

# In Touch

The termly newsletter from the British School of Osteopathy

December 2011



## Principal's Update

Welcome to another exciting issue of In Touch magazine, aiming to bring you all the latest news and events from the British School of Osteopathy in what has been the end to a very busy year.

Autumn has seen a number of key events in the School's calendar beginning with this year's graduation ceremony on Thursday 3rd November. This was again held at the Queen Elizabeth Hall on the Southbank, and as usual BSO royal patron HRH Princess Anne was in attendance to hand out degree certificates to our proud graduands, along with some kind words of encouragement to help them on their way. Various special awards were also conferred, including an Honorary Fellowship to Clive Standen MA, DO. Clive is a past principal of the BSO and is now Associate Head of the School for Osteopathy at Unitec in New Zealand and is working with the World Health Organisation to create osteopathic benchmark statements. An Honorary Doctorate of Science was also awarded by the University of Bedfordshire to Professor Ann Moore, Chair of the National Council for Osteopathic Research (NCOR). Master of Osteopathy graduand Lisa Dennison, winner of the BSO silver medal for achievement, thanked The Princess Royal on behalf of her fellow students. Further details of this vibrant happy occasion can be found on Page three of this term's issue.

This autumn also saw the 20th annual BSO Staff Conference (formerly known to many as Faculty Weekend) being held on the 19th and 20th November at the Crowne Plaza Hotel in Marlow. The event was a great success and widely attended, with colleagues from across the profession joining to share experience and good practice; with keynote speeches generously given by Dr Lynn Monrouxe and Dr Elie Cohen. More details from this year's event can be found on page eight.

As always, work continues behind the scenes at the BSO to refine and further develop the courses we provide and this term has seen our faculty involved in both internal and external validation and revalidation events, ensuring that our courses are running at peak efficiency and delivering quality at all levels. Indeed, it is my pleasure to announce that we have successfully validated two new courses; an MSc in Osteopathy to enhance professional practice and ensure that osteopaths are prepared for revalidation and also an MSc in Osteopathy (Pre-registration) to enable physiotherapists and medical doctors with an appropriate background to train as osteopaths. This has taken a lot of hard work and my thanks go to the development teams comprising Jorge Esteves, Graham Sharman, Shireen Ismail and Simeon London. My thanks also to Steve Vogel and Kit Small in the quality assurance team for ensuring that these key events run so smoothly and successfully. Both new courses are due to begin next September with fresh intakes of students.

Also in this term's issue you can find further details of exciting recent research developments, including an update on results from the BSO's innovative CROaM study into clinical risk, along with news on the latest faculty publications and how to get involved in future publications. On Page 10 you can find lots of details of BSO Alumni activity and ways in which you can keep in touch with the school and benefit from your association with the leading educational institution in the osteopathic profession.

And finally, the end of the term brought us sad news with the passing of Olwen Starr. Known to many, Olwen worked as an integral part of the clinic team for the past 28 years. Olwen will be much missed by us all.

**Charles Hunt, Principal & Chief Executive**





## Olwen Starr 1919-2011

Olwen brightened the lives of everyone she met. After having "retired" she joined the British School of Osteopathy and was a dedicated colleague for the last twenty-eight years of her life, an inspiration to colleagues, students and patients alike.

Olwen's son John has asked that rather than flowers donations are made to the BSO in her honour, and with that in mind Charles has created an online webpage on Bmycharity. As well as giving online, we can express our affection towards Olwen.

<http://www.bmycharity.com/OlwenStarr>

Please do visit the site if you wish to remember Olwen in this (very positive) way. Your support will help the important work of the British School of Osteopathy.



## Student News

**Sarah Matthews, Student Welfare & Equality Manager**

### The Student Union

To bring ourselves in line with other HEI's, and their SU election dates, the 2011 SU election was postponed until the Spring Term 2012. The idea behind this is that hopefully SP1 students will feel more settled in to BSO life and volunteer to be part of the SU. To 'tide things over' Christopher Jones and his team remained in office until the end of the autumn term.

I would like to encourage all students to consider being a member of the SU 2012/13: any year group/pathway can come forward. In the new term I will be placing posters around the school advising students of the SU positions and am always available to advise you of the responsibilities involved. The BSO awards an amount of money each year to the SU and this doesn't have to be just spent on parties! If you are interested in sport or have other ideas then please do come forward.

### The Outgoing SU Team 2011

President:	Chris Jones
Vice President:	Arthur Codsì
Sports Officers:	George Dimitriadis Amy Philips
Marketing Officer:	Remi De Fleurian
Entertainments Officers:	Kathleen Ellis Lara Haxa
Welfare Officer:	Edward Batemen

### Equality News

The BSO Equality Scheme & Plan is now available on the BSO website, with hard copies available in the library and outside room 3.06. This new publication, details how the BSO plans to improve equality over the next 3 years. The Scheme leads by advising readers of the legal requirements of the Equality Act 2010 and the general duties 'everyone' should work towards achieving. Following the Scheme is an Action Plan, containing the objectives aimed at achieving these requirements. All BSO users are asked to make themselves aware of our legal duties and to work towards meeting the objectives of the plan.



## Student News

Phil Heeps, Registrar

### Registry staffing

Registry was sad to say goodbye to Lucia Evans who left the department during the Summer after nearly three years. We would like to say thank you to her for all her hard work over that time administering the Access Course as well as tutoring on it, and providing such dependable administrative support to both academic and support staff. Happily for the BSO, Lucia has taken up the post of Student Learning Advisor, and can now be found in her new office in Room 3.08 on the third floor.

Registry opening hours continue to be 08.00-17.00 Monday to Friday and 09.00-14.30 every Mixed Mode weekend.

### Postgraduate Courses

It's another exciting time in the postgraduate arena, with two new Masters courses beginning in 2012:

- MSc Osteopathy
- MSc Osteopathy (Pre-Registration)

If anyone is interested in finding out more about these courses (and others in development), please contact either Jorge Esteves (Head of Postgraduate Studies) or Gayda Arnold (Assistant Registrar (Postgraduate)).

### Graduation Ceremony

The BSO's Graduation and Awards Ceremony was held on 3 November 2011, at the Queen Elizabeth Hall, Southbank.

HRH The Princess Royal, Patron of the BSO, presented the awards which included an Honorary Fellowship to Clive Standen MA, DO. He is a past principal of the BSO and is now Associate Head of the School for Osteopathy at Unitec in New Zealand and is working with the World Health Organisation to create osteopathic benchmark statements.

Also, an Honorary Doctorate of Science was awarded by the University of Bedfordshire to Professor Ann Moore PhD, GradDipPhys, FCSP, FMACP, CertEd, FHEA. Since being Chair of the National Council for Osteopathic Research (NCOR), she has worked with the key stakeholders in osteopathy and created an infrastructure to support osteopathic research.

Master of Osteopathy degree certificates from the BSO and the University of Bedfordshire were presented to 89 students, 12 of whom gained a distinction. Two students were awarded Bachelor of Science (non-practising) degrees.

Students receiving their awards were watched by family, friends and BSO staff. Special guests included Professor Les Ebdon CBE, Vice Chancellor of the University of Bedfordshire; the Mayor of Lambeth, Councillor Christiana Valcarcel, the Mayor of Southwark, Councillor Lorraine Lauder and Mr John Lant, Vice-Chairman of the BSO Board. A number of the BSO's Vice Patrons were also in attendance, including Dame Beryl Grey DBE, Baron Dykes of Harrow Weald and Mr Lutchman Naidoo.

Master of Osteopathy graduand Lisa Dennison, winner of the BSO silver medal for achievement, thanked The Princess Royal on behalf of fellow students

The Princess Royal then joined graduands and guests for the reception.

### Text message service

Any last minute news regarding timetable changes is posted to the First Class Notices, but is also available as a text message to those students who have signed up to the service through BONE.

If you would like to receive text message alerts regarding timetable changes and other notices from the BSO then please follow the simple instructions below:

#### **Update your BONE profile to include your mobile number.**

- Log into BONE and then click on your name (This will be visible in the top right corner of the page next to the word 'logout').
- Click the 'Edit Profile' tab.
- Scroll down to the bottom of the page.
- Enter your mobile number in the box next to 'Mobile Phone'.

(You may need to click the 'Show Advanced' button to see the 'Mobile Number' field)

#### **IMPORTANT**

Click the 'Update Profile' button at the bottom of the page to ensure that your changes are saved.

## Board News

Sarah Kahn, Executive Assistant

### BSO Board of Directors membership update

The last Board meeting was held on 19<sup>th</sup> October 2011. There have been a number of changes to the Board since the last Principal's update. We welcome Hilary Abbey, Michelle Gander and Mary Lovegrove to the Board. Student Board member Chenine Bruley has stepped down and we have welcomed Victoria Diamond, a second year student on the Standard Pathway, and Louis Webb, a third year student on the Standard Pathway.

### Board dates for 2012

18<sup>th</sup> January 2012  
7<sup>th</sup> March 2012  
20<sup>th</sup> June 2012 Board Meeting + Annual General Meeting

### Staff Conference

We were delighted that Board Members John Lant, Zara Ford and Hilary Abbey were able to join us at this year's Staff Conference, where they gave a presentation on the role of the Board. They spoke about the different skills that the Board Members bring to the BSO. To name but a few, these include accounting and banking, Higher Education and fundraising.

### Hilary Abbey – Board Member of the BSO

Hilary Abbey is an osteopath and a counsellor. She graduated from the BSO in 1979, gaining an MSc in 2000, and has had a varied career since then, which has included osteopathic practice, education and community healthcare in the UK and overseas. She now works full-time as a senior clinic tutor and student research supervisor at the BSO. She has a special interest in chronic pain management and is currently studying for a Professional Doctorate.

## Fundraising

Anna Somerset, Head of Fundraising

### Major Charitable Donations

This financial year there have been a number of major donations made towards the work of the BSO. A new teaching room and IT suite will be made possible thanks to £81,000 from the Charles Wolfson Charitable Trust. The Hobson Charity has generously donated £30,000. Our HIV clinics are benefiting from donations of £40,000 from the Monument Trust and £5,000 from the Ernest Butler Trust. The work of our Research Department has been supported thanks to an appeal via the Big Give which has raised around £7,000, with some of the money coming online. If you know any trustees of charitable trusts who might be able to help contribute towards the work of the BSO, please do let us know.



### Remember a Charity Campaign

The BSO recently became members of the Remember a Charity Campaign, which is a collective of charities working together to promote legacy giving. BSO students Zarmeena Gull and Tamir Grant acted as models for Remember a Charity publicity shots, posing with Rocky Taylor, a sixty-four-year-old stuntman who appeared in many Bond films, then broke his back in a stunt that went horribly wrong in Death Wish 5. He was out of action for five years and then put back together again with titanium rods and yet, incredibly is still working as a stuntman. Rocky is this year's face of Remember a Charity; a stuntman is one of the most obvious persons who should write a will, and yet he hadn't done before his disastrous accident. Rocky is now encouraging us all to write wills, and once we have looked after friends and family to consider making a gift in our wills to help the good work of charities like the British School of Osteopathy.

## Fundraising

Anna Somerset, Head of Fundraising

### Conquering Kilimanjaro!

Second year students Charlotte Spokes, Michelle Hancock, and Callum Watson undertook a sponsored climb of Kilimanjaro, raising nearly £1,000 for the BSO. Both Callum and Charlotte became interested in osteopathy after experiencing its recuperative benefits personally, Charlotte after having fallen and broken her back. Michelle Hancock, 27, from Bournemouth worked in public health care for eight years before deciding to study osteopathy. She says:

“For me, osteopathy has the best approach toward patient individuality and holistic attitude. The reason I have chosen to raise money for the BSO is because I see the difference osteopathic treatment makes to people’s lives, and without fundraising the BSO cannot go on treating patients at such a low cost. This is especially true of the BSO’s community outreach clinics, which offer osteopathy free of charge to people who might not otherwise be able to access it, including homeless people and children.”

“I am heartened by the tremendous commitment to osteopathy demonstrated by these very motivated first year students,” says BSO Principal Charles Hunt. You can still support their efforts via:

<http://www.bmycharity.com/kilimanjaro>



### Annual Carol Singing Extravaganza

On Friday 9 December a group of staff and students accompanied by Peter Simpson on the guitar wowed Borough Market with carols, raising funds for the BSO.



### New Legacy Brochure

Hot off the press is the BSO’s new legacy brochure. Over the years the BSO has benefited enormously from legacies, so if you can find a home for this brochure in your practice, please let us know. Gifts in wills don’t have to be large sums, but if enough people left even small amounts to the BSO, this could ultimately make a huge difference. Call 020 7089 5336 or email [a.somerset@bso.ac.uk](mailto:a.somerset@bso.ac.uk) to access legacy brochures.

## Clinic News

Simeon London, Head of Clinical Practice

### Clinic database

Development and testing of the new software system has been continuing apace this term and in spite of staff shortages we have been able to keep on track with our reception training and our plans to introduce the new system in January. Briefing and training for tutors and students is taking place during the Christmas period so that by the start of term we hope that everyone will have had sight of the system and will have been given a user guide relating to their user needs. There are still areas that we will be developing in the New Year, particularly with regards reporting. However these are not critical to the introduction of the software so we intend to introduce it as soon as we can. Added functionality will appear during the spring term.



### Patient case history trial

As you know the new case history form has been used by 3<sup>rd</sup> years for the past 3 months. Reception has been broadly supportive, but to better understand what you think and to consider how we might improve the form Fran Wiggins and Kit Small have created a survey through SurveyMonkey for those who have used the form to feedback. Please let us know what you think! All suggestions will be carefully considered and will inform the development process. I hope to be able to let you know the outcomes of this survey in the New Year and to introduce changes to the form subsequently.

### Child and vulnerable adult policy review

During the autumn term Tracy Davies and John Dinnewell reviewed our existing Child and Vulnerable Adult Policy in light of legislative changes. The updated policy has (subject to some minor amendments) been agreed and will come into effect in the spring. It is very important that all clinical faculty and students are aware of the policy and understand what their responsibilities are, both when working with children and vulnerable adults and what to do if there is a concern that a child or vulnerable adult is at risk or a victim of abuse.

A draft version of the policy can be found on BONE (All clinic policies and procedures/8.Policies procedures and guidelines/Child and Vulnerable Adult Policy (Draft)). The final version will be published in the New Year. Online training will also be provided for key staff in the coming months in support of the updated policy. John will be contacting clinic team leaders and community clinic tutors in the New Year with more details but if anyone has any questions in the meantime please just let us know.

### Community Partnership with Morley College

At the end of November I signed a partnership agreement with Morley College who are a Further Education Institution based in Waterloo ([www.morleycollege.ac.uk](http://www.morleycollege.ac.uk)).

As part of the agreement Morley College have agreed to allow all staff and students of the BSO a 10% discount on all the courses that they run (from dance to languages, music to art and design). If you wish to take advantage of this offer you need to book a course over the phone or in person, and quote the discount code **BSOH11**.

There is a current course guide in the Library or you can visit their website for full course details.



## Staff News

John Dinnewell, HR Officer

### Staff Achievement

Congratulations to Head of Postgraduate Studies and Student Research Jorge Esteves completing his PhD this Autumn. Researcher Kevin Brownhill also achieved his PhD this term. These fantastic achievements enrich the School in a multitude of different ways, cementing its place at the spearhead of modern osteopathic research and practice.

### New Joiners

This Autumn has seen a number of exciting new additions to the BSO staff and faculty. In Clinic the reception team welcomed Sophie Kanutin. Also in Clinic a raft of new tutors have brought their expertise and experience to the teams. The Tuesday team welcomed Colm Gregory and Nick Woolley, whilst Daniel Orchard joined the Wednesday team in a new NMS link tutor role, aimed at further integration within the course structure. Monday Tutor Michael Michael added an additional day to his list by also joining the Thursday team, and Ben Calvert-Painter also joined the Friday team and will also move into the East Street community clinic in the afternoons on Friday as Hilary Abbey moves over to the new Pain Clinic.

Over at Borough High Street, Lucia Evans has changed roles to become the new Student Learning Support Advisor. Lauren Grest and Katie Elford joined the Corporate Services team as Marketing and Communications Officer and Business Development Administrator respectively. Shireen Ismail joined the postgraduate team as MSc Osteopathy Course Leader. Michael Ford joined the research team as Research and CAE Support Officer. Sarah Kahn also returned to the BSO as Executive Assistant. The facilities team welcomed Ron Norman and Mak Singh as our two new caretakers, working a job share across the week.

In the POS team Ben Katz extended his role to incorporate leading the Thursday palpation class. Graham Sharman also joined the organisation as Educational Development Consultant, working closely with Mark Waters on the new part time B.Ost course and assisting Bex Morrison as POS Coordinator. The new year will also see the POS team welcome Philip Bright as Clinical Rehabilitation Lecturer. Daniel Orchard will also in January assume the role of Function Dysfunction Area of Study Manager for the duration of Jane Ison's sabbatical next year.

### Leavers

In August the BSO said a sad farewell to long-standing tutor David Frankcom. David has spent over 20 years with the School and will be greatly missed by all. Clinic tutors Matthew Harris, Richard Skudder and Greg Barker also departed for new projects in the past few months.

Rehab tutor Ricardo Davids left the School at the end of the summer. The research team also said goodbye to Research Assistant Sam Keeping and CROaM Research Fellow Tom Mars. On the fourth floor Debbie Hyde left for pastures new.

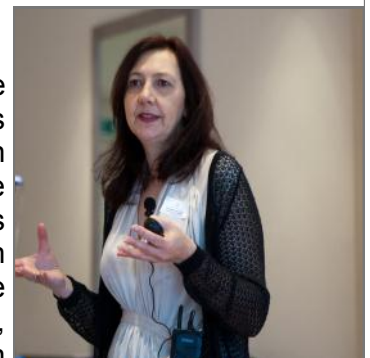
### Maternity/Paternity Leave

Librarian Claire O'Donovan celebrated the birth of her second child this term, baby Isabella Dana was born on Saturday 8th October. Claire is due to return from maternity leave next autumn. Meanwhile POS Tuesday Day Leader Alison Durant returned from maternity leave this term.

### Staff Conference 2011

This year's Staff Conference (formerly Faculty Weekend) was held on Saturday and Sunday 19th and 20th November at the Crowne Plaza hotel, Marlow. The event was as usual a great success, with particular highlights from keynote speakers Dr Lynn Monrouxe, Director of Medical Education Research at Cardiff University of and Dr Elie Paul Cohen of the BSO, delivering informative presentations on the hidden curriculum and treating soft tissue treatment in the warzone respectively.

The weekend was widely attended by members of BSO and staff alike and included presentations from the University of Bedfordshire and BSO Board Director John Lant. A star-lit evening meal on Saturday was capped-off in style by Rob McCoy providing the entertainment by hosting an interactive quiz - the perfect way to end a lovely evening.



### **Chiropractic, Osteopathy and Physiotherapy (COP) Conference 2011** **Moving forward through research and practice**

The eighth annual COP Conference took place on 26th November 2011 at the British School of Osteopathy, jointly organised with the Anglo-European College of Chiropractic (AECC). We were delighted to welcome over 80 colleagues from a number of different schools and universities across the UK and Europe.

Professor Tamar Pincus of Royal Holloway University of London gave the keynote speech entitled Effective reassurance for patients with non-specific pain conditions. As the term reassurance is somewhat ill-defined, Professor Pincus presented a new evidence-based model which attempts to define and understand reassurance in pain conditions of uncertain aetiology, prognosis or treatment.

Students gave presentations on a variety of subjects including 'What are UK osteopaths' attitudes to research?' 'Synovial joint mechanics during High Velocity Thrust. The evidence provided by direct observation using medical imaging and recording techniques: a narrative review' and 'The effects of Static Stretching (SS) and Proprioceptive Neuromuscular Facilitation (PNF) stretching protocols on knee Extensor Force Production.'



Prizes sponsored by Elsevier and the Musculoskeletal Association of Chartered Physiotherapists and were awarded to Elise Pattyn (European School of Osteopathy), Karen Isted (AECC) and Alice Brisco (University of Nottingham).

The conference was generously sponsored by Balens Ltd, the British Osteopathic Association, the Chiropractic Patients' Association and the College of Chiropractors. "It was excellent to see multidisciplinary representation from the fields of osteopathy, chiropractic and physiotherapy. The high quality of presented work and the level of engagement from the audience demonstrates that research is an important aspect of our recent graduates' competence profile and that they are actively embracing the concept of evidence-informed practice" said Jorge Esteves, Head of Postgraduate Studies and Student Research.

### **British School of Osteopathy's Chapman Clinic celebrates ten years of treating people with HIV**

Thousands of people with HIV have benefited with free osteopathy via the British School of Osteopathy's Chapman Clinic, which in November 2011 celebrated its 10th anniversary. The clinic accepts referrals from many HIV treatment centres as well as self-referrals from patients themselves."

People with HIV face a raft of extra health challenges as they age, including muscle and joint pain, stiffness, fatigue and problems with mobility. People may also struggle with side effects while taking anti-HIV drugs sometimes to the extent of threatening their ability to comply with treatment. Osteopathic care can bring improvements to quality of life by addressing the particular musculoskeletal problems people living with HIV can experience. In addition, as a "hands on" therapy, osteopathy may have additional benefits to people who may be stigmatised and experiencing physical isolation.

BSO Principal, Charles Hunt says: "We are immensely proud of Paul Blanchard's work at the Chapman Clinic. However, this work wouldn't have been possible without visionary funders, including the Peter Moores Foundation, the Elton John Aids Foundation, the Monument Trust and the Ernest Butler Trust".

## Alumni News

Nina Waters, Corporate Services Director

Congratulations to the new BSO alumni who graduated in November 2011, and who now join the select group of osteopaths who have strong links with the School.

You can continue to benefit from your automatic inclusion in our Alumni group in a number of different ways:



**10% discount on all BSO CPD courses.** It seems we've not really promoted this benefit strongly enough in the past, as it is still a surprise to a number of people who phone up to book onto our courses. Whenever you studied at the BSO, as long as you were one of our students you are entitled to the discount, so make sure you tick that box on the booking form.

**Termly newsletters** – you'll continue to get In Touch delivered to your email account as long as we have your details – so please do let us know if your contact information changes, or if you have ideas for articles that you'd like to see.

**Information about new CPD and postgraduate courses** – our database of email contacts has over 1000 members, who get priority information about new courses and early booking discounts. If you're not currently receiving those emails and would like to, make sure you sign up on our website ([www.bso.ac.uk/sm5prod](http://www.bso.ac.uk/sm5prod)). One tip is that we can't import emails which are role-based addresses because our email handler will think that we're the kind of organisation that takes the information from websites for spam purposes – so if you use an email which is 'info@' or 'admin@' you'll need to sign up directly on our website.

**Invitations to events** – we like to hold events for fundraising and social purposes, and can often invite our alumni to take part. One example is the reception we held at the House of Lords in 2009, where many of our alumni attended to hear about the work of the School in recent years. To make sure you're on our database for such events, please email [s.kahn@bso.ac.uk](mailto:s.kahn@bso.ac.uk) with up to date contact information.

**Library** – the BSO library is (we think) the best osteopathic library in the world, and as an alumni of the BSO you have full access to its resources. During term time we're open until 9pm most evenings (except Fridays) as well as every Saturday and some Sundays. During vacation periods we're open Monday to Friday until 5pm. If you want to check on a specific book or check opening times, drop an email to our fantastic Head Librarian, Will Podmore on [w.podmore@bso.ac.uk](mailto:w.podmore@bso.ac.uk).

**First Class** – if you used the First Class email and conference system when you were a student at the BSO, you will retain your email access as a graduate. You can access the Alumni Professional conference or the New Alumni Professional conference for any queries or discussions about difficult patients, new research, work opportunities or specific conditions. The Social conferences are also available to network with your old classmates.

One thing that we're increasingly finding beneficial in our relationship with our alumni is the information we can provide for your waiting rooms about a career in osteopathy. Many of our new students tell us that they 'found' osteopathy after getting treatment from one of our graduates. We can provide you with a pack of leaflets/posters about osteopathy and osteopathy as a career, as well as our hot-off-the-press prospectus-style leaflets if you're interested. Contact our PR & Marketing Officer Lauren Grest on [l.grest@bso.ac.uk](mailto:l.grest@bso.ac.uk) if you'd like a pack sent through to you.

## Research News

Steve Vogel, Vice Principal (Research and Quality)

### CROaM Study - Results

Preliminary results from the Clinical Risk Osteopathy and Management study (CROaM) were presented at a National Council for Osteopathic Research conference held in Leeds on the 3<sup>rd</sup> of December. The CROaM study results were well received and fitted well with Dr Carnes' presentation of a systematic review of adverse events associated with manual therapy and Dr Leach's presentation which reviewed complaints to the GOsC and to insurers.



### Faculty Publications

Several pieces of work have been published by members of staff. Steven Vogel co-authored a paper appearing in the European Spine Journal entitled **Development of an assessment schedule for patients with low back-associated leg pain in primary care: a Delphi consensus** (doi:10.1007/s00586-011-2057-2).

David Hamm has published a commentary in the International Journal of Osteopathic medicine (IJOM). The paper proposes a new hypothesis to explain the palpatory experience and therapeutic claims of osteopathy in the cranial field (doi:10.1016/j.ijosm.2011.07.003).

Paul Blanchard continues to co-ordinate the Research and Treatment Bulletin in IJOM and there are contributions from Jerry Draper-Rodi, Hilary Abbey and Stuart Walker from the BSO.



### O Zone

And finally if you haven't logged into O zone and accessed journals from Elsevier including IJOM please do. There is a survey running at the moment which needs completing. If the profession doesn't use these resources there is no doubt the GOsC will have to withdraw funding and that will probably mean IJOM would no longer be viable to publish and the profession would lose access to it and other journals.

### Call for Papers

**IJOM has also put a call out for papers for a special issue on osteopathic principles. This is a good opportunity to contribute to an international discussion of relevance to all osteopaths – please do think of making a contribution.**





## Quality News

Kit Small, Student Experience & Quality Enhancement Manager

### Have views about the course or the BSO? Don't keep them to yourself!

This term saw the launch of some new ways for students to have their say at the BSO. We're aiming to deal with day-to-day issues more quickly and have further opportunities to consult on wider matters and new developments, which are important to students and staff.

Now any student at the BSO can talk directly to faculty/staff about an issue or can post an email in the M.Ost Student Voice or Access Student Voice e-forum (you'll find your e-forum in FirstClass). These options would work well for something like an issue with the content of a lecture or the need for assessment guidance.

Larger-scale matters – like ideas for changes to course content or the timetable – can be raised with your student rep for committee discussion.

Staff will also want to consult with students via student reps, and majority views are important. So when you're asked for your input please do give it to make sure that student views really are included in decision-making

### Periodic reviews in 2011-12

Maintaining high quality courses and provision at the BSO is very important and so we have a number of ways in which we monitor and reflect on what we do. This year this includes review visits from both the University of Bedfordshire and the Quality Assurance Agency (on behalf of the GOsC). These start in December 2011 with the University of Bedfordshire and will finish in May 2012 with the QAA.

In advance, this means preparing lots of documentation about what we do and plans for future change. The visits involve meeting with staff and students: from discussions about academic strategy and observations of teaching to asking students about experiences of their course. We'll then receive expert feedback on areas of strength and ways in which we could develop and improve.

More information will be circulated closer to dates. Whilst this does mean additional work, we hope that everyone will be willing to contribute so that we can benefit from these very important reviews of the BSO.

### Periodic review dates:

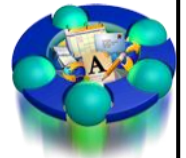
- Internal preparatory events: December 2011 – February 2012
- UoB Institutional periodic review event: 20<sup>th</sup> March 2012
- UoB M.Ost periodic course review event: 21<sup>st</sup> March 2012
- QAA/GOsC RQ renewal and recognition review event: May 2012 tbc



How can I have my say?

Talk to the **faculty/staff** involved

Use your **Student Voice e-forum** (especially if you're not sure who to speak to)



Ask your **student rep** to raise issues on your behalf

### Student representatives 2011-12

Access: Stuart Bishop  
SP1: Annabelle Agyapong, Jaz Marquez, Freddie Weller  
SP2: Anne-Lisa Giardin, Zarmeena Gull, Victoria Diamond  
SP3: Louis Webb, Stefan Zurakowski  
SP4: Vivienne Keohane, Michelle Lewis  
MM1: Mariana Bakewell, Claire Bergadaa  
MM2: Kieran Lowe  
MM3: Matthew Langford  
SU: Chris Jones



## CPD News

Katie Elford, Business Development Administrator

### NLP and Osteopathy



In this interactive workshop, delegates will learn (and have the opportunity to try out) tools and techniques to benefit their clinical practice. No previous knowledge or experience of NLP is necessary—the only requirement is an openness to learn new ideas.

**Saturday 28 January**  
Course fee: £125 CPD: 7 hours

### Functional Active Release



This course will introduce the application and theory of this useful remedial myofascial technique, with 12 different techniques explored and practiced through the day. Functional Active Release is ideal for deep muscular dysfunction anywhere in the body and for enhancing performance in sports patients.

**Saturday 28 January**  
Course fee: £125 CPD: 7 hours

### Still Technique Part 1 - (Still Technique Part 2 - 11 March 2012)

A cross between structural and functional, it can be used as an alternative or supplement to HVT release techniques, when such approaches are inappropriate or ineffective. It is also applicable to every area of the body and suitable for a wide range of patients.

**Sunday 29 January**  
Course fee: £125 CPD: 7 hours

**\*Special offer: Book Still Technique 1 and 2 for only £200 (£50 saving)\***

## Courses 2012:

<b>Sat 28 January</b>	
Functional Active Release	£125
NLP and Osteopathy	£125
Nutrition in Practice (day 1)	<i>new for 2012</i> £125
<b>Sun 29 January</b>	
Nutrition in Practice (day 2)	<i>new for 2012</i> £125
Still Technique 1	£125
<b>Sat-Sun 28-29 January</b>	
Nutrition in Practice (both days)	£200
<b>Sat 4 February</b>	
Ergonomics	£125
Strain counterstrain	£125
<b>Sat 18 February</b>	
Sports Biomechanics & Muscle Chains	£125
Yoga as Therapeutic Exercise	<i>new for 2012</i> £125
<b>Sat 25 February</b>	
Obstetrics & osteopathy refresher	£125
<b>Sat 3 March</b>	
Risky Practice Conference	£110
<b>Sat 10 March</b>	
Paediatric Osteopathy	£125
Thoracic Lumbar Junction	<i>new for 2012</i> £125
<b>Sun 11 March</b>	
Still Technique 2	£125
<b>Sat 12 May</b>	
Advanced Ergonomics	£125
Emergency First Aid for Osteopaths	£125
<b>Sat 26 May</b>	
Cervico Thoracic Junction	<i>new for 2012</i> £125
<b>Sat-Sun 26-27 May</b>	
Obstetrics and Osteopathy	£250
<b>Sat 16 June</b>	
Pilates	£125
NLP and osteopath	£125
<b>Fri 29 June</b>	
Functional Active Release	£125
<b>Sat 7 July</b>	
Paediatric Osteopathy	£125

### Nutrition in Practice

Day 1 is an Introduction to Nutrition while Day 2 is Applied Nutrition. At the end of the two days, delegates will be able to confidently assess body composition and have a good understanding of the applied role of nutrition in specific circumstances.

**Saturday/Sunday 28/29 January**  
Course fee: £125 (1 day)/ £200 (2 days)



### Risky Practice Conference

The second Risky Practice Conference will help you identify and find practical ways to manage the risks facing chiropractors, osteopaths and physiotherapists in practice. Speakers include Stephen Tyreman, Steven Vogel, Haymo Thiel, Pippa Bark, Tom Mars, Andrea Rasmussen, Fiona Browne, Celia Champion and Roger Kerry.

**Saturday 4 March**  
Conference fee: £110 CPD: 7 hours



**BSO Students and alumni  
receive 10% off CPD course  
fees  
BSO staff receive 20% off CPD  
course fees**

### Obstetrics and Osteopathy

The course introduces participants to the changes in maternal physiology during pregnancy, and the potential to use these changes to better effect in osteopathic practice.

*Please note; this course is designed for qualified osteopaths, who must be registered with the GOsC.*

**Saturday/Sunday 26/27 May**  
Course fee: £250 CPD: 7 hours

### Yoga as Therapeutic Exercise

The course offers a short introduction to the history of yoga and its therapeutic aspects as well as how appropriate exercises can be developed to improve mobility, strength, stamina, balance, coordination and synchronization. Emphasis will be put on mindfulness and breathing, two essential parts of yoga that can help patients to adjust their own practice to their capacity and conditions.

**Saturday 18 February**  
Course fee: £125 CPD: 7 hours

### Paediatric Osteopathy

*Extra date added due to popular demand—book early to avoid disappointment*

This course will give a firm grounding in eliciting a thorough case history, relevant examination and evaluation. This will give delegates confidence in their diagnosis and management plans for infants up to a year old. The course will include red flags and examination procedures.

**Saturday 7 July**  
Course fee: £125 CPD: 7 hours

**For more information visit [www.bso.ac.uk/cpd](http://www.bso.ac.uk/cpd)  
email [cpd@bso.ac.uk](mailto:cpd@bso.ac.uk) or call 0207 089 5352  
or book online at [www.bit.ly/bso\\_cpd](http://www.bit.ly/bso_cpd)**