

# CPD EVENT RECORD

## Case-Based Discussion

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

### Summary

This case concerned a 55-year-old woman, suffering chronic low back, SIJ and sciatic pain. Recently the pain had become bilateral and she was having difficulty standing up from sitting. She was an accountant, but was occupied most of the time providing care for her mother. She was taking anti-hypertensive meds and was scheduled for FBC 4 days after her appointment, and had been referred for MRI.

On examination, there was no LEX strength deficit, but the left patellar reflex was reduced. There were no signs or symptoms to indicate cauda equina syndrome.

All agreed that there was sufficient concern to indicate an urgent need to exclude malignancy, cauda equina compression, prolapsed disc and gynae complications such as fibroids. The need to stipulate the precise requirement when making MRI referrals was emphasised.

### 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

**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  
**Hugo Saad**  
participated in this CPD event

  
S L BRUCE, APM Director

**45**  
minutes

**Learning with Others**  
Live, online discussion  
25<sup>th</sup> May 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 raised numerous possible explanations for chronic pain in a lady of this age, and reminded me of the physiological mechanisms through which this could occur. I was also reminded of the need for specificity in referring for MRI investigation, and the importance of the different MRI protocols. This will help in my care of future patients in my own practice.