

CPD EVENT RECORD

Case-Based Discussion

Live Event:
*Learning
With Others*

This case concerned a young man with benign hereditary chorea (BHC), as well as general hypermobility. A keen karateka, he suffered right shoulder pain when executing a movement known as the "rising block". As a result of the chorea, his scapular movement was imperfect, and his problem might be compounded by the long hours he spends seated at a computer. When seated, he exhibits a marked sidebending to the left. There are no conventional treatment protocols for BHC, therefore the discussion ranged over a large number of possible interventions. These included K-taping; positive reinforcement of "correct" movements, possibly through supervision during exercise; trigger point work; contralateral strength training; functional exercises and postural alignment. It was recognised that there might be limited scope to change the patient's functionality, and that symptomatic relief might have to be the main priority.

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
David Gray
participated in this CPD event


S L BRUCE, APM Director

45
minutes

Learning with Others
Live, online discussion
14th June 2023

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

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


Academy
of PHYSICAL MEDICINE

Evaluation, Reflection and Impact on Practice *(this part of the certificate is **not** automatically generated - it has been entered by the participant)*

This case provided a great opportunity to apply basic therapeutic principles to a complicated problem. It serves as a reminder that even in cases where the underlying problem is outside my scope of practice, it might still be possible to improve a patient's quality of life.