

# CPD EVENT RECORD

## PERSISTENT PAIN AND ACTIVITY LEVELS

with Matt Wallden

**Recording:**  
*Learning  
by Oneself*

### Evaluation, Reflection and Impact on Practice:

This discussion looked at the possible reasons behind increasing levels of persistent pain in society despite the increasing numbers of therapists, drugs and surgeons. The speaker also cited research which showed that daily, low-level physical activity can be more effective at dealing with pain than more formal bouts of exercise. One option for measuring activity levels effectively was also discussed.

On reflection, this leaves me better able to inform my own patients about the type and amounts of exercise which might be most effective at reducing their pain.

### 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: No