



CPD Random Sampling 2016

CNHC carries out a random sampling of insurance certificates and CPD logs on an annual basis. The first was held in May 2014 and we will be carrying out the third random sampling in May 2016. This involves CNHC asking a random sample of 5% of CNHC registrants to send us copies of their insurance certificate and CPD log for the last full year of registration.

This year's sampling will begin on 16th May 2016 and the deadline to return documents will be Monday 13th June 2016.

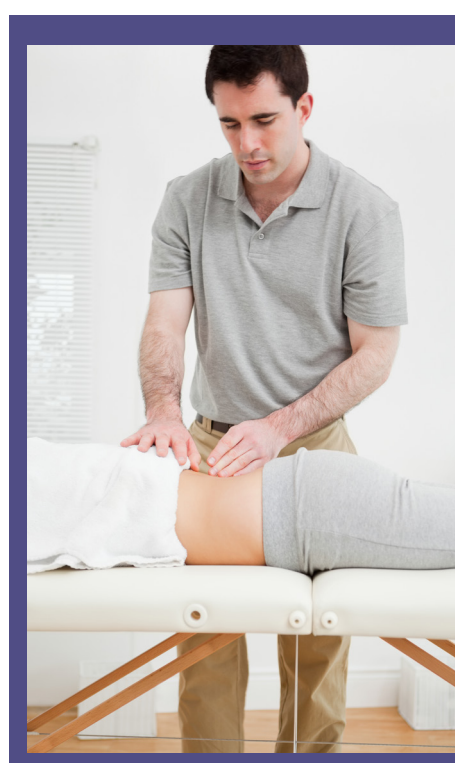
If you are selected in May you will be contacted direct and asked to send your completed CPD log and insurance certificate for the last full year of your CNHC registration. Please do not send these documents to us unless you receive that request.

The full details of the policy and process for the sampling are set out on the link below. Please click onto this and read the policy because if you are included in the sample, failure to comply could affect your registration. [Policy in respect of requirement to provide copies of insurance certificate and CPD log.](#)

For further details about CNHC's CPD policy please see our website here: [CNHC CPD Policy](#)

NICE opens consultation on draft guidance for low back pain and sciatica

NICE has published its draft guidance for low back pain and sciatica. The draft guidance will update existing guidance that was published on low back pain in 2009 (NICE Guideline CG88: May 2009).



The proposed update includes mention of massage under the recommendations for Manual Therapy, when part of a 'multi-modal treatment package', rather than as a single intervention. It also includes recommendations for use of exercise, including 'mind-body' exercise such as yoga. The Alexander Technique was explored and results were found to be promising but the Guideline Development Group suggested further research is required before a full recommendation is able to be made. Psychological therapies are also recommended as part of a multi-modal treatment package and these include techniques such as mindfulness and cognitive behavioural approaches. The proposed draft specifically recommends that acupuncture is not used for managing non-specific low back pain, whereas this was included in the original guidance.

CNHC will be responding to this consultation.

The recommendations can be seen here:

[Non-specific low back pain and sciatica: management - NICE guideline short version draft](#)

If you wish to respond to NICE's consultation you need to be part of an organisation that registers as a stakeholder. Organisations can register here:

<https://www.nice.org.uk/get-involved/stakeholder-registration>

Deadline for responses is 5 May 2016.

Full details can be found here: [Low back pain and sciatica: Draft guidance consultation](#)

Scottish Government updates guidance on complementary and alternative medicine

The Scottish Government has updated its guidance about complementary and alternative medicine (CAM). The revised guidance provides information to all NHS Boards, Special Boards and Health and Social Care Partnerships in Scotland about the Professional Standards Authority's accredited registers programme.

The new guidance (DL (2016) 06) was issued to update the earlier Health Department Letter (HDL) (2005) 37 and states: *"the Scottish Government recognises that complementary and alternative medicines (CAM) may offer some relief to some people living with a wide variety of long term health conditions."*

It also makes clear that use of accredited registers such as CNHC's: *"can have a number of benefits for practitioners, patients, contracting organisations and employers; providing reassurance that professionals are subject to a level of appropriate scrutiny."*

The update follows a meeting held in December 2014 between representatives of CNHC and the Scottish Government where the update of the HDL was discussed.

The guidance can be viewed on the Scottish Government's website here: [http://www.sehd.scot.nhs.uk/dl/DL\(2016\)06.pdf](http://www.sehd.scot.nhs.uk/dl/DL(2016)06.pdf)

CNHC registrant seizes opportunity and expands work in care homes

CNHC registered reflexologist Debi Noel responded to a request posted on CNHC's facebook page in December 2015 seeking registrants supporting residents in care homes dealing with sleep issues.



Debi Noel

As a result Debi was featured in Tena Talk, a magazine for care homes, and following the article has gained more work in the sector.

Debi initially started by providing reflexology for elderly and frail residents at Grange Hall Care Home in the Scottish borders. When the article was published, Debi took the initiative and sent out letters to local care homes to highlight the article, introduce herself and offer free taster sessions. Three care homes invited her in and two asked her to visit regularly.

Debi commented: *"I knew the magazine was going out nationwide so I thought I would seize the opportunity. It's the first time I've responded to a CNHC facebook post like this and I'm really pleased with what's come out of it."*

Most of Debi's clients have dementia and she has recently completed the NHS Dementia Skilled-Improving Practice learning resource to enhance her practice and further her knowledge.

Of her work Debi says: *"I find that residents who are distressed often become calm as soon as I touch their hands or feet. Many of my elderly clients fall asleep during a treatment but others enjoy chatting and laughing with me. Every day is different and I find my work extremely rewarding despite the fact that a lot of my work is in end of life care."*

The article emphasised that care homes should look for CNHC registered practitioners.

If you want to raise awareness of CNHC in your local area by becoming a CNHC Local Champion contact us at: info@cnhc.org.uk

Conferences

CAMSTRAND 2016

Warwick University 8th – 9th June

This annual conference provides a forum for researchers with a range of experience as well as health professionals and practitioners/students with an interest in complementary medicine research, to share their work and knowledge amongst like minded people.

For further information and booking see: [CAMSTRAND 2016 booking details](#)

College of Medicine Conference

Food – the forgotten medicine on 9th June 2016

The College of Medicine is holding its conference 'Food – the forgotten medicine' on Thursday 9th June at the Royal Society of Medicine in London. The conference will be chaired by **Dr Phil Hammond** and includes a wide range of international speakers.

Tickets cost £100 for members / £150 for non-members.

To register and for further details visit: [Food - the forgotten medicine](#)

You can see full details of both conferences in our [March 2016 CNHC newsupdate](#).

Job and volunteer roles

Make sure you check our Facebook page, Twitter feed and website for news updates plus details of job and volunteer roles for CNHC registered practitioners.



Find us on Facebook



Follow us @CNHC_UK

Advertising update

Remember to make sure that your online and hard copy advertising is in line with the Committee of Advertising Practice (CAP) Advertising Codes. You can find out more by reading [CNHC's Advertising Guidance](#) and [CNHC Guidance on the Cancer Act 1939](#). Both pieces of guidance are available on our website under [Publications / Guidance for Registrants](#).

CNHC PSB elections for Massage Therapy and Nutritional Therapy begin!

The next round of elections for CNHC Massage Therapy & Nutritional Therapy Profession Specific Boards (PSBs) will begin on 15 April 2016.

An email will be sent setting out the full details and inviting registrants of the relevant disciplines to stand for election. Any registrant from either Massage Therapy or Nutritional Therapy is able to stand for election for the relevant PSB, including those who are currently members of the PSB.

Candidates will be required to set out in no more than 600 words how their background and experience meet our [essential criteria](#) using the Election Statement Template provided.

Election timetable

- The deadline for receipt of election statements will be **5pm on 6 May 2016**.
- On 9 May 2016 the election statements will be made available to the CNHC registered practitioners of each discipline in the CNHC Resources section of MyCNHC. All CNHC registered Massage Therapists & Nutritional Therapists will be invited to vote electronically.
- The closing date for voting will be **midnight on 20 May 2016**.
- Successful candidates will be notified on **23 May 2016** and results will be published.

Please read for deadlines:

- In order to stand for election practitioners must be registered for the relevant discipline no later than midnight on 14th April.
- In order to vote, practitioners must be registered for the relevant discipline no later than midnight on Sunday 8 May 2016.

You can see full details of these PSB elections here: [PSB election timetable](#)

Contact CNHC:
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To view CNHC's website,
[click here.](#)

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