

# CPD EVENT RECORD

## ORTHOPAEDICS: THE ANKLE AND FOOT

with Mr Pinak Ray

**Recording:**  
*Learning  
by Oneself*

### Summary

This discussion covered diagnosis and treatment of common foot and ankle problems. The importance of the precise site of pain was emphasised in differentiating between different pathologies. The role of hydrocortisone, joint fusion and proprioceptive rehab was explained and the current surgical approach to hallux abducto valgus described. Rehab protocols were also given.

### 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, this has a direct relevance to my own patients, and helps to reinforce my approach to diagnosis and treatment, as well as providing updated information to help keep them informed of surgical possibilities.

### Confirmation

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

Signed: .....