

COMMUNITY CLINIC: ROYAL FREE HIV CLINIC

INTRODUCTION TO THE CLINIC:

Welcome to the Royal Free Clinic, which is an Osteopathic Clinic based at the Ian Charleson Day Centre (ICDC) at the Royal Free Hospital providing free treatment for patients diagnosed with HIV. This is a student led Clinic conducted under the supervision of experienced Osteopathic tutors with a special interest in the area; patients in this clinic have been referred by the consultants at the ICDC service.

THE AIMS AND OBJECTIVES OF THE CLINIC ARE:

- Address the pain, fatigue and distress associated with HIV infection and its management using osteopathy.
 - Encourage optimum function, mobility and independent living for each patient.
 - Give patients the choice of a non-pharmacological method of pain and symptom control.
 - Offer a system of healing and care based on touch to address the physical isolation, fear and stigma which some patients experience.
 - 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 PMH.
 - 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:

Community Clinic Tutors (Fri PM)

Mr Owen Davis o.davis@uco.ac.uk

Mr Pietro Susini p.susini@uco.ac.uk

CLINIC LOCATION:

Ian Charleson Day Centre, Royal Free Hospital, Pond Street, London, NW3 2QG. Please see map and instructions below.

CLINIC TIMES:

Friday Afternoons: 14:00 – 18:00

Tutorial: 14:00

MEETING POINT:

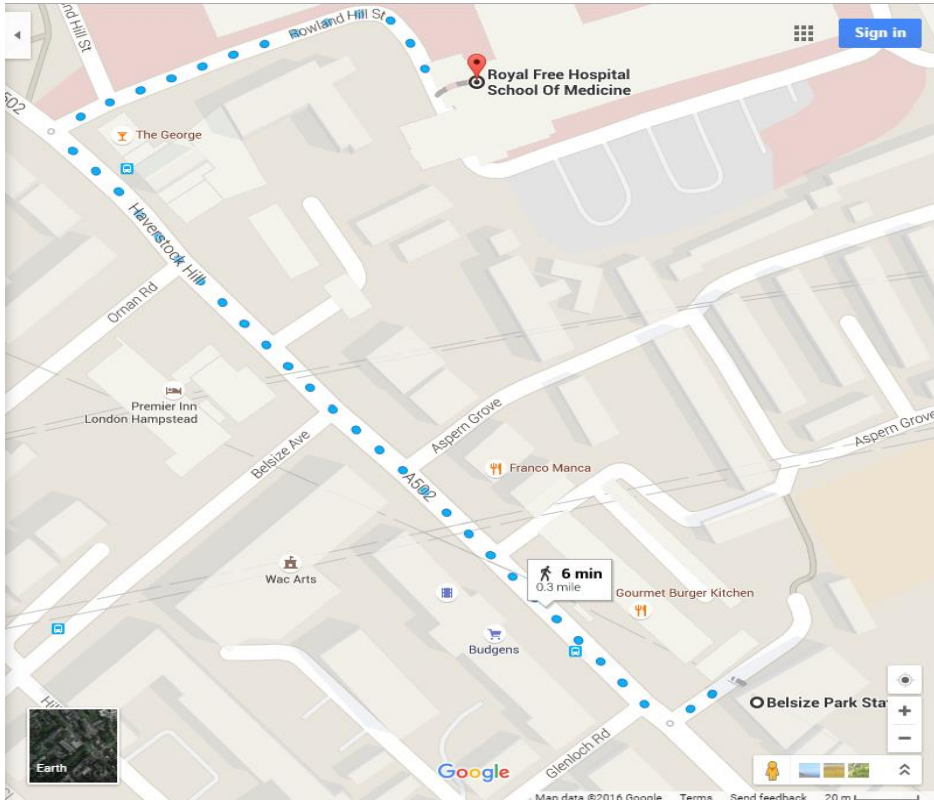
At the Royal Free Hospital Ian Charleson Day Centre for 2pm. Please meet your colleagues and tutors by reception for the 1st week and at the team point thereafter. Please see map and instructions below for further details.

ROTATION PERIOD:

8-12 weeks Term Time; full allocation for the term; 1-4 weeks Holiday Periods

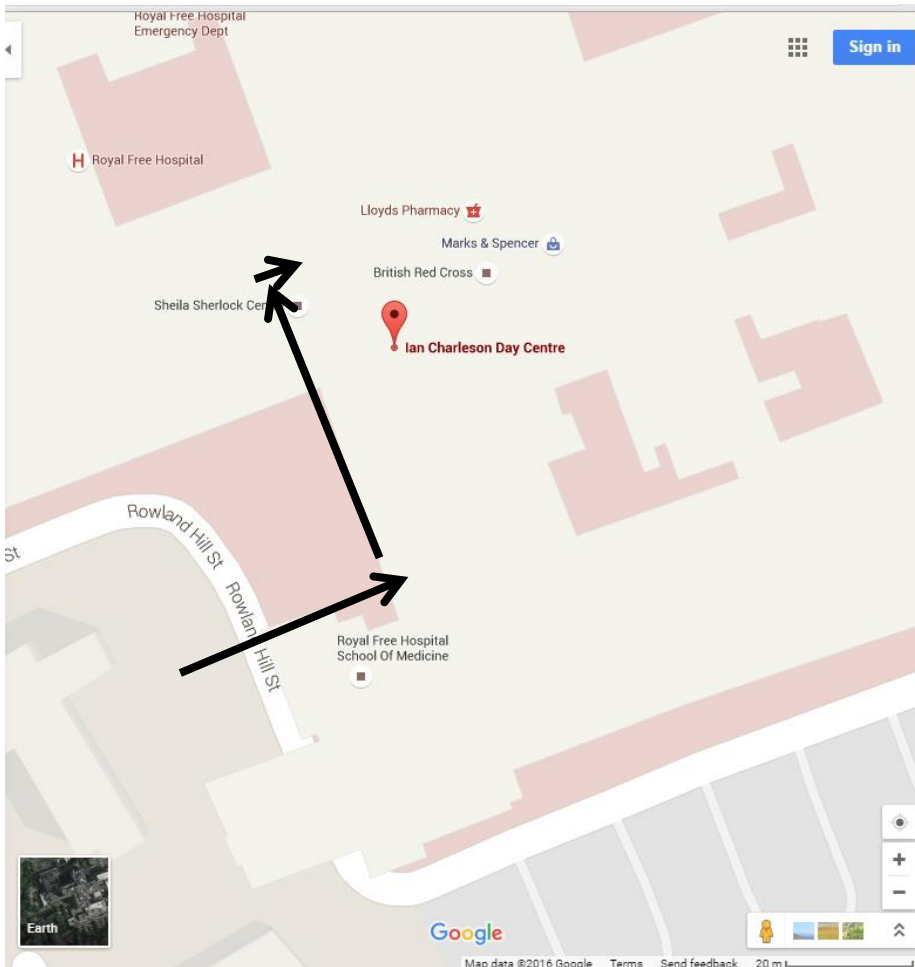
HOW TO GET TO THE ROYAL FREE HOSPITAL

Please arrive by 2pm at the latest: journey time from Borough tube is 35min



Turn Right out of Belsize Park underground station onto Haverstock hill

At the George Pub turn Right and follow the path down to the UCL medical School entrance



Once in the hospital walk along the corridor and take the first left
Turn right into the Ian Charleston Day Centre (signposted)
Meet your colleagues and tutors by reception for the 1st week and at the team point thereafter.

OPERATIONAL INFORMATION:

The BSO patient filing cabinet is located within the ICDC and you will be required to organise your afternoon upon arrival, the clinic tutors will assist with this.

CLINIC ATTIRE:

Normal clinic attire, please see the Student Clinic Handbook for more info:
http://intranet.bso.ac.uk/guidelines_and_handbooks/

ATTENDANCE:

If you are unable to attend, please email Student Absences and copy the tutor in, or phone BSO Clinic Reception; for more information, please see the Attendance Policy:
http://intranet.bso.ac.uk/policies_and_procedures/

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
 - Guide to side effects and complications booklet www.i-Base.info
 - Guide to HIV Testing (2013) 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.