

## COMMUNITY CLINIC: BLANCHARD CLINIC

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### INTRODUCTION TO THE CLINIC:

Welcome to the Blanchard Clinic (previously the Chapman Clinic) that was set up in 2001 to provide Osteopathic care for people living with HIV. The service has become hugely popular with approximately 2500 appointments provided each year, all free of charge at the point of use, the clinic being solely funded through charitable donations.

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### CLINIC AIMS:

- To address the pain, fatigue and distress associated with HIV infection and its management using osteopathy.
  - To encourage optimum function, mobility and independent living for each patient.
  - To give patients the choice of a non-pharmacological method of pain and symptom control.
  - To offer a system of healing and care based on touch to address the physical isolation, fear and stigma which some patients experience.
  - To support, integrate and complement medical care.
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### HOW YOU CAN BENEFIT FROM THE EXPERIENCE:

- The Blanchard clinic gives students an excellent opportunity to learn about a complex and specialist area of medicine with the opportunity to revisit and revise many topics from all areas of the M.Ost course.
  - You will be challenged to design and develop effective treatment and management strategies that are adapted to the individual patient based on their rehabilitative needs and influenced by their often complex previous medical histories.
  - You will benefit from increased clinically autonomy to enhance your own osteopathic thinking and treatment approach.
  - The skills you develop will enable you to work more confidently and intelligently when faced with other chronic medical conditions that can pose difficult osteopathic challenges such as diabetes.
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### CONTACTS FOR SPECIALIST CLINIC TUTORS:

**Wed AM** - Mr Danny Church [d.church@uco.ac.uk](mailto:d.church@uco.ac.uk)

**Thurs PM** - Mr Chris Thomas [c.thomas@uco.ac.uk](mailto:c.thomas@uco.ac.uk) and Mr James Birkett [j.birkett@uco.ac.uk](mailto:j.birkett@uco.ac.uk)

**Fri AM** - Mr Owen Davis [o.davis@uco.ac.uk](mailto:o.davis@uco.ac.uk) and Mr Pietro Susini [p.susini@uco.ac.uk](mailto:p.susini@uco.ac.uk)

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## CLINIC LOCATION:

UCO Clinic using Rooms 17, 18 19 and 20; using the staff room as the team point.

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## CLINIC TIMES:

**Wednesday and Friday Mornings:** 08:40 – 12:40      **Tutorial:** 08:40 meet in teaching room

**Appointment Times:** 09:20 – 12:40 (NP 1 Hour 20min; OP 40min)

**Thursday afternoons:** 13:40 – 17:40

**Tutorial:** 13.40 meet in teaching room.

**Appointment Times:** 14:20 – 17:40 (NP 1 Hour 20min; OP 40min)

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## MEETING POINT:

Please meet promptly in the UCO Teaching Room for a tutorial at either 08:40 or 13:40. The UCO Clinic Staff Room will then be used as a team point. During assessment periods the Blanchard clinic may be run from one of the main team points.

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## ROTATION PERIOD:

Full allocation for the term / 1-4 weeks Holiday Periods

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## OPERATIONAL INFORMATION:

Blanchard patient clinic files are to be collected and returned to the UCO clinic reception at the beginning and end of each session by the students.

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## CLINIC ATTIRE:

Normal clinic attire, please see the Student Clinic Handbook for more info:  
[http://intranet.uco.ac.uk/guidelines\\_and\\_handbooks/](http://intranet.uco.ac.uk/guidelines_and_handbooks/)

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## ATTENDANCE:

If you are unable to attend, please email Student Absences and copy the tutor in, or phone UCO Clinic Reception; for more information, please see the Attendance Policy:  
[http://intranet.uco.ac.uk/policies\\_and\\_procedures/](http://intranet.uco.ac.uk/policies_and_procedures/)

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## RECOMMENDED READING:

- Blanchard P (2009) A descriptive account of the development of an osteopathic service within a hospital HIV day care centre *IJOM* (12) 97-99
  - Blanchard P (2009) Masterclass: HIV-infection and osteopathy *IJOM* (12) 115-120
  - HIV i-base Introduction to combination therapy booklet [www.i-Base.info](http://www.i-Base.info)
  - Guide to side effects and complications booklet [www.i-Base.info](http://www.i-Base.info)
  - Guide to HIV Testing (2013) [www.i-Base.info](http://www.i-Base.info)
  - Parker R; Stein D; Jelsma J (2012) Pain in people living with HIV/Aids: A systematic Review *JIAS* (17) 1-15
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## LEARNING OUTCOMES:

- Recognise, interpret and evaluate the multi-factorial nature of presenting patients so as to develop reasoned diagnostic and conceptual hypotheses appropriate to the individual with minimal supervision.
- Demonstrate, in a reasoned and logical fashion, the ability to examine a patient using a range of appropriate examination processes and techniques and critically analyse your findings in relation to other data available to you.
- Demonstrate, with minimal supervision, the ability to engage in clinic reasoning using a range of evidence to help formulate an osteopathic evaluation for your patients, and to justify your knowledge base.
- Identify, prioritise and manage patients with minimal supervision who present with a combination of factors, and devise an appropriate range of management strategies, which may then be explored with the patient.
- Identify and apply a range of management approaches to patients with dysfunction of the respiratory, cardiovascular, gastrointestinal and reproductive systems.
- Develop relevant and appropriate manual treatment strategies with minimal supervision taking into account the complexity of the biomechanical as well as psycho-social aspects of the patient's problems.
- Identify, manage and take responsibility as a professional for the clinical decision making process within agreed guidelines and with minimal supervision.
- Communicate effectively and professionally with all relevant parties involved in the care of the patient.