



Continuing Professional Development

Rene Polakau

Participated in the 'role of manual therapy in the management of COPD' CPD course, 7-hours learning with others, on 31 January 2025

Reflection

- What were your reasons for undertaking the activity?

To gain a better understanding of the different stages of COPD, the pathophysiology and optimal treatment and life improving interventions.

- What knowledge and skills did you gain?

Evidence ~~on~~ on the positive impact of manual treatment and exercise and how functional improvement can be gained in patients like with early interventions.

- What impact is this activity likely to have on your practice as an Osteopath?

Regarding patients that feel hopeless or that interventions won't help.

Thus has given me the confidence and evidence to challenge their beliefs and then in better quality of life when living with COPD.

- Has the activity highlighted any other learning needs and if so, how will these be addressed?

Vaping is a growing trend that can fuel COPD cases. So I have started to further read up on research concerning the effects of Vaping.

- Overall reflection

Although COPD can be irreversible, this has taught me that we can actually help patients' quality of life and work with them to function better through exercise, treatment + smoking cessation. It has given me more confidence to work with COPD patients.

The role of manual therapy in the management of COPD- 31 January 2025

Summary of Osteopathic Practice Standards and other CPD elements covered

- A Communication and patient partnership A1 & A5
- B Knowledge, skills and performance B1, B2, B3 & B4
- C Safety and quality in practice C1 & C6
- D Professionalism D3, D7 & D10

Learning outcomes

- To improve understanding about the musculoskeletal changes associated with COPD
- To improve recognition of changes in breathing mechanics in people with COPD
- To refine the choice of manual therapy techniques appropriate for managing COPD
- To develop a manual therapy treatment plan for patients with COPD