



Hot Topic – GDPR Compliance



While the [Information Commissioner's Office](#) remains the source of guidance on GDPR, we understand it can be difficult to get through to them. However, we do hope it reassures you to know that compliance with the current Data Protection Act 1998 puts you well on your way to compliance for GDPR. We recommend you read the ICO's brief document '[12 steps to take now](#)', if you haven't already (and you will be pleased to know that steps 11 and 12 don't apply to sole practitioners). This is a great start to assess if there are any additional steps you need to take. The 12 step document is also available to download on [MyCNHC](#).

Upcoming PSB elections

The election process for the Hypnotherapy and Healing Profession Specific Boards (PSBs) will begin in April 2018.

PSB members are elected by registrants to give CNHC registered practitioners a direct say in who will act as advisers to CNHC's Board. Any registrant from Hypnotherapy and Healing can stand for election for the relevant PSB, including those who are currently members of the PSB.

Click [here](#) to view the timetable and important deadlines.



We want to hear from you

Are you CNHC registered and do you have a success story to share? We are always looking for relevant articles to include on our monthly newsletter and on our blog. Please get in touch with us at: info@cnhc.org.uk.

Do you want to promote CNHC in your local area?

If so, we want to hear from you! We are reinvigorating our Local Champions network and are looking for eager CNHC registrants to help spread the word about standing up for standards. If you have great connections locally and already do a bit of your own marketing – please get in touch with Carolyn Watson, Communications Manager, to find out more: carolyn.watson@cnhc.org.uk

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.

Share CNHC's newsletter

We make our newsletter available on our website, Facebook and Twitter sites. Please share and retweet these posts to spread the word about CNHC!

Like us on [Facebook](#)

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Contact CNHC:

Email info@cnhc.org.uk
or call on 020 3668 0406

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

Welcome to the March 2018 edition of newsupdate

Michael Watson, CNHC Chair



Michael Watson

It's that time of year again when daylight is gradually increasing, and the chilly winds are starting to die down. Spring weather is nearly here – get ready to change your clocks on 25 March!

It has been another busy time at CNHC with many activities on our plate to drive awareness and influence regulation. CNHC participated in two meetings of the All-Party Parliamentary Group for Integrated Healthcare (APPG). The first focused on the development of a report for Parliament about the activities of the APPG on progress towards integration. The second meeting provided an opportunity to focus on the need for a central capacity for analysing the systematic use of Patient Reported Outcome Measures (PROMs).

We also drafted comments and responded to the NICE guideline consultation for 'Community Pharmacies: promoting health and wellbeing'. We highlighted the recent RSPH/PSA report findings and stressed the importance of accredited registers and their role in protecting the public. CNHC comments are available to download on our website [here](#).

4 February was World Cancer Day, and we posted several social media messages to engage in the conversation online. On Wednesday 7 February the CNHC Board had their first meeting in 2018, with discussions around many actions on the horizon for this year.

We also distributed several emails to all registrants to remind them about the deadline of 25 May 2018 for compliance with the General Data Protection Regulations (GDPR). We have received several responses to these emails requesting specific, simplified guidance for registrants. But we hope everyone will appreciate that the appropriate source of advice and responses to queries about GDPR is the Information Commissioner's Office (ICO), via these links:

[Advice Service](#)

[Live Chat](#)

Wishing you all the best, Michael

CNHC PSB Member travels to China with her students



Maria Mercati, Microsystems Acupuncture Profession Specific Board (PSB) Member, pictured here on her mobility scooter, has completed another trip to China studying Traditional Chinese Medicine (TCM). Since 1992, Maria has studied acupuncture in China 14 times at TCM hospitals in Shanghai, Weihai, Beijing, Xian, Jinan and Hangzhou. Six of these trips have involved taking her acupuncture students to the Traditional Chinese Medicine hospital in Shandong which is situated in Jinan.



In March 2017, Maria took three students to the hospital, which not only performs traditional Chinese acupuncture, but also specialises in Microsystems abdominal acupuncture. The students were delighted to have learnt a new skill! The Chinese TCM hospitals visited are linked to a Western hospital and use TCM or Western medicine or offer a combination of both.

In addition to learning new skills, the group also took in the culture and local sights while staying at the Marco Polo hotel. The Zhejiang TCM hospital is in Hangzhou near the beautiful West Lake, which is a world heritage site. During the 13th century, Marco Polo visited Hangzhou and described it as "the most beautiful and magnificent city in the world".

Yoga Therapy service evaluation at the London North West University Healthcare NHS Trust

Yoga Therapy Profession Specific Board (PSB) Member, Vidhi Sohdi, recently collaborated with a leading Rheumatologist at Central Middlesex Hospital, alongside the University of Westminster, to provide Yoga Therapy as part of a multidisciplinary service offered to patients with Rheumatoid Arthritis (RA). This study evaluated the impact of Yoga Therapy in self-management of RA, which is a long-term condition (LTC). This was first time that one-to-one Yoga Therapy was accepted to be delivered in an NHS hospital setting. It examined the impact of Yoga Therapy on improving the patient's quality of life through management of stress and other comorbidities such as anxiety & depression.

The study objectives were driven from focus group meetings held with patients who expressed a need for Mind-Body interventions such as Yoga Therapy in the management of their long-term conditions. The NHS Forward view (October 2014) supports this form of patient public engagement. Vidhi's registration with CNHC gave confidence to the Rheumatologist, Rheumatology staff and patients, to participate in this service evaluation.

Throughout the study, Yoga Therapy sessions were held in the Rheumatology department of the Central Middlesex Hospital and patients received individual sessions first on a weekly basis, and then on a bi-weekly basis. Each session comprised of tools that are offered within yoga and applied and adapted to the needs of each participant.



Vidhi (centre) with Imperial Medical students involved in the study

The results have been outstanding with improvements in all the study objectives, with oral feedback captured by the researchers at the University of Westminster. A post study meeting with the Central Middlesex Hospital patient group was held where the results and the need for this service to be an integral part of our healthcare system were discussed. The findings are currently being analysed for a full report.

Royal Society for Public Health (RSPH) Health & Wellbeing Awards

The RSPH Awards 2018 take place on 18th October 2018 in East Wintergarden in London. They are a prestigious fixture in the public health community calendar, bringing together a wide range of organisations and individuals to celebrate achievement and best practice in public health.



The event will see the announcement of this year's winners of the Health & Wellbeing Awards, the Public Health England Commendations and the Public Health Minister's Award. There are numerous categories available to enter, and we are encouraging CNHC applicants to apply across any relevant categories – and please also share your submissions with us as well!

The Health & Wellbeing Awards 2018 are now open for entries, and the deadline is 20 April 2018. You can request an application pack [here](#).