Osteopathic
Scope of Practice

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Overview

- New Zealand Healthcare Regulation
- Healthcare Megatrends
- NZ Osteopathic Scope of Practice
- Paediatrics Capabilities Methodology
- Interim Findings
- Future Developments
New Zealand Healthcare Regulation

- Legacy of the ‘Unfortunate Experiment’
- Health & Disability Commission
- Strong regulatory presence – Common Law right to litigate removed
- No blame compensation / rehabilitation regime - Accident Compensation Corporation
- Osteopathy is one of 17 healthcare professions subject to statutory regulation
(1) The principal purpose of this Act is to protect the health and safety of members of the public by providing for mechanisms to ensure that health practitioners are competent and fit to practise their professions.
(2) This Act seeks to attain its principal purpose by providing, among other things:

- for a **consistent** accountability regime for all health professions

- for the **determination** for each health practitioner of the **scope of practice** within which he or she is competent to practise

- for systems to ensure that no health practitioner practises in that capacity **outside** his or her scope of practice

- for power to **restrict** specified activities to particular classes of health practitioner to protect members of the public from the risk of serious or permanent harm

- for certain protections for health practitioners who take part in protected quality assurance activities
Scope of Practice

Prescribed Qualifications

Capabilities Framework

Overseas Assessment

CPD

Knowledge / Skills / Attitudes
Australasian Accreditation standards fail to specify minimum requirements for **paediatric practice**.

Osteopathy is a maturing and diversified profession – needs to be reflected in vocational scopes.

No clear relationship between training pathways and competency in practice: Vocational / Extended Scopes.

30% of NZ Osteopaths were using needling techniques in practice without standards / minimum training requirements being determined.
The debate on Scope

- Osteopathy is a weak brand – we need a USP
- Field of manual medicine is crowded.
- Osteopathy is defined by its philosophy not technique.
- Mission creep / Healthcare Ecosystem / Professional Identity
- Stakes a claim for Osteopaths and their role in the healthcare system.
- The formless *no scope* scope of practice is not serving us well.
Multiple Scopes of Practice

- Diverse pre-professional training pathways
- Reference to other NZ healthcare professions
- Acknowledging the realities of a maturing profession: Vocational / Extended SoPs
- Health Workforce Development
- Osteopathy at a junctional point: generational change
- Low quality CPD / lack of career pathways
- Clinical complexity
Healthcare Megatrends

- The changing demographic – Western societies are graying.
- Increased demands on resources may mean reduced public sector involvement in direct service provision.
- Reduced doctor time will require maximising the services delivered in primary care by allied health professionals.
- Need to align the osteopathic scope of practice with the strategic direction.
- Globalisation and workforce mobility
- Life long learning
New SOP Schema

- Patient centred
- Protection of title
- Informative to other Healthcare Professionals
- Broadly defined
- Accessible language
- Allows acquisition / incorporation of PG learning
- Reference to osteopathic principles

- Broad General Osteopathic Scope

- Vocational SOPs
- Extended SOPs
General Osteopathic Scope of Practice

- Osteopaths are primary healthcare practitioners
- Osteopathy is a person-centred form of manual medicine
- Osteopaths conceptualise health and disease within a broad holistic bio-psycho-social and environmental context
- Osteopathic practice may be situated within the continuum of healthcare - wellness
- The competent practice of osteopathy requires broad diagnostic competencies
- Osteopaths work with patients from across the lifespan
Scope References

OCNZ Scope Symposium Report 2009  http://tinyurl.com/le75tlj

OCNZ Scope Discussion Paper 2010  http://tinyurl.com/l9ovo6y

Final Scope Schema Notice 2013  http://tinyurl.com/othn27e

Tenets of Osteopathic Medicine

- A person is the product of dynamic interaction between bio, psycho, social and environmental factors.

- An inherent property of this dynamic interaction is the capacity of the individual for the maintenance of health and recovery from disease.

- Many forces, both intrinsic and extrinsic to the person, can challenge this inherent capacity and contribute to the onset of illness.

- The musculoskeletal system significantly influences the individual’s ability to restore this inherent capacity and therefore to resist disease processes.

- The patient is the focus for healthcare.

- The patient has the primary responsibility for his or her health.
An extended scope of practice is required when it is explicit that pre-professional training does not prepare a registrant for competent practice. These areas are excluded from the general scope.

- Western Medical Acupuncture*
- Internal techniques and the treatment of sensitive areas**
- Osteopath Prescriber
- Injection therapies
- Advanced Diagnostic Competencies

*Gazetted in Sept 2010
** Consultation document will be circulated in early 2014. The last two serious discipline cases have involved these areas of practice
Advanced standing and post graduate study / specialisation in areas of practice that remain within the general scope of practice.

There is a continuum of skills / knowledge from novice to expert. Pre-professional training prepares osteopaths to commence practice in a safe and competent manner.

- Child health / Paediatrics
- **Gerontology***
- Occupational Health
- **Pain management***
- Rehabilitation / Sports injuries

*Gazetted in Sept 2012
Vocational SoP and a postgraduate qualification pathway

- Vocational SoP builds and expands on previous knowledge.
- The HPCA Act is not prescriptive on the qualifications for scopes of practice. Creative solutions may be developed outside of the tertiary sector.
Prescribed Qualifications
Vocational scopes

- Interdisciplinary – using existing resources
- Formal Learning & Learning in Clinical Settings
- Accessibility – mixed mode delivery
- Creative learning pathways
- Defining / Refining Capabilities
- Allows for patient choice of practitioner
- Patient safety
- Career Development
- Responding to changing healthcare environment
- Liberal CPD Regime for Vocational SOP Holder
The debate on paediatric care

- When the OCNZ started looking into the issues around paediatric capabilities for practice and number of points arose;

1. Unclear pre professional training
2. Unclear ongoing CPD requirements
3. Debate was focused around specifics of osteopathic techniques used rather than clinical capabilities:
In 2012 the OCNZ started a project to determine the baseline for paediatric capabilities, the knowledge skills and attitudes (KSAs) that would be required for safe practise.

This project will be completed by the end of 2014, the training institute in NZ is involved as is the NZ profession.
Once the baseline for capabilities has been decided the training institute and the profession will be informed.

Both the up-coming graduates and the profession will have the opportunity to meet these standards.

As a health care regulator, tasked with patient safety, this process is seen to be of great importance to our younger patients.
Paediatric Capabilities

- Survey Profession – Which conditions are osteopaths seeing in practice and how are they treating them (22% response rate)
- Review of international paediatric curricula
- Delphi Group of 10 osteopaths recognised as ‘expert’ paediatric practitioners
- Identifying how experts developed their skills
Top 10 conditions for these patients (n=59)

- Colic: 32%
- Feeding problem: 31%
- Fussy baby: 29%
- Sleep disturbance: 27%
- Gastro-oesophageal Reflux: 22%
- Abdominal pain: 20%
- New baby check: 15%
- Plagiocephaly: 15%
- Torticollis: 7%
- Constipation: 5%
Patients Aged 6 weeks - 11 months at initial presentation

Top 10 conditions for these patients (n=53)

- Colic 32%
- Feeding problem 32%
- Fussy infant/baby 32%
- Sleep disturbance 30%
- Gastro-oesophageal Reflux 26%
- Plagiocephaly 21%
- Abdominal pain 19%
- Torticollis 11%
- Conjunctivitis 6%
- constipation 6%
Top 10 conditions for these patients (n=29)

- Otitis media (chronic) 28%
- Behavioural problems 14%
- Feeding problem 14%
- Upper respiratory infection 14%
- Neck pain 10%
- Sleep disturbance 10%
- Abnormality of gait 7%
- Colic 7%
- Failure to Thrive 7%
- Headache (not migraine) 7%
Patients aged between 5 and 12 years at initial presentation

Top 10 conditions for these patients (n=71)

- Neck pain                  30%
- Leg pain                   25%
- Headache (not migraine)    23%
- Lumbar back pain           23%
- Thoracic back pain         23%
- Sports injuries            20%
- Muscle spasm               11%
- Behavioural problems       8%
- Abnormality of gait        7%
- Head Injury                7%
Patients between 13–18 years at initial presentation

Top 10 conditions for these patients (n=59)

- Neck pain 53%
- Sports injuries 43%
- Lumbar pain 46%
- Thoracic pain 44%
- Headache (not migraine) 31%
- Leg pain 31%
- Muscle spasm 22%
- Head Injury 8%
- Uncomfortable defecation 8%
- Abdominal pain 4%
OCNZ has updated its capabilities framework to cover paediatric practice

Download from OCNZ website or follow link
http://tinyurl.com/lya94hm
Paediatrics has become confused with cranial osteopathy as a technique.

Most paediatric patients are being treated non-cranially for musculoskeletal presentations

Youngest age 8 for HVLA

Safety – system of red flags for paeds – different considerations for new borns / infants / early childhood / teens

University accreditation processes silent on paediatrics

International curriculum useful context but dominated by procedural / technical approaches
Teaching / Assessment Methodologies

- We need a vision for osteopathic paediatric practice not reverse engineered from a curriculum
- We need to develop a knowledge, skills & attitudes framework
- How to teach / assess paediatric manual therapy?
- In practice upskilling
- Pre-registration curriculum
- Vocational Scope for Paediatric Practice – model of advanced practice
www.osteopathiccouncil.org.nz

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