

CPD EVENT RECORD

CHRONIC PAIN AND NEUROFEEDBACK TRAINING

with Mr Nick Birch and Jon Graham

Live Event:
Learning
With Others

Summary

This discussion comprised an update on the definition and treatment of chronic pain, as well as a demonstration of equipment for neurological feedback training, aimed at adjusting the balance of θ and α waves. The latest NICE guidelines were discussed, and it was noted that acupuncture had been reintroduced (without any apparent change in the evidence!) as a treatment option for chronic pain, although neurofeedback training was not included due to current lack of evidence. The success of a proof-of-concept study, and an initial RCT was outlined, indicating that the protocol could become mainstream within a few years.

It was noted that, because it affects different areas of the brain, neurofeedback training had little or no placebo effect.

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

Hugo Saad

participated in this CPD event


S L BRUCE, APM Director

90
minutes

Learning with Others
Live, online discussion
13th December 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

NICE Guidance:
NG193: Chronic Pain in over 16s
7th April 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)

I was pleased to see the update to NICE guidelines on treating chronic pain, and found the science behind brain activity and chronic pain interesting. Although the equipment demonstrated is not yet available, the discussion will help me explain how other methods (mindfulness/meditation etc) can help overcome pain.