

CPD EVENT RECORD

Case-Based Discussion

Live Event:
*Learning
With Others*

This case concerned a 15-year-old girl who was born with severe scoliosis. She had pioneering corrective surgery at the age of 11 to try to address her spinal curvature. This involved cables which accommodated her growth, as opposed to a Harrington rod, which would not. Although her scoliosis was reduced, it remained very pronounced.

Her pain, however, was caused by her hypermobility, not her scoliosis. This was possibly exacerbated after her surgery, when she was told she could not carry even light weight. This advice had just been rescinded when the discussion took place, and she had been advised to "do sport". A great deal of advice was shared, including informed strength and conditioning suggestions from Dr Claire Minshull PhD.

Other advice included potential POTS problems from swimming, possible retained primitive reflexes, use of foot orthotics to improve stability, the need to escape from catastrophisation/fear, and the potential benefits of administered methylated folate.

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

Rubina Ali

participated in this CPD event


S L BRUCE, APM Director

45
minutes

Learning with Others

Live, online discussion

5th 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: Case-Based Discussion

Communication & Consent: No

NICE Clinical Knowledge Summary:

Scenario: Hypermobility in children

Revised May 2019


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 was a challenging case involving serious comorbidities. Exploring the treatment options for a young person with hypermobility was a very useful exercise, not least because of the emphasis on good communication, especially encouragement. I feel this will contribute to my own patient-handling skills.