



**Continuing
Professional
Development**
for Osteopaths

**OBJECTIVE
ACTIVITY**

Preparing for a case-based discussion

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How do I select a peer to participate in a case based discussion with me?

Case based discussions can take place in pairs or groups and in person, online or by telephone or through regional groups or other networks. If you need help accessing a group do contact GOsC or the iO who will be able to put you in touch with other osteopaths to participate in case based discussion.

What will be discussed?

With case-based discussion, you can bring one of your own anonymised cases or you can select a hypothetical case to discuss. Case-based discussion through role play works best with a real case. Case-based discussion in a group or in pairs can work well with either a real anonymised case or a hypothetical case.

What preparation is needed?

1. Select your CPD group.
2. Agree the time and location of the case-based discussion. This might be at someone's practice, home or another venue.
3. Agree the format for the discussion and provide access to any necessary materials. (For example, do you want people to bring examples of their own anonymised cases or will you bring some hypothetical cases to support discussion. Supply case-based discussion templates for osteopaths to use at the discussion.)
4. Make arrangements at the venue for sufficient chairs, refreshments etc and make sure people know where to come, what will be provided and what they should bring. Let people know who will be coming.
5. Consider asking all participants to review resources about giving and receiving constructive feedback ahead of the event.

Examples of such resources providing information about giving constructive feedback include:

- Peer observation: A tool for continuing professional development, Davys D and Jones, V, 2007, International Journal of Therapy and Rehabilitation, November 2007, Vol 14, No 11 available at: http://usir.salford.ac.uk/15805/6/article_cgi.pdf
- Principles of constructive feedback, University of Nottingham, 2012 available at: <https://www.nottingham.ac.uk/hr/guidesandsupport/performanceatwork/pdpr/documents/pdprprinciplesofconstructivefeedback.pdf>
- Extract from Coaching and Mentoring for Dummies, Brounstein M available at: <http://www.dummies.com/how-to/content/giving-constructive-feedback.html>
- The London Deanery online module about giving feedback is also useful. See <http://www.faculty.londondeanery.ac.uk/e-learning/feedback/>

On the day

1. Welcome participants.
2. Set the scene. Explain the timetable for the session with participants.
3. Agree how the session will proceed. For example, you may find it helpful to start off the discussion presenting your own case (or hypothetical case), exploring your approach and any uncertainties. You may invite discussion from colleagues.
4. Suggest that all participants respond to the case and give feedback.
5. Ask all participants to record learning points.
6. Towards the end of the session take time to reflect on how the session went? Are participants willing to share learning points? What went well? What would you do differently?
7. Encourage all participants to reflect on the four themes of the *Osteopathic Practice Standards* and to identify which themes have been explored as part of this CPD event.

After the event

1. Ensure that the feedback is recorded in your CPD Folder.