

# CPD EVENT RECORD

## POST TRAUMATIC STRESS DISORDER

with Andy Shaw

Live Event:  
Learning  
With Others

Andy Shaw spoke from personal experience of the PTSD he had suffered as a result of operations during the Falklands war. He outlined the range of symptoms he and others he has helped have experienced and described the therapeutic pathway he has developed, "The Mountain Way". He provided insights into the behavioural changes that sufferers might display, and was able to comment on the the role PTSD plays in prologing or exacerbating pain.

The standard care for PTSD (CBT and EMDR) was examined and its limitations, both in modality and follow up, highlighted, as was the current approach taken within the military.

The high suicide rate in veterans affected by PTSD was noted.

<h3>Chiropractic Code 2016</h3> <div><div><b>A</b> Put the health interests of patients first <b>A1 A2 A3 A4 A5 A6 A7</b></div><div><b>B</b> Act with honesty &amp; integrity. Maintain the highest standards of professional/personal conduct <b>B1 B2 B3 B4 B5 B6 B7 B8 B9</b></div><div><b>C</b> Provide a good standard of clinical care and practice <b>C1 C2 C3 C4 C5 C6 C7 C8 C9</b></div><div><b>D</b> Establish and maintain a clear professional relationship with patients <b>D1 D2 D3 D4</b></div><div><b>E</b> Obtain informed consent for all aspects of patient care <b>E1 E2 E3 E4 E5 E6 E7</b></div><div><b>F</b> Communicate properly and effectively with patients, colleagues and other healthcare professionals <b>F1 F2 F3 F4 F5 F6</b></div><div><b>G</b> Maintain, develop and work within your professional knowledge and skills <b>G1 G2 G3 G4 G5 G6</b></div><div><b>H</b> Maintain and protect patient information <b>H1 H2 H3 H4 H5 H6 H7</b></div></div> <p>Equality, Diversity &amp; Inclusion: No</p>	<h3>Certification</h3> <p>This certificate confirms that</p> <p>participated in this CPD event</p> <div><p>S L BRUCE, APM Director</p></div> <div><div>90 minutes</div><div>Learning with Others</div><div>Live, online discussion</div><div>2<sup>nd</sup> May 2024</div></div> <h3>Confirmation</h3> <p>I confirm that this is an accurate reflection of my learning during this event.</p> <p>Signed: .....</p>	<h3>Osteopathic Practice Standards 2019</h3> <div><div><b>A</b> Communication and patient partnership <b>A1 A2 A3 A4 A5 A6 A7</b></div><div><b>B</b> Knowledge, skills and performance <b>B1 B2 B3 B4</b></div><div><b>C</b> Safety and quality in practice <b>C1 C2 C3 C4 C5 C6</b></div><div><b>D</b> Professionalism <b>D1 D2 D3 D4 D5 D6 D7 D8 D9 D10 D11 D12</b></div></div> <p>Objective Activity: None</p> <p>Communication &amp; Consent: Yes</p> <p>NICE Guidance: NG116 Post-traumatic stress disorder Published 5<sup>th</sup> December 2018</p> <div></div>
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Evaluation, Reflection and Impact on Practice (this part of the certificate is **not** automatically generated - it has been entered by the participant)