

CPD EVENT RECORD

BREATHING, PAIN AND COVID-19

with Dr Rosalba Courtney PhD

Recording:
*Learning
by Oneself*

Evaluation, Reflection and Impact on Practice:

This discussion concentrated on the effects of correct breathing on the body's innate healing system. In particular, the importance of nitric oxide was emphasised. The fact that nitric oxide was being administered to healthcare staff due to its anti-viral potential lent weight to the theory that breathing exercises to increase nitric oxide could be helpful in protecting against coronavirus. Nasal breathing and humming techniques were described, since these are very helpful in nitric oxide production.

It was emphasised that claims for the effectiveness of these techniques in defeating coronavirus which were not based on sound evidence would constitute unacceptable advertising/marketing.

On reflection, this was a useful, evidence-based discussion on simple breathing techniques that could have significant benefits for patients in many aspects of healthcare. The techniques will be applicable to many of my future patients.

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

Certification

This certificate confirms that

participated in this CPD event


S L BRUCE, APM Director

Date:

45 minutes
Learning by Oneself
Recorded


Academy
of PHYSICAL MEDICINE

Confirmation

I confirm that the figure shown accurately reflects the time spent by me on 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