

CPD EVENT RECORD

EXERCISES IN PREGNANCY

with Zoe Mundell

Recording:
*Learning
by Oneself*

Summary

This discussion set out to describe how exercises could help prepare women for childbirth and minimise dysfunction during their pregnancy. Pubic Symphysis Dysfunction and pelvic floor problems were looked at in greater detail and relevant exercises were demonstrated.

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

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, it is really useful to be able to describe and/or demonstrate simple techniques such as these. Whether by face-to-face appointment or telehealth consultation, I will be able to apply these in my everyday practice.

Confirmation

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

Signed: