

# CPD EVENT RECORD

## DYSMENORRHOEA

with Dr Susanna Unsworth

**Recording:**  
*Learning  
by Oneself*

### Evaluation, Reflection and Impact on Practice:

This discussion concerned dysmenorrhoea, including signs and symptoms, the problem of underdiagnosis, and the various treatment options. Dr Unsworth described problems with the use of over-the-counter pain relief medication, as well as potential benefits of hormonal treatment, typically in the form of the contraceptive pill. The significance of timing in period-related pain (including mittelschmerz pain), and possible secondary causes of pain were discussed. The merits of natural hormonal treatment were also covered.

On reflection, this was very useful information and will help with my own diagnostic process. Because women are likely to assume that period pain is normal, and may be dismissed for that reason by other healthcare professionals, I might find myself as the first point of contact where it is important to make onward referral.

### 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

participated in this CPD event



S L BRUCE, APM Director

Date:

**45 minutes**  
**Learning by Oneself**  
**Recorded**

Academy  
of PHYSICAL MEDICINE

### Confirmation

I confirm that the figure shown accurately reflects the time spent by me on 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