

## **Welcome to the London School of Osteopathy teaching clinic.**

Today, you will be seen by a senior student under the supervision of a clinical tutor who is an experienced, qualified, practising osteopath. One or two junior students may accompany the senior student to either just observe or be involved in the examination or treatment.

Your visit today will take around 1½ hours and will include taking a full case history from you (detailing your current & past medical history, family & social history, and the problem you would like us to address), a physical examination, and where appropriate, treatment to help resolve your problem.

### **After the Case History**

The first 30-40 minutes is taken up with the case history taking. When this is completed, the student will ask you to sign a Form of Consent which means you give your consent to being examined and treated. We also ask your permission to use your anonymised data for research purposes. The student will then leave the room to discuss your case with a clinical tutor and in the meantime ask you to undress to your underwear in readiness for the physical examination (towels are provided if you feel cold).

### **Examination**

After about 15 minutes the student will return to begin the physical examination which will include looking at the painful area, examining your spine and checking how much movement you have in various muscles and joints. The student may need to take your blood pressure, listen to your chest or carry out various tests to ascertain the cause of your problem. Everything will be explained to you during this examination.

A clinical tutor will come into the room at various times during the 1½ hours to observe the student and help him/her with diagnosing your problem and choosing suitable treatment.

### **Treatment**

Once your problem has been identified and it is deemed suitable for treatment, the student will discuss this with you and begin your treatment using various techniques which are suitable to your condition.

At the end of the treatment, the student may give you some stretches or other advice and then leave you to get dressed. They will then accompany you to reception where you can pay for the visit and if necessary, book you an appointment for another treatment. In most cases we will need to see you for further treatment to resolve your problem and will usually book you in for another treatment.

If your problem needs to be looked at by your GP or another doctor we will discuss this with you. The student will prepare a letter explaining our concerns which you can then take to your GP or another doctor.

### Comfort and Safety

Your comfort and safety is our priority. It is possible that you might feel sore or your pain may be slightly aggravated during the examination or treatment as we investigate or treat you. If you have any queries, or want the student to stop or change what they are doing at any time, please let them know. There is a camera in the room to allow clinic tutors to see what is going on from their monitoring station – only they can see the image – NO RECORDING is taking place.

### After treatment

Some people get immediate relief from their symptoms, for others it can take longer. It is possible that you might feel a little soreness after osteopathic treatment – this is fairly normal and usually self resolves within 24-48 hours and may be aided by using ice packs &/or heat (the student can advise you on how to do this safely).

It is often the case that a few treatments are required in order to resolve a musculoskeletal problem as no two people respond to treatment in the same way and people heal at different rates. The osteopathic student and clinic tutor may give you an indication of how many treatments are likely to be required however this can be subject to change due to your progress.

If possible the same student will see you on your next visit but this cannot be guaranteed due to student availability but you will always be seen by a senior student overseen by a clinic tutor.

### Payment

Payment should be made after the appointment at the Reception desk. If you should need to cancel your appointment at any time please call us by 5pm the day before or there will be a £10 charge.

**Please feel free to ask questions at any time through your visit with us today and if you have any concerns please ask to speak to the clinic tutor.**

**Equally we like to hear about good experiences and positive outcomes!**

As your feedback is such an important part of student learning, you will be asked to complete a 'feedback slip' at each visit. It only takes a moment to do, and is much valued by the teaching team.