

# CPD EVENT RECORD

## MINDFULNESS

with Nicola Smith

**Recording:**  
*Learning  
by Oneself*

### Evaluation, Reflection and Impact on Practice

#### Summary

This discussion covered the role of mindfulness in addressing chronic pain, as well as anxiety and other psychological problems and included reference to its place in NICE guidelines. Two demonstrations and links to relevant research were provided. The questions of patient buy-in was addressed and suitable language for communicating the potential benefits described. It was made clear that not all patients would necessarily be suitable candidates for mindfulness therapy, and the need for practitioners to be appropriately trained before attempting to use mindfulness for the benefit of patients was emphasised.

#### Reflection

Mindfulness has grown in popularity over recent years and is widely used in the NHS, so I felt I needed to improve my awareness of the techniques in order to advise patients accordingly. I am now in a position to give clear, informed advice as well as provide links to suitable online resources, which can only benefit my patients.

#### 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

#### Confirmation

I confirm that the figure shown accurately reflects the time spent by me on this event.

Signed: .....

#### 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**