

Recent research



The following papers are available to UK registered osteopaths and final year osteopathy students via the o zone, the General Osteopathic Council website: <https://www.osteopathy.org.uk/ozone/resources/research/research-journals/>

Triano JJ, McGregor M, Dinulos M, Tran S. **Staging the use of teaching aids in the development of manipulation skill.** *Man Ther.* 2014 [Epub ahead of print].

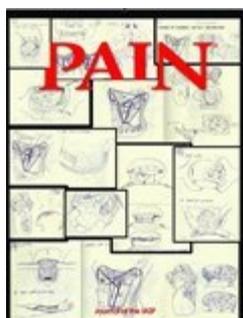
Treleaven J, Takasaki H. **Characteristics of visual disturbances reported by subjects with neck pain.** *Manual Therapy.* 2014: 1-5.

Jordan AS, McSharry DG, Malhotra A. **Adult Obstructive Sleep Apnoea.** *The Lancet.* 2014;383;736-47.

Riva P, Williams KD, Gallucci M. **The relationship between fear of social and physical threat and its effect on social distress and physical pain perception.** *Pain.* 2014;485-493



Need some help making sense of the papers? Visit: <http://www.ncor.org.uk/learning-online/critical-appraisal/> for some help with how to critically review a paper.



Interpreting Research

Interpreting research is a key skill for all registered and student osteopaths whether it be to inform practice, write an essay, or communicate with patients, other healthcare practitioners or commissioners of health services. Keeping up with emerging research can be challenging in its own right but interpreting the literature can pose additional hurdles for many, particularly for those who have never received any formal research-related training. With numerous time constraints in clinical practice it can be tempting to read the abstract of a paper and accept its conclusion. Even if you do have time to read the full paper, the relevance and quality of the paper may not be immediately obvious, even to the avid journal reader. There are many instances where two people will read the same paper but they will interpret the information very differently. The conclusions of papers are best interpreted in the context of the quality of the research, other literature in the field, and relevant healthcare policy and clinical guidelines. This is why systematic reviews are so important in healthcare research; they involve systematically searching for and appraising existing research.

We have developed a number of resources to support osteopaths in making sense of research and they can be found in the learning online section of our website. Key resources to help osteopaths interpret research are:

- Critical appraisal - <http://www.ncor.org.uk/learning-online/critical-appraisal/>
- Research skills tutorials on research methodology - <http://www.ncor.org.uk/learning-online/evidence-based-tutorials/>



We hope you find the resources useful and we would be interested to hear if by using them you have changed your view of any of the research you have read.

Don't forget that reading and appraising a paper can count towards your continuing professional development.

Robin Kirk and Adrian Barnes

It is with great sadness we hear about the passing of both Robin Kirk, principal of the London School of Osteopathy, and Adrian Barnes, principal of the European School of Osteopathy. They were two exceptional osteopaths who have been supportive of NCOR over the years, we shall miss them greatly. We extend our condolences to their family, friends and colleagues.

Research Assistant Vacancy at NCOR

NCOR research assistant Elena Ward will sadly be leaving the NCOR team at the end of May for pastures new. She will be embarking on a career in secondary science education. Elena shared the following about her experience of working with NCOR:

"I thoroughly enjoy my work at NCOR and working with everyone involved so I am very sad to be leaving it behind. I feel incredibly fortunate to have had the opportunity to work with and learn from such inspiring and dedicated people and it has given me a great sense of positivity about the future of osteopathy and osteopathic research."

We are now looking for a bright graduate with a degree in osteopathy or related discipline and preferably a Masters qualification who wants to develop a career in research.

This part-time (0.6 FTE) post is funded for 12 months by the National Council for Osteopathic Research (NCOR) and is based in the Translational Research: complex interventions division within the Centre for Primary Care and Public Health at the Royal London Hospital site in Whitechapel.

The aim of this post is to help NCOR advance, facilitate and disseminate research within the osteopathic profession to promote good, safe practice and optimise patient care.

More information, including the job advert and description is available at:
<http://www.ncor.org.uk/news/ncor-job-vacancy/>

Keeping up to date



Join us on:

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LinkedIn:

www.linkedin.com/company/national-council-for-osteopathic-research

Research hubs



Forthcoming research hub meetings

You can find links to papers being discussed at:
www.ncor.org.uk/getting-involved/hubs/

Bristol: Thursday 20th March from 7 to 9pm.

The topic will be shoulder impingement and rotator cuff injury diagnosis.

Exeter: Saturday 22nd March from 10am to 12 noon.

Haywards Heath: Wednesday 2nd April from 7pm to 9pm.

Leeds: Monday 10th March from 5.30pm to 7.30pm

Oxford: Tuesday 4th February from 7.30pm to 9.30pm

If you would like to attend a hub meeting, please get in touch with us: www.ncor.org.uk/contact-us/