

# CPD EVENT RECORD

## HYPOPRESSIVE TRAINING

with Nikki Scott and Richard Peterson

**Live Event:**  
Learning  
With Others

This explanation and demonstration of hypopressive techniques showed how patients could be educated in simple procedures to overcome specific problems and to improve athletic performance. While the most common reason to use hypopressive exercise was to prevent or remedy stress incontinence, particularly in women after childbirth, benefit is also found in many other conditions: hernia, pelvic organ prolapse, sexual dysfunction and respiratory disease being some.

The limitations of conventional care, which emphasise pelvic floor exercises, were explained and contraindications to hypopressive training were listed.

### Chiropractic Code 2016

**A** Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

**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

**B** Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

**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

**Catherine Oatley**

participated in this CPD event



S L BRUCE, APM Director

**90**  
minutes

**Learning with Others**

Live, online discussion

20<sup>th</sup> 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: None

Communication & Consent: No

**NICE Guidance:**

NG123 dated 2<sup>nd</sup> April 2019

Urinary incontinence and pelvic organ prolapse in women

  
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 technique offers a new approach for many patients, especially those suffering from the embarrassing problem of incontinence. Where standard care has failed, or even as a complete alternative, understanding hypopressives gives me something to offer which might drastically improve their quality of life.