

# CPD EVENT RECORD

## Breathwork II

with Kerry Dowson

**Recording:**  
*Learning  
by Oneself*

### Summary

This discussion and demonstration covered some very helpful techniques for improving breathing. It included techniques for the face and head which improved the efficiency of breathing, combined with a very clear explanation of the physiological theory behind them. The techniques were very suitable for telehealth consultations, and some very important safety considerations were raised in that connection.

### 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: Yes**

### Evaluation, Reflection and Impact on Practice

On reflection, these techniques could be applied to a broad cross-section of my patients to enhance the effectiveness of my treatment. In the event that I carry out any telehealth consultations, the safety considerations will be applicable every time.

### Confirmation

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

Signed: .....