

Orthopaedics & Rehabilitation

Faculty CPD Event



MANAGING BACK PAIN IN THE OLDER ADULT

SATURDAY 21ST APRIL 2018

HOLIDAY INN OXFORD, PEARTREE ROUNDABOUT, WOODSTOCK ROAD, OXFORD, OX2 8JD

EVENT OUTLINE

- Are you confident in providing appropriate care tailored to your older patients, and understanding the complex range of issues they face which impacts on their response to care?
- Are you confident in taking a history from someone who is finding it hard to articulate their problem?
- Do you find it problematic to decide what treatment is appropriate for these patients?
- How can you best help older patients to maintain independence despite their physical and psychological challenges?

This seminar is a practical event focusing on the skills required to manage back pain in the older patients. The speakers (see overleaf) are experienced practitioners with a range of clinical expertise in this field, and family experience of managing the issues surrounding old age. As a practitioner, it can be difficult to understand the balance required between encouraging activity in older people, whilst at the same time understanding their limitations. It can be hard for young, agile practitioners to appreciate just how difficult daily activities can be for some older patients, and how factors such as loneliness and anxiety can impact on their wellbeing. It can be perplexing to encounter a patient with various joint replacements and a complex medical history.

This seminar is very hands-on, with approximately 1 - 1.5 hours spent with each of four facilitators to explore different aspects of managing the older patient in detail, with a panel discussion at the end of the day. This will suit everyone from the recently graduated to those with more experience as we will pool our knowledge and experience.

LEARNING OUTCOMES

- Understand functional assessment of the older patient; learn how to identify and correct weak links in the kinetic chain; learn and practice self-corrective exercises;
- Understand how to apply active listening and motivational interviewing with older patients, and how to use goal-setting to improve patient compliance and satisfaction with care;
- Learn, and share, conservative treatment techniques to develop your "therapeutic tool kit"; consider various disabilities and physical limitations and how these might effect the techniques that you use; consider the patient's experience in your clinic, from how they move around the building to how you position them for treatment.

PROGRAMME

09.30 - Registration
10.00 - Seminar begins
16.00 - Close
Lunch is included

REGISTRATION FEES

RCCORF Members: £99
RCC Members: £115
Non-Members: £160

Online registration and payment are available at www.bit.ly/RCCevents

To register and pay via card/ bank transfer please contact the RCC directly on **0118-9469727** or at: admin@rcc-uk.org.

Alternatively, please send registration forms to our address below, with cheques made payable to,
The Royal College of Chiropractors.

Cancellations: Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event.
No refunds can be given after this date.

****Please do not attend this event unless you have received confirmation of a place and joining instructions****

REGISTRATION FORM

Name: _____
Address: _____

Postcode: _____
Email: _____
Phone: _____

Registration fees:

I enclose a cheque for £ _____.

Please send your completed registration form to:
The Royal College of Chiropractors, Chiltern Chambers,
St Peters Avenue, Reading RG4 7DH

MANAGING BACK PAIN IN THE OLDER ADULT

SPEAKERS:

Chris Chippendale MRCC, LRCC (Ortho)

The son of a chiropractor, Chris has worked in chiropractic clinics since his early teens and oversees a team of 7 practitioners at clinics in Kent and South East London. After graduating from WIOC in 2011 he earned a PgCert in Advanced Professional Practice from the AECC. He has a particular interest in chronic pain and rehabilitation.

Rachel Lock FRCC, MRCC (Ortho)

Rachel graduated from AECC in 1986 and completed her MSc (Clinical Chiropractic) in 2001. From there her keen interest in rehabilitation of the spine led her to study with Dr Karel Lewit and Professor Pavel Kolar at Charles University in Prague. Since then she has had the privilege of assisting Dr Craig Liebenson teach his Functional Approach to Rehabilitation courses across Europe. Rachel has a private practice in London where she encourages active, self-oriented care with all her patients.

Michelle Carrington FRCC (Ortho)

Michelle graduated from AECC in 1995, being awarded the European Chiropractic Association prize for best research project. She completed a MSc in 2001 at AECC and has been a fellow of the RCC Orthopaedics and Rehabilitation since 2002. Michelle has a private practice of which a significant proportion of her patient base are elderly, and has developed an interest in managing this group. She has always had an interest in soft tissue techniques, having trained in massage and reflexology before becoming a chiropractor. Whilst exploring low force and conservative techniques suitable for an elderly and paediatric patients, Michelle also qualified as a Cranio-sacral therapist in 2011.

Per Kleberg FRCC, MRCC (Ortho)

Per graduated from the AECC in 1991 and has been involved in running three clinics with 10 chiropractors and 15 support staff for the last 25 years. Per has also been a regional PRT trainer for the Royal College of Chiropractors for the North West Thames area for the last 14 years. He is a Fellow of the Royal College of Chiropractors and Member of the Orthopaedic and Rehabilitation Faculty.

Per has had additional post-graduate training in rehabilitation and exercise at the AECC during the course run by Dr Craig Liebenson he had the privilege to have training by Professor Vladimir Janda, Dr Karel Lewit and Dr Donald Murphy.