



**Continuing  
Professional  
Development**  
for Osteopaths



# Case study – *Osteopathic Practice Standards*

Kent and East Sussex Osteopaths

## ***Osteopathic Practice Standards (and Communication and consent) –***

### **Case Study – Kent and East Sussex Osteopaths**

#### *Summary*

The communication and consent activity concluded a presentation on the new CPD process. We used a fictional case study (provided by the GOsC to the regional groups) which raised some issues around communication, consent and boundaries.

#### *Planning*

I looked the case over in advance and made sure I had some good questions to ask that would get the conversation started.

#### *What did they do?*

The group read the case and then we had an unstructured discussion about what could have been done differently to improve communication between the osteopath and his patient and how consent could have been obtained. The discussion then focused more widely on our own practices and some of the difficult circumstances we have come across and how we dealt with them. At the end of the exercise, we discussed which themes of the *Osteopathic Practice Standards* we had covered during our discussions. I have started preparing certificates with the four themes listed on them, so that the group can tick which themes apply. I have found it useful to discuss this as a group, rather than considering it individually.

#### *What did the participants learn?*

It was good to share good practice about how we might better communicate especially to new patients. We also discussed how we feel about removing items of clothing when we are being treated, and I think that reminded us how our patients might feel and would make us more aware of consent issues.

#### *What were the concerns/barriers, and how were these overcome?*

I did not have any in relation to this activity. I guess you would always worry that people would not open up or talk much but some good questions to get the debate going seem to allow people to start. I think the smaller groups work well in relation to this also-it creates a very different environment with 6 of you in someone's practice room as opposed to 30 attending a lecture.

#### *How long did it take?*

About 20 minutes, as an additional activity at the end of a longer meeting.

#### *Would you do it again?*

Yes this was useful and always sparks an interesting debate.