



Osteopathic Technique Practice Policy for Students



Core Documentation Cover Page

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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)	

If you have any feedback or suggestions for enhancing this policy, please email your comments to: quality@uco.ac.uk

OSTEOPATHIC TECHNIQUE PRACTICE POLICY FOR STUDENTS

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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 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 qualified and have suitable professional indemnity insurance.
- 1.3 Students should refer to the "Osteopathic Treatment Policy for Students" should they wish to receive or provide any osteopathic treatment published here:

http://intranet.bso.ac.uk/policies_and_procedures/students

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 or 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 should seek confidential professional advice from either the head of their technique teaching team, the Head of Practical Skills or a senior osteopathic member of the college's clinical teaching team.
- 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 desired as all matters of safety either performing the techniques or contra-indications will be covered by the tutors.

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 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 Consent must be obtained from the model prior to every manipulation attempted. If consent is not forthcoming then the impulse should not be performed.
- 4.4 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.
- 4.5 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.
- 4.6 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.