

CPD EVENT RECORD

Breathwork

with Kerry Dowson

Recording:
*Learning
by Oneself*

Summary

This discussion and demonstration covered exercises to help those recovering from COVID-19 (or other pneumonia), to assist with anxiety and improve sleep. All were simple and clearly demonstrated, so were ideal for telehealth consultations as well as face-to-face appointments.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 **C6** C7 C8 C9

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 **G5** G6

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 **F3** F4 F5 F6

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

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

Evaluation, Reflection and Impact on Practice

On reflection, the exercises are applicable across a wide cross-section of my patients. Good breathing technique has a role in pain-relief, as well as maintaining overall health.

Confirmation

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

Signed: