

Recent research



The following papers are available to UK registered osteopaths and final year osteopathy students via the ozone, the General Osteopathic Council website:

<https://www.osteopathy.org.uk/ozone/resources/research/research-journals/>

Voogt L, de Vries J, Meeus M, Struyf F, Meuffels D, Nijs J. **Analgesic effects of manual therapy in patients with musculoskeletal pain: A systematic review.** *Manual Therapy* 2014. In press, available online <http://bit.ly/analgesicmanther>

Molina-Ortega F, Lomas-Vegas R, Hitas-Contreras F, Manzano G P, Achalandabaso A, Ramos-Morcillo A J, Martinez-Amat A. **Immediate effects of spinal manipulation on nitric oxide, substance P and pain perception.** *Manual Therapy* 2014 19(5);411-417.

Posadzki P, Meyong S L, Ernst E. **Osteopathic Manipulative Treatment for Pediatric Conditions: A Systematic Review.** *Pediatrics* 2013;132-140. Available online <http://bit.ly/omtpedsysrev>

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.

NCOR at the iO Convention 2014

The NCOR presence was integrated throughout the iO 2014 Convention. We introduced our new practitioner and patient incident reporting websites to the GOsC Regional Network Groups and asked for volunteers to be involved in the Patient Reported Outcome Measures (PROMs) project.

Dr Dawn Carnes (Director of NCOR) convened the research stream for the Osteopathic International Alliance (OIA) who also held their conference at the convention. This part of the convention consisted of four presentations and a workshop giving an overview of what was happening in research in different world zones.

The first presentation was by Steve Vogel of the British School of Osteopathy, summarising how NICE guidelines are developed. Steve has been selected to be on the latest low back pain update panel, a highly prestigious appointment which underlines the importance of an osteopath and researcher contributing to health care policy decision-making.

Carol Fawkes (NCOR senior research and PhD student) presented her work on the development of a national database for PROMs. This is a first for osteopathy in the UK. Carol's work also reveals that patients are generally willing to provide feedback, in contrast to the belief that patients might feel burdened if asked to complete questionnaires.

Jens Foell (a GP with a special interest in musculoskeletal conditions) gave an entertaining talk about the non-specific effects of treatment. Osteopathy includes a highly interactive approach between patient and practitioner, and high levels of satisfaction reported by patients indicate how effectively osteopaths harness these positive effects.

Austin Plunkett (research assistant and practicing osteopath) joined NCOR in June this year, and has been helping launch two online education resources:

PILARS - Patient Incident Learning And Reporting System, at <http://www.ncorpilars.org.uk>
PREOS - Patient Reported Experiences of Osteopathic Services, at <http://www.ncorpreos.org.uk>

PILARS in particular garnered several questions and comments, with osteopaths from other countries particularly interested in implementing a similar system. We encourage you to use PILARS and tell your patients about PREOS; further details are on our website (www.ncor.org.uk) and on the PILARS and PREOS websites.

In January 2014 the OIA established the International Osteopathic Research Network (IORN) chaired by Dr Carnes. From data collected by IORN regarding the scope of osteopathic practice, it is apparent that 10-25% of osteopaths treat babies and children regularly. Systematic reviews in this field need updating, and tend to cover a limited range of conditions. To conduct a



review, we need to raise £30,000 for NCOR to employ a researcher. At the convention Michael Mulholland-Licht led a group of brave osteopaths in a chilly Sunday morning swim across the Thames, raising £1,600 from generous delegates. You can donate to NCOR on our website at www.ncor.org.uk/donate

Keeping up to date



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

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<http://www.ncor.org.uk/contact-us/>