## **CPD EVENT RECORD**

### **Breathwork**

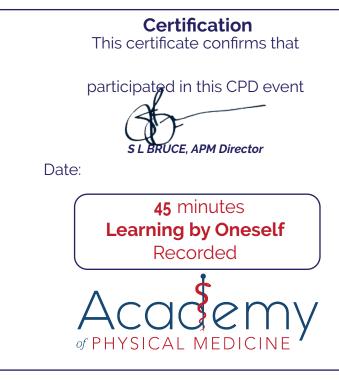
with Kerry Dowson

# 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** Put the health interests of Act with honesty & integrity. Maintain the atients first highest standards of professional/personal conduct A1 A2 A3 A4 A5 A6 A7 B1 B2 B3 B4 B5 B6 B7 B8 B9 Provide a good standard of Establish and maintain a clinical care and practice clear professional relationship with patients C1 C2 C3 C4 C5 C6 C7 C8 C9 D1 D2 D3 D4 Obtain informed consent Communicate properly for all aspects of patient and effectively with patients, colleagues and other healthcare professionals E1 E2 E3 E4 E5 E6 E7 F1 F2 F3 F4 F5 F6 ■ Maintain and protect G Maintain, develop and work within your patient information professional knowledge and skills **G1** G2 G3 G4 **G5** G6 H1 H2 H3 H4 H5 H6 H7





### **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: