

# CPD EVENT RECORD

## TONGUE TIES

with Dee Bell

**Live Event:**  
Learning  
With Others

### Summary

This discussion covered the different types of ankyloglossia (tongue tie) and the indications for division (frenulotomy/"snipping"). The factors which should be addressed before frenulotomy, particularly in posterior ties, were also explained. New evidence concerning the anatomical features of the frenulum was presented, and the limitations of the NHS in dealing with cases explained. Simple exercises which parents could use to ensure the best recovery for their baby after frenulotomy were discussed. The implications of tongue ties for posture and other MSK issues were explored, extending beyond babies to young adults. Resources were provided for those who wanted further information or training.

### Chiropractic Code 2016

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

### Certification

This certificate confirms that  
**Elin Lundvall**  
participated in this CPD event

  
S L BRUCE, APM Director


**45** minutes  
**Learning with Others**  
Live, online discussion  
5<sup>th</sup> December 2022

### Confirmation

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

Signed: .....

### Osteopathic Practice Standards 2019

<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 <b>NICE Guidance:</b> IPG149 Division of ankyloglossia for breastfeeding 14 <sup>th</sup> December 2005 	

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

This provided me with useful information to help patients who are struggling to breastfeed their babies, as well as ideas to help promote recovery of babies after frenulotomy. The comments about the wider effect of tongue tie on the MSK system were thought-provoking and add to my diagnostic skills.