

# CPD EVENT RECORD

## MINDFULNESS IN PRACTICE

with Hannah Ellicock

**Recording:**  
Learning  
by Oneself

This discussion examined the role of mindfulness as part of physical therapy, although the need for appropriate training was emphasised. Different types of mindfulness were explained and methods to ensure that teachers were properly qualified were made clear. Mechanisms for either incorporating mindfulness into standard appointments or referring to specialists were discussed, and the importance of ensuring that it was included added to the clinician's professional liability insurance policy made clear. Situations where mindfulness would not be appropriate were outlined. Resources for learning about, or training in, mindfulness were shared.

*Note: There are no NICE Guidelines for the role of mindfulness in treating chronic pain, but the NICE committee accepted that there was likely to be some benefit and recommended further research. This aspect was not covered in the broadcast itself.*

### Chiropractic Code 2016

<b>A</b> Put the health interests of patients first A1 A2 A3 A4 A5 A6 A7	<b>B</b> Act with honesty & integrity. Maintain the highest standards of professional/personal conduct B1 B2 B3 B4 B5 B6 B7 B8 B9
<b>C</b> Provide a good standard of clinical care and practice C1 C2 C3 C4 C5 C6 C7 C8 C9	<b>D</b> Establish and maintain a clear professional relationship with patients D1 D2 D3 D4
<b>E</b> Obtain informed consent for all aspects of patient care E1 E2 E3 E4 E5 E6 E7	<b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals F1 F2 F3 F4 F5 F6
<b>G</b> Maintain, develop and work within your professional knowledge and skills G1 G2 G3 G4 G5 G6	<b>H</b> Maintain and protect patient information H1 H2 H3 H4 H5 H6 H7

### Certification

This certificate confirms that  
**Justin Hedges**  
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

<b>A</b> Communication and patient partnership A1 A2 A3 A4 A5 A6 A7	<b>B</b> Knowledge, skills and performance B1 B2 B3 B4
<b>C</b> Safety and quality in practice C1 C2 C3 C4 C5 C6	<b>D</b> Professionalism D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12

Objective Activity: None  
Communication & Consent: No

**NICE Guidance:**

NG193

"Chronic Pain...:Assessment and Management..."

7th April 2021

  
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)