



Dear Colleague,

## **CranioSacral Therapy (CST) - Clinical Audit**

Thank you for registering for this audit. It simply involves asking the next 10 patients to complete questionnaires before and after their series of treatments from you.

The **two** questionnaires are the **Baseline** and the **Outcome**.

### **Baseline Questionnaire**

Please invite the next ten **new** patients attending for **CST** (or those for whom the majority of what you do will be CST) to complete the **Baseline Questionnaire** before starting treatment. It takes about 2 minutes.

All information will be confidential but we ask for your (the therapist's) name and the patient's date of birth so as to be able to connect it with the outcome data when available.

Once completed send **Baseline Questionnaires** to me (it may help if you make a copy for yourselves and put the blank outcome questionnaire in their notes ready for the follow up):

Caro O'Neill, Blagdon Water, Holsworthy, Devon, EX22 6NX

### **Outcome Questionnaires**

These questionnaires are to be completed **at the patient's sixth session**. If they need less than six sessions please ask them to complete the questionnaire at their last session or send it out to them after their final session.

Outcome Questionnaires should also be **returned to me at the above address**. If you have to send them out for patients to complete, we recommend doing so with a stamped addressed envelope to improve the likelihood and speed of return.

Please note: it is crucial to include **ten serial patients** treated with CST, **not to select those who do well**. Even a patient who only comes once and never returns must be included. If you use mainly non CST techniques on a patient whose Baseline Questionnaire you have already sent me, please let me know and do **not** offer them an Outcome Questionnaire.

Many thanks for joining this clinical audit. I know it will be very informative for us all. Please do not hesitate to contact me by email: [carooneill@btconnect.com](mailto:carooneill@btconnect.com) if you have any queries.

Yours sincerely

*Caro O'Neill*