



# LCSP Newsletter

SEPTEMBER 2017

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THE latest news for Remedial Masseurs & Manipulative Therapists

## The word from the top . . . .

In this high tech world in which we now all live, there is a dichotomy of approach in that we use computers, smart phones, smart televisions etc. etc. and yet most of us rely on and perform our basic work with our hands and that really still works so well for us. There is a saying 'that if it ain't broke, don't fix it!' This is so true for the competent massage therapist. With a belief in the power in your hands, there is no need to diversify and chase that magical panacea, we all know that this magic 'fix it all' therapy does not exist, but remaining true to your basic work principles does and will get results for your patients.

It never ceases to amaze me that, when one attends a conference or seminar, just how many trade stands will be there with the latest new 'must have' piece of equipment, so many things come and go and each of them at the time seems in some way to claim to be the best ever. Associated with health and wellbeing who can remember the craze of 'Toning Tables' in the 80s. there were clinics and shops all over the Country with people happily giving wads of cash to be strapped to a moving table under the guise of getting toned and helping their backs etc... More recently, maybe 5 -7 years ago the sudden explosion of the 'fish pedicures'; queues of people parting with hard earned money to stick their feet into a tank and be nibbled by fish! Some people made a lot of money at the time. Medicine itself is not exempt, years ago almost the first treatment option for doctors for most soft tissue related conditions was to inject steroid medications; now it used sparingly. Many years ago young children were given almost heroic doses of aspirin to counter childhood diseases; again not so now.

This brings me back to the start, I am constantly impressed with your methods and, more importantly, the results with your patients, you can and do provide two vitally important components to your patients that I struggle to achieve as a doctor every day; time and touch. These basic tenets of your craft are in fact the basic tenets of any medically based practitioner but, sadly, some of us, through circumstances and constraints, have lost sight of this. You, however, have not and good on you. Your consistent results show how important a role you have. It is no wonder that the LCSP Register has been at the forefront of 'hands on therapy' for almost a hundred years.

**Dr. Paul Lambden**

President



**Fozzy's Forum**

fozzy@fosterclinic.co.uk

## DBS disclosure

This facility is now available for LCSP Register Members to apply directly for a disclosure. These disclosures are becoming far more widely asked for in so many different situations. It is now becoming normal and usual for care homes, children's facilities and municipal facilities, the very places that a lot of our members have to work to insist that the therapist does have a current DBS disclosure. Many other therapists even just in private practice and clinics consider having a disclosure just part of 'good practice' for a health care professional. To apply for a DBS Disclosure the details and procedures are within the members section of the website.

## CPD

There will again be another random selection of members contacted in September to provide the summary sheets detailing past and ongoing professional development. This yearly activity is not designed to cause upset or trip people up but rather should be looked upon as an opportunity to evaluate your practice and personal situation to see if you are fulfilling your own targets and objectives and highlighting any potential gaps in skills or knowledge so that appropriate action can be taken. Members selected will be separately contacted and have until the end of October to provide the required details. Once checked and validated selected members are excluded from any further selection for a period of three years. The CPD templates for easy recording of very many CPD situations are all available for download within the members section of the website. If you are unsure of any aspect of CPD then feel free to contact the Secretary who will be only too happy to help.

## Advertising Standards

Just a reminder to make sure that any of your advertising material be it printed or electronic has to comply with the ASA regulations, there are both groups of people and computer generated programmes that are specifically designed to find fault and transgressions in the law. As a general guideline it would appear sensible to refrain from referring to any specific named conditions and certainly not offer cures, remedies or solutions to the same without having factual or evidence based documentation to back up any such claims. There have been some members taken to task over this problem by Trading Standards (who enforce the regulations) and all it has really caused has been headaches, stress and extra expense for the members involved. Be aware as there are some sad people out there, or maybe jealous competitors with little better to do than to stir up trouble.



## SCAM WATCH

Yet again we have had reports of members being contacted, supposedly at our request, to be included in medical directories. We reiterate here again that we NEVER give out your contact information to third parties. There are also the usual almost constant telephone calls from agencies offering advertising on GP appointment cards and the like. It never ceases to amaze the lengths people go to try and part us from our hard earned cash, be vigilant and be safe.



Fozzy

## Light relief

The following questions were set in examinations last year. These are genuine answers from 16 year olds.

- Q. Name the four seasons?  
A. Salt, pepper, mustard and vinegar
- Q. What are steroids?  
A. Things for keeping carpets still on the stairs.
- Q. Name a major disease associated with cigarettes?  
A. Premature death
- Q. What is the fibula?  
A. A small lie
- Q. What does 'varicose' mean?  
A. Nearby
- Q. What is a terminal illness?  
A. When you are sick at the airport
- Q. What does the term 'benign' mean?  
A. Benign is what you will be after you be eight



## LCSP Register Website



Over the last twelve months the website has nearly 12000 unique visitors with the most popular pages after the LCSP specific pages are members who have an enhanced profile. Therefore if you have still not taken this opportunity we would recommend that you do it as soon as you can.

We would like to take the website on to the next level so we get more traffic to the site and one way to get the process moving is the growth of the database making sure all members have a profile to sell their services.

Also as members do you think the website is working for you? Are there any bespoke features you would like to add to the site? At present, we have the searchable database on the public's pages allowing users to search for a practitioner close to them. In the members area, we have renew your insurance, noticeboard which is free to advertise on, members only area, online forum for discussions and various documentation for your use.

If you have any suggestions or ideas for the website or need your log in details so you can update your profile please feel free to contact Jeff Gray on either jeff@noworriesmarketing.co.uk or 08951 954889 and he will help your enquiries.

I was recently with a solicitor who specialises in dealing with the defence of claims & complaints against healthcare professionals. He was adamant that a clinician needs to convincingly prove that the proposed treatment plan was appropriate, understood by his patient, clearly adhered to and with any deviations also discussed and agreed. Without clear records of such, it is increasingly difficult to defend any claims arising from known and expected reaction to the treatment.

The patient's understanding needs to be of enough depth so that they may question any matter of risk that might attach to the treatment. Empower the patient to seek clarity, elicit further details and have sufficient information to say yes or indeed reject the treatment plan.

Sometimes, therapists specialising in a specific area, such as musculoskeletal, feel that valid consent and a dynamic continual consent process is for Doctors and conventional clinicians who are responding to a wider area of healthcare issues. This argument is very difficult to support from a moral, ethical, legal or other viewpoint. In the event of a problem with the treatment, the regulators and the lawyers see the rules as best practice for everyone that offers healthcare solutions.

The NHS explains it quite well - adapted from:  
[www.nhs.uk/Conditions/Consent-to-treatment/Pages/Introduction.aspx](http://www.nhs.uk/Conditions/Consent-to-treatment/Pages/Introduction.aspx)

Consent to treatment is the principle that a person must give permission before they receive any type of medical treatment, test or examination. This must be done on the basis of an explanation by a clinician.

Consent from a patient is needed regardless of the procedure – whether it's a physical examination, organ donation or something else. The principle of consent is an important part of medical ethics and the international human rights law.



### Defining consent

For consent to be valid, it must be voluntary and informed, and the person consenting must have the capacity to make the decision. These terms are explained below:

- ✓ Voluntary – the decision to either consent or not to consent to treatment must be made by the person themselves, and must not be influenced by pressure from medical staff, friends or family.
- ✓ Informed – the person must be given all of the information in terms of what the treatment involves, including the benefits and risks, whether there are reasonable alternative treatments and what will happen if treatment doesn't go ahead.
- ✓ Capacity – the person must be capable of giving consent, which means they understand the information given to them, and they can use it to make an informed decision.

If an adult has the capacity to make a voluntary and informed decision to consent to or refuse a particular treatment, their decision must be respected. This is still the case even if refusing treatment would result in their death, or the death of their unborn child.

If a person doesn't have the capacity to make a decision about their treatment, the healthcare professionals treating them can go ahead and give treatment if they believe it's in the person's best interests.








However, the clinicians must take reasonable steps to seek advice from the patient's friends or relatives before making these decisions.

From the insurer's perspective, they expect you to follow best practice and to have available evidence of valid consent. This does not mean a signed agreement from the patient and in fact, going to that extent somehow feels like it will create a conflict with the trust that is vital in a patient/clinician relationship.

Noting the patient's file to say that "all relevant risks (in particular x, y, and z) were discussed following which Mr X confirmed his agreement to the proposed treatment", would be sufficient. In this context "x,y and z" would be the risks that are significant and or particular. Whereas, "all relevant" would be the standard ones you always discuss and are documented somewhere in your process as always being spelled out to patients.

Insurers, lawyers and others who act for you need as much clear and consistent evidence of your process as possible; they have to demonstrate that you behaved in line with best practice and the patient was aware of the risks and possible outcomes.

*Asgar Hassanali  
James Hallam ProMed*

Date	Venue	Course Info	Cost:	Provided by:
15th - 16th September 2017	The Poplars, Stradbroke, Suffolk, IP21 5HX	Touch for Health Level 1	Two days workshop £240.00	 Kinesiology Federation
30th September - 1st October	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Hendrickson Method Lower Extremities	Two days workshop £270 -£310	 Flexible Healing TRAINING FOR BODYWORK PROFESSIONALS
13th - 14th October 2017	The Poplars, Stradbroke, Suffolk, IP21 5HX	Touch for Health Level 2	Two days workshop £195.00	 Kinesiology Federation
21st October 2017	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Common Cycling Injuries: Causes, Treatment and Prevention	One day workshop £135.00	 NJD SPORTS INJURY CLINIC
22nd October 2017	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Bikefit Package - 3 step integrated process	One day workshop £99.00	 NJD SPORTS INJURY CLINIC
3rd November 2017	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Therapeutic Ultrasound (using a multifactorial approach)	One day workshop £99.99	 NJD SPORTS INJURY CLINIC
12th November 2017	Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, BB7 1PL	Fascia, foam roller and self myofascial release masterclass	One day workshop £99.99	 NJD SPORTS INJURY CLINIC

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



**Presented by: Rachel Lead** – Qualified TFH Instructor with the International Kinesiology College

**Bookings and Cheques to** "Rachel Lead", Poplars, Laxfield Road, Stradbroke, Suffolk, IP21 5HX

If you need more information on any of our workshops, please contact us by:

Tel: 01379 388031 or 07733 105752

Email: [rachelpbck@gmail.com](mailto:rachelpbck@gmail.com)

Web: [www.ukkinesiology.com](http://www.ukkinesiology.com)

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

**Bookings and Cheques to** "Nicholas Dinsdale" Unit 3, Hawthorne Business Park, Lincoln Way, Clitheroe, Lancashire, BB7 1QD

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" 45 St David's Road, Otley, West Yorkshire, LS21 2AW. Or alternatively book and pay online

If you need more information on any of our workshops, please contact us by:

Tel: 01943 461 756

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