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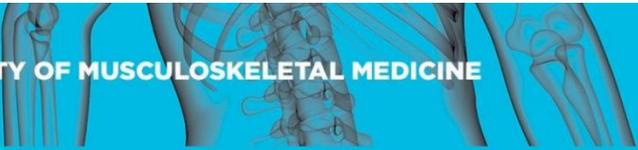


**THE SOCIETY OF
MUSCULOSKELETAL
MEDICINE**

putting theory into practice

**We're back! New course dates for the rest
of 2020!**

We'll be following COVID-19 guidance to keep you safe.



THE SOCIETY OF MUSCULOSKELETAL MEDICINE

NEW COURSE DATES 2020

| | |
|---|--------------------------|
| Advancing Practice Liverpool | 8-10th October |
| Foundation Unit 1 Liverpool | 13th-16th October |
| Foundation Unit 2 Liverpool | 30th Nov -3rd Dec |



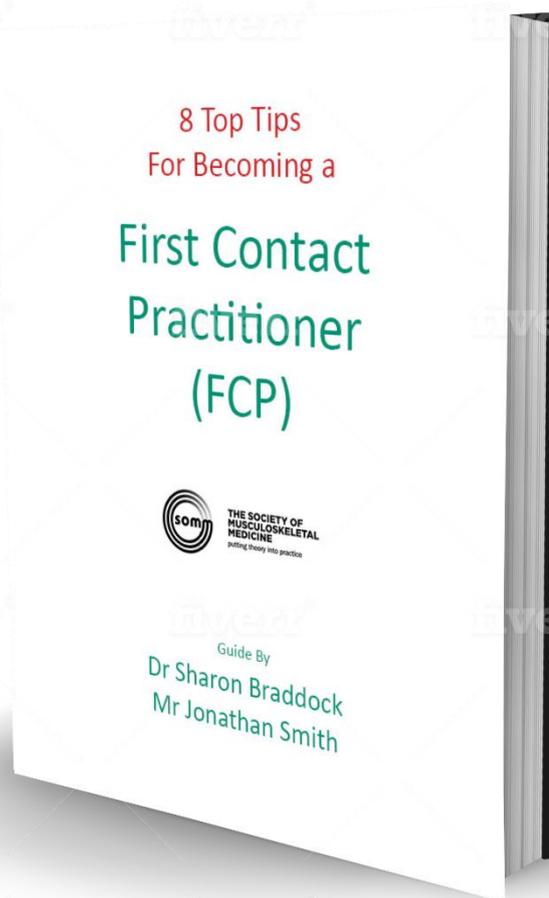
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EMAIL: ADMIN@SOMMCOURSES.ORG

'8 Top Tips For Becoming an FCP'

SOMM Tutors Dr Sharon Braddock (FCP) and Jonathan Smith. (Private Practitioner) draw from their extensive clinical experience and key publications in this really helpful e-book - '[8 Top Tips For becoming a First Contact Practitioner \(FCP\)](#)'.



Virtual consultations

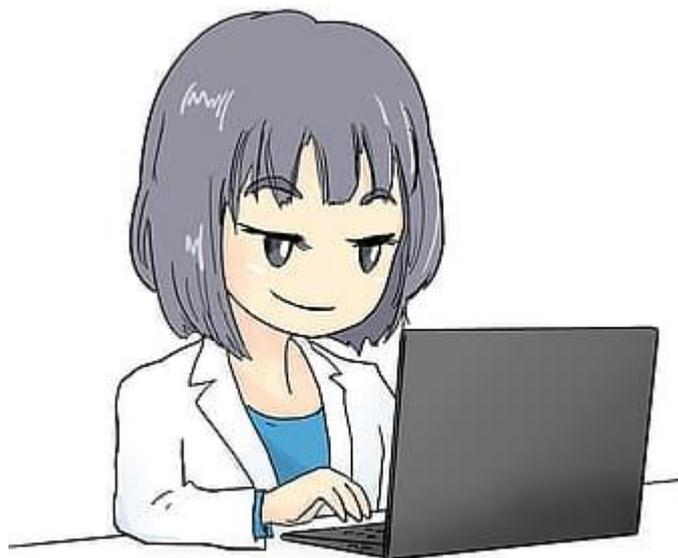
Video and phone consultations - telehealth - have been a good resource since lockdown began and they've certainly allowed many services to continue - especially in MSK.

I wonder what your experience has been though?

We've shared our experiences within SOMM and although overall the consultations have been far better than nothing, in the circumstances, there have been challenges.

Lighting is so variable and it's not always easy to see subtle muscle wasting, lumps and bumps for instance, relying on local policy to be able to bring patients in for a face to face consultation.

Differential diagnosis can be hard too. Scans might demonstrate pathology in the lumbar spine and hip but it isn't always easy to correlate the findings clinically in a remote consultation.



Patient terminology isn't always our terminology - 'stiffness' can be used to describe weakness, or the patient may just describe 'pins and needles' when they really want to describe *pain* and pins and needles.

There is no doubt that virtual consultations have been invaluable in letting us provide initial appropriate advice to our patients - but can we really appreciate the end feel of movements - or check exercises effectively?

What's been your own experience? Have you felt confident in your virtual encounters? Have you a good - or even funny - experience you'd like to share - or that we can all learn from? It looks as if they're going to be the norm until we have an effective vaccine.

It would be good to hear from you and we can share your thoughts next time. Please let us know whether you are happy to be mentioned by name or would prefer to remain anonymous. Get in touch!

admin@sommcourses.org

Helpful links...

- [Remote Spinal Evaluation in the Era of COVID-19](#) - Click [here](#)
- [Early Recognition of Cauda Equina Syndrome: A Framework for Assessment and Referral for Primary care/MSK interface services](#) - Click [here](#)
- [Rheumatology - Clinical Scenarios For MSK Therapists](#) - Click [here](#)

Look forward to welcoming you back to our courses - and spread the word!

Take good care in the meantime.



www.sommcourses.org

admin@sommcourses.org

4th Floor | 151 Dale Street | Liverpool | L2 2AH



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SOMM Member

Our mailing address is:

Society of Musculoskeletal Medicine

151 Dale Street

Liverpool, Merseyside L2 2AH

United Kingdom

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