

# CPD EVENT RECORD

## DIASTASIS RECTI

with Claudia Knox

Live Event:  
Learning  
With Others

The pathophysiology of diastasis recti was described and the possible consequences outlined. A procedure for assessing the diastasis was demonstrated.

The fascial connections and role of hyaluronic acid were explained in detail.

The limitations of surgical repair were noted and a demonstration of physical therapy to address the condition was given.

An initial approach to remedial exercise was proposed and examples of inappropriate exercises provided.

The important role of midwives and healthcare visitors in advising women with post partum diastasis recti was explained.

### 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

Equality, Diversity & Inclusion: No

### Certification

This certificate confirms that  
  
participated in this CPD event

  
S L BRUCE, APM Director

90 minutes **Learning with Others**  
Live, online discussion  
28<sup>th</sup> May 2024

### 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

  
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)