

# CPD EVENT RECORD

## MINDFULNESS FOR PAIN MANAGEMENT

with Alison Bale

**Live Event:**  
Learning  
With Others

Although NICE recommends mindfulness training in the UK only for mental health issues, there is increasing evidence for its role in the management of pain. In this discussion, the scope of mindfulness was explained, as were some of the principles used to encourage patients to try the approach.

Mindfulness and meditation were contrasted, and the way in which language can sometimes be a deterrent when open to misinterpretation explored. An example given was the use of the term "psychosomatic".

A number of resources were provided both to learn mindfulness and to encourage use of the technique.

### 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  
30<sup>th</sup> January 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: 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)

It was reassuring to hear that there is emerging evidence for mindfulness as a pain management technique. Where it suits patient preferences, I am now better able to signpost them to appropriate resources.