

# CPD EVENT RECORD

## MIGRAINES AND NUTRITION

with Simon Billings BSc (Hons), MSc, DC, MRCC, RTP

**Live Event:**  
Learning  
With Others

### Summary

In this discussion evidence was provided to show that inflammation plays a significant role in causing migraine headaches and, while genetic factors cannot be altered, many other contributory elements can be moderated by diet and supplementation. The influence of prescription drugs was considered and the mechanism by which some, including those prescribed to ease migraines, might exacerbate the problem over the long term explained.

### 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

**90**  
minutes

**Learning with Others**  
Live, online discussion  
18<sup>th</sup> October 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: None  
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 was an excellent explanation of the mechanisms behind migraine headaches, with some equally valuable suggestions for treatment. It will help me explain the issue better to patients, dispel some of their misconceptions and provide relief to many.