

CPD EVENT RECORD

THE CASE FOR KETO

with Gary Taubes

Recording:
*Learning
by Oneself*

Evaluation, Reflection and Impact on Practice

Summary

This discussion covered the role that insulin plays, not only in glucose regulation but also in fat storage and mobilisation. The science behind the ketogenic diet was explained and the absence of hard evidence for the long-term effects of any diet was made clear. The short- and medium-term effects of ketogenic and other dietary regimes were contrasted, and the background to conventional dietary and lifestyle guidance was laid out. Safety issues in this context were also discussed.

Reflection

The joint problems of obesity and diabetes are a significant issue for society and many of my patients struggle to control their weight. I undertook this learning in order to be able to advise them according to the best available evidence. While the long-term implications of ketogenic eating may be uncertain, I am now able to compare this with the equal lack of evidence for other regimes, and signpost patients to appropriate resources. This could have significant implications for the health of many.

Chiropractic Code 2016

A Put the health interests of patients first

A1 A2 A3 A4 A5 A6 A7

B Act with honesty & integrity. Maintain the highest standards of professional/personal conduct

B1 B2 B3 B4 B5 B6 B7 B8 B9

C Provide a good standard of clinical care and practice

C1 C2 C3 C4 C5 C6 C7 C8 C9

D Establish and maintain a clear professional relationship with patients

D1 D2 D3 D4

E Obtain informed consent for all aspects of patient care

E1 E2 E3 E4 E5 E6 E7

F Communicate properly and effectively with patients, colleagues and other healthcare professionals

F1 F2 F3 F4 F5 F6

G Maintain, develop and work within your professional knowledge and skills

G1 G2 G3 G4 G5 G6

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