

# CPD EVENT RECORD

## Case-Based Discussion

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

### *Ehlers Danlos Syndrome/Hypermobility*

The discussion concerned two young female patients diagnosed with EDS, and how best to manage them.

The roles of exercise and stretching were contrasted, and it was noted that many sufferers would have areas of hypomobility in conjunction with hypermobile segments. It was agreed that exercise would be most effective if it was in a form which appealed: paddle boarding and use of activator walking poles were cited as options.

Psychological components were mentioned, with patients often impatient at the lack of progress and continuing pain - communication is an important element in treatment. Dry needling and K-Tape had been found to be useful in some cases.

#### 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

**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

**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

**Rachel Prince**

participated in this CPD event

  
S L BRUCE, APM Director

**45**  
minutes

#### Learning with Others

Live, online discussion  
24<sup>th</sup> January 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)*

It was helpful to hear so many suggestions and opinions about dealing with hypermobility/Ehlers Danlos Syndrome. Managing cases can be difficult, so it was a useful reminder that a multidisciplinary approach is likely to be in the patient's interests.