



LONDON COLLEGE OF OSTEOPATHIC MEDICINE

Excellence in training doctors in osteopathy since 1946

## PROSPECTUS 2019

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*Registered Charity 31375*

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**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 practice and supervised clinical experience, to enable medical practitioners to function confidently as medical osteopaths integrating existing 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. 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, integrating osteopathy into the 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, 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 student about the outcome of the Review, but will not at that time be able to guarantee that MLCOM is a recognised qualification by 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 decision is due in August 2018, 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 UK exits the EU in March 2019.

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

## **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.

## **COURSE STRUCTURE**

### **1. 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. 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. 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 practice requirements of osteopaths with those in medicine by the General Medical Council, and outcomes for osteopathic training Osteopathic Practice Standards is introduced.

## 2. INTENSIVE COURSE FOR 11 DAYS

The intensive course is two consecutive weeks of 5 week days, 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 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 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.

## 4. 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 to 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 skills in techniques, this time in part will be replaced by clinic learning.
- 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.

## 7. STRUCTURE OF THE COURSE

To become an osteopath student need to develop highly skilled diagnostic and treatment palpation and manual skills by regular practice and tuition without significant breaks. With breaks of more than about 3 or more weeks the skills acquired deteriorate significantly and then require some time for revision to get back to the same level of skills before then making further progress. The technique teaching is two weeks of new skills and then revision every 2 and 4 and 5<sup>th</sup> weeks to reinforce skills and runs in one block of 16 weeks and block of 22 weeks and 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 mean student do not get the continuity of clinical cases needed for learning.

And 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.***

## 8 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 practice 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 and appropriate record keeping and managing patients as discussed or directed by faculty. Faculty take responsibility to ensure the quality and safety of patient care and therefore is a requirement that student comply with directions from faculty. The college responsibility is to provide clinic rooms, and systems of running and management of the clinic, and appropriate systems for quality of care for patients, and systems for teaching and learning of students. The overall responsibility is held by the Trustees of the Osteopathic Trusts Ltd who own the clinic and college.

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 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 there is one tutor for five students or concurrent patient consultations, so provides 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 learning, to promote learning, and as part of joint learning and support. Students then progress to seeing patients one to one consultation. All consultations are supervised by faculty.
- Students often have varied medical backgrounds and are expected and facilitated to identify their own learning needs during the course, as well as direction from faculty.
- 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.

## ASSESSMENTS

- Five practical assessments
- One essay written assessment
- 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 considering to be in good standing with the LCOM.

In order to monitor standards of assessments, and train examiners, some 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

- Medical degree recognised by the UK General Medical Council, current registration with GMC is not a requirement. Must be Recognised by World Directory of Medical Schools <https://www.wdoms.org> and registrable in country that the degree was awarded. New validation system proposed by General Osteopathic Council ( PSV) to validate past qualifications likely to apply for 2019. Please check whether this might apply to you, usually for non UK graduate and those not registered with the GMC. Cost is likely to be £200-250 payable by applicant to the course.
- Copy of Primary Medical Degree certificate
- 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 , date and reason for leaving register. Any conditions or investigations must be declared whether current or in any time in the past. If you have never been on a medical register, to state reason for this. See application form.
- Details of other non medical professional registers, with same details as per medical register stated in paragraph above. See application form.
- Full Curriculum Vitae since medical degree, and all posts held and explanation for any gaps in career
- General medical postgraduate experience
- Experience of musculoskeletal medicine is an advantage but not essential
- Satisfactory references from at least two sources, and the college may contact any person or organisation a student has worked with in the past.
- IT skills to use e-mail and internet and all Microsoft Office software, and access to email and internet outside college.
- 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 these skills prior to starting on the course.
- Indemnity insurance cover appropriate for the college clinic 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.
- 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.
- Students have to agree to abide by the college and clinic regulations. Please ask for regulations on enquiry to the course.
- 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.
- Students **must** declare any past or ongoing investigations by any professional body at time of application, or significant complaints into their professional practice. Failure to do so may result in student being discharged from the course. If you are unsure about whether something should be declared to the college you must share this with us.

## 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 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 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 which should be done prior to making an application.

## 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 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.

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 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 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. The secretary of the Trust is Dr Rod MacDonald. Details of Osteopathic Trust Ltd can be found on the Charity Commission website [www.charitycommission.gov.uk](http://www.charitycommission.gov.uk).
- Clinic rooms and teaching space is rented out for use other than LCOM, and 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 its obligations to our MLCOM students.

## FACULTY

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

Dr Ghulam Adel MD, MLCOM, Clinic Director

Mr Mark Andrews BSc (Hons) Ost Med, Deputy Course Director, DO,PGCert WMA

Dr. J Djurovic, MD Dip Sports Med FLCOM

Dr. D R Gogia, LCEH DF CMFPF FLCOM

Miss Sonia Gogia, BSc BSc

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

Prospectus updated in June 2018. Latest update July 2018.

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

Dr Damon Murgatroyd MBChB, DGM, Dip MS Med, 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

Mary O'Leary BSc MSc 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. 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 their 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, 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

Prospectus updated in June 2018. Latest update July 2018.

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.