

# CPD EVENT RECORD

## SPINAL CASES

with Mr Rajiv Bajekal

**Recording:**  
*Learning  
by Oneself*

### Summary

This discussion looked at osteoporosis and connected issues. As well as the risk factors, the issues of primary and secondary osteoporosis were covered, and the details of a case concerning a lady with hyperthyroidism were shared.

The roles of diet, sleep, infection, genetics and substance misuse were explained, and detail was provided on the type and extent of exercise needed to help minimise risk were given

### 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

**45**  
minutes

**Learning by Oneself**  
Recorded

### 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

  
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)