



# **Osteopathic Technique Practice Policy for Students**

## 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 a recommended three hours a week. The following guidelines have been written to ensure student safety whilst these practice sessions take place.
- 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 outside of formal consultations in the UCO clinics. It is not appropriate to do this until the point at which an individual is registered with the General Osteopathic Council and has 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 medical treatment, undergoing other healthcare interventions and investigations, or is suffering from ongoing health conditions 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 email unit leader or deputy unit leader prior to seeking confidential professional advice from either a technique tutor on the day or a senior practice educator in the UCO clinic. Students are required to do this even if they have previously informed student support of their situation. In all 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 Practice during classes or private technique practice sessions, occurring either 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 Students should be aware that they are not covered by UCO insurance when practicing away from UCO premises and in these circumstances must not practice any techniques that present any level of risk beyond short term or residual discomfort, based on the practice partners medical history. If students have any question around this then they must refrain from practicing these outside of class sessions.
- 2.5 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 in these sessions.
- 2.6 Consent must be obtained from the model prior to every technique. If consent is not forthcoming, then the technique 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 post the date of the specific practice session or where application of principles taught apply.
- 3.2 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. The operator must respect their practice partner's wishes at all times.
- 3.3 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 All students must have attended a contraindications/indications lecture prior to commencing any HVT techniques. Attendance is mandatory.
- 4.3 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.
- 4.4 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 2, M.Ost (Full-Time) Year 3, M.Ost (Part-Time) Year 4, or MSc Osteopathy (Pre-Registration) Year 1, or any year group prior to this, 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.

- 4.6 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 to the satisfaction of a technique tutor.

**CORE DOCUMENTATION RECORD PAGE**

**Osteopathic Technique Practice Policy for Students**

<b>Version number</b>	<b>Dates produced and approved (include committee)</b>	<b>Reason for production/ revision</b>	<b>Author</b>	<b>Location(s)</b>	<b>Proposed next review date and approval required</b>
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	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.

		or manipulation is performed.			
V7.0	Jun 2023 TQSC	Scheduled Review: Clarification of information regarding insurance to practice off-site.	Director of Teaching, Learning & Assessment	All master versions will be held in: SharePoint – Quality Team Published Location: Website	Jun 2026
<b>Equality Impact</b>					
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><b>If you have any feedback or suggestions for enhancing this policy, please email your comments to: <a href="mailto:quality@uco.ac.uk">quality@uco.ac.uk</a></b></p>					