

# CPD EVENT RECORD

## Case-Based Discussion

**Live Event:**  
*Learning  
With Others*

Two cases were discussed. In one, a 66y/o man with a history of cluster headaches which had resolved following occipital nerve-block injection. When the symptoms returned after lengthy remission, it was found that the sternocleidomastoid was the primary culprit. This was treated (with lidocaine) and the problem appears to be resolved. The anatomical connection, especially the neurological component, was explored in detail and the role of dry needling covered. An example was given of a 12-year-old boy who had a 7-year history of severe headaches experiencing total relief after one session, in which SCM was needled.

The second case was a man who suffered cluster headaches with associated Horner's syndrome. He was in a high-pressure job and, although the practitioner used soft tissue techniques, the primary requirement appeared to be the need for emotional release. The psychological aspects of headache were 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

**D** Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

**E** Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

**F** Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

**G** Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

**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

27<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: Case-Based Discussion**

Communication & Consent: No

**NICE Guidance:**

CG150

Headaches in over 12s: diagnosis and management

Updated 17 Dec 2021

  
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 very helpful reminder of the connection between SCM and headache. It has emphasised the utility of treating this muscle, and may well help my future patients, including some with chronic problems. It was also useful to consider the psychological component in cases such as this.