CPD EVENT RECORD

Exercises in Pregnancy II

with Zoë Mundell

Recording:

Learning
by Oneself

Summary

professional knowledge and

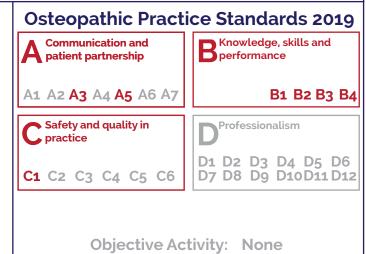
G1 G2 G3 G4 G5 G6

skills

This discussion and demonstration covered a number of exercises and stretchesto help women deal with the aches and pains of pregnancy. Low back pain, thoracic pain and carpal tunnel problems were among the dysfunctions covered.

Chiropractic Code 2016 Put the health interests of Act with honesty & integrity. Maintain the A patients first highest standards of professional/personal conduct A1 A2 A3 A4 A5 A6 A7 B1 B2 B3 B4 B5 B6 B7 B8 B9 Provide a good standard of Establish and maintain a clinical care and practice clear professional relationship with patients C1 C2 C3 C4 C5 C6 C7 C8 C9 D1 D2 D3 D4 Obtain informed consent Communicate properly for all aspects of patient and effectively with patients, colleagues and other healthcare professionals E1 E2 E3 E4 E5 E6 E7 F1 F2 F3 F4 F5 F6 **■**Maintain and protect G Maintain, develop and work within your patient information





Evaluation, Reflection and Impact on Practice

H1 H2 H3 H4 H5 H6 H7

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 spply these in my everyday practice.

Confirmation

Communication & Consent: No

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

Signed: