

College of
Non Musculoskeletal
Osteopathy

2a Park Road, Barnoldswick, Lancashire. BB9 7UG.

MESSAGE AND GENERAL INFORMATION REGARDING THE TEACHING CLINIC AT THE FAMILY PRACTICE, BRISTOL.

The College of Non Musculoskeletal Osteopathy is teaming with the Family Practice, to utilise a teaching clinic hosted there, for the purposes of training osteopaths in the care of women across the lifespan.

LOCATION

The family Practice
116 Gloucester Road
Bristol

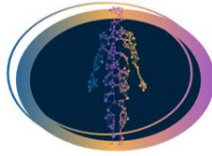
Thanks for enquiring about booking your appointment with Osteopathic Woman's Health Teaching Clinic. Here are all the details you need, at the end of this email are three forms to complete before attending. once completed they are automatically sent back to us and attached to your file for safe keeping.

This is a free clinic, hosted by the Family Practice, and staffed by the College of Non Musculoskeletal Osteopathy: for qualified osteopaths (whom we call 'graduate students') to undertake additional post graduate training in the care of women across their lifespan.

To supplement their theory and practical teachings we hope to be able to find women who are willing to share their stories and be willing to act as a 'patient for the day' – so that the graduate students can be supported to examine, and treat where suitable or desired, a wide range of issues that women can struggle with.

This is a principally a demonstration clinic, so it is not quite the same experience as a private consultation with a single practitioner. There will be yourself, the overseeing clinic tutor (who will also have an osteopathic qualification[1]) and up to 3 or 4 qualified osteopaths[2]who are graduate students on the post registration course. The aim will be for them to see a number of different women with different stories and presentations and to be guided in how to assess and potentially treat.[3]

Who are we looking for?



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We are seeking women who have problems such as pelvic organ prolapse, with pelvic floor weakness, with pelvic pain, bladder irritability, breast cancer management complications such as cording or breast pain, or other women's health complaints. Includes post-partum and post-surgical complications, chronic pelvic pain, prolapse and continence issues, and other gynaecology, bladder or rectal / bowel problems.

We are seeking women who have already have an established diagnosis – we can't take patients into the teaching clinic at this stage who have acute or unexplained pelvic pain. We are seeking people with chronic conditions to help us in our teaching clinic.

Aren't osteopaths already trained for this?

In their undergraduate / pre-registration training practitioners receive comprehensive and wide ranging training and will be competent in the field of general osteopathic care. But, as with other healthcare professions, there is always a need for specialist training, after registration, and this is the purpose of this teaching clinic, and the post graduate theory course that accompanies it. We are supporting graduate practitioners with primary osteopathic qualifications to become additionally competent in a special field of care: women's health. In-person experience and clinical observation is vital to this process, and we are seeking volunteers to help support this clinical training.

Will I have to pay?

No, it's free. I am sorry we can't offer support in your travel or other personal expenses in attending, but we can and will, share with you what we have found to help you understand your story and condition in more detail, from an osteopathic perspective.

How long will it take?

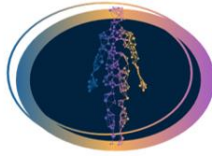
The consultation should take up to one hour. We thank you for making this space in your day to help us help our practitioners.

What about covid restrictions?

Standard pre-screening questionnaire is required, and masks may still be advisable on the day, and other hygiene measures may still be in place.

Will I get some treatment?

It may be possible in the session to get some treatment. Some people may not wish this, and in some cases, the examination may take up the consultation time, and in other cases it may be that treatment at that moment is not advisable, or some other examination or referral would be advised. As we will only be seeing people once we won't be able to offer



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continuity of care, so this is a demonstration clinic only. We will prepare a small report for you / your usual practitioner and suggest local practitioners that may be able to continue care if this is what you would like.

What this means for you on the day:

If you have been to an osteopath or similar practitioner before you will be familiar with the standard 'medical' format of taking a case history from you, where you are asked various questions, followed by an examination, where you are asked to do some movements, like bending forwards, or demonstrating how your breathing is, and then the practitioners will examine you using touch and gentle movements of your muscles tissues and joints.

If you have not been to an osteopath, this is the general format: case history taking, you doing some gentle active movements, and then the tutor / graduate student examining you.

As this is a clinic focusing on pelvic, breast and other sensitive and private areas of the body you will be asked to wear loose clothing, and also to expect us to touch and examine you in these intimate areas. Your consent will be continuously sought, as we will explain what we are proposing to do at all times. Assessment and treatment of sensitive and intimate areas is a standard scope of practice in osteopathic care.

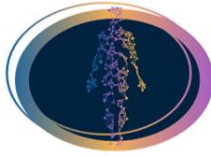
Who will examine me?

One tutor may examine you first, or a graduate student may do this, and the tutor will come and clarify findings. It may be that some of the other graduate students, with your permission, will want to examine you as well, if there is something particular that has been identified that may be relevant for you, to help them learn. If you are uncomfortable with more than one practitioner, simply say this at the outset and we will respect that choice. You are able to withdraw your consent for your whole participation at any time, and we will communicate with you throughout the consultation and at the end, so that you can also ask questions about what we have found.

As there will be several people in the room with you, you may feel a little overwhelmed or crowded, and you might feel nervous about revealing certain things / types of information. Just let us know if you are uncomfortable and we will respect your concerns.

Will the examinations hurt?

We are teaching gentle and guided examinations and so we aim to make things as comfortable and pain free as possible. Where you have pain, or inflammation, scarring or tissue damage, these tissues are naturally sensitive, but we will aim to keep any discomfort to the minimum. We will be very careful to make sure you feel you can tell us if things are too uncomfortable.



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[1] Please note, not all our teaching staff with osteopathic qualifications use the title 'osteopath' and may not be currently registered with the General Osteopathic Council, as they may practice with a wider or different scope of practice.

[2] As some of our participating osteopaths are from overseas, they may also not be registered with the General Osteopathic Council (GOsC). As a result, they aren't able to use the title 'osteopath' in the UK when they are practicing / giving treatment. They will be registered with voluntary / statutory bodies in their home country.

[3] The treatment we will offer is described as 'advanced somatic care', because we have some qualified osteopaths not on the GOsC register. It is important to note that where we do treat, that this treatment is not described as being delivered by an Osteopath (as in the UK you have to be on the GOsC Register of Osteopaths to make that claim). You will be receiving advanced somatic care according to osteopathic philosophy and principles from practitioners holding osteopathic qualifications.

Once you have made a booking you will get an email asking you to complete these forms:

[Women's health Prescreen](#)

[Covid 19 screening form](#)

If you are not already a patient at this clinic then please also fill in this form.

[Patient contact details & consent](#)

Many thanks

Please let us know if you have any questions.

Juliana Hounsfield (Principal, Family Practice) and Caroline Stone
(CEO College of Non Musculoskeletal Osteopathy – CNMO).
Osteopathic Woman's Health Teaching Clinic.