

# WORKSHEET; CONTINUING PROFESSIONAL LEARNING: L5 TRANSITIONAL VERTEBRAE

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Eric Chun Pu Chu, Kevin Hsu Kai Huang, and John Sing Fai Shum

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## Introduction

**T**his paper reports and interprets clinical and imaging evidence for two young patients presenting with congenital anomaly of the lumbosacral spine as L5 sacralisation or S1 lumbarisation.

... this cases report describes the finding of a lumbosacral transitional vertebra in two adolescent patients and describes management under which the curves did not progress.'

## How to do this CPL activity

Simply follow the steps outlined here. Put some thought into your comments. You can print out this document and write on it, or enter your views electronically. The document has offered in Pages, Word and PDF

### Read the paper

The paper is published in the Asian-Pacific Chiropractic Journal Issue 1.2. The citation is: <https://www.apcj.net/chu-hung-and-shum-l5-transitional-case-report/> The PDF is also in this block for you.

### Read the guide box

Drs Chu, Huang, and Shum practice in Hong Kong and are leaders in the Asia-Pacific region with the manner in which their clinical care is documented and reported. Dr Chu is well publish across a number of journals..

### Watch the sklip

The sklip is an animation prepared by Dr Chu and his team:



### Complete the worksheet

As noted above, make this a decent block of learning and show your understanding in these responses. It should take you about an hour to complete this learning activity.

## And ...

File this completed worksheet either electronically or in a folder, marked as 'CPL'. To be useful when you are audited or reporting your activities, it needs to be complete, and 'findable'.

## **The Five Scanning points**

### **When was this paper written**

*(Is it current? Is it over 3y old? Over 10? Does it have value today):*

### **Who wrote it, and who are they?**

*(Why would you want to read this paper?):*

### **Why do you think it was written? What purpose does it serve?**

**What is the evidential value of its contents?**

*(Is it believable? Trustworthy?)*

**Give a rating out of 10 for the value of this paper to your own practice:**

*(Let 10 mean you found great value, and 0, no value)*

### **Analysis**

*What do you see is the value, if any, of gathering with like-minded professionals?*

*Can you identify likely challenges you could face in developing your practice model?*

*What have you learned from these? How would you approach them?*

## Your personal notes

*Are there related papers you want to read?*

Date:

Signed: