



Osteopathic Technique Practice Policy for Students



Core Documentation Cover Page					
Osteopathic Technique Practice Policy for Students					
Version number	Dates produced and approved (include committee)	Reason for production/ revision	Author	Location(s)	Proposed next review date and approval required
V1.0	Aug 2012 Academic Council	Update to Previous Version	M.Ost Course Leader	All master versions will be held in: J:\0 Quality Team - Core Documentation Intranet	Aug 2013
V2.0	Sep 2013 Academic Council	Annual Review Minor Amendments to reflect current practice.	M.Ost Course Leader	All master versions will be held in: J:\0 Quality Team - Core Documentation Intranet	Sep 2014
V3.0	Aug 2014 PRAG Chair	Annual Review Administrative Amendments to reflect current staff role and course titles.	Head of Practical Skills	All master versions will be held in: J:\0 Quality Team - Core Documentation Intranet	Aug 2016
V4.0	Nov 2016 PRAG Chair	Biennial Review Administrative Amendments to reflect current practice.	Head of Practical Skills	All master versions will be held in: J:\0 Quality Team - Core Documentation Intranet	Nov 2018
V5.0	Aug 2017 PRAG Chair	Administrative Amendments to update institution name change from British School of Osteopathy to University College of Osteopathy.	Head of Practical Skills	All master versions will be held in: J:\0 Quality Team - Core Documentation Intranet	Nov 2018
V6.0	Mar 2019 Academic Council	Biennial Review Major amendments to include: - Specific mention of complying with the Osteopaths Act 1993 when practicing technique outside of the UCO teaching environment. - Disclosure of any condition that may risk harm to students when acting as a model for practice outside of the UCO teaching environment. - Consent must be provided by the model before any technique or manipulation is performed.	M.Ost Course Leader	All master versions will be held in: J:\0 Quality Team - Core Documentation Intranet	Mar 2022 Or in response to any change in statutory legislation, guidance or good practice.

Equality Impact	
Positive equality impact (i.e. the policy/procedure/guideline significantly reduces inequalities)	
Neutral equality impact (i.e. no significant effect)	X
Negative equality impact (i.e. increasing inequalities)	
<p>If you have any feedback or suggestions for enhancing this policy, please email your comments to: quality@uco.ac.uk</p>	

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1. SCOPE

- 1.1 We actively encourage and expect students to practise their technique skills between the formal technique classes for between two and three hours a week. The following guidelines have been written to ensure student safety whilst these practice sessions take place whether on or off the University College of Osteopathy's (UCO) premises.
- 1.2 Although we actively encourage students to practise the techniques they have learnt on UCO preregistration courses, they must NOT use these techniques to treat friends/colleagues or members of the public unsupervised whether in or outside the UCO's premises until they are registered with the General Osteopathic Council and have suitable professional indemnity insurance.
- 1.3 Students who work in professions that involve manual techniques must not suggest to clients and patients that they are delivering osteopathic treatment or use their status as a student osteopath at UCO to suggest that they are offering any treatments beyond those that their current qualifications allow. Doing so may contravene the Osteopaths Act 1993, could constitute illegal activity and may be investigated under the UCO Fitness to Practice Policy.
- 1.4 Students should refer to the "Osteopathic Treatment Policy for Students" should they wish to receive or provide any osteopathic treatment published here:

<https://www.uco.ac.uk/about-uco/who-we-are/policies-procedures-and-privacy>

2. GENERAL ADVICE

- 2.1 A student who is currently receiving osteopathic treatment or having other medical interventions or investigations undertaken should use their developing clinical judgement and seek professional advice to ensure it is safe to have techniques practised upon them or to practise techniques on another.
- 2.2 Where the student has a pre-existing diagnosed medical condition or is unsure if it is safe to practise or be practised upon, they must seek confidential professional advice from either the head of their technique teaching team or a senior osteopathic member of the college's clinical teaching team. In all such cases, students are required to disclose any relevant details of their condition to any other student practicing on them so as not to put themselves at any risk of harm.
- 2.3 These private technique practice sessions, either occurring on or off the UCO's premises, should be conducted in a professional manner by all parties involved. The wearing of inappropriate clothing, non-professional handling, by either party, the use of sexual innuendo or provocative behaviour can be interpreted as sexual assault or sexual harassment. Such allegations will be investigated by the UCO's Fitness to Practise Panel and will be reported to the police, if appropriate. Any subsequent criminal convictions or internally imposed sanctions will automatically be reported to the General Osteopathic Council.
- 2.4 Attendance to all technique classes is required as all matters of safety either performing the techniques or contra-indications will be covered by the tutors.

- 2.5 Consent must be obtained from the model prior to every technique or manipulation attempted. If consent is not forthcoming, then the impulse should not be performed.

3. PRACTICE OF SOFT TISSUE & ARTICULATORY TECHNIQUES

- 3.1 Students must only practise those techniques which they have been taught in the formal technique classes prior to the date of the specific practice session.
- 3.2 The operator must respect the wishes of their practice partner.
- 3.3 The operator must gain explicit consent from their practice partner before beginning to practise any techniques. This consent can be withdrawn at any time; if this occurs the operator must stop the technique immediately.
- 3.4 On-going feedback from the practice partner is essential to assist with the operator's developing skill. In particular, any pain or discomfort experienced should be reported to the operator at once. If this occurs the operator should stop immediately and allow their practice partner to adopt a comfortable position before making further enquires as to the nature of the problem.

4. PRACTICE OF HIGH VELOCITY THRUST TECHNIQUES

- 4.1 All previous advice, both the general and for practising soft tissue and articulation, applies to practising these techniques.
- 4.2 The operator should use their clinical judgement and evaluation skills to ensure it is safe to use these techniques on their practice partner. If there is any doubt at all, the techniques should not be practised and further advice should be sought from the technique or clinical tutors.
- 4.3 When practising the 'wind up' the practice partner should be prepared and willing to provide explicit feedback as to personal comfort and the developing tensions. The operator should take note and when a tension point is reported or palpated instantly remove the levers before seeking feedback.
- 4.4 In M.Ost (Full-Time) Year 3, M.Ost (Part-Time) Year 4, or MSc Osteopathy (Pre-Registration) Year 1 the impulse should only be practised on a practice partner outside the main class when the student has demonstrated the necessary skill for that specific spinal area or peripheral joint in the formal technique class to the satisfaction of a technique tutor.
- 4.5 In M.Ost (Full-Time) Year 4 / M.Ost (Part-Time) Year 5 / or MSc Osteopathy (Pre-Registration) Year 2 the impulse for a new technique or modifications to previously learnt techniques should only be practised on a practice partner outside the main class when the student has demonstrated the necessary skill for that specific spinal area or peripheral joint in the formal technique class to the satisfaction of a technique tutor.