

LONDON COLLEGE OF OSTEOPATHIC MEDICINE

Excellence in training doctors in osteopathy since 1946

PROSPECTUS 2015

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We provide training for doctors in osteopathic theory and practice and supervised clinical experience, to enable medical practitioners to function confidently as medical osteopaths in a medical specialist role. We foster learning that will enable graduates to contribute to osteopathic research and education, and develop and integrate their medicine with osteopathy.

DEFINING OSTEOPATHIC MEDICINE

Osteopathic medicine is the integration of medicine and osteopathy as described by osteopathic principles.

Its definition becomes dependent on its use, with different specialists finding it influences their work in different ways.

For example, up to 25% of a GP's work concerns musculoskeletal problems. Osteopathic-assessment and treatment techniques will significantly improve general practice diagnosis and management, potentially reduce referrals and can lead to immediate pain-relieving advice or treatment within the consultation. In some cases

it aids diagnosis and management of pain not obviously related to a musculoskeletal dysfunction – such as headaches or thoracic pain.

Rheumatologists using their developed osteopathic medical diagnostic skills may reduce expensive tests and imaging techniques and offer a quicker route to the correct treatment. Specialists in other fields – orthopaedics, sports and exercise medicine, rehabilitation, anaesthetists specialising in pain management, occupational health – find osteopathic medicine makes a significant contribution to the way in which they work. In all cases, providing better clinical diagnosis, reduced patient anxiety, and gives NHS patients access to treatment not commonly provided in the NHS.

Sometimes it is not until doctors engage with the idea of osteopathic medicine that they can clearly identify the potential of its application, and realise that it often changes the way they approach more traditional medical problems.

Highlighting these areas does not infer failings within the specialities, merely that a diagnosis based on the concept of somatic dysfunction rather than pathology, in the first instance, expands the differential diagnosis options and leads to treatment using osteopathic medical techniques.

It is the unique blend of functional anatomy, biomedical knowledge, osteopathic medical skills and medical expertise in a specific field that derives the best results from osteopathic medicine and makes the combined qualifications of medicine with osteopathy so valuable.

WHY THE LONDON COLLEGE OF OSTEOPATHIC MEDICINE ?

The college offers interactive small group learning in the most intensive osteopathic course in the world that exclusively teaches osteopathy to postgraduate doctors. For this reason its graduates have come from Ireland, Germany, Sweden, France, Switzerland, Greece, Australia, New Zealand, Korea, India, the Caribbean, Kazakhstan and the USA as well as the United Kingdom.

Some choose to work postgraduate exclusively in osteopathy, but the majority continue to work within medicine. Of these we include consultants in pain management and orthopaedics, GPs and sports doctors with national squads and professional teams, as well as lecturers in teaching hospitals.

So, as well as providing a course that leads to registration with the UK's General Osteopathic Council, (GOsC) who regulate the course, it also gives students access to practitioners who share their specialist interests and can demonstrate how their osteopathic training informs and develops their daily work. These LCOM graduates including Faculty are a readily available resource for coaching in career development

Every five years the college is reviewed by the GOsC through the Quality Assurance Agency and the reports of these are available at Quality Assurance Agency and GOsC websites. This review provides the college with Recognised Qualification status as an

Osteopathic Educational Institute enabling successful graduates to register with the General Osteopathic Council and use the title "Osteopath" if they wish.

COURSE – MEMBERSHIP OF THE LONDON COLLEGE OF OSTEOPATHIC MEDICINE (MLCOM)

Pre course learning is directed by our Distance Learning Module leading into a 2 week intensive course leading into the clinic based course running two days a week, Friday and Saturdays, over 18 months which means less weekday commitment, and also makes it easier for doctors to maintain their current activities.

We have previously run a shorter course over 13 months 3 days a week, if students are interested in studying during other week days and therefore qualifying sooner, then discuss with the Course Directors. We may be able to adapt our program to your needs.

COURSE STRUCTURE

1. A DISTANCE LEARNING COURSE FOR 2 MONTHS

The majority of this is revision of anatomy and physiology, with a small component of new material relating specifically to osteopathy. Students are supported throughout the course by a mentor, and the mentoring starts with the distance learning course. We emphasize that this is an important start to the course as anatomy and pain physiology need to be up to date to get the most out of intensive course and clinic work.

2. INTENSIVE COURSE FOR 10 DAYS

The intensive course is two consecutive weeks of 5 week days. This part of the course prepares the student for the learning in the clinic – revising some musculoskeletal and orthopaedic examination techniques but introducing new refined osteopathic assessment and treatment techniques so you are ready to start in the clinic diagnosing and treating patients.

3. CLINIC TEACHING

After the intensive two weeks the attendance for clinic teaching is two days a week for 78 weeks and one and half days of this is supervised patient care in the clinic.

- Students attend for two days each week, 0930 to 1700 hrs for the whole course.
- Each student is entitled to 6 weeks of annual leave. The college is closed for one or two weeks at Christmas depending the days that the bank holidays fall on. The course therefore extends over approximately 80 weeks in total, over 18 months.

- Students should expect that with college attendance and private study, there will be a commitment of at least 21 hours per week.

4. TECHNIQUE TEACHING

- Concurrent with the clinic teaching, there is technique teaching every week on Saturday afternoons initially for 12 weeks and then at regular intervals to the end of the course for a further 14 weeks, making a total of 26 weeks. Following this further non core technique teaching and other topics will be taught in the half day teaching.
- Time additional to this minimum commitment will be dictated by the needs of students as they progress.

5. LUNCH TIME TEACHING

Topic teaching, student presentations and journal reviews take place at lunch time on both college days, and attendance is essential to complete the required hours for the course. Students are expected to have a working lunch in college with the tutor.

6. PRIVATE STUDY

Students vary in the amount of study required outside the teaching and clinic schedule, but should allow for at least 6 hours per week. This includes maintaining a patient and technique log which is compulsory. The students will have an opportunity to observe osteopaths in our clinic and teaching in other osteopathic colleges.

HOLIDAYS

Six weeks leave are permitted, which excludes 1-2 weeks over Christmas when the clinic is closed. A maximum of two consecutive weeks of leave are allowed to maintain progression of palpatory and proprioceptive skills. For the same reason holidays are not encouraged in the first 3 months of the course as skill and knowledge acquisition in this stage is very intensely progressive.

Sick leave is counted separately, and if students have significant sickness absence they may be required to make up days lost, this will be decided by faculty.

CARE OF PATIENTS

Students, as medical practitioners, are responsible for the care of the patients in the clinic under supervision of the tutors. The tutors supervise a maximum of five students in the clinic at any one time, the advice from the tutor is intermittent through the patient consultation. As a medical practitioner you are expected to comply with the General Medical Council " Good Medical Practice" even if you are not registered with the GMC and also Osteopathic Practice Standards.

COURSE CONTENT

- The underlying theory and principles of osteopathy will be introduced by distance learning and in the intensive course. The distance learning course over two months is to revise basic sciences such as anatomy, pain physiology and study concepts of osteopathy. The college will advise on reading material and interaction will occur via email with your mentors who are faculty members.
- Teaching includes familiarity with the concept of somatic dysfunction and relevant neurophysiology, ergonomics and postural adaptation.
- A high level of skill in musculoskeletal diagnosis will be taught including conventional medical and osteopathic examination techniques.
- Students will also need to re-evaluate previous knowledge and integrate it with study of the evidence base relevant to osteopathy and musculoskeletal pain and impairment.
- A range of osteopathic techniques are taught to the level of safe independent application. The teaching focuses on structural osteopathy with introduction to indirect techniques.
- Teaching is designed to reach the standard to enable independent practice as a medical osteopath, and also to reach the standards required to register with the General Osteopathic Council.

TEACHING METHODS

- Interactive dynamic small group learning is the format for the majority of teaching.
- Non-clinic teaching by means of presentations, discussions and interactive seminars.
- Clinic-based teaching is never greater than one tutor to five students focusing on the patients under the student's care. It is more structured in the early part of the course.
- Students often have varied medical backgrounds and are expected and facilitated to identify their own learning needs during the course.
- Teaching is provided by the faculty of the college which has a wide range of medical and osteopathic experience.
- Technique and other teaching usually takes place in our dedicated main teaching room, or in our smaller teaching room.

Students are required to keep a patient log throughout the course and a manipulative technique log in the latter stage of the course. These logs are not part of the assessment process, but may be used as additional information if a student's

performance is borderline in finals. The experience is learner centered and students will be required to demonstrate they are identifying and resolving their personal learning needs by a documented reflective process.

ASSESSMENTS

- Four practical assessments
- One essay written assessment
- Critical analysis assessment
- Final clinical assessment by external examiners

In order to monitor standards of assessments, and train examiners, some may be recorded on DVD. This is for educational purposes only, and the recordings are not available to review assessment results of individual students.

ENTRY REQUIREMENTS

- Medical degree recognised by the UK General Medical Council
- General medical postgraduate experience
- Experience of musculoskeletal medicine is an advantage but not essential
- Satisfactory references from at least two sources
- IT skills to use e-mail and internet and Microsoft Office software, and access to email and internet outside college.
- Indemnity insurance cover appropriate for the college clinic
- Satisfactory UK Criminal records check funded by the potential student.
- If English is not your first language you need to achieve level 7 on IELTS
- If you are a Non EU National then you will need to contact the UK Border Agency about visa requirements. The London College of Osteopathic Medicine has Tier 4 and Highly Trusted Status with UK Border Agency.
- Students have to agree to abide by the college and clinic regulations.
- Students are required to sign the declaration and complete the application form

ENTRANCE PROCEDURE

- If you are unsure about whether the course is suitable for you, or whether you meet our entry criteria our admissions advisor is Dr Faith Gardner

- An informal visit to the college to see the methods of training and discuss career plans with members of the faculty by prior arrangement is recommended
- Application should be made, as early as possible before intended admission, on the College's form available as a download from the website. Depending on individual factors some applicants may be assessed for competence in English Language and basic clinical skills.

FEES

For 2015 admission the fee for the next 18 month course will be £10,500 and prior to the distance learning course £5500 is payable, with two subsequent payments of £2500 are payable at 6 and 12 months. Students will have the option of paying the second and third parts of the fee by standing order each month.

Teaching with a high ratio of tutor to student is necessary to develop osteopathic skills, and is expensive to deliver. The students fees do not cover the cost of tutoring, the majority of which is made up by donations the patient make to the clinic, which is about £5,000 per student over the course. This means that, if a student decides not to continue with the course for some reason, the cost in lost income to the College through patient donation lost is significant. For this reason the College would not be able to refund fees once the student has started the distance learning course.

UK General Practitioners may be able to get prolonged study leave and funding for locums during the course, please discuss details with the Course Director.

The Arthritis Research UK will support UK General Practitioners in musculoskeletal training, to see further details please go the link <http://www.arthritisresearchuk.org/health-professionals-and-students/educational-grants-fellowships-and-prizes/gp-training-bursary.aspx>

Doctors in UK hospital medicine are advised to discuss training on our course with their medical directors as previous graduates have received support from their Trust.

REQUIRED READING

Apart from standard anatomical works and abstracts from osteopathic and orthodox journals, trainees will find that they need to sample a variety of texts to acquire a balanced view of the field in which they will practice, students are not required to purchase texts prior to the course. An initial list might include the following:

1. Colour Atlas and Textbook of Human Anatomy, Vol 1, Locomotor Anatomy.

Werner Platzer Thieme Flexibook	ISBN 978-3-13-533306-9
2.Quick Reference Evidence Based Conditions Manual 3 rd Edition Micahel Carnes, Nikita Vizniak, Michael A Carnes	ISBN -13:978-0-9732742-3-3
3.Manipulative Therapy in Rehabilitation of the Motor System Karel Lewit	ISBN 0-407-00252-9
4.Principles of Manual Medicine Philip Greenman	ISBN 0-683-03558-4
5. The osteopathic approach to diagnosis and treatment. 3 rd Edition Digiovanna, Schiowitz, Dowling	ISBN-13: 978-0-7817-4293-1
6.Anatomy & Human Movement 6 th Edition Nigel Palastanga, Derek Field, Roger Soames	ISBN 978-0-7020-4053-5
7.Text book of Musculoskeletal Medicine, Michael Hutson, Richard Ellis	ISBN-13: 978-0192630506

COLLEGE ORGANISATION

- Management Committee is responsible for the running clinic overall and college development and management.
- Clinic and College Committee (CCC) meets monthly. It is the student representation body, and deals with clinic issues in relation to teaching.
- Faculty is responsible for all educational issues for the college and meets quarterly
- The College and Osteopathic Association Clinic are owned by the Osteopathic Trust, a registered charity. The trustees have overall responsibility for all three organizations.
- Clinic rooms and teaching space is rented out for use other than LCOM, and students should be aware that their clinic room may be used by others at various times.

FACULTY

Dr. B Abbas, MB BS PhD MSc(Glasgow) MSc(Lond) MLCOM

Dr. J Djurovic, MD Dip Sports Med FLCOM

Dr. F Gardner, MB BS MSc DipSportsMed MLCOM DM-SMed FFSEM

Dr. D R Gogia, LCEH DF CMFPF FLCOM

Dr. R S MacDonald, MB BS MRCP(UK) FLCOM DM-SMed

Dr. J Neaves MB BS MSc MRCGP DRCOG DFFP DM-SMed DA MLCOM

Dr. J P Randerla, LCEH DFHom FLCOM

Dr. P M R Wilkin, MB BCh MSc DRCOG FLCOM

Dr. M B Speight, MB, ChB, DipSportsMed, MLCOM, DM-SMed FFSEM

Miss Sonia Gogia, BSc BSc

Dr James Inklebarger MD MLCOM MFSEM Dip SM GB & I DM-Smed

Dr Nick Straiton MBBS, FRCS, MLCOM DM-SMeD

Dr Chris Bowman MB BChir, DMSmed MLCOM FRACGP

Dr Ghulam Adel MD, MLCOM

POSTGRADUATE EDUCATION

Progression

After success in their final examination, students are awarded Membership of the London College of Osteopathic Medicine (MLCOM), and are eligible to join the post-graduate Association of Medical Osteopaths. The General Osteopathic Council (GOsC) recognises the course for registration purposes, and reviews the course every five years. The current period of recognition was renewed without condition in 2014.

Most medical insurers, after a variable period of practice post qualification, accept graduates as medical specialists and as osteopaths.

Some students choose to also take the Diploma in Musculoskeletal Medicine (DMSM) which is run by the British Institute of Musculoskeletal Medicine, www.bimm.org.uk

Courses, seminars and practice

Apart from the Membership course, the college organises educational activities for its own graduates and medical practitioners. Seminars are held at the College for its members. Many members are active educationally in both under-graduate and post-graduate education.

Graduates of the course often work in the Osteopathic Association clinic part-time as they value working with other osteopaths not least because of the support that is obtained in the early years of professional independent practice.

By overlapping memberships, co-operation or congruence of objectives, the College maintains informal links with the British Institute of Musculoskeletal Medicine, British Osteopathic Association, and Society for Back Pain Research. The College welcomes,

by appointment, medical visitors who wish to see the clinic functioning and meet trainees and tutors.

LCOM PAST AND PRESENT

The history

In 1927 the Osteopathic Association Clinic in Boston Place was established by members of the British Osteopathic Association, itself created in 1911 as the professional association of osteopaths arriving from the USA less than 20 years after the profession was founded. Initially in Westminster, the Clinic later moved to Dorset Square with clinic facilities in the adjacent Boston Place. The purpose of the Clinic was, and continues to be, to offer osteopathic treatment to the impecunious of London and it was staffed by doctors of osteopathy recently arrived from the USA. Prior to the Second World War all members of the BOA were graduates from the American osteopathic schools.

In 1946 the London College of Osteopathy was founded to provide a post-graduate course in osteopathy for medical practitioners who would then be eligible to be members of the BOA. In 1978 the name of the college changed to the London College of Osteopathic Medicine. Although the non-medical osteopathic educational institutions have offered tuition to medically qualified doctors, the LCOM is unique world-wide in being specifically dedicated to this purpose.

The course at LCOM is currently regulated by the General Osteopathic Council. The Quality Assurance Agency, which assesses many post-graduate institutions in the UK, manages this process.

In 1998, with the onset of statutory recognition and regulation, the major professional associations of osteopaths in the UK came together under the title British Osteopathic Association. The Members of the London College of Osteopathic Medicine also set up a post-graduate organisation, the Association for Medical Osteopathy, to support career development and ongoing education of medical practitioners in osteopathy.

The patrons

LCOM owes its continuing success to Osteopathic Trusts, a registered charity (No. 313751) that was established in 1936 and owns the College and Clinic premises. By regular subsidies it ensures that College fees do not become an obstacle to the education of medical practitioners in osteopathy, and also allows the Clinic to treat those of reduced means at low cost.

RESEARCH

Since 1982 Osteopathic Trusts Ltd. has supported several research projects. A one hundred patient pilot trial of osteopathic manipulation for low back pain has been completed and served the purpose of confirming the effectiveness of osteopathic manipulation, refining methodology, and developing new concepts of progress assessment. Facilities have also been provided for an assessment of interactions of osteopathic and general practice, and an investigation of physical examination recording and inter-observer reliability. Co-operation with the Institute of Human Performance of University College London in putting on an MSc course over recent years has provided many opportunities for research initiatives. To date the Trusts has funded a post-graduate engineer full-time over one year developing apparatus to measure the mechanical compliance of electrically silent muscle. In co-operation with the Welsh National School of Medicine a trial of osteopathic care of low back pain in general practice has been performed supported by funding from the Trusts. The Trust has also supported a trial in the treatment of restless leg syndrome using Strain Counterstrain techniques.

The College is a founder member of the Council for Osteopathic Educational Institutions and the National Council for Osteopathic Research.