

# CPD EVENT RECORD

## MOVEMENT SCIENCE - MOVING THE BRAIN

with Joanne Elphinston

**Recording:**  
*Learning  
by Oneself*

### Summary

In this discussion Joanne Elphinston explained the difference between "exercise" and "movement". She also explained how to encourage patients to think more about their own movement, and how this was a much more effective way of reprogramming the brain than a didactic process of instruction.

She went into detail about effective ways of communicating with patients, using techniques which were not designed to directly challenge their existing assumptions, and which did not judge their responses as right or wrong.

She emphasised that breathing effectively is probably one of the most important and effective "exercises" in encouraging good health.

### 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

### 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: Yes**

### Evaluation, Reflection and Impact on Practice

### Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....