

SEPTEMBER 2013



**WLCSP**  
Newsletter



**The Word From the Top • Fozzy's Forum**  
**First Aid Training • Scam Watch**  
**Touch for Health - foundation kinesiology**

## The word from the top . . . .

Do you feel that modern healthcare is becoming increasingly claustrophobic (if that is the right word?). The ever faster pace of life is reflected in the way in which demands are placed on us all. Patients want more, they want it more quickly and they want it more effectively. The media is fuelling their expectations and bringing the demands of modern living firmly into the clinical arena. Increasingly there are demands for all aspects of health provision to be available on a Sainsbury's style 24 hour-a-day basis. The admittedly old-fashioned ideas about clinical relationships and continuity of care are fast being rejected in favour of this 'I want it now' culture. Problems are aggravated by the fragmentation of the various healthcare professions; each is retreating into its own little box, often believing its treatment is the best and even the only effective approach for a given disorder or disability. For me, as an adviser for doctors, dentists, osteopaths, chiropractors and the LCSP, I have to say that this compartmentalisation of care is resulting in disputes between clinicians and their patients which are fuelled by disparaging comments made by other healthcare professionals. I have to say that doctors are worst and often seem to be rude about the work of the manipulative or massage therapies, for example. Part of it is undoubtedly ignorance about treatments provided, part of it is the simple expedient of blaming the last clinician for any problem that subsequently arises and part of it is the arrogance of believing that their own speciality has a monopoly of wisdom and effectiveness. Gradually, I am pleased to say, these barriers are breaking down and inch-by-inch clinicians of different skills are beginning to realise that practitioners with different skills can be complementary in result as well as in philosophy. When clinicians realise that we are all on the same side with a common objective of improving the health, and particularly the wellbeing, of the patient, things will be much easier (and a significant proportion of all complaints will disappear when I don't have to deal with "I went to the XX and he said that the YY did it all wrong"). Please try to strike professional relationships with fellow clinicians; it will pay dividends.

**Dr. Paul Lambden**

President



## CLINICAL TIP

Medico-legal advisers are often asked what to do if a patient asks you to change an entry in their record because they state that it is incorrect. The answer is that you should never delete an entry because you are told that it is wrong. You will have only the patient's word for the change and he or she may have personal motives, unrelated to achieving accuracy, for having a statement removed or modified. If asked to make a change, you should explain to the patient that notes must not be deleted but that you are able to make a new note entry, bearing the date when the new entry is made, making reference to the previous entry and stating that the patient has asked for the note to be modified. You can then add the new information.

When writing notes, remember that they are vital for good care and will protect you in the event of any criticism of your care or actions. It is worth writing as much as you can. Remember the old saying, "No notes, no defence". Try to make the notes as good as possible:

1. Write legibly or type with reasonable care
2. Lay them out chronologically
3. Try to ensure that entries contain history, examination, a diagnosis and treatment
4. Take care with abbreviations. Add a pre-prepared list of acronyms routinely used in notes to each patient's folder
5. Never use disparaging or pejorative terms in notes
6. If patients seem difficult, if the consultation does not go well, if the patient refuses your advice, if the patient lacks capacity, or if any alarm bells ring, write some extra notes



### SCAM WATCH:

There have been a few members contacted electronically with a scam that has been about before but seems to be doing another 'tour'.

The e-mail request normally involves a tour of athletes, dancers or a large golfing group supposedly coming to your area for a trip and they would require daily massage therapy. It would be up to 40/50/60 plus treatments and they request a price for this and times

etc. and payment method you would prefer etc. All sounds too good to be true and that is largely because it is too good to be true! Don't get involved, delete or ignore, you have been warned.....

### REGIONAL MEETINGS

These meetings continue to be held at different points around the Country and are well received by the attending members with several different topics of debate and information being made available. The next planned meeting will be held at the Holiday Inn, Stratford-Upon-Avon on Friday 18th October thereafter the meeting for February will be at the Holiday Inn, Hemel Hempstead

on Friday 21st February 2014. All meetings commence at 7.00pm.

Don't forget that these are free to attend and qualify as acceptable CPD activity with certificates for your portfolios, however please indicate to the office if you intend coming to allow us to provide sufficient catering for the evening.

#### CPD RECORDING:

You have in your possession all the relevant CPD template forms for recording a wide range of activities please use them to your advantage. If by chance you have misplaced these templates copies are available to download from the website. These forms clearly demonstrate the opportunities to record not only formal education (attending courses), but also recording informal education (structured research and reading, discussing a case scenario with a colleague, participating in the LCSP website forum etc.), on a daily basis, however we are all guilty of often missing the chance of logging all, or part of these activities as we are not sure what we should be writing down. The proformas are designed to guide you to what questions should be asked of ourselves as practitioners and help our own critical thinking. It can often be helpful to have a notebook or use the clinic diary to just make 'bullet points' about incidents happening that day that you could reflect upon later, or items you need to research further.

The LCSP Register has a mandatory requirement of 20 hours of CPD each year and by making even a regular weekly review and assessment of your activities this total does not have to be

onerous. Just one training course per year, together with some structured reading, reflecting on an aspect of your daily practice, meeting with colleagues for a discussion, attending the regional meetings and so on will very quickly add up to the required 20 hours.



#### HOUSEKEEPING NOTES:

If you change or re-new your e-mail address will you please keep the office 'in the loop' naturally this goes for other contact details as well. Reasoning behind this is simple enough, we do have the need on occasions to electronically alert members of potential dangers, threats or important information that is time sensitive and therefore cannot wait for a newsletter. Furthermore, we do receive into the admin office daily requests for therapists contact details from members of the public seeking treatment, so if we do not have your correct details you could potentially be losing out on a new patient contact. Any changes/updates please to: [admin@lcspp.uk.com](mailto:admin@lcspp.uk.com)

Fozzy



# 'Thank you all'...

*A transcript of an address given by Susi Sheen at the Annual General Meeting in June.*

"Thank you for arranging the Annual General Meeting in Lancaster as it coincided with my holiday travel plans to the Lakes and Scotland and enabled me to attend and give this message personally.

I have come to say thank you to all of my LCSP, NIM colleagues and friends of many years the likes of Beryl, Steve, Sue and others who have helped me shape and transform my life. Special thanks would be for Ken and Audrey Woodward, Beryl, Eddie Caldwell, Stan and all the other tutors from '83 to '86 and beyond for my wonderful professional life and very successful business which continues to thrive, grow and change in the present, like the LCSP and myself.

I'd like to say thank you to Sheila Hardy formerly in the Blackpool office for all those years and now to Margaret and Christine in Lowestoft for their always warm welcome to me whenever I meet them in person or speak to them on the telephone. To Steve for his tireless devotion in the running of the LCSP, together their warmth and dedicated hard work for all of our members and the profession so well represents the tone of the LCSP Register.

I'd like to thank all of the members of the Council past and present for all their unseen and often unacknowledged hard work on our behalf helping to shape our profession and promote the benefits of Remedial Massage and Manipulative Therapy.

When I come to retire I'll let you know. In the meantime 'onward and upward' and thank you for all being my partners on this my exciting professional journey."

Susi Sheen  
Buckley, Cheshire.

## DO YOU HAVE A COUCH FOR SALE?

Electric couch required for my new home based practice in Doncaster (DN11). Any location reasonably considered.

Please contact  
**Charles Petch** on  
**07830 671762**

## CPD APPRAISALS

It is at this time of year that a further random selection of CPD Portfolios will be selected for inspection. Those members selected will be contacted shortly by the office to provide initially the summary sheet of CPD activities for appraisal. We thank you in advance for your cooperation in this regard.

## FIRST AID TRAINING

I'm Christine, your friendly administrator at Lowestoft Head Office. Last year I set up my own business providing an array of accredited First-Aid Courses for all different sectors of society, from HCPC professionals, Doctors, Dentists, Physiotherapists to Au-Pairs, teachers, child minders sports coaches, parents and grandparents.

I have been a member of the St. John Ambulance for over 40 years and have an abundance of experience in real life emergency situations. I have covered many first-aid duty hours such as motor racing, horse racing, London Marathon and many musical festivals, to name but a few. I am a unit manager and run the local cadet division in Gorleston, Norfolk. I have just completed my Level 3 PTTLS award, Trainer/Instructor and Assessor award. I am also fully insured.



From October this year the HSE will no longer be responsible for the approval of training and qualifications of appointed first-aid personnel. This is because the current HSE approval process goes beyond the minimum requirements laid out in present EU legislation. Removing the HSE approval process will give businesses greater flexibility to choose a training provider and first-aid training that is right for their particular workplace. The legal requirement for employers to provide adequate trained personnel will remain unchanged.

I am hoping to hold 1-day workshops in Emergency First-Aid-At-Work EFAW (QCF, 3 year certificate).

This is the certificate that is required if an assessment of the work place indicates that a lower level of first-aid training is required, covering the main emergency protocols. It is this certification that is sufficient for LCSP members to hold. The normal cost of my courses is £95 but I am prepared to reduce this for members of the LCSP to £60. All my courses will provide a QCF qualification.

If you would like to give me some feedback on what your thoughts are on this I would be very grateful as I would need to forward plan the dates and venues for the training. It would also be helpful if you notified the office of your first aid renewal date.

Please let me know if you consider that this training would be of interest to you and others in your locality by email at the LCSP office. [admin@lcsp.uk.com](mailto:admin@lcsp.uk.com)

Christine.

## Touch for Health - foundation kinesiology

Dear LCSP Members, I qualified in remedial massage in 1992 and I was mentored in the earlier days by a LCSP colleague who also used Touch for Health.

TFH training grew out of the work of an American chiropractor Dr George Goodheart who came up with a new idea for working with muscles...using Applied Kinesiology in the 60s. He gave permission for his colleague Dr John Thie to develop the Touch for Health programme for lay people and then consequently for therapists.

In 1993 I decided I would like to do some further training in bodywork to complement my remedial massage skills and enrolled on a TFH 1 course in Peterborough... I was 'hooked' from the beginning – here was an amazing concept of working with the body.

You test a muscle...if the muscle tested cannot hold against pressure, the client touches a correction point on themselves – and the muscle is re-tested. If the muscle test has improved you apply the correction...if not, you get the client to hold another point and so on...until complete. This confirmed the link I was starting to find in my practice, that the physical affects the nutritional, which affects the emotional, in a Triad of Health with each other, and so on and this can be linked together using our 'skilled hands' – the symbol of the LCSP Register.

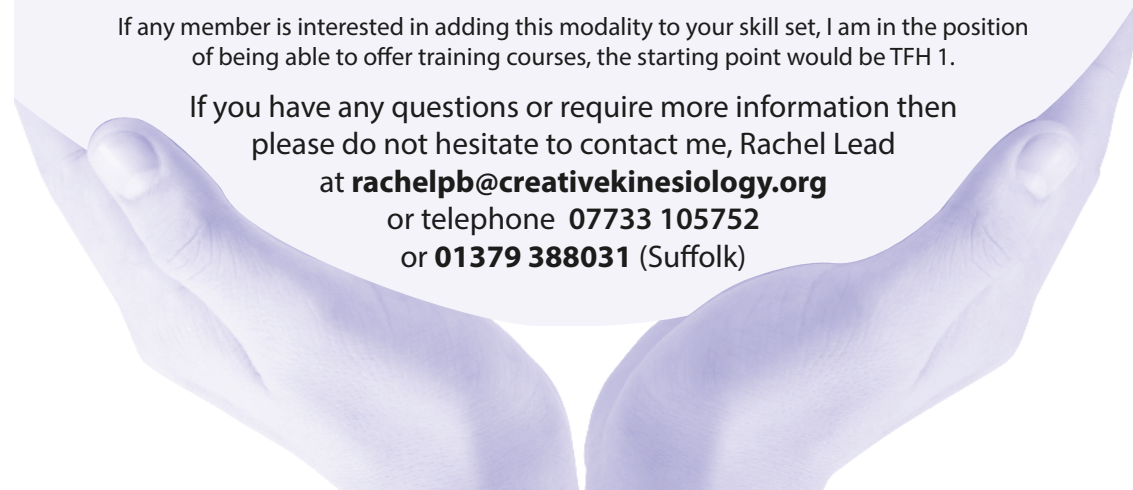
Correction points used in TFH 1 are spinal reflexes, neuro-lymphatics, neuro-vasculars, meridian and spindle cells techniques. So back to my treatment room I went, and practised muscle testing, rubbing, massaging, holding and so on and I began to get results and excellent feedback from my clients...it was working!










There are many stories and testimonials but the first and initial result often stands out, a client was in pain with her back, at the end of her session I traced and treated the bladder meridian she got up quickly and moving more freely, rushed to the toilet, came back and said, 'I don't know what you just did to me...but I have just peed like a horse, I have not done that for years and my back pain has gone!'

My passion for bodywork has continued with my additional training and qualification as a Kinesiologist, Advanced in Perceptual Bodywork and now as an Instructor of both TFH and a Teacher of Perceptual Bodywork.

If any member is interested in adding this modality to your skill set, I am in the position of being able to offer training courses, the starting point would be TFH 1.

If you have any questions or require more information then please do not hesitate to contact me, Rachel Lead  
at [rachelpb@creativekinesiology.org](mailto:rachelpb@creativekinesiology.org)  
or telephone **07733 105752**  
or **01379 388031** (Suffolk)



Date	Venue	Course Info	Cost:	Provided by:
22nd - 25th September 2013	Britannia Hotel, Leeds	<b>Level One Upper Quadrant Hendrickson Method Practitioner Programme</b>	£445.00	 flexible healing A POSITIVE APPROACH TO INJURY
28th September - 1st October 2013	Britannia Hotel, Leeds	<b>Level Two Upper Quadrant Hendrickson Method Practitioner Programme</b>	£445.00	 flexible healing A POSITIVE APPROACH TO INJURY
12th - 13th October 2013	Britannia Hotel, Leeds	<b>Hendrickson Method Study Days The Nervous System</b>	£190.00	 flexible healing A POSITIVE APPROACH TO INJURY
12th - 13th October 2013	Britannia Hotel, Leeds	<b>Articulation and Mobilisation for Massage Therapists</b>	£230.00	 flexible healing A POSITIVE APPROACH TO INJURY
18th October 2013	Holiday Inn, Stratford upon Avon	<b>LCSP Regional meeting</b>	FREE	 LCSP Register
22nd - 25th January 2014	Britannia Hotel, Leeds	<b>Level One Lower Quadrant Hendrickson Method Practitioner Programme</b>	£445.00	 flexible healing A POSITIVE APPROACH TO INJURY
28th January - 1st February 2014	Britannia Hotel, Leeds	<b>Level Two Lower Quadrant Hendrickson Method Practitioner Programme</b>	£445.00	 flexible healing A POSITIVE APPROACH TO INJURY
21st February 2014	Holiday Inn, Hemel Hempstead	<b>LCSP Regional meeting</b>	FREE	 LCSP Register
15th March 2014	Britannia Hotel, Leeds	<b>Muscle Energy Technique (METs) Upper Body</b>	£115.00	 flexible healing A POSITIVE APPROACH TO INJURY

With regards to courses run By NJD Sports Injury Clinic, we are currently in the process of rescheduling the courses from Mondays to weekends and once dates are confirmed the details will be available on the LCSP website and future issues of the newsletter.

For more information or to book, please contact the course provider on the details below:



Presented by: Nicholas Dinsdale BSc (Hons), MSc Sports Injuries  
& Nicola Dinsdale BSc (Hons), MSc Sports Injury Rehab (ongoing)

Bookings and Cheques to "Nicholas Dinsdale" 36 Moorland  
Crescent, Clitheroe, Lancs. BB7 4PY

If you need more information on any of our workshops, please  
contact us by: Tel: **01200 427 457**  
Email: [nick@njdsportsinjuries.co.uk](mailto:nick@njdsportsinjuries.co.uk)  
Web: [www.njdsportsinjuries.co.uk](http://www.njdsportsinjuries.co.uk)



Presented by Sue Bennett FLCSP (Phys)

Bookings and cheques made payable to "Flexible Healing"  
Flexible Healing 45 St David's Road, Otley, West Yorkshire, LS21 2AW.

If you need more information on any of our workshops, please contact  
us by: Tel: 01943 461 756  
Email: [info@flexible-healing.co.uk](mailto:info@flexible-healing.co.uk)  
Web: [www.flexible-healing.co.uk](http://www.flexible-healing.co.uk)

