

# CPD EVENT RECORD

## SPINAL CASES AND LIFESTYLE

with Mr Rajiv Bajekal

**Recording:**  
*Learning  
by Oneself*

### Evaluation, Reflection and Impact on Practice:

This discussion considered cases of a burst fracture and ankylosing spondylitis. The xray and MR images were shown, and the consultant explained the challenges of dealing with patients during the coronavirus scare, and how various types of conservative, out-patient treatment had been attempted for the fracture case, but eventually a percutaneous spinal jack was required. In the second case, it was pointed out that the more obvious finding on the imagery (hip OA) could easily distract a practitioner from the more significant AS. The discussion concluded with a discussion on healthy nutrition, in this case the benefits of mushrooms.

On reflection, the presenting signs and symptoms discussed in these cases will provide useful guidance when assessing my own future patients. The lifestyle advice is also likely to be helpful in providing general care and guidance to 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: No