

CPD EVENT RECORD

WOMEN'S HEALTH AND NUTRITION

with Dr Nitu Bajekal

Recording:
*Learning
by Oneself*

Summary

This discussion concerned the effect of diet on health, particularly (but not exclusively) that of women. The central argument was that a plant-based diet can be helpful in reducing the risk of lifestyle cancers, can help prevent and reduce fibroids and can be advantageous in coping with menopause and dysmenorrhea. The information provided was evidence-based, and references were given to support the concepts.

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

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

Evaluation, Reflection and Impact on Practice

On reflection, this has provided a useful basis for lifestyle advice, especially to my female patients. It will be helpful to direct them to some of the resources mentioned in the discussion, so that they can take action to maintain or improve their own health.

Confirmation

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

Signed: