

CPD EVENT RECORD

RESTLESS LEGS SYNDROME

with Dr Julian Spinks

Live Event:
Learning
With Others

This discussion focused on Restless Legs Syndrome (RLS), also known as Willis-Ekbom disease. The challenges of diagnosis and management were covered, as well as the defining symptoms of RLS, such as an irresistible urge to move the legs, particularly at rest and in the evening, which significantly impacts sleep quality and overall health.

Widespread lack of awareness has led to frequent misdiagnosis and inadequate treatment.

Various treatment options were explored, including lifestyle modifications, pharmacological treatments like dopamine agonists and opioids, and potential iron supplementation. The conversation emphasized the need for a patient-centered approach that recognizes the diverse presentations and impact of RLS on individuals' lives, advocating for more research and awareness to improve patient outcomes.

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

Equality, Diversity & Inclusion: No

Certification

This certificate confirms that

participated in this CPD event


S L BRUCE, APM Director

50 minutes
Learning with Others
Live, online discussion
2nd September 2024

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

NICE Guidance:
Clinical Knowledge Summary:
"Restless Legs syndrome"
Revised Feb 2024


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)