

National Council for



Osteopathic Research

**NCOR monthly news bulletin
March 2016**

NICE guidelines

Many osteopaths will be aware that the National Institute for Health and Care Excellence recently issued a press release in advance of a forthcoming update to their guidance on the management of low back pain (LBP).

The draft guideline describes how massage and manipulation are recommended alongside exercise for LBP. People with LBP should also be supported in maintaining regular daily activities according to the draft, which is currently under discussion.

NICE consults with parties who register as stakeholders while updating their guidelines. This includes NCOR, the General Osteopathic Council, and the Institute of Osteopathy. At the time of writing, NCOR is facilitating the discussion between these organisations; we are examining the documents in detail and preparing a response to the draft guidelines. All registered stakeholders can provide a response by 5th May, and the content of these responses will be examined before final guidelines are published in September.

The press release can be found at <http://bit.ly/nice-lbp-guide-2016>

Systematic review update

Our systematic review of paediatric treatments is underway, and we are looking at submitting it to review registers. Prospective registration of reviews is considered good practice, since it ensures that reviewers cannot introduce biases, for example by shifting the goalposts in order to ensure positive results. It also helps raise awareness of the review, and hence of osteopathic research.

Registration provides free, open access to information about ongoing reviews, thereby encouraging public faith in the transparency of the review process. Subsequent reviewers can also determine which subjects require further investigation, which helps to avoid wasting money and resources.

Centre for Reviews volunteers

Our team of volunteers have started looking at systematic reviews and clinical guidelines which are relevant to osteopaths. We aim to regularly publish bite-size easily digestible summaries, so busy osteopaths can easily assimilate relevant and topical information without having to wade through huge databases of research.

Remember, working with NCOR to produce reviews can count towards CPD, and will give you the opportunity to keep your critical appraisal skills sharp. We are not currently looking for more volunteers, but opportunities will arise in time. If you would like more information about volunteering with NCOR, then email info@ncor.org.uk

NCOR conference

Our plans for an osteopathic research conference in January 2017 continue, and we are busy looking at potential venues.

We are currently looking for speakers. The focus of the conference will be "persistent pain", but we are happy to consider speakers on any current research relating to osteopathy.

The price of attendance is likely to be in the region of £100 for a full day of research-based CPD. How much do you think is a reasonable price for a full day's conference? Whose current research most interests you? Let us know by emailing info@ncor.org.uk

Donate to osteopathic research

If every osteopath in the UK gave us just £2 a month it would allow us to conduct ground-breaking research. It's so easy to give to NCOR, simply visit

<http://www.ncor.org.uk/donate>

Have your debit or credit card ready. Payment is handled by PayPal so it's secure and quick.

NCOR at your regional society

Throughout 2016 we will be attending conferences as well as giving talks to the UK's Regional Osteopathic Societies and osteopathy colleges. If your regional society has yet to contact us please let us know and we will arrange.

Keeping up to date



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