



**LONDON COLLEGE OF OSTEOPATHIC MEDICINE**  
**8-10 BOSTON PLACE, LONDON NW1 6QH. Tel: 0207 282 5250**  
[www.lcom.org.uk](http://www.lcom.org.uk)

### **APPLICATIONS FOR THE MEMBERSHIP COURSE 2019**

**If you have downloaded this form you can complete it using Microsoft Word and returns it as an email attachment. Or you can print off a copy and fill in by hand, in which case, please write clearly.**

**The information in this application is confidential and will seen only by the faculty of LCOM**

**If you have previously downloaded an application form from LCOM please check with the college that you have the current application form.**

<b>SURNAME</b>	
<b>FORNAMES</b>	
<b>Date of birth</b>	
<b>Nationality</b>	
<b>Gender</b>	
<b>Address</b>	
<b>Post Code and Country</b>	
<b>Email Address</b>	
<b>Telephone: Home</b>	
<b>Business</b>	
<b>Mobile</b>	
<b>Next of Kin and contact details</b>	
<b>Country of residence</b>	



**Publications or Articles**

**Details of any experience in specialist interests or complementary therapies not implicit in CV entries:**

**Describe how your interest in osteopathy developed and how you would expect the course to alter your professional practice and career:**

**Names, addresses and status of two professional referees including their current email address and telephone contact details. Both should be doctors or allied health care professionals you are currently or have recently worked with. They will be required to confirm you hold registration or a license to practise with a medical regulator. They will also be required to confirm you have competent clinical skills. No referee should be related to you or have been a patient of yours.**

1)	2)
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**Declaration;**

**I understand that, should this application be successful, my admission to the course will be conditional on my agreement to abide by college rules and understand the commitments the students and LCOM have with each other in order to deliver the course, see below.**

**I understand that a clear Disclosure and Barring Service check (previously a CRB check) is a condition prior to starting the course, the cost is the responsibility of the student, and application is made through the college administrator. (For non-UK applications a similar check should be supplied from your country of residence, except if you are applying for a student visa when similar checks are part of the visa application process.)**

**I do/do not have a disability to declare. If you have a disability please state below.**

**I do/do not have a health problem that may impact on learning practical manual skills, either as a therapist or as a subject. Please give further information below, if you are unsure whether a health problem is relevant to the course please discuss with one of the Course Directors.**

**I declare that I have no current or past conditions or formal investigations into my medical registration with GMC or equivalent professional body or association or college in any country. In addition if any occur during the course I have to inform the college immediately. Any conditions or investigations must be declared at the time of application.**

**I declare I have no criminal convictions in any country. If you have any criminal convictions you need to provide full details.**

**I consent to any previous employer or colleague providing information that the College may need to be assured of my fitness to enrol on the MLCOM course and practise osteopathic medicine.**

**I agree to give LCOM any details in change of address, contact details or next of kin whilst attending the college. In addition, if I normally live outside the UK, then I will supply and update this address and contact details in the UK as well as address and contact details in my country of origin. This requirement of overseas students is part of the regulations of the UK Immigration and Tier 4 student visa regulations.**

**I agree to pay the fees for the course, £13000 with initial payment of £7000 which is non refundable, and further payments after six months in monthly standing order of 12 payments of £500 All fees are payable to Osteopathic Association Clinic. All payments must be made in UK Sterling.**

**(The Office for Students is a new UK higher education regulator starting in 2019. For non-UK students there may be additional costs as a result. The costs for Office for Students are being announced in April 2019. This may affect EU students with the changes that result after the UK leaves the EU in 2019.)**

**I understand that obtaining the MLCOM does not automatically entitle me to register with the General Osteopathic Council, and separate application is made to the regulator, and they will perform their own checks such as DBS or equivalent prior to entry on to the UK osteopathic register.**

**I understand that osteopathic qualifications in the UK may not be recognised automatically in the EU following UK departure from the EU. I understand that osteopathic qualifications may not be recognised outside the EU.**

**I have provided ID documentation, a copy of my medical degree certificate, and full curriculum vitae with all posts since medical qualification. I have provided explanations for any gaps in my career on the application form.**

**I agree that all the information presented to LCOM in my application is true and correct. (Any significant incorrect statements may result in expulsion from the course or Annulment of the MLCOM qualification.**

**I have read and understand the college and clinic regulations, stages of the course, and prospectus. These documents follow as appendices attached to this document.**

**I understand that my initial application and documents will be assessed and, once agreed, I will then have to provide DBS or Student Visa and evidence of Indemnity prior to Final Acceptance on the course.**

**Please sign below and also sign the student agreement on next page.**

**Signature:**

**Date**

**Electronic signature is acceptable as long as the application form is sent from your agreed email address.**

**For college use;**

**Date Confirmation receipt and acceptance of application by LCOM  
.....**

**Date of two interviews and who interviewed.....**

**Application review by course director and faculty  
Dates and document check**

**Signed off by Trustee  
Date and signature**

## **Agreement with Student and London College of Osteopathic Medicine**

### **LCOM commitment to Students**

- **LCOM will deliver the distance learning course, intensive course, technique teaching as per the curricula, and assessment program.**
- **LCOM will provide clinical teaching with patients at the Osteopathic Association Clinic for the duration of the course. LCOM cannot guarantee the numbers of patients that students will consult with as some factors outside our control affect patient numbers, eg NHS provision; current national financial situation affecting patients ability to pay for treatment. LCOM will endeavor, through marketing and other means, to ensure that students consult with sufficient patients to enable them to complete the course.**
- **LCOM will provide a mentor for each student for educational support.**
- **LCOM will give successful applicants a minimum of three months notice of the date that the intensive course and clinic course is starting, during which time the students will start the Distance Learning course.**
- **LCOM state that the minimum number of students for a course to commence is four. If the numbers drop below four during the distance learning course then LCOM retains the right to delay the progression of the course. Educationally the course cannot teach effectively with less than three students, and financially it is not viable. Therefore a minimum of four at the start of the course is required to provide a buffer if one student has to discontinue the course.**

### **Student Commitment to LCOM**

- **Students agree to follow the clinic and college rules, (see separate document.)**
- **Students agree that there is a minimum number of students, four, at the start of the distance learning course. If a student withdraws after this point, fees may not be refundable and if a student withdraws prior to the clinic part of the course, the course may not be viable and may be postponed. Students need to consider carefully work, home and family factors that might cause them to resign from the course, and to discuss**

any concerns with the course directors early, as adaptations to the course can be made to support students.

- The students have a responsibility to the patients who attend the student clinic, for providing patient care. Therefore students need to plan holiday from the course with the other students so that the clinic has sufficient students to care for patients. Students are required to follow procedures for requesting leave.
- Students are required to attend all course assessments; three months' notice of which will be given. If a student fails to attend an assessment, there may be a charge for organizing the assessment at a later date.
- Students agree that they will attend Technique 1 and 2 teaching sessions or, if on leave, that they will attend the appropriate revision session they have missed. This ensures the student has received all the technique teaching required for the course. There are regular revision sessions throughout the technique-teaching program.
- Students agree to comply with student monitoring procedures during the course including documenting their learning in their portfolio.

I agree to the London College of Osteopathic Medicine contacting any organisation, employer or person detailed on this application form or CV about further information now or at any time in the future.

Signed .....

Date

.....

Name Typed .....



## Appendix 1. Prospectus

**LONDON COLLEGE OF OSTEOPATHIC MEDICINE**  
Excellence in training doctors in osteopathy since 1946

# PROSPECTUS 2019

**8 - 10 Boston Place, London NW1 6QH Tel: 0207 262 5250**

**Fax: 0207 723 7492**

**[www.lcom.org.uk](http://www.lcom.org.uk)**

**Owned by Osteopathic Trust Ltd 30808**

**Registered**

**Charity 31375**

**Course Director: Dr Judith Neaves**

**[judith.neaves@lcom.org.uk](mailto:judith.neaves@lcom.org.uk)**

**Admissions Advisor: Dr Ghulam Adel [ghulam.adel@lcom.org.uk](mailto:ghulam.adel@lcom.org.uk)**

**We provide training for doctors in osteopathic theory and practise with supervised clinical experience, to enable medical practitioners to function confidently as medical osteopaths integrating existing medical and osteopathic skills. We foster learning that will enable graduates to contribute to osteopathic research and education, and use osteopathy to develop their careers.**

### 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, providing**

better clinical diagnosis, reduced patient anxiety and giving 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.**

**After graduation some choose to work exclusively in osteopathy, but the majority continue to work within medicine, integrating osteopathy into their medical practise. 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, along with the Quality Assurance Agency, 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 protected title "Osteopath" if they wish.**

**The next review is November 2018, and the college will receive informal information about the review by the end of 2018. The**

formal process will be only completed by June 2019, this has to be ratified by the Privy Council, a body which as part of its functions oversees national regulators. At the time of processing applications in January 2019 the college will have sufficient information for potential students about the outcome of the Review, but will not at that time be able to guarantee that MLCOM is a recognised qualification by the General Osteopathic Council.

Office for Students is a new regulator of higher education in England which comes into force late in 2019. The General Osteopathic Council and Quality Assurance Agency will still be involved in the college's regulation once the Office for Students regulator comes into force. The Office for Students regulator fees are as yet not decided, but may result in higher student fees for non UK students as a result. The impact on EU non UK students is unclear due to ongoing decisions as the UK exits the EU in March 2019.

<https://www.officeforstudents.org.uk/>

## COURSE STRUCTURE

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

- A DISTANCE LEARNING COURSE FOR 3 MONTHS

The majority of this is revision of anatomy and physiology, with a small component of new material relating specifically to osteopathy. A mentor, and the mentoring starts supporting students throughout the course 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 the intensive course and clinic work. We are introducing some learning in marketing skills, in developing your profile on our Training Clinic page of our website, these skills will be developed in the clinic attachment. Professionalism is reviewed through comparing fitness to practise requirements of osteopaths as detailed in the GOsC's Osteopathic Practice Standards with those required in medicine by the General Medical Council.

- INTENSIVE COURSE FOR 11 DAYS

The intensive course is two consecutive weeks, with one weekend day in the middle of the two weeks. This part of the course prepares

**the student for the learning in the clinic – revising some musculoskeletal and orthopaedic examination knowledge and introducing new refined osteopathic assessment and treatment techniques so you are ready to start in the clinic diagnosing and treating patients.**

- **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 on the days that the bank holidays fall. The course therefore extends over approximately 80 weeks in total, over 18 months. Students have to attend 72 weeks of clinic teaching in order to gain the qualification. If a student is unable to complete the 72 weeks due health or other reasons within the planned course, arrangements can be made to make up required training although this might involve additional costs.**
- **Students should expect that with college attendance and private study, there will be a commitment of at least 21 hours per week.**

- **TECHNIQUE TEACHING**

- **Concurrent with the clinic teaching, there is technique teaching every week for half a day, initially for 16 weeks and then at regular intervals until the end of the course for a further 22 weeks, making a total of 38 weeks. Following this, further non core technique teaching and other topics will be taught in the half day teaching and in the latter stages of the course, as students become more skilled in techniques, part will be replaced by clinic learning.**
- **Time additional to this minimum commitment will be dictated by the needs of students as they progress.**

- **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.**

- **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.**

- **STRUCTURE OF THE COURSE**

**To become an osteopath students need to develop highly skilled diagnostic and treatment techniques. These manual skills require regular practise without significant breaks. With breaks of more than about 3 or more weeks the skills acquired deteriorate significantly and then require some time of revision to get back to the same level before making further progress. The technique teaching is two weeks of new skills and then revision every 2<sup>nd</sup>, 4<sup>th</sup> and 5<sup>th</sup> weeks to reinforce skills, running in one block of 16 weeks and a second block of 22 weeks. It is important in the early stages of the course that leave is kept to the minimum.**

**In the clinic students need to develop a flow of patients, both new and follow up cases, in order to learn the clinical osteopathic skills, and any major interruption in clinics over time means students do not get the continuity of clinical cases needed for learning.**

**Lastly, an important part of the course is the student group who work together learning and developing their skills as a cohesive and supported group.**

**For this reason students do need to commit to attend the course regularly, with only the allowed leave, in order to attain the skills of an osteopath and be successful in our assessment process to gain the MLCOM.**

- **DOCUMENTATION OF LEARNING**

**Students are required to maintain an electronic diary of learning called their portfolio, which is kept on the LCOM cloud storage system. Students are also invited to give the tutors and college feedback and comments informally and also are required to complete feedback forms at intervals during the course. Students receive written feedback on their clinical work every week, which is logged in their portfolio.**

**Students have to understand and comply with the General Data Protection Regulations, and how this affects recording of their learning, and no patient identifiable data is allowed on the portfolio. Students will be required to develop a log of techniques and manipulations in the latter part of the course. Students are required to reflect on learning, as this is an essential skill for long-term proficient practise and professional resilience.**

- **HOLIDAYS**

**Six weeks leave are permitted for the whole course, on average 4 weeks per year, 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. Students are required to plan their leave with their student colleagues as this can affect the flow of patients through the training clinic.**

**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, Tutors and LCOM share the responsibility of care for the patients seen in the Training Clinic. Students must have indemnity to work as a student in the clinic, and they are responsible for the consultation, appropriate record keeping and managing patients as discussed or directed by faculty. Faculty takes responsibility to ensure the quality and safety of patient care. It therefore is a requirement that students comply with directions from faculty. The college responsibility is to provide clinic rooms, systems of running and managing the clinic, appropriate systems for quality of care for patients, and systems for teaching and learning of students. The Trustees of the Osteopathic Trusts Ltd, which owns the clinic and college, hold the overall responsibility for their activities. Students are required to comply with Osteopathic Practice Standards from the start of the course. Students as qualified doctors are required to comply with General Medical Council standards even if they are not registered with the GMC. GMC standards are set down in Good Medical Practice which can be found on the GMC website.**

- **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 mentors who are faculty members.**

**Teaching includes familiarity with the concept of somatic dysfunction, relevant pain 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, musculoskeletal pain and functional impairment.**

**A range of osteopathic techniques is 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 is by means of presentations, discussions and interactive seminars.**

**Clinic-based teaching: There is one tutor for five students or concurrent patient consultations, so providing a high level of interaction with students and tutors. Students will work in pairs in consultations some of the time in the first three months of the clinic, to promote joint learning and support. Students then progress to seeing patients in one to one consultations. Faculty supervises all consultations.**

**Students often have varied medical backgrounds and are expected, encouraged and facilitated to identify their own learning needs during the course, as well as by direction from faculty.**

**Teaching is provided by the college faculty, which has a wide range of medical and osteopathic experience.**

**Technique and other teaching usually takes place in a dedicated main teaching room, or in a smaller teaching room.**



- **ASSESSMENTS**

**Five practical assessments**

**One essay written assessment**

**Written critical analysis assessment**

**Final clinical assessment by external examiners**

**To gain the Membership of the London College of Osteopathic Medicine students have to attain over 50% of total marks for the course, to attend 72 weeks of clinic teaching, 144 days, and be considered to be in good standing with the LCOM.**

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

- **ENTRY REQUIREMENTS**

**1) A medical degree recognised by the General Medical Council (UK.) For non-UK doctors a qualification recognised by World Directory of Medical Schools <https://www.wdoms.org> and registrable in the country in which the degree was awarded. Current registration with a registering body is not a requirement but prior registration to enable post-graduate experience of five years is required**

**2) A copy of Primary Medical Degree certificate**

**3) Medical Registration Details. Country of medical register. Name of Register. Number of registration. Date of entry onto register. If on more than one medical register in any country in the world, all must be declared. If you have left a register, details of the date and the reason for leaving that register is required. Any conditions or investigations must be declared whether current or at any time in the past.**

**4) The LCOM does not accept applications from doctors who have never been on a medical register.**

**Details of other non-medical professional registers, with same details as per medical register stated in paragraph above. See application form.**

**5) Full Curriculum Vitae since medical degree, all posts held and explanation for any gaps in career**

**6) Recent general medical postgraduate experience. Ideally five years experience is required but in special circumstances the college might consider two years as a minimum.**

**7) Satisfactory references from at least two sources. See application form for guidance on suitable referees. The college will**



**contact any person or organisation a student has worked with in the past if it is felt necessary.**

**8) Experience of musculoskeletal medicine is an advantage but not essential**

**9) IT skills to use e-mail and internet and all Microsoft Office software, and access to email and internet outside college.**

**To be able to access and use cloud storage systems such as One Drive and shared calendars to access college documents and program, and emails systems. For students who do not have these skills please ensure that you acquire them prior to starting on the course.**

**10) Indemnity insurance cover appropriate for the college clinic is an absolute requirement prior to clinic commencing**

**Satisfactory UK DBS check funded by the potential student. If student has to apply for a student visa then this includes the equivalent of a DBS check in their home country.**

**If English is not your first language you need to achieve level 7 on IELTS academic.**

**11) If you are a Non EU National then you will need to contact the Visa and Immigration UK about visa requirements. The London College of Osteopathic Medicine has Tier 4 and Highly Trusted Status with UK Immigration. (With Brexit it is unclear about potential need for visa for EU students post Brexit. If you think this may affect you ask the college for latest information.)**

**12) Students have to agree to abide by the college and clinic regulations. Please ask for regulations on enquiry about to the course.**

**13) Students are required to sign the declaration and complete the application form. Please note if you have any health problem or disability you must inform the college on application, this will allow the college to discuss with you how we are able to meet your needs, and whether this might affect your work as an osteopath.**

**14) Students must declare any past or ongoing investigations by any professional body at the time of application, or significant complaints into their professional practice. Failure to do so may result in students being discharged from the course. (If you are unsure about whether something should be declared to the college you must share this with us.)**

**15) Students must have read college regulations, stages of the course and prospectus prior to applying for the course to ensure that they understand what the course entails.**

- **ENTRANCE PROCEDURE**

**If you are unsure about whether the course is suitable for you, or whether you meet the entry criteria, please contact the admissions advisor, Dr Ghulam Adel.**

**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, 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. This will be carried out as part of the application process.**

**Your application will be assessed by the Course Director, faculty members and a nominated Trustee of Osteopathic Trust.**

- **FEES**

**For 2019 the fee for the next 18 month course is £13000. Prior to the distance learning course £7000 is payable, with subsequent payments spread over each calendar month after the first 6 months until the end of the course, which is 12 payments of £500 per calendar month. Once your application has been accepted and you have agreed to join the course you are required to pay in the initial fee fees of £7000, which is not refundable.**

**Please note possible additional charges regarding document verification and possible additional fees for non-UK students referred to earlier in the prospectus.**

**Additional costs for overseas students may apply due to changes in visa and immigration and student visas from 2019. If you think this applies to you please ask.**

**Teaching involving a high tutor to student is ratio is expensive to deliver. The students' fees do not cover the cost of tutoring. The majority is made up by donations the patients 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 loss of income to the College through lost patient donation is significant. For this reason the College would not be able to refund fees once your application has been agreed by the college. 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. Other options are applying for the Retained GP scheme in England which allows more flexible working in general practice.**

**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.**

**The Osteopathic Foundation may be able to offer financial support to osteopathic students. <http://www.iosteopathy.org/the-io/the-osteopathic-foundation/>**

- **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<sup>rd</sup> 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<sup>rd</sup> Edition**

**Digiovanna, Schiowitz, Dowling ISBN-13: 978-0-7817-4293-1**

**6.Anatomy & Human Movement 6<sup>th</sup> Edition**

**Nigel Palastanga, Derek Field, Roger Soames ISBN 978-0-7020-4053-5**

**7.Text book of Musculoskeletal Medicine, Second Edition**

**Michael Hutson, Richard Ellis ISBN-13: 978-0192630506**

- **COLLEGE ORGANISATION**

**Management Committee is responsible for the running clinic, college development and management.**

**Clinic and College Committee (CCC) meets monthly. It is the student representative body, and deals with clinic issues in relation to teaching.**

**Faculty is responsible for all the educational issues of the college and meets quarterly.**

**The London College of Osteopathic Medicine and Osteopathic Association Clinic are owned by the Osteopathic Trust, which is a registered charity (No.313751.) The trustees have overall responsibility for all three organisations. The secretary of the Trust is Dr Rod MacDonald. Details of Osteopathic Trust Ltd can be found on the Charity Commission website [www. HYPERLINK](http://www.charitycommission.gov.uk/)**

**"<http://www.charitycommission.gov.uk/>"charitycommission HYPERLINK "<http://www.charitycommission.gov.uk/>".gov.uk.**

**Clinic rooms and teaching space are rented out for use by other than LCOM practitioners. Students should be aware that their clinic and teaching rooms may be used by others at various times. Making best use of the building in renting space helps to support the Trust in meeting its financial obligations to MLCOM students.**

- **FACULTY**

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

**Dr Ghulam Adel MD, MLCOM, Clinic Director**

**Dr. J Djurovic, MD Dip Sports Med FLCOM**

**Dr. D R Gogia, LCEH DF CMFPF FLCOM**

**Miss Sonia Gogia, BSc Osteopathic Medicine**

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

**Mrs Diane Khier BSc (Hons) Osteopathic Medicine**

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

**Dr Nick Mann MBBS, DFFP, LoCIUT, MRCGP, MLCOM**

**Dr Damon Murgatroyd MBChB, DGM, DM-SMed, FLCOM**

**Dr. J Neaves MB BS MSc MRCGP DRCOG DFFP DM-SMed DA MLCOM, Course Director.**

**Dr Nick Straiton MBBS, FRCS, MLCOM DM-SMed**

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

**Monica Blackbburn BSc MSc Osteopathic Medicine**

**Mary O'Leary BSc MSc Osteopathic Medicine PGcert Higher Education**

- **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 for Medical Osteopathy (AMO.) The General Osteopathic Council (GOsC) recognises the course for registration purposes, a Recognised Qualification (RQ) and reviews the course every five years. Please note on qualifying GOSC run its own checks on applicants to the osteopathic register, such as DBS checks, references, <https://www.osteopathy.org.uk/training-and-registering/how-to-register-with-the-gosc/i-trained-in-the-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 and mentoring 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 Association of Sports and Exercise Medicine, the Institute of Osteopathy, 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.**

## **Appendix 2 stages of the course**

### **DEFINING STAGES IN THE COURSE**

#### **AIM IS TO**

**UNDERSTAND THE STAGES IN THE COURSE  
WHAT THE EDUCATIONAL GOALS AT EACH STAGE ARE  
EVERY STUDENT LEARNS AT DIFFERENT RATES AND LEARN SOME  
SKILLS FASTER THAN OTHERS**

#### **STAGE 1**

##### **DISTANCE LEARNING COURSE AND INTENSIVE COURSE**

**Revision of anatomy, physiology and introducing concept of dysfunction**

**Revision of MSK examination, introduce osteopathic examination**

**Introduce very basic osteopathic treatments**

**Spinal Pathology and Anatomy**

**History of osteopathy**

**Osteopathic Practice Standards and Good Medical Practice**

#### **STAGE 2**

##### **FIRST SIX MONTHS CLINIC AND TECHNIQUE TEACHING**

**Complete technique 1 teaching**

**Be able to palpate more obvious dysfunction, build up picture of osteopathic findings from toes to head, present osteopathic findings logically, and present medical/pathological diagnosis**

**Diagnosis – osteopathic diagnosis; disease diagnosis; psychosocial diagnosis**

**Treatment – to use learnt techniques appropriately for clinical problem and relate to osteopathic findings**

**Management plan including ergonomics posture work and recreational issues. Emerging prognostics of treatments being used in treatment- planning , short term and longer term goals.**

#### **STAGE 3**

##### **SECOND SIX MONTHS CLINIC AND TECHNIQUE TEACHING**

**Palpatory skills are developing so to rely less on bony landmarks and more tissue changes.**

**Osteopathic findings are fitting together into recognisable but sometimes complex patterns.**

**Medical diagnosis (Disease) starting to appear reductionist and too pathologically based.**



**Starting to integrate osteopathic and medical constructs to form a greater diagnostic whole.**

**Treatment – greater understanding of how patient are likely to respond to treatment and management planning becoming clearer. Osteopathic treatments should flow from one to another, with adjustment of palpation and use of hands depending on patients and tissue changes.**

**Management plan – prognostic of treatments becoming clearer, more confident planning of response and follow up appointments. Integrating patients work and recreational interests into treatment plan.**

## **STAGE 4**

### **LAST SIX MONTHS TO FINALS**

**Palpatory skills using much more tissue changes than bony landmarks**

**Osteopathic diagnosis is made using more familiar complex patterns and integrating with pathological/medical diagnosis and effective use of psychosocial factors.**

**Treatment – osteopathic techniques are fluid and flow with little hesitation, adaptation of techniques and palpation to different clinical problems and patient body morphology.**

**Management is holistic and incorporates effective treatment and planning, with reference to precipitating, maintaining factors in symptom resolution. Use of exercises, work and recreation ergonomics into management. Empowerment of patient to change or adjust in order to maintain improvement.**

**Career planning – moving forward from qualification, how to use osteopathy with in your career, setting up a clinic and advertising, options of integrating into NHS or equivalent.**

### **CHALLENGES AND ERRORS**

**Students progress at different rates; you all have strengths and weaknesses. Remember this if you feel that you need more work on a part of your learning, try to analyse why something is difficult to learn, share these thoughts with your group, tutor or mentor. Try not to let comparison with others to be negative.**

**Deconstruction of traditional medicine –learning osteopathy will challenge some of your medical training, for instance causes of pain and MSK discomfort, dysfunction is not widely recognised in medicine. Be prepared to reconsider what may be deeply held beliefs and understanding that you have learnt. The next task is to put your medical training back together again and integrate with osteopathy.**

### **Group Dynamics**

**Your group dynamics and cohesion will drive your learning forward, at times the dynamics and support within the group may be more challenging irritating, or just unhelpful. Remember your listening skills, help the others with their weak areas and praise for their strengths. Tutors will be aware of group dynamics and will help.**

### **Tutors**

**Tutors vary in their approach, communication and experience in medicine and osteopathy. Diagnoses and techniques may vary within faculty, this can be difficult to deal with as a learner, but if you consider some of your medical training and work, probably not much different from medicine. MSK symptoms are variable over time and differential diagnosis do change. If you find one tutors teaching particularly good, please tell them, we like feedback too, and if you find interaction with a tutor more challenging then talk with the group, your mentor or college directors.**

### **Watershed**

**It is usual for each student to have a point in the course at which they find difficulty in their learning, development of palpation skills, and wonder if you are ever going to learn it all. . This is normal; don't panic. You will find at some point later in the course that all the disparate bits start to come together. Remember what it felt like just prior to medicine finals and how you felt when you first qualified as a doctor. Qualifying as a osteopath is the first step in your osteopathic career, and this time you have years of professional experience behind you to help.**