

# CPD EVENT RECORD

## RESTLESS LEGS SYNDROME

with Dr Julian Spinks

Recording:  
Learning  
by Oneself

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

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

### Confirmation

I confirm that this is an accurate reflection of my learning during this event.

Signed: .....

### Osteopathic Practice Standards 2019

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