

# CPD EVENT RECORD

## Case-Based Discussion

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

### Summary

This case concerned a 47-year-old female primary school teacher. She had a 5-year history of unilateral forearm/elbow pain, which had gradually spread to her shoulder and neck. MRI, nerve conduction and CT were reported as unremarkable. She also reported pain across the dorsal wrist, but there were no carpal restrictions or indications of OA.

Many suggestions were offered, including evaluation of pelvic and spinal alignment, treatment of specific trigger points (especially subscapularis). It was also thought that accessing the MR imagery might be helpful, as radiologists sometimes overlook aspects of interest to MSK practitioners. Examination of, and treatment to the elbow was suggested, and the potential for stress to be a component was raised. Thoracic Outlet Syndrome was also suggested.

### 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

**Rubina Ali**

participated in this CPD event

  
S L BRUCE, APM Director

**45**  
minutes

**Learning with Others**

Live, online discussion  
22<sup>nd</sup> November 2022

### 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

  
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 case posed some interesting challenges and was useful in helping me develop my clinical thinking to include the less obvious aspects surrounding pain. This will be helpful even in patients not presenting with these specific symptoms.