

CPD EVENT RECORD

YOGA-BASED PRACTICES

with Anji Gopal

Recording:
Learning
by Oneself

Summary

This CPD took the form of a useful discussion and demonstration of simple, yoga-based techniques to help overcome the stresses and anxieties felt by many patients and practitioners. It was emphasised that there was no need for specialist training to recommend them to patients and that they were based on straightforward musculoskeletal principles. The evidence base for the exercises was also covered.

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	F Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6
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
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: No

Evaluation, Reflection and Impact on Practice

I undertook this activity because I am aware of the importance of psychological pressures on overall wellbeing, and wanted to discover how yoga exercises could contribute to relieving them. The demonstration was clear and well-explained, leaving me feeling that I could both recommend the exercises to patients or make use of them myself. Either way, my practice would benefit!

Confirmation

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

Signed: