



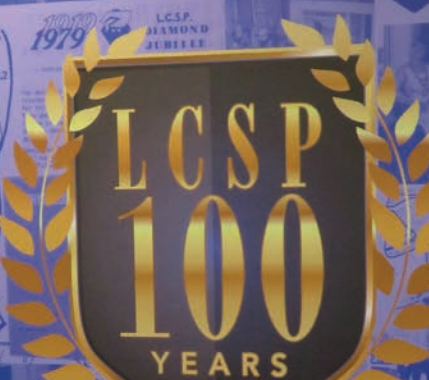
LCSP Newsletter

AUGUST 2019

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CELEBRATING



“ This was like going back in time! How it used to be at our Conferences in Blackpool back in the 80's, the camaraderie, the connections and a true family feel, how wonderful to see a vibrant Betty Honeybone still full of life. Thank you Fozzy! ”

“ What fabulous, knowledgeable, innovative speakers. Their continual searching for new aspects of their specialities, all of which can impact on our work as 'body workers', to the benefit of our clients, is truly evolutionary. It cannot get much better than that! ”

The word from the top

Well now that the dust has settled after what can only be described as a 'Glorious Centenary Weekend'.

I hope and trust that you are enjoying the summer months and if taking some well earned respite holidays, your respective trips are safe, uneventful and you each return rested, recharged and ready to face the ailing public once again.

I am quite sure that I do not have to tell those of you who were present at the Centenary event how well planned and special the whole weekend was. The speakers were exceptional, the exhibitors well patronised and the venue was excellent, to have our weekend in a self contained building was just perfect for all concerned. The Gala Dinner was just something else, from the Champagne reception with the amazing close up magician, the dinner itself and that dance band.....the dance floor was full from the start to the very end. This was a memorable event and you should be proud of the Register and its 100 years. At the Dinner itself we did have as guests some stakeholders, industry representatives and others connected with our sector and all of these people took the time to state how well respected the LCSP was as an organisation and indeed what a magnificent show we had put on to celebrate our 100 years.

I really cannot finish this without adding my sincere and grateful thanks to Fozzy who almost single-handedly masterminded the weekend. The Board and I were in regular contact with Fozzy during the preceding months and we were aware of the amount of work that he undertook in the general logistics of piecing together the thousands of individual items required to complete the whole jigsaw that was our event. I am sure you will all join me in thanking him, not only for the Centenary celebration, but also for his tireless efforts to work on behalf of the membership and lift the profile of the LCSP. My thanks, too, to Mel in the office for his considerable administrative support and to the Board members for their commitment, enthusiasm and the time they give to working for the Society.

And lastly, thank you to you all, and particularly those of you who came to the Centenary celebrations. We look forward to hearing from you and seeing some of you at next year's event.

Dr. Paul Lambden
President



Fozzy's Forum

fozzy@fosterclinic.co.uk

Keeping Medical Records

As so often happens the question of 'How long to keep patient records?' arises as it did again at a recent meeting. Clearly the man to go to, is our President Dr Paul Lambden being a medico legal expert. He has produced the latest information from the Dept. of Health and it is included in this issue on page 5. (Looks like I am going to need some more filing cabinets!!!)



Centenary Event

There is a separate icon on the front page of our website for members and the general public to see pictures and profiles and general information about the super weekend event held in Windsor in June. If you were present and also have pictures/film please share them with me too.



Just a personal note from me, the whole Centenary event was well received and I don't need to go into the specific events as it has been well documented by many others. Yes it was a lot of work to put this together but I could not have done it without the support and full backing of the LCSP Board, so thanks to them for backing me and my ideas. Above and beyond that is a massive thanks to you the members who made the effort to attend, it was YOU that made the difference and ultimately made the event, I am indebted to you for your support and backing and finally a big thank you for the 'Foz' cufflinks presented at the Dinner, I will wear them always with pride and great memories.

Fozzy

Congratulations on arranging our very special Conference Weekend. I am so happy I was part of it with you all. Thanks for the excellent choice of speakers and so good to have the trade stands back again. The Dinner and cabaret was amazing and I felt the need to communicate this to let the others know what they missed!!!



Wow what an amazing weekend. I enjoyed every minute of it and what a great group of people. You all deserve huge congratulations on making it so successful.



The party!!! Well what can I say... WOW! I had a really good time – I haven't danced like that for many years



A very big thank you for a fantastic and enjoyable weekend, it was so good to see many faces from years ago in the LCSP



It was fantastic, the networking alone, getting to know the LCSP better and catching up with speakers and old friends made it totally worthwhile for me. I did not take as many pictures as I should have but I was having too much fun !!! You did a great job of organising an amazing celebration



Fozzy, my heartfelt thanks for the invitation to the LCSP Register Centenary celebrations. What an evening, and what delightful members you have. This was an event worthy of LCSP's 100 years, credit to you and everybody involved in the organisation.



"Thank you for a great weekend. Good venue, good food – including vegetarian selections, fantastic speakers and an amazing band for the evening not forgetting magician and special guest Manuel and of course Prince Charles at the AGM. It was so good to re-connect with exhibitors and friends alike.



Fozzy, it was an absolute pleasure to be invited along and speak. Lots of interesting discussions with your members who really seem to take to the subject which makes presenting a lovely experience.



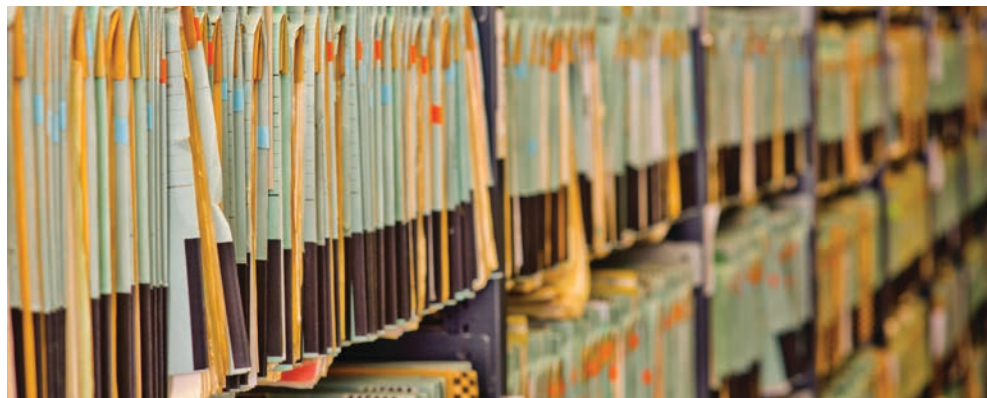
Each of the four seminars was relevant, interesting and informative. I learnt something from all of them



HOW LONG SHOULD RECORDS BE KEPT?

This is a complex question to answer. Different organisations state different minimum standards. The NHS contract requires records to be kept for two years in England. The LCSP and the insurer regard this time as much too short. Other legislation either produces no clear recommendation (such as the Data Protection act which suggests keeping records “no longer than necessary” without defining what ‘necessary’ is). The Access to Records Act states that patients have a statutory right to access and no time limits are specified. The Department of Health in its DH records management, NHS Code of Practice states that practitioners are “encouraged to place a maximum period of 30 years on retention”. However, the DH does go on to say that for Community Services, the recommended period of retention should be for eleven years after the last attendance and for children up to the age of 25. The position of LCSP and the insurer is that the eleven years should be the minimum and longer if feasible. An exception to this might be patients with Mental Health or other Learning Disability who may enjoy the indefinite right to access their records. It might therefore be wise to keep the records of such patients indefinitely. The retention requirement is the same for those practitioners who are retiring.

The need to retain records is important to provide information and, if necessary, defence in the event of any sort of complaint or claim against the practitioner.



Scanning Records

Records may be scanned and saved to computer for storage provided the system used is safe, reliable and secure. The hard copy may then be destroyed provided the processor is satisfied that the scan is a true copy of the record. They should be retained according to the prevailing schedule and as long as feasible.

The Office of the Information Commissioner has offered the opinion that hard copy records can be destroyed once a good quality scan has been made, provided that there is no specific reason why the hard copy should be retained. Such circumstances could include factors such as retaining someone’s original signature, where there is any suspicion that the records have been modified after the original date of completion or for any other reason in the judgement of the processor.

For the retiring practitioner, it may be feasible to scan the records, depending on the number involved (as above) or it may be feasible to pass the records on to a practitioner who is inheriting the patient list. For some, though, complying with record retention may provide a significant difficulty.

McLoughlin Scar Tissue Release®

I am delighted to announce the results on the preliminary study into the effects of McLoughlin Scar Tissue Release® (MSTR®) on Caesarean Section scars.

The research project was conducted at The Newcastle Clinic, Newcastle, UK, on June 15th, 2019 with Consultant Radiologist Dr Peddada Raju.

A General Electric (GE) Soniq S8 ultrasound scanner was used to conduct the test on three test subjects with C-section scars.

Each subject was pre-scanned and images recorded including: Size and depth of scar tissue was also recorded and the amount of vascularity both surrounding and within the scar was also imaged.

MSTR® work was then applied for a total of 15 minutes per subject, as a single treatment.

Immediately after MSTR® treatment each subject underwent a post-treatment ultrasound scan conducted by Dr Raju.

All three subjects were shown to have decreased scar tissue in the post treatment scan. One example of improvement was of a scar that was initially measured at 31.5mm pre treatment. The scar was re-measured at just 18.1mm post treatment.

Another example was that of a longitudinal scar reducing in size from 22.7mm pre-treatment to just 10.4mm post-treatment.

An increase in vascularity was noted not only in the surrounding tissue but also actually through the scar. Interestingly it should be noted that NO vascularity was present in the pre-scan of the same area.

This confirms what has always been stated:

MSTR® helps open the densely bound collagen fibres that make up scar tissue to allow increased blood flow into the area once again.

This preliminary success has now kick-started a larger study that will be undertaken at ‘The Newcastle’ later in 2019.





You can read more about the MSTR® Research Project here:
<https://www.mcloughlin-scar-release.com/research/>

This initial research project, demonstrating evidence-based outcomes of the MSTR® method of scar tissue treatment, means you can have even more confidence in MSTR® work.

©Alastair McLoughlin, designer of McLoughlin Scar Tissue Release Technique®

See www.mcloughlin-scar-release.com



Date	Venue	Course Info	Cost:	Provided by:
21st - 22nd September	The Poplars, Stradbroke, Suffolk, IP21 5HX	Touch for Health 2: The Law of Five Elements	Two days workshop £250.00	 Kinesiology Federation
25th - 26th October	The Poplars, Stradbroke, Suffolk, IP21 5HX	Touch for Health: Goal Setting and Metaphors	Two days workshop £250.00	 Kinesiology Federation
26th - 27th October	Britannia Hotel, Bramhope, Leeds, LS16 9JJ	Supporting Joint Replacement	Two days workshop £320.00	 flexible healing
Throughout the year	Bookings and further information about venues at www.mcloughlin-scar-release.com	McLoughlin Scar Tissue Release Technique® (MSTR®)	One day workshop £150.00	 McLoughlin SCAR TISSUE RELEASE®

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

Web: www.ukkinesiology.com



Practitioner education for the treatment of scar tissue using the McLoughlin Scar Tissue Release® technique takes the form of face-to-face Classroom tuition (8 hours).

Bookings and further information about venues at www.mcloughlin-scar-release.com



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

Email: info@flexible-healing.co.uk

Web: <http://training.flexible-healing.com>