

Diagnosis & Treatment of Complex Patients An Integrated Approach

Saturday 17th May 2025



The Royal Society of Medicine
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The Health Equation



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As a primary healthcare clinician, during the past few years I am finding increasing levels of undiagnosed pathology in patients and yet also increasing numbers of patients with complex functional problems, many with coexisting co-morbidities and coexisting pathology (some previously diagnosed, some not).

I adopt an integrated approach to both diagnostics and the treatment/management of the patient. Many of my patients do not have musculoskeletal symptoms as their main presenting symptom. Although I have significantly expanded my skill set since graduating as an Osteopath 37 years ago both in the use, understanding and interpretation of diagnostic tests and offering integrated and sometimes multidisciplinary treatment/management interventions, what underpins all my clinical work is my understanding of Osteopathic principles and their application to these complex patients. I often describe Osteopathy as the original form of functional medicine.

The course is open to clinicians/practitioners of all disciplines not just Osteopaths, interested in developing their understanding to “unpick” the threads of these complex clinical problems, by increasing their use of diagnostic tests, their interpretation and then developing more integrated/holistic treatment/management strategies.

As a framework, I aim to present some of these challenging cases, to be used as a starting point of discussion between the group and to show the relevance of teasing out of the history and clinical examination, the rationale of choosing appropriate diagnostic tests, how we interpretate those tests to expand on our evaluation/diagnosis of the patient and how it helps us to develop our treatment/management strategies.

With over 450 blogs that I have posted on my website in relation to healthcare, I tend to practice evidence informed medicine. There is a subtle difference between evidence-based medicine and evidence informed medicine. The majority of Osteopaths practise patient centered diagnosis and treatment. With a small profession and limited research funding, I would argue that we have a limited evidence-based practice of medicine. However, there is significant medical research out there which when applied can underpin much of what we do, hence my preference of the term evidence informed medicine.

Mr. Gerry Gajadharsingh DO

The Health Equation

Course Aims & Learning Outcomes

Course Aims

The course aims to enhance participants' skills in handling complex clinical cases by:

1. **Presenting Challenging Cases:** Introducing real-world, complex cases to stimulate critical thinking and collaborative discussion.
2. **Developing Clinical Reasoning:** Emphasizing the importance of history-taking and clinical examination in identifying key diagnostic clues.
3. **Diagnostic Test Selection and Interpretation:** Teaching the rationale behind choosing appropriate diagnostic tests and interpreting their results accurately.
4. **Formulating Management Strategies:** Guiding participants in the development of tailored, evidence informed treatment and management strategies for patients.

Learning Outcomes

By the end of this course, participants will be able to:

1. **Critically Assess Patient Histories:** Demonstrate an ability to gather relevant historical information to identify potential differential diagnoses.
2. **Perform Focused Clinical Examinations:** Conduct targeted clinical examinations based on initial history findings and identify key physical signs relevant to the case.
3. **Select and Justify Diagnostic Tests:** Explain the rationale behind selecting specific diagnostic tests and articulate the role of each in the diagnostic process.
4. **Interpret Diagnostic Results:** Analyse and interpret test results in the context of patient history and examination to refine or confirm diagnostic impressions.
5. **Develop Personalized Management Plans:** Formulate patient-centered management strategies that integrate diagnosis, patient preferences, and evidence-informed practices.
6. **Collaborate and Communicate Effectively:** Engage in collaborative discussions with peers, demonstrating effective communication skills in sharing findings, hypotheses, and management options.

The course will run with a minimum of 9 delegates but a maximum of 18 delegates to ensure as much interaction as possible.

The cost of the course is £375 or early bird payment of £275, payment before 17th January 2025, payable by bank transfer or by CARD payment.

Refreshments are provided during the day and a light lunch is included in the course fee.

To book your place please email Mrs. Susie Gajadharsingh, Practice Manager at The Health Equation on info@thehealthequation.co.uk

Course Programme

09.00 - 09.30		Registration & Optional EQ2/1MBR Blood Test
09.30 - 10.00	(30 mins)	Introduction
10.00 - 10.45	(45 mins)	Neurological Patient & Interactive Group Discussion
10.45 - 11.30	(45 mins)	Respiratory Patient & Interactive Group Discussion
11.30 - 11.45		Break & Optional EQ2/1MBR Blood Test
11.45 - 12.30	(45 mins)	Post MI Patient & Interactive Group Discussion
12.30 - 13.15	(45 mins)	Hormonal Patients & Interactive Group Discussion
13.15 - 14.00		Lunch
14.00 - 14.45	(45 mins)	Complex Pain Syndrome Patients & Interactive Group Discussion
14.45 - 15.15	(30 mins)	Diagnostic Tests
15.15 - 16.30	(45 mins)	Functional Interventions, OMT, Breathing Behaviour & Nutrition
16.30 - 16.45		Break & Blood Test Results
16.45 - 17.45	(60 mins)	Final Discussion and plans for integration into Practice

Total CPD 6.5 hrs

19.30 Optional Post Course Dinner, Cost & Venue to Be Confirmed

Option to have your own blood test profile

Delegates have the option to pay **£65 for an EQ2**, haematology and biochemistry blood profile, including inflammatory markers ESR and CRP, kidney & liver function, bone profile, lipids, random glucose and iron status. The cost is a significant discount to the usual TDL patient price of £170.

Alternatively, delegates also have the option to pay **£175 for a 1 MBR** which is a more comprehensive blood profile with the additions to the EQ2 profile of HbA1C (3-month glucose marker), Thyroid Function (TSH and FT4), Pancreatic markers amylase & lipase and Vit D 25OH. The cost is a significant discount to the usual TDL patient price of £460.

Blood samples can be taken from delegates at the morning registration or depending on numbers additionally during the morning break. The aim is to try to get TDL to turn the blood results around by the afternoon break if possible.

Please see the link below for the parameters that the EQ2 and 1 MBR blood tests contains.

<https://www.thehealthequation.co.uk/wp-content/uploads/2019/02/EQ2-The-Health-Equation-Blood-Results-Example-08.58.11.pdf>

<https://www.thehealthequation.co.uk/wp-content/uploads/2019/02/1MBR-The-Health-Equation-Blood-Results-Example.pdf>