Conservative treatment had had little effect. A number of options were considered, chief among which was the possibility of metastases and the consequent need for MRI. Hormonal changes, dental disease and cervical spine injury were also considered. The second was a case of "turf toe" in man of similar age. The diagnosis was very uncertain, but the value of barefoot shoes and orthotics was raised, the possibility that a change in exercise could help was discussed, and a number of other interventions proposed.

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Evaluation, Reflection and Impact on Practice

On reflection, this discussion was useful in helping develop my own diagnostic skills, and will be useful in my own future consultations. The need for clear communication with patients, particularly where an intervention might be unproven, was emphasised and is something I will be sure to address.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Dealing With Chronic Pain 0.75 hr OPS A/B

CPD EVENT RECORD

DEALING WITH CHRONIC PAIN

with Georgie Oldfield

Live Event:  
Learning With Others

Summary

This discussion concerned an approach to chronic pain developed from the work of late Dr Sarno in the USA. The absolute importance of emotional trauma and unresolved personal events was emphasised, and the approach taken in one specific case history used to illustrate the process. The relevance to disorders such as fibromyalgia and IBS was discussed.

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Evaluation, Reflection and Impact on Practice

On reflection, the evidence for this approach chimes with other information I am aware of, such as Moseley's "Explain Pain". SIRPA is a useful resource and I feel better able to assist chronic pain sufferers.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Spondylolisthesis and T4 Syndrome 1 hr OPS B/C

CPD EVENT RECORD

Spondylolisthesis and T4 Syndrome

with Simeon Niel-Asher

Live Event:  
Learning With Others

Summary

This presentation demonstrated a number of techniques based on trigger point theory for dealing with spondylolisthesis and T4 syndrome. The types, grades and aetiology of spondylolistheses were outlined, together with differential diagnoses for both conditions. It was argued that although there is no research evidence to support it, clinical outcomes were encouraging. Needling was also recommended as a possible treatment for T4 Syndrome, but the need for rigorous safety measures around the intercostal areas was emphasised.

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Certification

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Steven Bruce

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S L BRUCE, APM Director

4<sup>th</sup> May 2020

60 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, the evidence for trigger points is growing, and treating trigger points in my own patients could be a useful contribution to their pain relief.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Dementia 0.75 hr OPS A/B/C

CPD EVENT RECORD

DEMENTIA

with Prof Dawn Brooker

Live Event:  
Learning With Others

Summary

This discussion explored the epidemiology, aetiology and care options for dementia, focussing on the most common variants: Alzheimer's Disease, Vascular Dementia, Dementia with Lewy Bodies and Mixed Dementia. The likely symptoms, especially in the early stages, were outlined, as these are most likely to be seen in clinical practice. Mechanisms for making a practice 'dementia friendly' were discussed. The increasing prevalence in society was illustrated and a number of misconceptions about dementia were dispelled.

Chiropractic Code 2016

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event




S L BRUCE, APM Director

6<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

On reflection, I need to be aware of my own role in spotting the signs of dementia and signposting my patients accordingly. It was helpful to be reminded of the age range which can be affected, and the adaptations necessary to ensure I communicate effectively and gain valid consent for treatment.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

- Fascia and Manual Therapy 0.75 hr OPS B/C

CPD EVENT RECORD

FASCIA AND MANUAL THERAPY

with Julian Baker

Live Event:  
Learning With Others

Summary

This discussion concentrated on the nature of fascia, its connections throughout the body and the question of the degree to which manual therapy can influence its structure (through stretching or 'releasing'). The speaker concluded that, while manual therapy undoubtedly has a beneficial therapeutic effect, it may not be through the mechanisms we often imagine. There was also a very clear explanation of how body position, through the tension on fascia and resulting pressure on internal structures, affects defaecation. The speaker made the point that the language often employed in manual therapy is unhelpful in developing a relationship with conventional medicine.

Chiropractic Code 2016

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Certification

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Steven Bruce

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S L BRUCE, APM Director

5<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, the discussion reinforced the concept of "holistic" treatment, and has reassured me of the need to think globally in my treatment. While this is something that I already do in my clinic, it is helpful to be reminded of the underlying principles behind it.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Pain Science 0.75 hr OPS A/B/C

CPD EVENT RECORD

PAIN SCIENCE AND MANUAL THERAPY

with Ulrik Sandström

Live Event:  
Learning With Others

Summary

This discussion concerned the application of pain science to manual therapy, in particular the psychological component. Coping strategies, catastrophisation and kinesiophobia were discussed, as were techniques to demonstrate to a patient that it was their protective fear that was preventing movement, not a mechanical problem. The importance of language as a placebo and nocibo was emphasised.

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Certification

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Steven Bruce

participated in this CPD event




S L BRUCE, APM Director

6<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

On reflection, there is much in this discussion that relates to my own patients and the strategies outlined will be useful in helping improve treatment outcomes.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

80

81



- Preparing to Reopen Practices 0.75 hr OPS A/B/C

CPD EVENT RECORD

PREPARING TO REOPEN PRACTICE

with Danny Orchard

Live Event:  
Learning With Others

Summary

This discussion concerned the safety procedures and policies which need to be considered when reopening a practice in the wake of the coronavirus pandemic. Various considerations were outlined and an example policy document shared. The importance of communicating the unavoidable risks to patients, while keeping them in perspective was discussed in connection with the need for informed consent to treatment.

Chiropractic Code 2016

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




7<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this discussion helped clarify the measures needed in my own practice and helps me meet my legal obligation to keep patients safe.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

82

[Back to Contents](#)

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

- Spinal Conditions 0.75 hrs OPS B/C

CPD EVENT RECORD

SPINAL CONDITIONS

with Mr Rajiv Bajekal FRCS

Live Event:  
Learning With Others

Summary

This discussion covered cauda equina syndrome, infective discitis and spondylolithesis. It was illustrated with MRI and Xray images, and the speaker explained the likely presenting symptoms. The importance of early recognition was emphasised if a satisfactory outcome was to be achieved. Surgical interventions were explained.

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




12<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

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C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, it is useful to be reminded of these important conditions which could be mistaken for simple MSK problems when in fact they need urgent referral. It helped me to keep them in front of mind when triaging or treating my own patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Case-Based Discussion 0.75 hr OPS A/B/C

CPD EVENT RECORD

CASE-BASED DISCUSSION

Live Event:  
Learning With Others

Summary

This discussion concerned a patient diagnosed with throat and lung cancer. The patient had been told that their shoulder pain was not related to the cancer, but the practitioner felt otherwise. A number of ethical dilemmas arose: how to discuss the possible pain referral with the patient, whether it was ethical to continue treatment despite a feeling that it was not helping. The question of whether cancer could be spread through manual therapy was considered, as was the issue of consent to treatment by a cancer sufferer.

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




13<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

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C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion

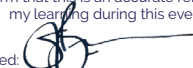
Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

On reflection, this addresses a number of concerns I have in dealing with cancer patients, and was particularly helpful in dealing with consent issues. These matters are applicable to many of my patients and potential patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

83



- Classical Osteopathy 0.75 hr OPS B

CPD EVENT RECORD

CLASSICAL OSTEOPATHY

with Rob Cartwright

Live Event:

Learning With Others

Summary

This discussion dealt with the history and philosophy of Classical Osteopathy. The concepts behind it were outlined, in particular that of "Body Adjustment", and the differences from modern osteopathy considered. The merits of long lever work over short levers, the extent of the evidence base, and the approach to holism were also discussed.

Chiropractic Code 2016

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Certification

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Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

13<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this was a refreshing look at a useful approach to treatment. While I cannot apply any specific technique from this talk to my patients, it has helped inform my overall approach to treatment.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Knee and Foot Pain 1.25 hrs OPS A/B/C

CPD EVENT RECORD

KNEE AND FOOT PAIN

with Simeon Niel-Asher

Live Event:

Learning With Others

Summary

This discussion explained the role of trigger points in 3 main problems: Runner's Knee, Achilles Tendinopathy and Plantar Fasciitis. The incidence and aetiology of the conditions was considered, and the potential for misleading symptoms explained. Differential diagnoses and red flag symptoms were also discussed. A number of treatments were demonstrated, including one for ankle instability, and needling opportunities were explained.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

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D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

H Maintain and protect patient information


H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

18<sup>th</sup> May 2020

75 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, these are common problems and relate to many of the patients that I see in clinic. There was much useful information in this discussion and demonstration that I can put to good use, including some treatment modalities that I was not previously familiar with.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- MRI Interpretation 1 hr OPS B/D

CPD EVENT RECORD

MRI INTERPRETATION

with Robert Shanks and Darren Chandler

Live Event:

Learning With Others

Summary

This discussion explained the different types of MRI scanners and different scan types (T1, T2 and STIR). A number of cases were used to demonstrate the potential for significant findings to be overlooked by radiologists, particularly if the requirements of the scan were not stated accurately at the outset.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

15<sup>th</sup> May 2020

60 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, I can see that it is important that my own skills in interpreting the imagery are important, and that reliance on the radiologist's report alone might not be sufficient on some occasions. Equally, when requesting imagery, it is essential that I specify exactly what is required, and why.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Spinal Fractures 1.5 hrs OPS B/C

CPD EVENT RECORD

SPINAL CONDITIONS: FRACTURES

with Mr Nick Birch FRCS

Live Event:

Learning With Others

Summary

This discussion focussed on spinal fractures, in particular fragility fractures. The talk was supported with imagery illustrating the problems and showing how careful inspection by practitioners could often spot oversights by hard-pressed radiologists.

The time frames for successful treatment were contrasted with the often lengthy delay before re-examination Risk factors for osteoporosis, especially in men, were outlined, and key warning signs emphasised.

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Certification

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Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

19<sup>th</sup> May 2020

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

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C Safety and quality in practice

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D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this talk reminded me of the need to double-check radiographic findings, particularly where a patient has not progressed as would be expected after trauma.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

85

- Virology 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

VIROLOGY

with Prof Nic Locker

Live Event:  
Learning With Others

Summary

This was a clear explanation of the mechanisms of viral infection, focusing on SARS-Cov-2, together with the challenges of creating a vaccine and testing for previous infection with COVID-19. The logic behind certain hygiene requirements was explained, and the known longevity of novel coronavirus was given.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

19<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

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C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this was very helpful in aiding my understanding of how to protect my patients and myself from cross-infection. It was also helpful in clarifying my knowledge of coronavirus, which will help me explain it better to patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Lockdown to Launch: Social Media 0.75 hr OPS A/B

CPD EVENT RECORD

LOCKDOWN TO LAUNCH - SOCIAL MEDIA

with Gilly Woodhouse

Live Event:  
Learning With Others

Summary

This discussion concerned the use of social media (Facebook, LinkedIn, Instagram) to help rebuild a business, particularly in the wake of a crisis such as that caused by SARS-Cov-2. The emphasis was on keeping in touch with one's client-base (and potential patients) through a personal, friendly, non-invasive social media presence. The importance of video was addressed, as was the need for patient consent, should they appear in any such films.

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Certification

This certificate confirms that

Steven Bruce

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S L BRUCE, APM Director

21<sup>st</sup> May 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

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C1 C2 C3 C4 C5 C6

D Professionalism

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Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this has helped overcome any nagging doubts I may have had about the efficacy and ethics of communicating via social media. The ideas discussed will help me to reach out to a wider audience in an acceptable fashion.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

- Peripheral Nerve Surgery 0.75 hr OPS B/C

CPD EVENT RECORD

PERIPHERAL NERVE SURGERY

with Mr Marco Sinisi

Live Event:  
Learning With Others

Summary

This discussion covered a variety of injuries to peripheral nerves (conduction block, partial and full lesion), the signs and symptoms and the criteria for surgery. Surgical outcomes were described, as were a number of post-trauma and post-surgical scenarios, where a physical therapist might be in a position to recognise the need for referral to a nerve surgeon.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

20<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

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B Knowledge, skills and performance

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C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

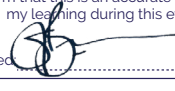
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, not only was this an intellectually stimulating discussion, it enabled me to consider patients, particularly those who have undergone orthopaedic surgery, in a different light. I will be better placed in future to recognise where surgery might have caused peripheral nerve injury.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Dermatology 0.75 hr OPS A/B/C

CPD EVENT RECORD

DERMATOLOGY

with Dr Olivia Stevenson

Live Event:  
Learning With Others

Summary

This discussion concentrated on melanomas. Dr Stevenson explained very clearly how to identify cancerous moles, how to distinguish between those and different kinds of wart, and the differences between melanomas, basal cell carcinomas and squamous cell carcinomas. She explained the age groups affected by melanomas, areas most affected according to gender, probable causes and best protection.

Chiropractic Code 2016

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

22<sup>nd</sup> May 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

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C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

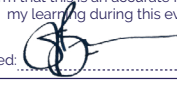
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this discussion had multiple benefits for my own patient population. It has improved my ability to communicate the balance of risks and benefits from exposure to sunlight, while also helping me to interpret skin lesions. This will be of great benefit in my clinical work.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

86

87

- Chaos and Complexity 1 hr OPS A/B/C

CPD EVENT RECORD

CHAOS, COMPLEXITY & MANUAL THERAPY

with Simeon Niel-Asher

Live Event:  
Learning With Others

Summary

This discussion set about linking chaos theory with manual therapy, explaining how the concept of "strange attractors" could relate to the myofascia and to trigger points. The pain maps associated with trigger points were related to a 3D animation, which showed how they might have arisen as a result of quadrupedal gait, deep in our evolutionary past.

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event



S.L. BRUCE, APM Director

26<sup>th</sup> May 2020

60 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

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C1 C2 C3 C4 C5 C6

D Professionalism

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Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this discussion was an interesting exploration of possible mechanisms behind trigger point theory. It caused me to think about the connection with holistic therapy and will be useful in explaining to patients why certain pain patterns occur, and how treatment can influence them.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Hip Replacement & Accelerated Rehab 0.75 hr OPS A/B/C

CPD EVENT RECORD

HIP REPLACEMENT & ACCELERATED REHAB

with Mr Simon Mellor

Live Event:  
Learning With Others

Summary

This discussion concerned the different approaches to hip replacement and the effect on patient recovery times. Mr Mellor explained the benefits of the anterior approach and described when such a procedure might not be possible. He described the criteria for selecting patients for surgical intervention, outlined the likely longevity of the replacement joint and they types of activity which were more risky after hip replacement.

Chiropractic Code 2016

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A1 A2 A3 A4 A5 A6 A7

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H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event



S.L. BRUCE, APM Director

28<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this was very helpful: it leaves me better able to advise patients on the benefits of hip replacement, and better informed about the movements or activities which might lead to problems after surgery. This means that I can tailor my rehab exercises better, leading to better patient outcomes.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Orthopaedics: Ankle and Foot 0.75 hr OPS A/B/C

CPD EVENT RECORD

ORTHOPAEDICS: THE ANKLE AND FOOT

with Mr Pinak Ray

Live Event:  
Learning With Others

Summary

This discussion covered diagnosis and treatment of common foot and ankle problems. The importance of the precise site of pain was emphasised in differentiating between different pathologies. The role of hydrocortisone, joint fusion and proprioceptive rehab was explained and the current surgical approach to hallux abducto valgus described. Rehab protocols were also given.

Chiropractic Code 2016

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event



S.L. BRUCE, APM Director

27<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

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D Professionalism

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Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this has a direct relevance to my own patients, and helps to reinforce my approach to diagnosis and treatment, as well as providing updated information to help keep them informed of surgical possibilities.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

CPD EVENT RECORD

ANKLE REHAB

with Tim Allardyce

Live Event:  
Learning With Others

Summary

This discussion considered injuries to the plantar fascia, Achilles tendon and lateral ankle ligaments. The evidence for different approaches to rehab was given where available, and the utility of aids such as wobble boards, Bosu balls, therabands and sporting balls was described. An approach to chronic and repetitive injuries was outlined.

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S.L. BRUCE, APM Director

29<sup>th</sup> May 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

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D Professionalism

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Objective Activity: None  
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this was a very helpful analysis of the options open when treating these common injuries and has helped ensure that my interventions are evidence-based where possible.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

89



- The WHO View 0.5 hr OPS B/C

CPD EVENT RECORD

THE WORLD HEALTH ORGANIZATION VIEW

with Dr David Nabarro

Live Event:  
Learning With Others

Summary

This discussion provided a global overview of the coronavirus pandemic and the role of the WHO in helping to overcome it. The challenges faced by the WHO were outlined, and the philosophy behind its approach to matters such as lockdown, PPE (in particular facemasks) and data gathering were considered.

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




1<sup>st</sup> June 2020

30 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, while this discussion is not directly relevant to treating patients, it provided the basis for communicating important information to them, much of which might help ease their anxiety, thus contributing to better recovery.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



90

[Back to Contents](#)

- Meniscal Tears and Replacements 1.5 hrs OPS A/B/C

CPD EVENT RECORD

MENISCAL TEARS, REPAIRS & REPLACEMENT

with Mr Ian McDermott

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion covered damage to the menisci of the knee, including possible mechanisms of injury. The specificity and sensitivity of orthopaedic tests was discussed, as was the success of the various surgical interventions currently available. The importance of being able to evaluate imagery correctly was emphasised, as it was explained that up to 50% of radiology reports may be inaccurate. The limitations of MRI as a diagnostic tool were also discussed.

On reflection, this was very useful in helping me evaluate the accuracy of my clinical tests. It has helped me understand when those tests are most relevant and leaves me better able to describe to patients the surgical options open to them. Of particular importance, it leaves me better able to recognise cases which require urgent evaluation.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

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F Communicate properly and effectively with patients, colleagues and other healthcare professionals


F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event

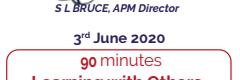


3<sup>rd</sup> June 2020

90 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this has provided a useful basis for lifestyle advice, especially to my female patients. It will be helpful to direct them to some of the resources mentioned in the discussion, so that they can take action to maintain or improve their own health.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



91

- Eczema, Psoriasis and Psoriatic Arthritis 0.75 hr OPS A/B/C

CPD EVENT RECORD

ECZEMA, PSORIASIS & PSORIATIC ARTHRITIS

with Dr Olivia Stevenson

Live Event:  
Learning With Others

Summary

This discussion concerned the nature of psoriasis and its connection with psoriatic arthritis. Its distinguishing features were described and the possible complications in untreated cases, including cardiovascular disease. The characteristics of psoriasis were contrasted with those of eczema. Conventional treatment was outlined, including the general lack of awareness of the potential seriousness of psoriasis, with the consequent delays in treating those affected. The psychological impact of both conditions was emphasised. The relationship of psoriasis to psoriatic arthritis, including genetic components, was explained, as was the possibility that psoriasis sufferers might be unaware that their joints could be affected.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

4<sup>th</sup> June 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism


D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed.....

Evaluation, Reflection and Impact on Practice

On reflection, this presentation was helpful in clarifying my own concerns, particularly about psoriasis, and leaves me better able to advise patients who have skin conditions about the best course of action.

92

Back to Contents

- Spinal Cases 0.75 hr OPS B/C

CPD EVENT RECORD

SPINAL CASES 3

with Mr Rajiv Bajekal

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concerned 2 presentations: spinal infection and myelopathy. The speaker explained the signs and symptoms, differentials, special tests and treatment. He also discussed nutritional factors whic could help prevent a range of conditions.

On reflection, this discussion has proved very useful in helping me differentiate spinal cases, contributing to my ability to identify those in need of urgent referral. The nutritional aspects will also prove useful in offering appropriate advice to patients.

Chiropractic Code 2016

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

8<sup>th</sup> June 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism


D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Evaluation, Reflection and Impact on Practice

On reflection, shoulder problems are common, particularly in my older patients, and this discussion leaves me better placed to advise on potential courses of treatment. I am also better placed to explain current surgical interventions to patients.

93

- Case-Based Discussion 0.75 hr OPS A/B/C

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Summary

This case-based discussion concerned a fit, active 59-year-old woman whose job entails pushing 15st trolleys along train passageways. She presented with persistent sub-occipital pain. Imaging revealed normal, age-related degeneration, with a possible C3 disc bulge (based on the patient's account, which could have been mistaken). She had a history of mental health problems, including bipolar disorder. Conservative treatment improved RoM and pain. The main concern was over the handling of a demanding patient who seemed reluctant to accept that degenerative changes could be the cause. A range of patient-handling options was proposed, including communication techniques which were appropriate to the character of the patient. The importance of accurate note-taking was emphasised, given the potential for a complaint to arise when a patient is dissatisfied with progress.

Chiropractic Code 2016

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Certification

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S L BRUCE, APM Director

10<sup>th</sup> June 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A

Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B

Knowledge, skills and performance

B1 B2 B3 B4

C

Safety and quality in practice

C1 C2 C3 C4 C5 C6

D

Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12

Objective Activity: Case-Based Discussion


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

On reflection, this has reinforced my own approach to compassionate communication and sensitive handling of patients, and has once again reminded me that accurate notes are indispensable, not least in protecting myself against complaints.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Labral Tears of the Hip 0.75 hr OPS A/B/C

CPD EVENT RECORD

LABRAL TEARS OF THE HIP

with Mr Vipin Asopa FRCS

Live Event:  
Learning With Others

Summary

This discussion revised the anatomy of the hip and proposed mechanisms of injury to the labrum. Special tests for labral tears were demonstrated, including the Stitchfield and FADIR tests and the relative sensitivity/specificity was commented on. A progressive range of treatment options was described, which included muscle strengthening/balancing, gait analysis (with possible orthotic prescription), arthroscopic intervention, osteotomy and full replacement. Post-surgery rehab protocols were outlined

Chiropractic Code 2016

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Certification

This certificate confirms that

Steven Bruce

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S L BRUCE, APM Director

12<sup>th</sup> June 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A

Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B

Knowledge, skills and performance

B1 B2 B3 B4

C

Safety and quality in practice

C1 C2 C3 C4 C5 C6

D

Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, this discussion has provided me with very helpful advice for the differential diagnosis of hip problems in my patients, as well as a wealth of information to share with them concerning the options open to them.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Yoga for Practitioners 0.75 hr OPS A/B/C

CPD EVENT RECORD

YOGA FOR PRACTITIONERS

with Anji Gopal

Live Event:  
Learning With Others

Summary

This practical session took in a number of simple, yoga-based breathing techniques, designed to help reduce anxiety/stress. They were intended both for practitioners, to help them calm themselves, but it was also emphasised that they could be passed on to patients. Despite being yoga-based, there was no need to be a yoga teacher; a knowledge of anatomy, physiology and biopsychosocial components to wellbeing was more than adequate to teach the techniques.

Chiropractic Code 2016

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H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

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S L BRUCE, APM Director

11<sup>th</sup> June 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A

Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

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Knowledge, skills and performance

B1 B2 B3 B4

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Safety and quality in practice

C1 C2 C3 C4 C5 C6

D

Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, while the techniques could be used to enhance patient care, I am reminded of the importance of caring for my own wellbeing and the impact that this has on my practice.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

- Cardio Thoracic Differentials 1 hr OPS B/C

CPD EVENT RECORD

CARDIO THORACIC DIFFERENTIALS

with Dr Stephen Sandler PhD

Live Event:  
Learning With Others

Summary

This discussion consisted of a detailed run through the potential causes of cardio-thoracic pain and how they might present in clinic. Differentiation between the various possibilities was explained and the relevant signs, symptoms and tests also covered.

Chiropractic Code 2016

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

15<sup>th</sup> June 2020

60 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A

Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B

Knowledge, skills and performance

B1 B2 B3 B4

C

Safety and quality in practice

C1 C2 C3 C4 C5 C6

D

Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12

Objective Activity: None

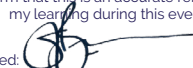
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

On reflection, there is clear relevance in this training to my own patients. It will prove invaluable in ensuring that I do not miss any potential diagnosis in future cases.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed: .....

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

95



- Business Support Update 0.75 hr OPS B/D

CPD EVENT RECORD

BUSINESS SUPPORT UPDATE

with Kate Brown

Live Event:  
Learning With Others

Summary

This discussion consisted of an update on the business support measures available as a result of the coronavirus pandemic, and the regulations surrounding their use.

Chiropractic Code 2016

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H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




16<sup>th</sup> June 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism


D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed.....

Evaluation, Reflection and Impact on Practice

On reflection, this was a useful update on two key elements of business support (staff furlough and "bounce-back" loans). It was helpful to learn how the law affecting those measures has developed, and this will help me with effective decision-making concerning the future of my practice and therefore my ability to deliver high-quality healthcare.

- MRI Shockers 1 hr OPS B/D

CPD EVENT RECORD

MRI SHOCKERS

with Robert Shanks and Darren Chandler

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion considered some specific MRI spinal cases where critical aspects of the scans had been either misinterpreted or overlooked by radiologists. A clear explanation was given of how a practitioner might review the imagery themselves in order to improve their diagnosis.

On reflection, I can see that it is important that my own skills in interpreting the imagery are important, and that reliance on the radiologist's report alone might not be sufficient on some occasions. Equally, when requesting imagery, it is essential that I specify exactly what is required, and why.

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




18<sup>th</sup> June 2020

60 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism


D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

- Neuroinflammation, Pain and Fatigue 1.5 hrs OPS B/C

CPD EVENT RECORD

NEUROINFLAMMATION, PAIN & FATIGUE

with Simon Billings

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion covered the role of Vitamin D3 in protecting various structures from inflammation and included its potential effects in mitigating the damage done by COVID-19. Recommended daily dosage was contrasted with evidence-based requirements, and the effects of high-dose supplementation explained, together with the mechanism of action and the potential need for magnesium supplementation. Contraindications to D3 supplementation were covered. At-risk groups were pointed out, and the signs and symptoms of deficiency shown. A number of options for reliable testing of Vitamin D levels were given. Examples of the beneficial effects of supplementation were given using real cases and factors contributing to malabsorption shown.

On reflection, this was a very helpful reminder that many persistent, apparently structural problems in my patients could be attributed to low Vitamin D levels, and that prescription or over-the-counter medications they may be taking can have a significant impact on their ability to absorb vitamin D3.

Chiropractic Code 2016

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Certification

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16<sup>th</sup> June 2020

90 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

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C Safety and quality in practice

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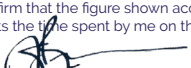
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

- Case-Based Discussion 0.75 hr OPS A/B/C

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concentrated on assessing the MR imagery of a patient diagnosed with early cauda equina syndrome. A near-complete occlusion of the spinal canal was observed on the imagery, probably due to an annular herniation. It was also noted that the spinal canal itself was narrower than is normal, potentially aggravating the problem. Much of the discussion concerned the balance of risks between surgical intervention and the possibility of a sudden worsening of the herniation, with potentially catastrophic consequences for the patient. Conservative management options were also discussed.

On reflection, this discussion has been very helpful in improving my ability to interpret MR images and this is something I can put to good use when offering advice to future patients.

Chiropractic Code 2016

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C Provide a good standard of clinical care and practice

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event




22<sup>nd</sup> June 2020

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

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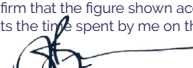
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion

Communication & Consent: No

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

96

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

97

- Case-Based Discussion 0.75 hr OPS B/C

CPD EVENT RECORD

Case-Based Discussion

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concerned respiratory difficulties, first of all in a 10-year-old horse, then subsequently in a 3-year-old child. The horse's respiratory problems had been exacerbated by diaphragmatic treatment and it was suggested that this could be due to a fungal infection which had been aggravated by increased lung function. Testing and treatment options, including surrogate muscle testing through kinesiology and techniques based on the teaching of the late Leon Chaitow were suggested. The child had tested negative for COVID-19, whooping cough and asthma, but it was pointed out that the latter result could be unreliable in someone so young. A further differential was bronchiolitis, and a number of treatment options were discussed, based around improving lung function.

On reflection, much of what was discussed was relevant to human patients of all ages, and it was very helpful to be reminded of the differential diagnoses, as well as some less common approaches to treatment. I can apply this knowledge to many of my own patients.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>23<sup>rd</sup> June 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: Case-Based Discussion</b> Communication & Consent: No
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- Benign Paroxysmal Positional Vertigo 0.75 hr OPS A/B/C

CPD EVENT RECORD

BENIGN PAROXYSMAL POSITIONAL VERTIGO


with Dr Rudi Gerhardt DO

Live Event:

Learning With Others


Summary

This discussion covered the anatomy and physiology of the ear as it relates to BPPV. The signs and symptoms of BPPV were outlined, with video illustrations of different forms of nystagmus. Testing and treatment for one form (the most common) of BPPV was demonstrated, and it was made clear which conditions required further referral. The speaker explained how to differentiate BPPV from nystagmus/vertigo which was the result of arterial insufficiency. The need to explain carefully to patients that the tests used were likely to provoke symptoms was made clear.

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Evaluation, Reflection and Impact on Practice

On reflection, it was extremely helpful to see different examples of nystagmus, and to learn how to determine which forms of vertigo might respond to manual therapy. This information can be applied to my own future patients, helping improve the standard of care I can offer.

<b>Confirmation</b> I confirm that this is an accurate reflection of my learning during this event. Signed: 
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- Treating Patients with MND and MS 0.75 hr OPS A/B/C

CPD EVENT RECORD

TREATING PATIENTS WITH MND AND MS

with Donald Francis DC

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concerned the effect of chiropractic treatment (mainly cranial techniques) on patients with MND and MS. The speaker made it clear that, although he had seen excellent results in many patients, these concerned quality of life and did not indicate any form of cure for the diseases. He postulated that the benefits were gained through increasing the movement of CSF, and that cranial or pelvic injury could have been a factor in the development of the diseases. This injury could have been caused during the birth process or later in life through direct trauma later in life. The constraints on obtaining credible evidence through research were discussed.

On reflection, this was an encouraging demonstration of how physical therapy can be measured at least in part by its effect on quality of life, and that "fixing" a problem is not always possible. It encourages me to offer help to patients who might otherwise be regarded as outside the scope of physical therapy, provided that their expectations are properly managed.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>29<sup>th</sup> June 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: None</b> Communication & Consent: No
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- Autonomic Imbalance in Children 1.5 hr OPS B/C/D

CPD EVENT RECORD

AUTONOMIC IMBALANCE IN CHILDREN

with Dr Steve Williams DC, DICS, FRCC(Paeds), FBCA




Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion centred on the problems which might occur in infants when pregnancy, labour and delivery were imperfect. Nutrition for both mother and foetus/baby was covered, and example treatment techniques explained and demonstrated for a variety of problems in the neonate. The role played by stress in infant development was discussed and the various factors and sources that contribute to stress were identified. Although numerous academic sources were cited, it was emphasised that practitioners must be honest in their advertising and not make claims which are not justified by appropriate standards of evidence.

On reflection, this was a useful, evidence-based discussion on the ways in which structural intervention might help mothers and infants. It leaves me better placed to advise my own patients and apply appropriate treatment when necessary.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>1<sup>st</sup> July 2020</b> <b>90 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: None</b> Communication & Consent: No
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- The Crossover Effect in Rehab 0.75 hr OPS A/B/C

CPD EVENT RECORD

THE CROSSOVER EFFECT IN REHAB


with Dr Claire Minshull

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion explained the effect whereby muscle in an injured limb can benefit from strength training on the opposite side. The extent of the benefit was outlined and the variation in effect between different muscle groups explained. Different strategies were explored to cater for different patient groups - athletes, general gym-users, and the more house-bound/elderly patients.

On reflection, this was a good reminder of the benefits which can be achieved through the crossover effect, and has provided me with the tools to offer useful advice not only to patients who are rehabilitating an injury, but also those who might be awaiting surgery.

<div>Chiropractic Code 2016</div> <div><div>A</div><div>Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>C</div><div>Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div></div> <div><div>E</div><div>Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div></div> <div><div>G</div><div>Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div>	<div>Certification</div> <div>This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>2<sup>nd</sup> July 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Confirmation</div> <div>I confirm that the figure shown accurately reflects the time spent by me on this event.</div> <div>Signed: </div> <div>Osteopathic Practice Standards 2019</div> <div><div>A</div><div>Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>B</div><div>Knowledge, skills and performance</div><div>B1 B2 B3 B4</div></div> <div><div>C</div><div>Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div></div> <div><div>D</div><div>Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
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- Happiness 0.75 hr OPS A/B/C

CPD EVENT RECORD

HAPPINESS

with Katie Millard

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion covered the role of happiness, as an element of mental health, in the promotion of general wellbeing. The roles of the conscious and sub-conscious mind were described and the resources available to patients and practitioners outlined. Some simple strategies for improving happiness were also described.

On reflection, it is useful to be aware of these techniques and resources. I can see how they might prove useful to some of my patients, including children.

<div>Chiropractic Code 2016</div> <div><div>A</div><div>Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>C</div><div>Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div></div> <div><div>E</div><div>Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div></div> <div><div>G</div><div>Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div>	<div>Certification</div> <div>This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>6<sup>th</sup> July 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Confirmation</div> <div>I confirm that the figure shown accurately reflects the time spent by me on this event.</div> <div>Signed: </div> <div>Osteopathic Practice Standards 2019</div> <div><div>A</div><div>Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>B</div><div>Knowledge, skills and performance</div><div>B1 B2 B3 B4</div></div> <div><div>C</div><div>Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div></div> <div><div>D</div><div>Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
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- Case-Based Discussion 0.75 hr OPS A/B/C

CPD EVENT RECORD

Case-Based Discussion



Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concerned a female patient with thyroid and diabetic problems, presenting with back pain. It was felt that she had been especially affected by a number of hypoglycaemic incidents.

The biopsychosocial elements of such a case were considered, particularly since there was no trauma. The relevance of menopause was raised, although it was not pertinent in the case under consideration. Tissue quality was another area of interest, and the roles of sleep, diet and nutritional supplements were raised. Concerns about the safety of using dry needling on diabetic patients were explained.

On reflection, this provided some additional lines of consideration for my own future patients and helps me widen my diagnostic sieve.

<div>Chiropractic Code 2016</div> <div><div>A</div><div>Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>C</div><div>Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div></div> <div><div>E</div><div>Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div></div> <div><div>G</div><div>Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div>	<div>Certification</div> <div>This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>8<sup>th</sup> July 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Confirmation</div> <div>I confirm that the figure shown accurately reflects the time spent by me on this event.</div> <div>Signed: </div> <div>Osteopathic Practice Standards 2019</div> <div><div>A</div><div>Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>B</div><div>Knowledge, skills and performance</div><div>B1 B2 B3 B4</div></div> <div><div>C</div><div>Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div></div> <div><div>D</div><div>Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12</div></div> <div>Objective Activity: Case-Based Discussion</div> <div>Communication &amp; Consent: Ye</div>
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- Dysmenorrhoea 0.75 hr OPS A/B/C

CPD EVENT RECORD

DYSMENORRHOEA

with Dr Susanna Unsworth

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concerned dysmenorrhoea, including signs and symptoms, the problem of underdiagnosis, and the various treatment options. Dr Unsworth described problems with the use of over-the-counter pain relief medication, as well as potential benefits of hormonal treatment, typically in the form of the contraceptive pill. The significance of timing in period-related pain (including mittelschmerz pain), and possible secondary causes of pain were discussed. The merits of natural hormonal treatment were also covered.

On reflection, this was very useful information and will help with my own diagnostic process. Because women are likely to assume that period pain is normal, and may be dismissed for that reason by other healthcare professionals, I might find myself as the first point of contact where it is important to make onward referral.

<div>Chiropractic Code 2016</div> <div><div>A</div><div>Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>C</div><div>Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div></div> <div><div>E</div><div>Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div></div> <div><div>G</div><div>Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div>	<div>Certification</div> <div>This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>9<sup>th</sup> July 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Confirmation</div> <div>I confirm that the figure shown accurately reflects the time spent by me on this event.</div> <div>Signed: </div> <div>Osteopathic Practice Standards 2019</div> <div><div>A</div><div>Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div></div> <div><div>B</div><div>Knowledge, skills and performance</div><div>B1 B2 B3 B4</div></div> <div><div>C</div><div>Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div></div> <div><div>D</div><div>Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
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- ACJ Instability 0.75 hr OPS B/C

CPD EVENT RECORD

ACJ INSTABILITY

with Mr Ali Noorani

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion looked at the mechanisms which might cause ACJ injury and the symptoms a patient might then experience. The risks of surgery were explained, together with alternatives. Of particular interest was the finding that arthritic change is often not related to pain. Mr Noorani also explained why implants may often fail to resolve ACJ pain. Resolving instability through the use of ligament grafts was often a better (and less invasive) option.

On reflection, this adds to my awareness of the part that ACJ instability plays in shoulder pain and will be very helpful in my assessment of future patients.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals


F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event



S L BRUCE, APM Director

13<sup>th</sup> July 2020

45 minutes


Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Elbow and Shoulder Problems 0.75 hr OPS B/C

CPD EVENT RECORD

ELBOW AND SHOULDER PROBLEMS

with Mr Rupen Dattani

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion began with a discussion of tennis and golfer's elbow. Mr Dattani confirmed that rest is the best option for initial treatment, but went on to explain alternatives, including shockwave therapy, PRP injection, corticosteroids and prolotherapy. Diagnostic indicators and misleading referral patterns were covered, as was the use of epicondylar straps. He concluded with video illustration of frozen shoulder treatments.

On reflection, much of what was said served to confirm my existing knowledge, which gives confidence that my patients are receiving the best possible treatment. Information concerning the alternative interventions, and the indicators for them, will be useful in dealing with stubborn cases.

Chiropractic Code 2016

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A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

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G1 G2 G3 G4 G5 G6

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D1 D2 D3 D4

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F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event



S L BRUCE, APM Director

20<sup>th</sup> July 2020

45 minutes


Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Spinal Cases and Lifestyle 0.75 hr OPS B/C

CPD EVENT RECORD

SPINAL CASES AND LIFESTYLE

with Mr Rajiv Bajekal

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion considered cases of a burst fracture and ankylosing spondylitis. The xray and MR images were shown, and the consultant explained the challenges of dealing with patients during the coronavirus scare, and how various types of conservative, out-patient treatment had been attempted for the fracture case, but eventually a percutaneous spinal jack was required. In the second case, it was pointed out that the more obvious finding on the imagery (hip OA) could easily distract a practitioner from the more significant AS. The discussion concluded with a discussion on healthy nutrition, in this case the benefits of mushrooms.

On reflection, the presenting signs and symptoms discussed in these cases will provide useful guidance when assessing my own future patients. The lifestyle advice is also likely to be helpful in providing general care and guidance to my patients.

Chiropractic Code 2016

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A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

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B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals


F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event



S L BRUCE, APM Director

16<sup>th</sup> July 2020

45 minutes


Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Muscle Tone Inhibition 1.5 hrs OPS B/C

CPD EVENT RECORD

MUSCLE TONE INHIBITION

with Simon King

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion considered the hypothesis that muscle tone ( and therefore strength and efficiency) could be inhibited neurologically as a result of various types of foreign body. These included dental devices(fillings, crowns, retainers, implants), body piercings and jewellery. A rationale for the hypothesis was provided, and video evidence to support the concept that treatment outcomes could be enhanced by removing or altering the foreign bodies was given.

On reflection, this discussion provides an interesting alternative view to treatment and consideration of the impact of foreign bodies is something I can include in my case-history taking in the future.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

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F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event



S L BRUCE, APM Director

21<sup>st</sup> July 2020

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Patellar Dislocation 0.75 hr OPS B/C

CPD EVENT RECORD

PATELLAR DISLOCATION

with Mr Joyti Saksena

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion covered the predisposing factors in patellar dislocation, signs and symptoms, the role of different forms of imagery and treatment options. The merits and risks of different surgical approaches were clearly explained, and the benefits of early reduction were contrasted with the inherent delay in reaching A&E.

On reflection, while it is unlikely that an acute dislocation will present in my clinic, this discussion has improved my ability to inform at-risk patients (such as the hypermobile or those with patella alta) of the options available to them.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

S L BRUCE, APM Director

23<sup>rd</sup> July 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Case-Based Discussion 0.75 hr OPS B/C

CPD EVENT RECORD

Case-Based Discussion

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This case-based discussion considered a patient experiencing unilateral lower shin pain after stepping down onto a sharp edge. The general consensus was that it was likely to be an irritation of the sural nerve, but a variety of possibilities were voiced. The discussion went on to examine differentiation between 'shin splints' and anterior compartment syndrome, including severe cases of the latter which might constitute a clinical emergency.

On reflection, this has clarified for me the causes of shin pain and leaves me better able to inform my own patients about possible solutions.

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H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

S L BRUCE, APM Director

28<sup>th</sup> July 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion

Communication & Consent: No

- Biomechanics and Pain Science 0.75 hr OPS A/B/C

CPD EVENT RECORD

BIOMECHANICS AND PAIN SCIENCE

with Greg Lehman

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion contrasted the biopsychosocial model and kinesio pathological models of pain. The speaker cited evidence which showed that much treatment is imprecise yet still effective, and proposed mechanisms for this. The role of, and evidence for, artificial mechanisms, such as orthotics, were discussed, and the importance of appropriate communication was emphasised.

On reflection, this has reinforced my existing knowledge of pain management, but has also provided additional resources which I can share with patients to help them manage their conditions.

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F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

S L BRUCE, APM Director

27<sup>th</sup> July 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Persistent Pain and Activity Levels 0.75 hr OPS A/B

CPD EVENT RECORD

PERSISTENT PAIN AND ACTIVITY LEVELS

with Matt Wallden

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion looked at the possible reasons behind increasing levels of persistent pain in society despite the increasing numbers of therapists, drugs and surgeons. The speaker also cited research which showed that daily, low-level physical activity can be more effective at dealing with pain than more formal bouts of exercise. One option for measuring activity levels effectively was also discussed.

On reflection, this leaves me better able to inform my own patients about the type and amounts of exercise which might be most effective at reducing their pain.

Chiropractic Code 2016

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F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

S L BRUCE, APM Director

30<sup>th</sup> July 2020

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

104

105

- Case-Based Discussion 0.75 hr OPS A/B/C

CPD EVENT RECORD

Case-Based Discussion

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion focussed on hypermobility. The problems of not just pain sensitivity, but also insensitivity to local analgesia were covered. The importance of appropriate strength training was emphasised by several participants, and the role of ballistic stretching (with the aim of promoting neural drive) was raised. A number of useful resources were provided.

On reflection, this was a useful reminder of the complexity of hypermobility cases, and some of the factors which contribute to helping patients. This will be relevant to many of my future patients.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE</b> , APM Director <b>3<sup>rd</sup> August 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: Case-Based Discussion</b> Communication & Consent: No
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- Mental Health and Covid-19 1.5 hrs OPS A/B/C

CPD EVENT RECORD

MENTAL HEALTH AND COVID 19

with Dr David Crepez-Keay

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion examined the effects of the coronavirus pandemic and subsequent lockdown on mental health in the UK. Dr Crepez-Keay cited a number of reports showing how the stress of the situation had affected different groups to differing degrees. He also explained the importance of appropriate language in communicating with people suffering mental health problems and gave guidance on how to broach what for many people is a very sensitive subject. He stressed that, contrary to popular belief it is important to talk to potentially suicidal individuals about their thoughts - it does not increase the likelihood of them committing suicide. He also mentioned how many people have an exaggerated view of the effects of the virus and can be helped by reassurance that things are not as bad as they imagine.

On reflection, it is clear that the mental health of many of my patients could be adversely affected by the pandemic. This discussion has given me some simple tools to provide them with help, and has made me aware of resources which are available for those who are suffering.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE</b> , APM Director <b>5<sup>th</sup> August 2020</b> <b>90 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: None</b> Communication & Consent: <b>Ye</b>
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- Nutrition - 7 Essentials 0.75 hr OPS B

CPD EVENT RECORD

NUTRITION- 7 ESSENTIALS

with Natalia Kerkham

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion consisted of an overview of nutritional essentials, with emphasis on how some might provide a useful defence against the coronavirus. Ms Kerkham was able to dispel some myths about certain food groups, while providing useful advice in a format which would be readily understandable by patients.

On reflection, it is helpful to have heard the reasoning of a nutritional expert; it reassures me that I am able to provide helpful advice, based on evidence, to my own patients with regard to their diet.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE</b> , APM Director <b>6<sup>th</sup> August 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: None</b> Communication & Consent: No
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- Breathing, Pain and Covid-19 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

BREATHING, PAIN AND COVID-19

with Dr Rosalba Courtney PhD

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concentrated on the effects of correct breathing on the body's innate healing system. In particular, the importance of nitric oxide was emphasised. The fact that nitric oxide was being administered to healthcare staff due to its anti-viral potential lent weight to the theory that breathing exercises to increase nitric oxide could be helpful in protecting against coronavirus. Nasal breathing and humming techniques were described, since these are very helpful in nitric oxide production. It was emphasised that claims for the effectiveness of these techniques in defeating coronavirus which were not based on sound evidence would constitute unacceptable advertising/marketing.

On reflection, this was a useful, evidence-based discussion on simple breathing techniques that could have significant benefits for patients in many aspects of healthcare. The techniques will be applicable to many of my future patients.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE</b> , APM Director <b>10<sup>th</sup> August 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: None</b> Communication & Consent: No
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- Case-Based Discussion 0.75 hr OPS A/B

CPD EVENT RECORD

Case-Based Discussion

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion focussed on a patient who presented with CTJ pain and restricted movement, but who was very unwilling to be touched in the neck or shoulder area. Alternative ways to relieve the problem were considered, and included: having the patient place her own hands on the skin, with the practitioner's hands on top, laser therapy, use of other soft-tissue devices, harmonics (working from the ankles), EMDR and Lovett Brothers Technique.

There was also discussion about the necessary quality of PPE for general clinical work, and how to verify it.

On reflection, the ideas proposed in this discussion could be useful in a wide variety of presenting conditions, and will help me to apply treatment in cases where patients are sensitive to touch or unwilling to be touched.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 <b>C5</b> C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director <b>12<sup>th</sup> August 2020</b> 45 minutes Learning with Others Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: Case-Based Discussion</b> Communication & Consent: No
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- Shoulder and Thoracic Exercises 0.75 hr OPS A/B/C

CPD EVENT RECORD

SHOULDER AND THORACICS EXERCISES

with Karen Grinter



Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This CPD event included a discussion and demonstration of simple, Pilates-based exercises, suitable for patients with restricted range of motion in the shoulders or upper back. It included suggestions on improving patient compliance and on the frequency and number of exercises which could be useful.

On reflection, this adds to my own repertoire of exercises and will help in providing patients with care which best suits them in the future.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 <b>C5</b> C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director <b>13<sup>th</sup> August 2020</b> 45 minutes Learning with Others Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: None</b> Communication & Consent: No
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- Hip Cases 0.75 hr OPS B/C

CPD EVENT RECORD

HIP CASES

with Mr Simon Mellor

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion centred on the diagnosis and misdiagnosis of hip pain. Bone metastases were covered, and it was emphasised that physical therapy should be exercised with caution if there is a possibility of weakened bone, but it was also stressed that the fear that physical therapy can cause cancer to spread is unfounded. As always, the necessity to take a thorough case history was emphasised, in this case to reveal significant medical history.

Mr Mellor described a case which appeared to be hip related but on physical examination turned out to be an inguinal hernia - the pain referral pattern had initially been misleading. He also talked about hamstring avulsion injuries which, though rare, are important since long delays in referral for surgery can make repair more difficult.

On reflection, this was a very helpful reminder of the need to take a careful case history and conduct a thorough physical examination. Although this was specific to the hip, the lessons apply to all patients.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 <b>C5</b> C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director <b>17<sup>th</sup> August 2020</b> 45 minutes Learning with Others Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: None</b> Communication & Consent: No
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- 7 Principles of Rehab 0.75 hr OPS A/B/C

CPD EVENT RECORD

7 PRINCIPLES OF REHAB

with Heather Watson




Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion gave structure to the rehab process by applying 7 distinct principles to it. The value of a truly bespoke process was described, one in which the practitioner visited the workplace, or attended activities which had been set as goals, and one in which other practitioners with different skills were involved. Patient compliance was identified as a potential stumbling block, but strategies to overcome this were outlined. Various types of Patient Reported Outcome Measures were also discussed, the key being selection of measures appropriate to the patient and to the problem.

On reflection, this structure will be a helpful guide to formulation of rehab programmes for my own patients, and has encouraged me to consider the accuracy and relevance of PROMs in my own clinic.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 <b>C5</b> C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director <b>20<sup>th</sup> August 2020</b> 45 minutes Learning with Others Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 <b>Objective Activity: None</b> Communication & Consent: No
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- Reversing Diabetes 0.75 hr OPS A/B/C

CPD EVENT RECORD

REVERSING DIABETES

with Mr Rajiv Bajekal



Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This presentation explained how various dietary changes could help reverse Type 2 Diabetes. The speaker, a certified Lifestyle Medical Practitioner and orthopaedic consultant, showed how such changes could be a very healthy alternative to conventional medical alternatives. The scale of the problem was outlined, and the histological processes involved. Some common misconceptions about diet were dispelled and the current diagnostic criteria outlined.

On reflection, this is a growing problem that I recognise among my own patients. This presentation has provided me with information and resources, founded on sound evidence, that I can share with patients, helping them to avoid diabetes or even reverse the condition.

<div>Chiropractic Code 2016</div> <div><div>A Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div><div>E Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div><div>G Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div> <div><div>B Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct</div><div>B1 B2 B3 B4 B5 B6 B7 B8 B9</div><div>D Establish and maintain a clear professional relationship with patients</div><div>D1 D2 D3 D4</div><div>F Communicate properly and effectively with patients, colleagues and other healthcare professionals</div><div>F1 F2 F3 F4 F5 F6</div><div>H Maintain and protect patient information</div><div>H1 H2 H3 H4 H5 H6 H7</div></div>	<div>Certification</div> <div>This certificate confirms that</div> <div>Steven Bruce</div> <div>participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>7<sup>th</sup> September 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Confirmation</div> <div>I confirm that the figure shown accurately reflects the time spent by me on this event.</div> <div>Signed: </div> <div>Osteopathic Practice Standards 2019</div> <div><div>A Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div><div>B Knowledge, skills and performance</div><div>B1 B2 B3 B4</div><div>D Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
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- Case-Based Discussion 0.75 hr OPS A/B/C

CPD EVENT RECORD

Case-Based Discussion: 09/09/20

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concerned a 55-year-old man suffering intermittent bilateral paresthesiae in the upper extremities, with stiff neck and shoulder pain. A GP-administered steroid had limited effect. HVT from an osteopath had not helped. A recent MRI report indicated multi-level CSP degeneration, with several mild disc bulges, and severe right foraminal stenosis at C6/7. The discussion covered various options for treatment, including soft tissue work, balanced ligamentous tension, traction, HVT (including activator use). The need for caution was emphasised, while recognising that the findings of the MRI might not be the cause of pain. Considerable time was devoted to the importance of managing expectations and communicating clearly the probable causes of pain and the merits/risks of treatment options.

On reflection, this was a useful examination of how to deal with the unrealistic expectations of a patient, as well as a consideration of the safety implications when treating a case of CSP spondylopathy. This will inform my own treatments in the future.

<div>Chiropractic Code 2016</div> <div><div>A Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div><div>E Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div><div>G Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div> <div><div>B Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct</div><div>B1 B2 B3 B4 B5 B6 B7 B8 B9</div><div>D Establish and maintain a clear professional relationship with patients</div><div>D1 D2 D3 D4</div><div>F Communicate properly and effectively with patients, colleagues and other healthcare professionals</div><div>F1 F2 F3 F4 F5 F6</div><div>H Maintain and protect patient information</div><div>H1 H2 H3 H4 H5 H6 H7</div></div>	<div>Certification</div> <div>This certificate confirms that</div> <div>Steven Bruce</div> <div>participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>9<sup>th</sup> September 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Confirmation</div> <div>I confirm that the figure shown accurately reflects the time spent by me on this event.</div> <div>Signed: </div> <div>Osteopathic Practice Standards 2019</div> <div><div>A Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div><div>B Knowledge, skills and performance</div><div>B1 B2 B3 B4</div><div>D Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div>Objective Activity: Case-Based Discussion</div> <div>Communication &amp; Consent: Yes</div>
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- Communication and Collaboration 0.75 hr OPS A/B/C

CPD EVENT RECORD

COMMUNICATION & COLLABORATION

with Robin Lansman

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion looked at the merits of establishing good networks with other healthcare providers, through which to offer information about physical therapy. The challenges were acknowledged: gaining access, overcoming nervousness, understanding how to speak in public. It considered the type of message that might be conveyed (including the importance of advertising standards and evidence), and a number of public health forums was suggested. The relevance of leadership in a healthcare context was explained.

On reflection, this has helped broaden my understanding of how communication and collaboration can help in my own practice, and has raised my awareness of the coaching and support available to me.

<div>Chiropractic Code 2016</div> <div><div>A Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div><div>E Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div><div>G Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div> <div><div>B Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct</div><div>B1 B2 B3 B4 B5 B6 B7 B8 B9</div><div>D Establish and maintain a clear professional relationship with patients</div><div>D1 D2 D3 D4</div><div>F Communicate properly and effectively with patients, colleagues and other healthcare professionals</div><div>F1 F2 F3 F4 F5 F6</div><div>H Maintain and protect patient information</div><div>H1 H2 H3 H4 H5 H6 H7</div></div>	<div>Certification</div> <div>This certificate confirms that</div> <div>Steven Bruce</div> <div>participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>10<sup>th</sup> September 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Confirmation</div> <div>I confirm that the figure shown accurately reflects the time spent by me on this event.</div> <div>Signed: </div> <div>Osteopathic Practice Standards 2019</div> <div><div>A Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div><div>B Knowledge, skills and performance</div><div>B1 B2 B3 B4</div><div>D Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
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- Treatment, Research Context and Innate Healing 0.75 hr OPS A/B/C

CPD EVENT RECORD

Treatment, Research Context & Innate Healing

with Dr Dave Newell PhD



Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concerned the effect of context on treatment outcomes. It considered placebo and nocibo, specific and non-specific effects, as well as empathy, language and other environmental effects.

I took part in this CPD because I recognise the importance of context in all forms of healthcare and wanted to learn more. The CPD was highly significant, as it addressed ways in which the effects of context can be enhanced by appropriate practitioner input, and it will contribute to my being aware of the value and mechanisms of context in patient recovery.

<div>Chiropractic Code 2016</div> <div><div>A Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div><div>E Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div><div>G Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div> <div><div>B Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct</div><div>B1 B2 B3 B4 B5 B6 B7 B8 B9</div><div>D Establish and maintain a clear professional relationship with patients</div><div>D1 D2 D3 D4</div><div>F Communicate properly and effectively with patients, colleagues and other healthcare professionals</div><div>F1 F2 F3 F4 F5 F6</div><div>H Maintain and protect patient information</div><div>H1 H2 H3 H4 H5 H6 H7</div></div>	<div>Certification</div> <div>This certificate confirms that</div> <div>Steven Bruce</div> <div>participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>14<sup>th</sup> September 2020</div> <div>45 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div>Academy of PHYSICAL MEDICINE</div>	<div>Confirmation</div> <div>I confirm that the figure shown accurately reflects the time spent by me on this event.</div> <div>Signed: </div> <div>Osteopathic Practice Standards 2019</div> <div><div>A Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div><div>B Knowledge, skills and performance</div><div>B1 B2 B3 B4</div><div>D Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: Yes</div>
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- Current Evidence 1.5 hrs OPS A/B/C

## CPD EVENT RECORD

**CURRENT EVIDENCE**  
*with Dr Malcolm Kendrick*

**Live Event:**  
*Learning With Others*

### Evaluation, Reflection and Impact on Practice:

This discussion examined the quality of data evidence for a variety of healthcare interventions and procedures. These included coronavirus reporting and protocols, diabetes, cancer and particularly cardiovascular disease. The reliability of the medical evidence-base as a whole was touched upon and some areas where it was open to misinterpretation explained. The role of practitioners in communicating evidence to patients, especially when that evidence conflicted with NICE or other guidelines was considered and the need for a balanced view was emphasised. The potential for personal belief, instinct or conviction to impair one's analysis of evidence was made clear.

### Reflection:

My reason for taking part in this CPD was borne of a desire to ensure that I can offer valuable healthcare advice to patients, even when it relates to areas outside my own area of medical expertise. From this training, I am better able to understand the evidence pertaining to coronavirus and CVD, and am reminded of how I might effectively and constructively communicate that knowledge to patients. This will contribute significantly to instilling confidence in those patients, and helping through contextual components to improve their treatment outcomes.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>B</b> Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9 <b>D</b> Establish and maintain a clear professional relationship with patients D1 D2 D3 D4 <b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6 <b>H</b> Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>15<sup>th</sup> September 2020</b> <b>90 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: None Communication & Consent: <b>Yes</b>
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- Case-Based Discussion 0.75 hr OPS A/B/C/D

## CPD EVENT RECORD

**Case-Based Discussion**

**Live Event:**  
*Learning With Others*

### Evaluation, Reflection and Impact on Practice:

This discussion focused mainly on a 19-year-old female, suffering chronic, bilateral LEX pain. She was hypermobile and had been a regular gym-user until the coronavirus lockdown some 6 months prior to her appointment. Currently, her pain was so bad that she was reluctant to walk. She complained of Complex PTSD and had many prominent stretch marks around her body. Active examination showed full range of movement, but some (squats) were reportedly painful. Passive examination was not possible due to pain anticipation. A number of approaches were proposed, including 1-1 Pilates, mindfulness, and a return to strength training, as part of a holistic, biopsychosocial approach. A second case, concerning the long-term benefit of soft tissue treatment in a patient who had previously had a mastectomy was also considered.

### On reflection

I undertook this activity in order to increase my clinical knowledge. This case-based discussion will contribute to my practice in that I feel better able to evaluate complex cases like the first, and better informed about long-term benefits of the latter. This will translate to better treatment outcomes for my own patients.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>B</b> Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9 <b>D</b> Establish and maintain a clear professional relationship with patients D1 D2 D3 D4 <b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6 <b>H</b> Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>21<sup>st</sup> September 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: <b>Case-Based Discussion</b> Communication & Consent: <b>No</b>
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- HRT and Breast Cancer 0.75 hr OPS A/B/C

## CPD EVENT RECORD

**HRT AND BREAST CANCER**  
*with Dr Susanna Unsworth*




**Live Event:**  
*Learning With Others*

### Evaluation, Reflection and Impact on Practice:

This discussion concerned the effect of different types of HRT on breast cancer risk. The speaker identified several methods of delivery (oral, transdermal, vaginal) and explained the current types (oestrogen, combined) and older versions, such as Premarin. Indications for the use of the different types were given and the risk outlined: while there is a small increased risk of breast cancer, overall mortality falls with both current types of HRT.

### Reflection

I undertook this CPD in order to understand better the risks which might be inherent in HRT, in order that I can advise patients accurately. In that regard, this activity will make a significant contribution to my ability to reassure patients who are concerned about HRT.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>B</b> Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9 <b>D</b> Establish and maintain a clear professional relationship with patients D1 D2 D3 D4 <b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6 <b>H</b> Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>17<sup>th</sup> September 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: None Communication & Consent: <b>No</b>
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- Orthotics and Cerebral Palsy 0.75 hr OPS B/C/D

## CPD EVENT RECORD

**ORTHOTICS AND CEREBRAL PALSY**  
*with Sam Walmsley*

**Live Event:**  
*Learning With Others*

### Evaluation, Reflection and Impact on Practice:

This discussion covered the design and prescription of ankle foot orthoses for cerebral palsy patients. Evidence was provided for their efficacy and guidelines given for identifying improperly fitted orthotics. The role of goal-setting in assessing the success of orthotics was explained.

### Reflectio

I took part in this CPD in order to expand my knowledge of how Cerebral Palsy sufferers can be treated. I am now better-informed of the options open to and therefore better able to advise them, or their families should the need arise. This contributes to my awareness of wider healthcare issues.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>B</b> Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9 <b>D</b> Establish and maintain a clear professional relationship with patients D1 D2 D3 D4 <b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6 <b>H</b> Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>24<sup>th</sup> September 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: None Communication & Consent: <b>No</b>
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- Sleep Apnoea 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

SLEEP APNOEA

with Dr Rosalba Courtney PhD

Live Event:




Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion centred on the definition, causes, signs and symptoms, and treatment of sleep apnoea. The prevalence of the condition, together with the degree to which it is underdiagnosed were covered, as were the pros and cons of a number of conventional or alternative interventions. The role of sleep apnoea in other conditions, including cardiovascular disease, hypertension and diabetes was outlined, and details of several useful screening tools were given.

**Reflection**

I undertook this activity because I was curious to know more about sleep apnoea. I am now much more aware of the prevalence and impact of the condition, and feel better able to help patients, particularly where conventional treatments have been unsuccessful. This has the potential to be very useful to my future patients.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>28<sup>th</sup> September 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: None Communication & Consent: No
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- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concerned a 14-year-old, hypermobile female patient with ideopathic scoliosis. X-ray imagery, photographs of the patient in a forward-bending posture and video footage of the patient's gait were provided. The Cobb angle was 16°. Physical therapy options were discussed, particularly with regard to the upper cervical spine, noting that the patient had suffered a recent fall onto her face, sufficient to break teeth. Much time was devoted to the role that bracing could play, and the reluctance of a teenager to wear a brace to school. Given the low Cobb angle, it was felt that a Cheneau/asymmetric, rigid brace would be suitable, and that it would not be necessary to wear it during school hours.

**Reflection**

I undertook this CPD in order to deepen my understanding of treatment options for scoliosis. This will enhance my practice through my improved ability to advise patients on the topic, and my increased awareness of specific aspects of manual therapy which are applicable.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>1<sup>st</sup> October 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: Case-Based Discussion Communication & Consent: No
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- Virology 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

VIROLOGY UPDATE

with Prof Nicolas Locker

Live Event:




Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion built on an earlier presentation by Prof Locker, and described the progress being made in the search for a SARS-Cov-2 vaccine, and in the refinement of the tests being used. Prof Locker was able to answer questions on the possible mutation of the virus, mechanisms of transmission

**Reflection**

I took part in this activity both to resolve uncertainty in my own mind about coronavirus, and also to improve my ability to answer patients' questions on the subject. It helped me understand the role of other specialists in this important field and will enable me to give confidence to patients by helping them make sense of the often conflicting stories circulating in the news and via social media. Taking part has reminded me of the need to keep up-to-date on this topic as new developments emerge.

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- Bone Fragility 1.5 hrs OPS B/C/D

CPD EVENT RECORD

BONE FRAGILITY

with Mr Nick Birch MB BS, FRCS, FRCS (Orth)

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice:

This discussion concerned osteoporotic change in (mainly) women. The differences between bone density and bone toughness were explained, as were the relative merits of DEXA scanning and REMS (Radio Frequency Echographic Multi-Spectrometry). REMS was demonstrated on 3 female models of differing ages and BMI and the results were explained in detail. Methods of improving bone health were also outlined.

**Reflection**

I undertook this activity in order that I could advise patients better on the risks to their bone health of ageing and menopause. I now feel more confident in advising them on this, and I am better able to suggest methods to reduce their risk of fracture. This means that I can provide a better service to my patients and can advise them correctly on appropriate scanning methods.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  <b>S L BRUCE, APM Director</b> <b>7<sup>th</sup> October 2020</b> <b>90 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: None Communication & Consent: No
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- Perthes' Disease and Hip Dysplasia 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

PERTHES' DISEASE AND HIP DYSPLASIA  
with Mr Simon Mellor

Live Event:  
Learning With Others

**Evaluation, Reflection and Impact on Practice:**  
This discussion described the incidence, symptoms and treatment options for Perthes' Disease and Developmental Dysplasia of the Hip. A number of cases, including xray images, was used to illustrate the progression of the conditions and the surgical approaches.

**Reflection**  
I undertook this activity to learn more about these conditions, in order that I can discuss them more knowledgeably with affected patients or parents. This will improve the quality of the service I am able to offer through my ability to provide reassurance and/or signposting as necessary.

Chiropractic Code 2016

A Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice  
C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care  
E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills  
G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct  
B1 B2 B3 B4 B5 B6 B7 B8 B9


D Establish and maintain a clear professional relationship with patients  
D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6

H Maintain and protect patient information  
H1 H2 H3 H4 H5 H6 H7


Certification

This certificate confirms that **Steven Bruce** participated in this CPD event

  
S L BRUCE, APM Director


8<sup>th</sup> October 2020

45 minutes  
Learning with Others  
Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership  
A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance  
B1 B2 B3 B4

C Safety and quality in practice  
C1 C2 C3 C4 C5 C6

D Professionalism  
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: No

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

**Evaluation, Reflection and Impact on Practice**

**Summary**  
This discussion concerned 2 cases of babies with plagiocephaly. The merits of corrective helmets were considered, as well as the optimum age for manual treatment. Indications that a helmet might be fitted incorrectly were pointed out. The discussion also ventured into areas around postural development, including the benefits and risks of Bumbo seats and Sleepcurve mattresses.

**Reflection**  
I undertook this activity to further my understanding of plagiocephaly and improve my ability to advise parents on treatment options. This greater knowledge is likely to inspire confidence in my patients and will lead to better outcomes for them/their children.

Chiropractic Code 2016

A Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice  
C1 C2 C3 C4 C5 C6 C7 C8 C9

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H1 H2 H3 H4 H5 H6 H7


Certification

This certificate confirms that **Steven Bruce** participated in this CPD event

  
S L BRUCE, APM Director


14<sup>th</sup> October 2020

45 minutes  
Learning with Others  
Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership  
A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance  
B1 B2 B3 B4

C Safety and quality in practice  
C1 C2 C3 C4 C5 C6

D Professionalism  
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion  
Communication & Consent: No

- Babies: Vestibular Development 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

BABIES: VESTIBULAR DEVELOPMENT  
with Louise Bashall

Live Event:  
Learning With Others

**Evaluation, Reflection and Impact on Practice**

**Summary**  
This discussion concerned the safe positioning of babies for sleep and play, and the role played by different positioning in developing the vestibular apparatus. The causative link between SIDS and babies sleeping prone was emphasised and the contribution of the National Childbirth Trust covered.

**Reflection**  
I undertook this activity in order to broaden my understanding of infant development. I am now better able to discuss with mothers how they can safely help their babies develop naturally. Many mothers are unsure of what is safe for neonates and will help them that I can either advise them or direct them to appropriate resources.

Chiropractic Code 2016

A Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice  
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H Maintain and protect patient information  
H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event

  
S L BRUCE, APM Director


12<sup>th</sup> October 2020

45 minutes  
Learning with Others  
Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership  
A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance  
B1 B2 B3 B4

C Safety and quality in practice  
C1 C2 C3 C4 C5 C6

D Professionalism  
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: No

- Yoga for Chronic Stress 0.75 hr OPS A/B/D

CPD EVENT RECORD

YOGA FOR CHRONIC STRESS  
with Anji Gopal

Live Event:  
Learning With Others

**Evaluation, Reflection and Impact on Practice**

**Summary**  
This workshop included a discussion of the mechanisms by which yoga-based exercises can mitigate the effects of chronic stress and a demonstration of some simple techniques which practitioners can use themselves or share with patients. References were provided to supporting research. It was emphasised that, since the techniques are based on anatomy, physiology and an understanding of musculoskeletal principles, it was safe and appropriate for practitioners to share them; there was no need to understand yoga per se.

**Reflection**  
Stress is very much a part of society at the moment and I undertook this activity to discover more ways in which I could help patients (and myself) deal with the problem. Many of my patients will be grateful to discover these simple techniques.

Chiropractic Code 2016

A Put the health interests of patients first  
A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice  
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F Communicate properly and effectively with patients, colleagues and other healthcare professionals  
F1 F2 F3 F4 F5 F6

H Maintain and protect patient information  
H1 H2 H3 H4 H5 H6 H7


Certification

This certificate confirms that **Steven Bruce** participated in this CPD event

  
S L BRUCE, APM Director


15<sup>th</sup> October 2020

45 minutes  
Learning with Others  
Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership  
A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance  
B1 B2 B3 B4

C Safety and quality in practice  
C1 C2 C3 C4 C5 C6

D Professionalism  
D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: No

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

116

117

- CSP MRI Interpretation 0.75 hr OPS B/C/D

## CPD EVENT RECORD

### CERVICAL SPINE MRI INTERPRETATION

with Rob Shanks and Darren Chandler

Live Event:  
Learning  
With Others

#### Evaluation, Reflection and Impact on Practice

##### Summary

This discussion covered the basic elements of cervical spine MRI interpretation - identifying anatomical landmarks and recognising possible pathology. The need to relate the scan findings with symptoms was emphasised, and illustrated by reference to a real case. The potential for radiologists to miss important findings was also made clear. Using a number of real cases, the presenters illustrated how treatment could be guided by the imagery.

##### Reflection

I undertook this activity because I recognised the limitations in my own ability to interpret MRI scans and my consequent reliance on radiologists' reports. With this training I am better able to check that the reports are accurate and this could have major implications for treatment of my patients.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director <b>19<sup>th</sup> October 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: None Communication & Consent: No
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- Maintenance Care 1.5 hrs OPS A/B/C

## CPD EVENT RECORD

### MAINTENANCE TREATMENT

with Andreas Eklund

Live Event:  
Learning  
With Others

#### Evaluation, Reflection and Impact on Practice

##### Summary

This discussion concerned the evidence relating to maintenance care for back pain. The details of relevant research were shared, indicating that one particular psychological group was likely to benefit markedly from maintenance care, while the two others would not. Methods for classification of patients into appropriate groups were explained and future research into a screening tool was described.

##### Reflection

It is a constant concern that there is inadequate evidence to support manual therapy, so I undertook this training to find out what current research could offer. The information provided has the potential to make a big impact on my practice, as it helps identify those who will benefit most from maintenance care. This means better outcomes for those patients and will help me to avoid offering maintenance care to poor responders. In both cases this means better efficacy and better cost-effectiveness for the patient.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director <b>20<sup>th</sup> October 2020</b> <b>90 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: None Communication & Consent: No
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- Pitfalls in Spinal Assessment 0.75 hr OPS A/B/C/D

## CPD EVENT RECORD

### PITFALLS IN SPINAL ASSESSMENT

with Mr Bob Chaterjee

Live Event:  
Learning  
With Others




#### Evaluation, Reflection and Impact on Practice

##### Summary

This discussion examined the importance of case history taking in assessing spinal problems and cautioned against over-reliance on imagery. The importance of good communication, both in eliciting information and in explaining problems, was stressed. Abnormal patient psychometrics were outlined and the possibility that these could mislead the practitioner explained. Rare but important conditions were illustrated and the importance of early referral of possible cauda equina cases was stressed.

##### Reflection

A great proportion of my work is spinal and I attended this CPD to ensure that my knowledge was up-to-date. This will help prevent misdiagnoses, protecting patients from consequent harm and is likely to improve overall outcomes.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director <b>22<sup>nd</sup> October 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: None Communication & Consent: No
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- Case-Based Discussion 0.75 hr OPS A/B/C

## CPD EVENT RECORD

### Case-Based Discussion

Live Event:  
Learning  
With Others


#### Evaluation, Reflection and Impact on Practice

##### Summary

This discussion concerned a 45-year-old male with a one-month history of groin strain. The problem was not resolving and a variety of protocols was discussed, including shockwave therapy, ultrasound, and trigger point therapy. The value of treating globally, to include hip, knee, foot, lumbar spine and especially SIJ was emphasised. The pros and cons of adductor rehab (strengthening), including the Copenhagen hip adduction exercises were covered. Particular attention was paid to the need to preserve patient dignity and to gaining informed consent for soft tissue treatment in the groin area. A number of suggestions for preserving dignity were put forward.

##### Reflection

Groin strain is a regular problem amongst my patients and I undertook this training to help me deal with such cases. Some very useful ideas were shared, and I will be able to incorporate these into my treatment prots, thus improving likely outcomes.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director <b>26<sup>th</sup> October 2020</b> <b>45 minutes</b> <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6 <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12 Objective Activity: Case-Based Discussion Communication & Consent: Yes
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- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion concerned a 53-year-old man who had fallen down 4-5 steps, landing on his buttocks. Images of the subsequent, extensive bruising were shared. When he saw his practitioner a month later he reported 2 episodes of urinary incontinence, right-sided saddle anaesthesia and possible sciatica. Two separate GPs had dismissed the possibility of cauda equina syndrome. Communication with both patient and GP in a way which would ensure a safe outcome for the patient was a key part of the discussion. The urgency of CES was reemphasised. Separately, the issue of patient safeguarding was raised in connection with a patient who might be subject to abuse by her partner. The hand sign used to covertly indicate abuse was shared and issues of consent were discussed in connection with reporting suspected abuse.

Reflection

CES is a very important issue and I wanted to ensure my knowledge was up-to-date. The aspects of communication and consent will be very helpful in ensuring patient safety. I feel my overall skills as a practitioner have been enhanced and patients benefited by this discussion.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

  
S L BRUCE, APM Director

27<sup>th</sup> October 2020

45 minutes Learning with Others  
Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion  
Communication & Consent: Yes

- Measuring Activity Levels 0.75 hr OPS A/B/C

CPD EVENT RECORD

MEASURING PATIENT ACTIVITY LEVELS

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion concerned the importance of measuring activity levels (as opposed to "exercise") in order to motivate and encourage patients to achieve healthier lifestyles. The limitations of standard wearable devices, which are based on outdated metrics was explained and the success of Ki Active's approach within the NHS and as part of a randomised controlled trial at the University of Bath outlined.

Reflection

Encouraging patients to exercise more is always a challenge and I undertook this activity to learn more about the latest developments in this field. It has provided me with some ideas which I might be able to use in my own practice, and has enabled me to signpost patients towards a useful resource, should that be necessary.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

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B1 B2 B3 B4 B5 B6 B7 B8 B9

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G1 G2 G3 G4 G5 G6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

  
S L BRUCE, APM Director

29<sup>th</sup> October 2020

45 minutes Learning with Others  
Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: No

120

[Back to Contents](#)

- Covid and the Law 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

COVID & THE LAW

with Jonathan Goldring

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion provided guidance on how the law affects practitioners, particularly in regard to lockdown procedures. Circumstances under which a patient may be denied treatment were covered, along with appropriate ways of handling such situations. The requirement for clear, easily accessible complaints procedures was discussed, as was the need to be open with the regulators about any matters which might relate to personal integrity. Handling situations which could lead to the crossing of sexual boundaries was also discussed.

Reflection

I attended this activity because I felt the need to ensure that I was conducting my business in accordance with the law and practice standards, particularly in regards to the pandemic. It has reassured me of the relevant matters, reducing my stress and helped me to create a more reassuring practice for patients.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

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G1 G2 G3 G4 G5 G6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

  
S L BRUCE, APM Director

3<sup>rd</sup> November 2020

45 minutes Learning with Others  
Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: Yes

- Lockdown Battle Plan 0.75 hr OPS A/B/D

CPD EVENT RECORD

LOCKDOWN BATTLE PLAN

with Nicola McLennan

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion covered ways in which practitioners can ensure that they are best able to help patients during the second UK lockdown by effective, ethical communication. The merits of word-of-mouth marketing were discussed, including the ethics of rewarding those who had made recommendations (as opposed to paying for recommendations). The importance of reassuring patients that they could still receive treatment was emphasised and a number of strategies for doing so were proposed.

Reflection

I undertook this activity because I was concerned about the effect that lockdown might have on my business and because I felt that patients in need of care might mistakenly believe my practice was closed. The presentation has given me some useful ideas for communicating ethically with my patients and will contribute both to the stability of my business and the health of my patients.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

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G1 G2 G3 G4 G5 G6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

  
S L BRUCE, APM Director

4<sup>th</sup> November 2020

45 minutes Learning with Others  
Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: No

121

Summary  
LWO  
LBS  
Objective Activity  
Coms & Consent  
OPS A  
OPS B  
OPS C  
OPS D  
Certificates  
Self-Certification

- Primitive and Retained Reflexes 1.5 hrs OPS A/B/C

CPD EVENT RECORD

PRIMITIVE & RETAINED REFLEXES

with Dr Charlie Beck

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This training explained the nature and effect of primitive reflexes, and the dramatic effect that treatment can have on the overall health of individuals affected. The Moro and Fear Paralysis reflexes were explained in some depth; the sequence in which they might be treated discussed, and the potential for much of the treatment to be self-directed made clear.

Reflection

I attended this CPD event to further my knowledge of retained reflexes. The likelihood that many of my patients are affected is clear and I am encouraged to look for evidence of this in future consultations. I am also very keen to hear the results of the research which is being conducted and might consider further training in this topic.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals


F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event



S L BRUCE, APM Director

4<sup>th</sup> November 2020

90 minutes


Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Mindfulness 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

MINDFULNESS

with Nicola Smith

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion covered the role of mindfulness in addressing chronic pain, as well as anxiety and other psychological problems and included reference to it's palce in NICE guidelines. Two demonstrations and links to relevant research were provided. The questions of patient buy-in was addressed and suitable language for communicating the potential benefits described. It was made clear that not all patients would necessarily be suitable candidates for mindfulness therapy, and the need for practitioners to be appropriately trained before attempting to use mindfulness for the benefit of patients was emphasised.

Reflection

Mindfulness has grown in popularity over recent years and is widely used in the NHS, so I felt I needed to improve my awareness of the techniques in order to advise patients accordingly. I am now in a position to give clear, informed advice as well as provide links to suitable online resources, which can only benefit my patients.

Chiropractic Code 2016

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C Provide a good standard of clinical care and practice

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F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event



S L BRUCE, APM Director

9<sup>th</sup> November 2020

45 minutes


Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: Yes

- Creating a Tourette's-Friendly Clinic 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

CREATING A TOURETTE'S-FRIENDLY CLINIC

with Jess Thom

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion centred on establishing effective and appropriate communication with patients with Tourette's Syndrome. Patient safety and practitioner safety were considered, and the nature of the syndrome itself described in detail by the speaker, herself a person with Tourette's. Types of tics, and the range/severity of tics were explained. Concerns about obtaining valid consent were dispelled.

Reflection

I undertook this activity because I felt my understanding of Tourette's was limited, and I want to ensure that my clinic is accessible to patients with disabilities. I feel I now have a better understanding of the language which is acceptable to patients with Tourettes and feel more confident in my ability to make them welcome in my clinic and deliver appropriate treatment.

Chiropractic Code 2016

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A1 A2 A3 A4 A5 A6 A7

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H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event



S L BRUCE, APM Director

5<sup>th</sup> November 2020

45 minutes


Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: Yes

CPD EVENT RECORD

Case-Based Discussion

Live Event:

Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This case-based discussion concerned the effect of patient stress being taken on by the practitioner, and the potential for practitioner stress to affect treatment, for example by projecting concerns onto patients. The concern was particularly apparent due to the prevailing pandemic. The question of preserving a good relationship with patients was covered, particularly when patients might have strong views about vaccination or other COVID-19 measures. The difficulty of communicating effectively with patients while wearing a mask was raised, especially where one party was hearing-impaired. The benefit of breathing exercises in reducing stress was emphasised.

Reflection

I undertook this activity to help deal with the unusual stresses posed by the current health pandemic. It was reassuring to hear other practitioners are suffering similar problems and the ideas proposed seem likely to ease those difficulties to some extent. This will help me improve my dealings with my patients, and preserve my own mental health.

Chiropractic Code 2016

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H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event



S L BRUCE, APM Director

11<sup>th</sup> November 2020

45 minutes


Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

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C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion

Communication & Consent: No

- Gender Diversity in the Clinic 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD

GENDER DIVERSITY IN THE CLINIC

with Simon Croft

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion explored the importance of language and communication in creating a welcoming clinic atmosphere for the trans community. Also covered were aspects of medication and surgery in that community which might be relevant to medical treatment, and the significance of the fact that many trans individuals might be reluctant to seek medical care. Thus it might be their physical therapist who is first to discover the need for further investigation, and they could be in a position to inspire the confidence in their patient to take appropriate action.

Reflection

I undertook this training because I felt I should expand my knowledge of trans issues and concerns. The advice on communication, both in person and through internet or other media was particularly helpful and I feel I am in a better position to encourage trans people to seek help in my clinic. My greater awareness of the potential pitfalls of careless language will help build trust and confidence.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event




S L BRUCE, APM Director

17<sup>th</sup> November 2020

90 minutes


Learning with Others

Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

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B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: Yes

- Myogenic Headaches 0.75 hr OPS A/B/C

CPD EVENT RECORD

MYOGENIC HEADACHES

with Dr Robert Gerwin

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion covered the evidence, much of it very recent, for the connection between headaches and myofascial trigger points. Migraine, Tension Type Headaches and cervicogenic headaches were included, and possible mechanisms for formation of trigger points and production of symptoms were proposed. It was interesting to note that dry needling gave rise to similar relief compared with injection of anaesthetic. Contributory factors, such as iron deficiency, forward head posture, hypermobility and TMJ dysfunction were also discussed.

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H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event




S L BRUCE, APM Director

24<sup>th</sup> November 2020

45 minutes

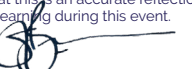
Learning with Others

Live, online discussion



Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Upper Extremity - The Biceps 0.75 hr OPS B/C/D

CPD EVENT RECORD

Upper Extremity - The Biceps

with Mr Dan Rossouw

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion concerned disorders of the biceps, including distal and proximal tendon rupture, subluxation of the long head tendon, and repair/rehab options. The idea that 2 additional muscles could be included in the rotator cuff was also proposed. The role of history, special tests and imaging in accurate diagnosis was explored, as well as the merits of tenotomy in cases of shoulder pain.

Reflection

I see many shoulder problems in my clinic and I attended this training in order to further my knowledge. It was useful to learn about the surgical options in shoulder pain, as well as the consultant's view of special testing and imaging. I am now more confident in my knowledge of shoulder problems and feel this will benefit my patients.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event




S L BRUCE, APM Director

19<sup>th</sup> November 2020

45 minutes

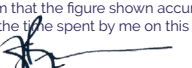
Learning with Others

Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Cervical Scans Pt 2 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Cervical Spine Scans - Part 2

with Robert Shanks and Darren Chandler

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This discussion focussed on 3 cases where important findings had been overlooked by one or more radiologist or consultant. The message was that it is important to be able to recognise the key elements in MRI imagery and not be afraid to question reports. In one set of images osteophytic change in two vertebrae was the likely cause of symptoms but had been missed. The appearance of the abnormality was explained as well as the possibility that other, more obvious imperfections were asymptomatic. The third set of images were actually of the lumbar spine and showed an osteoid osteoma. Although difficult to spot, the key aspects were explained and the significance made clear.

Reflection

This training has improved my ability to check MR imagery, leaving me better able to help patients whose scans might have been misinterpreted. This makes a clear contribution to enhancing treatment outcomes.

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H Maintain and protect patient information


H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event




S L BRUCE, APM Director

26<sup>th</sup> November 2020

45 minutes


Learning with Others

Live, online discussion



Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: 

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

124

[Back to Contents](#)

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

125



- Avoiding Joint Replacement 0.75 hr OPS A/B/C/D

## CPD EVENT RECORD

**AVOIDING JOINT REPLACEMENT**  
*with Mr Fahad Attar*

**Live Event:**  
*Learning With Others*

### Evaluation, Reflection and Impact on Practice

#### Summary

This discussion concerned the latest developments in regenerative therapy, including the use of platelet-rich plasma as well as stem cells taken from the patient's body fat, rather than from bone marrow. The applications of the therapy, contraindications and adverse side effects were explained, and guidance was given on the sort of advice a physical therapist might offer patients who showed interest.

#### Reflection

I undertook this study because I felt it necessary to keep abreast of the latest developments in dealing with osteoarthritis. This enables me to provide sound, evidence-based advice to my patients, contributing to better outcomes for them.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 <b>C6</b> C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director 30 <sup>th</sup> November 2020 45 minutes <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 <b>C6</b> <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 <b>D10</b> D11 D12 Objective Activity: None Communication & Consent: No
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- Treating the Hip 0.75 hr OPS B/C

## CPD EVENT RECORD

**TREATING THE HIP**  
*with Simeon Niel Asher*

**Live Event:**  
*Learning With Others*



### Evaluation, Reflection and Impact on Practice

#### Summary

This discussion revised the anatomy of the hip and highlighted structures that were likely to be involved in common problems, in particular osteoarthritis and femoro-acetabular impingement. The role of trigger points was explained, their pain referral patterns illustrated and treatment protocols described.

#### Reflection

The hip is a complex joint and is often a source of problems for my patients. I undertook this CPD to widen my knowledge of treatment protocols and feel that I am now better placed to diagnose and treat a number of conditions in patients.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 <b>C4</b> C5 <b>C6</b> C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director 9 <sup>th</sup> December 2020 45 minutes <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 <b>C6</b> <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 <b>D10</b> D11 D12 Objective Activity: None Communication & Consent: No
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- Shoulder Impingement 1.5 hrs OPS A/B/C

## CPD EVENT RECORD

**SHOULDER IMPINGEMENT**  
*with Jo Gibson*

**Live Event:**  
*Learning With Others*




### Evaluation, Reflection and Impact on Practice

#### Summary

This discussion covered a variety of shoulder problems, including frozen shoulder, labral tears and "impingement", although it was made clear that evidence no longer supports the theory of impingement and the term should not be used. Simple tests and exercises were explained and demonstrated, and the importance of psychological components in the treatment and healing process emphasised.

#### Reflection

The shoulder is a complex joint and I am confronted by shoulder cases on a regular basis. I attended this CPD to ensure that my knowledge is as up-to-date as possible, thus ensuring I can give the best possible care to my patients. This will contribute to my practice by improving my ability to communicate relevant concepts to my patients, while also enhancing my treatment protocols.

<b>Chiropractic Code 2016</b> <b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7 <b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 <b>C6</b> C7 C8 C9 <b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7 <b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>Certification</b> This certificate confirms that <b>Steven Bruce</b> participated in this CPD event  S L BRUCE, APM Director 15 <sup>th</sup> December 2020 90 minutes <b>Learning with Others</b> Live, online discussion 	<b>Confirmation</b> I confirm that the figure shown accurately reflects the time spent by me on this event. Signed:  <b>Osteopathic Practice Standards 2019</b> <b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7 <b>B</b> Knowledge, skills and performance B1 B2 B3 B4 <b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 <b>C6</b> <b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 <b>D10</b> D11 D12 Objective Activity: None Communication & Consent: Yes
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- Pectus Excavatum and Carinatum 0.75 hr OPS A/B/C/D

## CPD EVENT RECORD

**PECTUS EXCAVATUM & CARINATUM**  
*with Sam Walmsley*

**Live Event:**  
*Learning With Others*

### Evaluation, Reflection and Impact on Practice

#### Summary

This discussion covered two disorders of chest development, commonly regarded as merely cosmetic by many practitioners. The psychological consequences were explained and the possible physiological damage was discussed. Current treatment options were contrasted with emphasis on non-surgical bracing. The speaker explained the criteria which might indicate patients who would do well with bracing and outlined the likely course of treatment in different patients.

#### Reflection

Pectus excavatum and carinatum are relatively rarely seen in clinic, but I felt it important that I am able to offer advice when appropriate, especially since many patients might have been told by their GP that nothing can be done to help. I feel it is important as part of my role in wider healthcare that I can signpost patients with these conditions to agencies who can treat them, and play my part in easing the psychological stress they may be enduring.

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- The Case for Keto 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD

THE CASE FOR KETO

with Gary Taubes

Live Event:

Learning With Others

Summary

This discussion covered the role that insulin plays, not only in glucose regulation but also in fat storage and mobilisation. The science behind the ketogenic diet was explained and the absence of hard evidence for the long-term effects of any diet was made clear. The short- and medium-term effects of ketogenic and other dietary regimes were contrasted, and the background to conventional dietary and lifestyle guidance was laid out. Safety issues in this context were also discussed.

Reflection

The joint problems of obesity and diabetes are a significant issue for society and many of my patients struggle to control their weight. I undertook this learning in order to be able to advise them according to the best available evidence. While the long-term implications of ketogenic eating may be uncertain, I am now able to compare this with the equal lack of evidence for other regimes, and signpost patients to appropriate resources. This could have significant implications for the health of many.

Chiropractic Code 2016

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C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

S L BRUCE, APM Director

6<sup>th</sup> January 2021

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Case Presentations 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD

CASE PRESENTATIONS

with Martin Matthews, Pippa Cossens and Simeon Niel-Asher

Live Event:

Learning With Others

Summary

This CPD consisted of the presentation of a number of cases which the speakers had found challenging and/or informative. In one, the practitioner had been the first to learn of a diagnosis of terminal cancer in a patient, and described the emotional stress which arose, particularly when communicating the diagnosis to the patient. Another case involved the impact that psychological stress had played in maintaining a patient's pain; dealing with that aspect dramatically resolved the problem. Also discussed were a number of cases of aortic aneurysm and their presenting features, deep vein thrombosis, abdominal mass, sudden disc prolapse and the unexpected side-effect of an otherwise successful dry-needling treatment.

Reflection

I undertook this training because I felt it would be instructive to learn from other practitioners' clinical experience. The cases discussed were very useful in helping me prepare for difficult situations and gave me information to help improve my own diagnostic skills. My patients will benefit from this, and I will be able to offer better overall care.

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H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

S L BRUCE, APM Director

19<sup>th</sup> January 2021

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion

Communication & Consent: Yes

- Mask Fitting 0.75 hr OPS B/C

CPD EVENT RECORD

MASK FITTING

with Karen Poole

Live Event:

Learning With Others

Summary

This discussion covered the characteristics of different types of face mask and their relevance in clinic. In this context, the need for fitting was discussed, together with how to find a qualified person. The requirement for a risk assessment was emphasised, and it was pointed out that the HSE carries out random checks to ensure compliance with the law.

Reflection

I undertook this training as I needed to be sure that my infection controls were adequate during the covid crisis. I feel reassured, and I am happy that the measures I have in place will protect my patients, myself and my staff.

Chiropractic Code 2016

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H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that Steven Bruce participated in this CPD event

S L BRUCE, APM Director

13<sup>th</sup> January 2021

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership

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C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:

Learning With Others

Summary

This discussion covered 2 cases. The first concerned the management of a patient with trauma-induced frontal lobe epilepsy. There were numerous suggestions to help manage the problem, including cranial work and trigger point release. Safety of the patient, given the severity and frequency of his fits, was also a concern. Amongst the treatment suggestions was medical cannabis, which had already proved helpful. The second concerned a 30 y/o woman who suffered episodic, uncontrollable shaking, often for several hours without remission. Again there were many helpful suggestions: hypocapnia, raised sympathetic tone, and more. A number of treatment approaches were also proposed, including diaphragmatic inhibition and release of any cervical restrictions.

Reflection

I undertook this CPD because I feel it is invariably helpful to learn from others' clinical experience. As always, this will help me be better prepared for unusual cases, thus delivering a better overall standard of care to my patients.

Chiropractic Code 2016

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H Maintain and protect patient information

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Certification

This certificate confirms that Steven Bruce participated in this CPD event

S L BRUCE, APM Director

20<sup>th</sup> January 2021

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed:

Osteopathic Practice Standards 2019

A Communication and patient partnership

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C1 C2 C3 C4 C5 C6

B Knowledge, skills and performance

B1 B2 B3 B4

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion

Communication & Consent: No

- Hip and Knee Cases 0.75 hr OPS B/C/D

CPD EVENT RECORD

HIP AND KNEE CASES  
with Mr Joyti Saksena

Live Event:  
Learning With Others

Summary

Evaluation, Reflection and Impact on Practice

Reflection

Chiropractic Code 2016

Certification

Confirmation

Chiropractic Code 2016

Certification

Confirmation

- Treating Trans People 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD

TREATING TRANS PEOPLE - BEYOND BASICS  
with Simon Croft

Live Event:  
Learning With Others

Summary

Evaluation, Reflection and Impact on Practice

Reflection

Chiropractic Code 2016

Certification

Confirmation

Chiropractic Code 2016

Certification

Confirmation

- Case-Based Discussion 0.75 hr OPS A/B/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Summary

Evaluation, Reflection and Impact on Practice

Reflection

Chiropractic Code 2016

Certification

Confirmation

Chiropractic Code 2016

Certification

Confirmation

- Pain Science 0.75 hr OPS A/B/C

CPD EVENT RECORD

PAIN SCIENCE  
with Dr Morten Høgh PhD

Live Event:  
Learning With Others

Summary

Evaluation, Reflection and Impact on Practice

Reflection

Chiropractic Code 2016

Certification

Confirmation

Chiropractic Code 2016

Certification

Confirmation



- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

Summary

This case-based discussion considered 2 situations: the first was a hip replacement in a 49yo female, the second was about managing expectations and communicating effectively and accurately with patients. A variety of options were suggested for the first case, in which the surgery appeared to have created a significant leg length inequality, together with low back and SI pain. The consensus was that the patient should be referred back to her orthopaedic consultant. In the second, discussion included how to accurately communicate the risks of treatment, as well as the expected outcomes.

Reflection

This was a useful reminder that surgery is not always successful, but also brought up some interesting approaches to handling such cases. The consideration of safety and communication helped reinforce in my mind the need be clear and realistic with patients.

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- Neuroinflammation and the BSP Model 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD

NEUROINFLAMMATION AND THE BIOPSYCHOSOCIAL MODEL



with Simon Billings BSc (Hons) MSc DC MRCC RTP

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

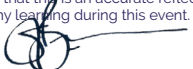
Summary

This discussion considered how neuroinflammation could "prime" certain population sub-groups for chronic pain and mood/behavioural problems. The neurological-metabolic interface was outlined, and the way in which oxidative damage might affect mood/anxiety explained. References to supporting evidence were provided. Also provided was a useful questionnaire to assess adverse childhood experiences.

<div>Chiropractic Code 2016</div> <div><div>A Put the health interests of patients first</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Provide a good standard of clinical care and practice</div><div>C1 C2 C3 C4 C5 C6 C7 C8 C9</div><div>E Obtain informed consent for all aspects of patient care</div><div>E1 E2 E3 E4 E5 E6 E7</div><div>G Maintain, develop and work within your professional knowledge and skills</div><div>G1 G2 G3 G4 G5 G6</div></div>	<div>Certification</div> <div>This certificate confirms that <b>Steven Bruce</b> participated in this CPD event</div> <div></div> <div>S L BRUCE, APM Director</div> <div>16<sup>th</sup> February 2021</div> <div>90 minutes</div> <div>Learning with Others</div> <div>Live, online discussion</div> <div></div>	<div>Osteopathic Practice Standards 2019</div> <div><div>A Communication and patient partnership</div><div>A1 A2 A3 A4 A5 A6 A7</div><div>C Safety and quality in practice</div><div>C1 C2 C3 C4 C5 C6</div><div>B Knowledge, skills and performance</div><div>B1 B2 B3 B4</div><div>D Professionalism</div><div>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</div></div> <div>Objective Activity: None</div> <div>Communication &amp; Consent: No</div>
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Confirmation

I undertook this training in order to enhance my knowledge of how the biopsychosocial model relates to patient care. I feel that I have widened my awareness of the model, and as a result am better able to care for patients.

Signed: 

- Pelvic Girdle Pain 0.75 hr OPS B/C/D

CPD EVENT RECORD

PELVIC GIRDLE PAIN - TREATING THE PREGNANT PATIENT



with Elisabeth Davidson MSc (Paeds), BSc(Chiro), DC, FRCC(Paeds)

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice

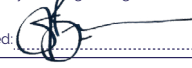
Summary

This discussion examined the nature of pelvic girdle pain and how treatment might need to be modified when dealing with a pregnant patient. Safety aspects were discussed, as well as practicalities relevant to managing patients in the later stages of pregnancy. A suggested case history template was shared, as was an example of an acceptable advertising flyer. The applicability of maintenance care, especially given the paucity of alternatives, was emphasised.

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Confirmation

I undertook this training because I was keen to ensure that I was aware of the evidence surrounding safety and treatment as it relates to pregnant patients. I feel better able to communicate risks, and am reassured that my techniques are appropriate for dealing with such patients. This can only lead to better outcomes in clinic.

Signed: 

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD



Case-Based Discussion

Live Event:  
Learning With Others

Evaluation, Reflection and Impact on Practice


Summary

In this discussion, the outcomes of 2 previously discussed cases were reported. In one, a cauda equina syndrome case, the importance of persistence in the face of GP resistance was made clear. In the other, a case of traumatic onset frontal lobe epilepsy, the relevance of maintenance care if it improved quality of life was emphasised, and the practitioner was reassured that calling to check on the wellbeing of the patient was permissible, and did not breach GDPR or ethical guidelines. Recommendations were made with regard to charging a patient in a case where an insurance settlement was expected: fees should not be inflated, but could be waived if there was no settlement. Safeguarding concerns were raised in the case of a bullied patient who had developed an uncontrollable urge to run, and a number of mental health issues were raised. In a case involving multiple organ sarcoidosis, maintenance care was again discussed, along with safe options for improving quality of life.

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Confirmation

I took part in this discussion because I recognise the value of learning from other professionals' experience. The lessons brought out from these cases were not only interesting, but thought-provoking, and I believe could enhance the quality of care I offer to my own patients. It was particularly helpful to be reminded of safeguarding issues.

Signed: 

- Spinal Cases: CES and Differentials 0.75 hr OPS B/C/D

CPD EVENT RECORD

SPINAL CASES - CES AND DIFFERENTIALS

With Mr Bob Chatterjee

Live Event:  
Learning With Others

Summary

This discussion revisited the topic of cauda equina syndrome: presentation, signs, symptoms and referral process. The need for speedy referral as emphasised and attendees were reassured that they are right to insist on physical and MRI assessment, even if they are met with an initial reluctance from GPs or A&E. Back pain differential diagnoses were also covered, including kidney stones, lung tumour and AAA.

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C1 C2 C3 C4 C5 C6 C7 C8 C9

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E1 E2 E3 E4 E5 E6 E7

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G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

1<sup>st</sup> March 2021

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

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C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: No

Evaluation, Reflection and Impact on Practice

I undertook this training because I felt the need to ensure I was able to recognise possible red flag conditions. As a result I feel more confident that I could stand my ground if my concerns are not shared by conventional practitioners, and I am better able to distinguish some of the rare conditions which mimic MSK pain. Thus my patients are better served.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Summary

This discussion covered 2 patients with voice/throat problems. In the first, a 50y/o woman presented having lost her voice over a period of several years. There had been no obvious physical trauma, but it transpired that she had been the victim of domestic psychological abuse. She was subsequently referred to a counsellor, who she saw concurrently with her physical therapist, and over a period of 2 years regained some vocal strength. Issues which arose from the discussion included the need for care in approaching a vulnerable area such as the throat and the need for valid consent when sensitive notes are shared between practitioners. The importance of appropriate communication skills in eliciting relevant information in such a case was also covered. The second case was that of an elderly horse, whose tongue was swollen, preventing eating and drinking. No cause had been ascertained, but a number of possibilities were proposed, and relevant neurological tests (for a human) were outlined.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

10<sup>th</sup> March 2021

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion

Communication & Consent: No

Evaluation, Reflection and Impact on Practice

Learning from others' clinical experience is invaluable, and I undertook this training for that reason. It was particularly useful to be reminded of the communication, consent and safeguarding issues, but the options for treating vocal problems may well be useful if similar cases present in my own clinic.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

- Treating the Whole Voice 1.5 hrs OPS A/B/C

CPD EVENT RECORD

TREATING THE WHOLE VOICE

with Ashley Stafford

Live Event:  
Learning With Others

Summary

This discussion covered the anatomy and physiology affecting the voice, including a number of case histories which illustrated how treatment could be effective in resolving problems. The importance of emotional stress was emphasised and the potential contribution of physical trauma covered. There was also discussion of the importance of good communication and informed consent when treating the throat and neck, as many patients might feel vulnerable in this area.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

3<sup>rd</sup> March 2021

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

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C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

I undertook this activity because the voice is not an area well covered in undergraduate training, and wanted to learn more. As a result, I feel I understand the anatomical relationships to the voice better, and will be able to assess, treat and/or refer patients better in the future.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

- Barriers to B12 Deficiency Diagnosis 1.5 hrs OPS A/B/C/D

CPD EVENT RECORD

BARRIERS TO B12 DEFICIENCY DIAGNOSIS AND TREATMENT

with Tracy Witty

Live Event:  
Learning With Others

Summary

This discussion looked at the often overlooked consequences of B12 deficiency and the reasons why diagnosis can be difficult. Various forms of supplementation were contrasted, and methods to obtain injectable supplements in the absence of GP support were explored. Communication was discussed from a variety of perspectives: patient to practitioner and vice-versa, as well as practitioner or patient to GP. The value of first providing a link to relevant resources before discussing the problem with other healthcare professionals was recommended if it was felt that resistance was likely. Possible misdiagnoses were also considered.

Chiropractic Code 2016

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C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

H Maintain and protect patient information

H1 H2 H3 H4 H5 H6 H7

Certification

This certificate confirms that

Steven Bruce

participated in this CPD event

S L BRUCE, APM Director

16<sup>th</sup> March 2021

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

I was aware that B12 deficiency could easily go unrecognised, but wanted to improve my knowledge of signs and symptoms, as well as learning how best to approach local GPs if I suspected it might be a contributory factor in a patient's problems. I feel much better able to achieve these things as a result of this learning, with the consequent beneficial impact on my patient care.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

134

135

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

- Movement Science 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

MOVEMENT SCIENCE - MOVING THE BRAIN

with Joanne Elphinston

Live Event:  
Learning With Others

Summary

In this discussion Joanne Elphinston explained the difference between "exercise" and "movement". She also explained how to encourage patients to think more about their own movement, and how this was a much more effective way of reprogramming the brain than a didactic process of instruction. She went into detail about effective ways of communicating with patients, using techniques which were not designed to directly challenge their existing assumptions, and which did not judge their responses as right or wrong. She emphasised that breathing effectively is probably one of the most important and effective "exercises" in encouraging good health.

Chiropractic Code 2016

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event




S L BRUCE, APM Director

18<sup>th</sup> March 2021

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

I have always believed that successful exercise prescription is very difficult, not least due to patient compliance problems. This was a refreshing way to re-examine how to communicate with patients, and I feel I can incorporate some of these techniques in my own practice.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed:.....

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Summary

Three cases were discussed. The first was a presentation of probable cauda equina syndrome, but the key aspects were those of communication and consent. The patient, who, along with her family, was known to the practitioner asked by email for advice concerning her back pain. She included a poor resolution MR image. A large disc prolapse at L5/S1 was evident and the challenge was to maintain professional communication, which provided the necessary information in a manner which emphasised the urgency of the situation without increasing the patient's anxiety. The second case involved a patient who had lost her voice, but was able to communicate by singing. The mechanisms by which this might occur were discussed, including the potential role of earlier trauma. Finally a case of a severely osteoporotic man was discussed. His progress since an earlier discussion was outlined, and a number of possible ways to help overcome his sarcopenia and poor lumbar stability were proposed.

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Certification

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Steven Bruce

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S L BRUCE, APM Director

23<sup>rd</sup> March 2021

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

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Objective Activity: Case-Based Discussion


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

The urgency of cauda equina syndrome was re-emphasised, and methods of communication with patients explored. The merits of telephone (immediacy) over email (a visible record of what was said) were covered, and the potential perils of mirroring a patient's over-familiarity in their emails were brought up. The importance of gaining consent to share patients' case histories was touched on. The unusual handling of the voice case is also helpful in showing one way to overcome a communication problem. This discussion will add to my own patient-handling skills.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed:.....

- Communication and Consent 1.5 hrs OPS A/B/D

CPD EVENT RECORD

COMMUNICATION AND CONSENT

with Sarah Tribe and Sandra Harding

Live Event:  
Learning With Others

Summary

This discussion dealt with not just with communication and consent, but also a patient's capacity to consent, and the 3-stage test that must be satisfied. The importance of the Montgomery and Gillick cases in altering the emphasis in consent were covered and the benefits of having a Valid Consent Policy discussed. The role of step-parents and grandparents in giving consent for minors was covered and the rules governing chaperones (and how these differ between the professions) explained. The situations under which written consent is required were outlined (invasive/intimate procedures), but the worthlessness of a single written consent agreement to cover the whole of treatment was also made clear.

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Certification

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Steven Bruce

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S L BRUCE, APM Director

7<sup>th</sup> April 2021

90 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

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D Professionalism

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Objective Activity: None


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

Understanding capacity and valid consent is clearly essential in healthcare, and this is why I undertook this training. The principles involved are largely what I already have in place, but I will look into creating a Valid Consent Policy document. The reminder on Gillick principles was useful, and could be applied in future when I treat children.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed:.....

- Spondylolisthesis Treatment 0.75 hr OPS B/C

CPD EVENT RECORD

SPONDYLOLISTHESIS - A TREATMENT PROTOCOL

with Simeon Niel-Asher

Live Event:  
Learning With Others

Summary

This discussion covered classification, aetiology, signs and symptoms of spondylolistheses. The benefits of imagery were covered, as were possible differentials. Accepting the lack of robust research into effectiveness, the speaker outlined a trigger-point approach which had proved very successful with a very large number of patients in his own practice.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event




S L BRUCE, APM Director

13<sup>th</sup> April 2021

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

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C1 C2 C3 C4 C5 C6

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Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

Spondylolisthesis can be difficult to diagnose in the absence of radiological evidence, so I attended this CPD in order to ensure my knowledge of the condition was as comprehensive as possible. In addition to being reassured that much of my current understanding was correct, I have taken away some useful pointers on treatment which I can use where appropriate on my own patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.



Signed:.....

Back to Contents

Summary

LWO

LBS

Objective Activity

Cons & Consent

OPS A

OPS B

OPS C

OPS D

Certificates

Self-Certification

137



- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Summary

This discussion covered 2 cases. The first focused on the role and responsibilities of a practitioner who was first point of contact for a radiologist reporting life-ending findings from an MRI. It was agreed that patient care overrode any other concerns, but also recognised that most primary care practitioners lack training in handling this sort of communication. Protocols for referring for MRI, and to A&E were discussed.

The second was a case of heel pain in a keen distance-runner. Ultrasound had revealed a partial, insertional tear of the Achilles tendon. PRP, prolotherapy, focused shockwave and conventional soft tissue/drainage techniques were all discussed. The value of mechanically offloading the tissues as they healed was emphasised, and likely recovery times discussed.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

14<sup>th</sup> April 2021

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

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B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: Case-Based Discussion


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

I undertook this activity because other people's clinical experience is invaluable in helping prepare for the unexpected. In particular, what I took from this is that the handling of the first case was very compassionate, and the good relationship with the radiologist was key. I will seek to build similar relationships in my own practice and will consider how I should handle the communication of bad news such as this.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- The Science of Fascia 0.75 hr OPS A/B/D

CPD EVENT RECORD

THE SCIENCE OF FASCIA

with Dr Robert Schleip PhD

Live Event:  
Learning With Others

Summary

In this discussion Dr Schleip outlined new research showing how therapeutic interventions can increase hyaluronan in the tissues, thereby improving the movement of fascia. He was clear about what had been shown through research and what was theoretical, but it was evident that the findings had great potential not only to explain how certain forms of treatment work, but to influence how we use those modalities in the future.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

22<sup>nd</sup> April 2021

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

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D Professionalism

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B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

I undertook this training because I feel it is important to understand how I can influence treatment outcomes through the fascia and because I need to be sure that I could explain those treatment effects to patients on the basis of the most recent evidence. This training will not directly influence my treatments, but I will be interested to see the results of the current research which was mentioned in order to update my knowledge further.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Emotions, Stress, Posture and Patients 1.5 hrs OPS A/B/D

CPD EVENT RECORD

EMOTIONS, STRESS POSTURE AND PATIENTS

with Dr Anne Jensen DC, DPhil

Live Event:  
Learning With Others

Summary

This discussion examined the role of muscle response testing (MRT) in connection with health problems in patients. The speaker had conducted significant research into the validity of MRT and had considerable experience of its success in clinic as part of a protocol she had entitled "HeartSpeak". The main purpose of this was to determine whether emotions were playing a significant part in hampering recovery and to address those problems either separately or in conjunction with manual therapy. Part of the process involved asking patients to invoke sensations of fear or anger, and the potential for this to exacerbate conditions such as PTSD was considered. The risk was felt to be very low.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

20<sup>th</sup> April 2021

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

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C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None

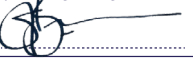
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

I undertook this CPD to further my knowledge of alternative approaches to treatment. It was interesting to hear about the research behind MRT and this will help me communicate the effectiveness of treatments such as Applied Kinesiology to patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Cranio-Fascial Dynamics 1.5 hrs OPS B/D

CPD EVENT RECORD

CRANIO-FASCIAL DYNAMICS

with Jon Howat D.C., D.I.C.S., F.I.C.S., F.C.C. (Cranio), F.C.C. (Paeds), F.E.U.C. (Craniopathy), F.B.C.A

Live Event:  
Learning With Others

Summary

This discussion covered in great depth the anatomical relationships of the various elements of the brain and skull, relating those features to the potential for injury. The implications for the delivery of babies, particularly where intervention was required were explained, and the possible link between different types of trauma to later disease was explored.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

5<sup>th</sup> May 2021

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

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B Knowledge, skills and performance

B1 B2 B3 B4

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

This discussion was very helpful in broadening my understanding of the mechanisms whereby different forms of trauma might affect brain structures and overall health. It was intriguing to hear the possibility that manual therapy might provide help in such cases and I look forward to reading further evidence. It is possible that I will see patients who could benefit by seeing a practitioner skilled in this approach.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Case-Based Discussion 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Summary

This case concerned 71-year-old lady complaining of difficulty lifting her head, pain and weakness in one UEX, worsening as the day progresses. She had a history of alcoholism and suffered from cirrhosis of the liver, with possible signs of dementia. MRI indicated cervical spondylolisthesis and possible damage to the odontoid peg. She had been referred for Xray to assess this further. The patient was on a cocktail of prescribed drugs, including statins, a PPI and furosemide. The discussion raised the question of capacity, particularly given the patient's problems with short-term memory. The need to explore whether there was an existing power of attorney in place, the use of a chaperone and the importance of accurate notes were emphasised. In terms of possible treatment, safety was agreed to be paramount, while managing patient expectations carefully and offering symptomatic relief.

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event


  
S L BRUCE, APM Director

12<sup>th</sup> May 2021

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

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C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

I participated in this discussion because the case was clearly complex, and I felt it would aid my assessment of similar cases in future. It has reminded me of the considerations concerning capacity, consent, chaperones and power of attorney, while also reassuring me of the value of safe treatment for symptomatic relief. This will benefit my clinical skills with regard to many patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Long Covid and Post-Viral Fatigue 0.75 hr OPS A/B/C/D

CPD EVENT RECORD

LONG COVID AND POST-VIRAL FATIGUE

with Dr Gerald Cookley

Live Event:  
Learning With Others

Summary

This discussion was concerned with the appearance and severity of post-viral fatigue, and how general post-viral fatigue differed in characteristics from "long COVID". Also covered was the general approach to treatment of those conditions, as well as myalgic encephalomyelitis and chronic fatigue syndrome. The role of the physical therapist in offering reassurance to those in the early/mild stages of post viral fatigue, and the NHS pathway for treatment of more serious cases was explained.

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Certification

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S L BRUCE, APM Director

20<sup>th</sup> May 2021

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

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D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None

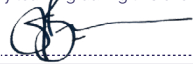
Communication & Consent: No

Evaluation, Reflection and Impact on Practice

Long COVID is of particular concern amongst my patients at present and I felt I needed a better understanding if I am to be able to help calm their fears and/or signpost them appropriately. This learning leaves me better placed to explain the different fatigue problems clearly, and is an important element in the biopsychosocial approach to treatment of my patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Ecological Medicine 1.5 hr OPS A/B/C

CPD EVENT RECORD

ECOLOGICAL MEDICINE

with Dr Sarah Myhill

Live Event:  
Learning With Others

Summary

This discussion dealt at length with ME/Chronic Fatigue Syndrome, exploring the flaws in standard conventional treatment and looking into approaches more likely to be successful. The merits of a paleo/keto diet were also explained, with reference to evidence showing the effect on overall health as well as diabetes and dementia. The challenge in communicating these benefits to patients was raised, and the need to keep within the scope of available evidence emphasised.

Chiropractic Code 2016

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F1 F2 F3 F4 F5 F6

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

Certification

This certificate confirms that **Steven Bruce** participated in this CPD event


  
S L BRUCE, APM Director

18<sup>th</sup> May 2021

90 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

I undertook this learning because I felt a need to understand better a broader approach to healthcare. Having listened to Dr Myhill, I am reassured that there is evidence to back up the advice I give to patients and I feel that many of my patients will welcome suggestions which address causes rather than symptoms. This will therefore be of great use in my own practice.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Case-Based Discussion 0.75 hr OPS A/B/C

CPD EVENT RECORD

Case-Based Discussion

Live Event:  
Learning With Others

Summary

This discussion concerned a 13-year-old female patient who had not yet been seen by the practitioner, but who had been booked in by her grandmother, who described her as vomiting with pain on a daily basis as a result of Sever's disease. There were many issues arising from this: the fact that parental authority could not be delegated to a grandparent, the possibility that there could be serious underlying psychological causes for such a severe pain response, as well as many suggestions for managing the condition. Contraindication to ultrasound over the epiphyseal plates and caution about shockwave therapy in those areas were also raised.

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Certification

This certificate confirms that **Steven Bruce** participated in this CPD event


  
S L BRUCE, APM Director

25<sup>th</sup> May 2021

45 minutes

Learning with Others

Live, online discussion



Osteopathic Practice Standards 2019

A Communication and patient partnership

A1 A2 A3 A4 A5 A6 A7

B Knowledge, skills and performance

B1 B2 B3 B4

C Safety and quality in practice

C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: Case-Based Discussion


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

Sever's disease is relatively uncommon in my practice and this training revised my knowledge of the underlying anatomy and pathological processes. It also helped develop my thinking concerning possible treatment modalities, including assessment of possible psychological components. My understanding of valid consent was reinforced by this training. All these factors will enhance my assessment and treatment of similar patients.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Arthritis and Vasculitis 1.5 hr OPS B/C

CPD EVENT RECORD

ARTHRTIS AND VASCULITIS

with Prof Robert Moots BSc (Hons) MBBS PhD FRCP

Live Event:

Learning With Others

Summary

This discussion covered a broad range of auto-immune, rheumatic diseases. Special attention was paid to spondyloarthritis, vasculitis and rheumatoid arthritis. The speaker explained recent improvements in testing and diagnosis, as well as the latest advances in medication, relevant lifestyle factors and nutritional considerations.

Diagnostic criteria, especially those where signs and symptoms could masquerade as MSK problems were also covered.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

2<sup>nd</sup> June 2021

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

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B Knowledge, skills and performance

B1 B2 B3 B4

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C1 C2 C3 C4 C5 C6

D Professionalism

D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

I undertook this activity as it has a clear bearing on my own practice and I felt it essential that keep my knowledge current. In particular, I feel better-informed about diagnostic discrimination, which will help me ensure that I can refer patients on in a timely manner where necessary.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- More Science of Fascia 1.5 hr OPS B/C

CPD EVENT RECORD

MORE SCIENCE OF FASCIA

with Dr Robert Schleip PhD

Live Event:

Learning With Others

Summary

This discussion looked at the variation in fascia across the body, how its healing potential differs and what the evidence tells us about the effect of treatment. The impact of understimulation of fascia was emphasised, and the effectiveness of regular movement and stress explained. Differentiating between muscle and fascial stiffness was described, along with the implications for treatment and the utility of tools such as those used in Gua Sha. The importance of stimulating microcirculation was emphasised.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

15<sup>th</sup> June 2021

90 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

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D Professionalism

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Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

The importance of fascia is well-known, but I undertook this training as I was aware that much new information has emerged in recent years. What I have learned will enable me to treat patients more effectively, based on my greater understanding of the underlying principles.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Treating the Stammering Patient 0.75 hr OPS A/B

CPD EVENT RECORD

TREATING THE STAMMERING PATIENT

with Dr Rob Grieve PhD

Live Event:

Learning With Others

Summary

This discussion focussed on how to handle stammering, whether as a patient, a practitioner or as a parent. Problems of communication and gaining valid consent were discussed.

Although the causes of stammering are unknown, aggravating factors were explained, including useful advice for parents dealing with a child who is affected. A number of resources were identified which could be recommended to patients or used by practitioners themselves.

In terms of treatment options, there is little credible evidence, but breathing therapy and a cranial approach had both been known to meet with success in some cases.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

9<sup>th</sup> June 2021

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

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D Professionalism

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Objective Activity: None


Communication & Consent: Yes

Evaluation, Reflection and Impact on Practice

I undertook this activity to help me understand the challenges faced by patients who stammer, and to make their experience in my clinic more reassuring and stress-free. I found it useful to learn of resources available and treatment modalities which have been successful elsewhere, and this will enhance my own delivery of care.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 

- Breathing Pattern Dysfunction 0.75 hr OPS B/C/D

CPD EVENT RECORD

BREATHING PATTERN DYSFUNCTION

with Kelly Mitchell

Live Event:

Learning With Others

Summary

This discussion looked at various aspects of breathing pattern dysfunction, including overbreathing, breath stacking, hypocapnia and large residual lung volume. Contributory factors such as post-viral damage (especially 'long COVID'), hormonal changes as part of the menstrual cycle or pregnancy were explained and the psychological element, both as cause and consequence, were considered.

The aims and benefits of treatment were also outlined.

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Certification

This certificate confirms that

Steven Bruce

participated in this CPD event



S L BRUCE, APM Director

17<sup>th</sup> June 2021

45 minutes

Learning with Others

Live, online discussion

Academy of PHYSICAL MEDICINE

Osteopathic Practice Standards 2019

A Communication and patient partnership

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D Professionalism

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Objective Activity: None


Communication & Consent: No

Evaluation, Reflection and Impact on Practice

I undertook this activity due to the increasing concern about the long term effects of COVID on breathing patterns, but also to improve my general knowledge of respiratory problems. As a result, I feel better placed to reassure patients about prospects of recovery. What is more, I now know more about how a respiratory specialist might play a role and can ensure that patients are referred appropriately should the need arise.

Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: 



**Subject:** Breast Cancer Screening 8hrs OPS A/B/C/D  
**Date:** January 2020  
**Objective Activity:** No **C&C:** Yes

### Summary:

This CPD involved reading "Mammography Screening: Truth, Lies and Controversy", a book by Peter Gøtzsche, a founder and former director of the Nordic Cochrane Centre. The book explored all the available evidence for and against breast cancer screening, and exposed the influences behind many decisions to recommend it for women over 50. The conclusions were that there is no evidence to support the policy of screening, and that the risks of such a policy could outweigh the benefits.

### Reflection:

I read this book because I was surprised by a review which indicated that breast cancer screening might not be beneficial, and wanted to understand how that conclusion could be justified. I found myself convinced by what I read and feel that I am much better placed to offer an objective opinion on the subject should patients seek advice. This will help me ensure that patients have access to reliable information concerning their overall health and could make a significant contribution to their long-term wellbeing.

**Subject:** COVID: Analysis of Evidence 4hrs OPS A/B/C/D  
**Date:** March 2021  
**Objective Activity:** No **C&C:** Yes

### Summary:

This CPD involved reading "COVID: Why Most of What You Know is Wrong", a book by Sebastian Rushworth, a Swedish medical doctor. The book explored all the available data concerning the response to the COVID-19. It also contrasted the risks, harms and benefits of actions such as lockdown, using reliable data from a variety of countries.

### Reflection:

I read this book because I wanted to be sure I had a balanced view on the effects of COVID-19 and the responses to it. I feel it is important to help patients understand the validity of claims they might have read in the media, and to reassure them over some of the alarmist statements that they might have been exposed to.

**Subject:**

**Date:**

**Objective Activity:**

**C&C:**

### Summary:

### Reflection:

**Subject:**  
**Date:**  
**Objective Activity:** **C&C:**

### Summary:

### Reflection: