

412 – Peer Discussion Review

With Steven Bruce and Claire Short

1. Introduction

- The discussion was between Steven and Claire about Claire's **Peer Discussion Review**, an essential component of osteopathic **Continuing Professional Development (CPD)**.
 - Steven emphasized the **informal nature** of the discussion, dressing casually to contrast with traditional CPD presentations.
 - Claire expressed **initial anxiety** about completing the review, feeling overwhelmed by the form and uncertain about whether she would "get it right."
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2. Purpose and Requirements of the Peer Discussion Review

- The **General Osteopathic Council (GOsC)** requires osteopaths to complete a Peer Discussion Review every **three years** as part of their CPD cycle.
 - The review ensures osteopaths:
 - Engage in **objective learning activities**.
 - Reflect on their practice.
 - Maintain their professional standards.
 - Unlike **chiropractic CPD**, which is submitted **annually**, osteopaths must complete this structured peer discussion at the end of their three-year cycle.
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3. Addressing Anxiety and Misconceptions About the Review

- Claire initially feared that completing the form incorrectly could lead to **serious consequences**, such as professional scrutiny.
- Steven reassured her that:
 - The **GOsC is not trying to catch practitioners out**.
 - The form is not submitted to the GOsC unless specifically requested, but should be kept on record.

- Minor mistakes are not punished unless they involve **deliberate dishonesty**.
 - The review is meant to be a **constructive, reflective** process rather than a **high-stakes examination**.
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4. Choosing a Peer for the Discussion

- The **peer** for the discussion does not have to be an osteopath.
 - Acceptable professionals include:
 - **Doctors, midwives, chiropractors, and physiotherapists.**
 - **Practitioners who are not statutorily registered**, such as massage therapists, are unlikely to be accepted.
 - Peers **review the osteopath's CPD records**, discuss their learning experiences, and provide feedback.
 - Claire's peer for this review was Steven.
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5. Key Sections of the Peer Discussion Review Form

- **Standard 1: CPD Across All Four Themes**
 - Osteopaths must complete CPD activities covering the four **Osteopathic Practice Standards (OPS) themes**:
 1. **Communication & Patient Partnership**
 2. **Knowledge, Skills & Performance**
 3. **Safety & Quality in Practice**
 4. **Professionalism**
 - Claire provided examples of CPD activities that met these themes, including discussions on **consent, communication, patient care, and clinical knowledge**.
- **Standard 2: Objective Activity Requirement**
 - Osteopaths must complete at least **one objective activity** involving **feedback** and **reflection**.
 - Acceptable objective activities include:
 - **Case-based discussions (CBDs)**

- **Clinic audits**
 - **Peer observations**
 - Claire used a **case-based discussion (CBD)**, involving a case encountered by a physiotherapist in her clinic, demonstrating that **the case didn't have to be one of her own patients**.
 - **Standard 3: Ensuring CPD Benefits Patients**
 - Osteopaths should show that their CPD leads to improvements in patient care.
 - Claire's CPD activities, especially discussions around **communication, consent, and ethics**, directly contributed to **better patient interactions**.
 - **Standard 4: Maintaining CPD Records**
 - Osteopaths must keep a **detailed record** of their CPD activities.
 - Claire's **CPD portfolio** (managed by APM) provided **comprehensive documentation**, including certificates with **reflections and mapped OPS themes**.
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6. Reflection and Action Plan

- Claire needed to **identify any areas for further development**.
 - While **no major gaps** were found, she **chose to include a personal goal of attending more dissections** in the next CPD cycle.
 - The **action plan** does not need to be strictly followed but demonstrates **engagement with professional development**.
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7. Practical Advice for Osteopaths Completing Their Peer Discussion Review

- **Start early** – don't leave it until the last minute.
- **Choose a peer you trust**, as the discussion is meant to be supportive.
- **Use available resources**, such as structured CPD records from APM, to make the process easier.
- **Don't overcomplicate it** – the GOsC is **not looking for perfect essays**, just **evidence of engagement and reflection**.

- **A structured CPD portfolio** (such as the one provided by APM) makes meeting the requirements much simpler.
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8. Conclusion

- The Peer Discussion Review **should not be a source of stress**.
- It is designed to be **a helpful and reflective conversation**, not a test or an audit.
- Having structured CPD records and attending **regular case-based discussions** makes the process much easier.
- Osteopaths should view the review as **an opportunity for self-improvement** rather than an obligation.