

# CPD EVENT RECORD

## LIVING PCOS-FREE

with Rohini Bajekal

**Recording:**  
Learning  
by Oneself

### Summary

This was a detailed insight into the prevalence, presentation and handling of polycystic ovary syndrome. Statistics were given to show the extent to which the condition is underdiagnosed, and the effect that this has on (mainly) women's lives. The fact that many women are reluctant to discuss their reproductive health, are unaware of the signs and symptoms of PCOS, or feel that there is stigma attached to admitting to the condition exacerbates this problem. The need for sensitive handling of patients, using appropriate language, was emphasised. While the problem cannot be cured, the effects can largely be overcome through a lifestyle approach; evidence was provided to support this, and case studies offered to illustrate it.

### 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

**90**  
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: Yes

NICE Guidance:

CKS: Polycystic Ovary Syndrome (Feb 2022)

  
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)