

CPD EVENT RECORD

YOGA TECHNIQUES AND HOLISTIC CARE

with Anji Gopal

Recording:
Learning
by Oneself

Summary

Ms Gopal explained the holistic contribution of yoga-based practices as a supplement to manual therapy. She also outlined the robust evidence for this contribution, and related it to current NICE guidelines on care for low back pain and sciatica. In particular, she highlighted the effect of breathing techniques in calming the sympathetic nervous system and the potential role of yoga in addressing psychological components of ill health.

A number of assessment and rehab techniques were demonstrated on a live model, using real case histories as a basis, and the methods of communication with patients explored: for example, avoiding the term "yoga" might make the exercises more palatable to some. The impact of different postures on health and organ function was also discussed.

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
Peter Mckee on 27/06/2022
participated in this CPD event


S L BRUCE, APM Director

90
minutes

Learning by Oneself
Recorded

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: None

Communication & Consent: No

Relevant NICE Guidance:

NG59. Low back pain and sciatica in over 16s.

Updated: 11 December 2020


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)

As a result of this CPD, I feel better equipped to provide essential rehab guidance to my patients. This addresses the complete biopsychosocial aspect of health and should enhance my treatment outcome s.