

CPD EVENT RECORD

NEUROINFLAMMATION, PAIN & FATIGUE

with Simon Billings

Recording:
*Learning
by Oneself*

Evaluation, Reflection and Impact on Practice:

This discussion covered the role of Vitamin D3 in protecting various structures from inflammation and included its potential effects in mitigating the damage done by COVID-19. Recommended daily dosage was contrasted with evidence-based requirements, and the effects of high-dose supplementation explained, together with the mechanism of action and the potential need for magnesium supplementation. Contraindications to D3 supplementation were covered. At-risk groups were pointed out, and the signs and symptoms of deficiency shown. A number of options for reliable testing of Vitamin D levels were given. Examples of the beneficial effects of supplementation were given using real cases and factors contributing to malabsorption shown.

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:

90 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: No