

National Council for



Osteopathic Research

Annual Report

2005 – 2006

October 2006

Contents

The Role of the National Council for Osteopathic Research	3
Report from the Chair of NCOR	4
Research Officer's Report	6
Research activity within UK osteopathic educational institutions	11
NCOR Financial Statement	35
Background to development of NCOR Draft Strategic Plan.	36
Appendix	
NCOR Vision and Mission Statements	38
Present constitution of NCOR	39
Press responses	40
Advertisements details for call for adverse events proposals	45

The Role of the National Council for Osteopathic Research (NCOR)

This is the third Annual Report from the National Council for Osteopathic Research (NCOR) since its foundation in March, 2003. NCOR is an independent body that is supported by funding from the General Osteopathic Council (GOsC), the British Osteopathic Association (BOA) and each of the accredited colleges of osteopathy in the United Kingdom. Each of the stakeholders who contribute financially have representatives at NCOR. There are two additional representatives who represent private practitioners and NHS practitioners. The full constitution of NCOR is listed on page 39. All of the college representatives have experience within the field of osteopathic research and are currently involved in the academic institution they represent.

Since its foundation, NCOR has appointed a Chairperson, Professor Ann Moore. In October, 2003, NCOR held a strategic planning event to formalise its Vision and Mission statements (page 38) and its research strategy for the next five years. A Draft Strategic Plan was formally produced and can be found in the NCOR Annual Report for 2004/5 which is available on the NCOR website (www.ncor.org.uk).

NCOR is based at the Clinical Research Centre in the School of Health Professions at the University of Brighton. The Chair is head of the Clinical Research Centre for Health Professions (CRC). A Research Officer, Carol Fawkes, was appointed in February, 2004 and is present at the CRC for four days per week. The CRC has also funded a new post of part time Senior Research Fellow in Osteopathy, which Dr Janine Leach took up in May, 2004.

The lifeblood of any therapeutic discipline lies in its ability to generate, refine and continuously test out new knowledge. Such a commitment is a hallmark of a forward thinking and serious profession and ensures the protection of both patients and professionals. Researching osteopathic practice and learning from that research should be right at the heart of the way the profession thinks; it is from this stance that NCOR was created. However, the NCOR approach is not prescriptive. NCOR aims to work with the profession to foster and encourage but not enforce research, and to meet the needs identified by the profession as a whole.

Report from the Chairman of the National Council of Osteopathic Research

Report from the Chairman of the National Council for Osteopathic Research 2005-2006

This is my third report as Chairman of NCOR. I would like to thank warmly Carol Fawkes, Research Officer to the National Council for Osteopathic Research, for all the hard work she has put into developing and supporting the regional hubs throughout the last year. It is through her determination and enthusiasm that the hubs, as listed on pages seven and eight of this report, are functioning and undertaking small scale research/audit activities which will help to fuel the profession's evidence base. It was hoped that these hubs would become self sufficient and self facilitating, but this has not proved to be the case, and the majority of hubs have indicated that they will only function if they are facilitated by someone external to the hubs such as Carol Fawkes. This puts considerable demands on Carol's time. We anticipate that all the hubs will be returning to their activities in relation to standardised data collection in the next few months. This will give them an additional focus for their activities and give them an added incentive to work together as groups in order to bring the standardised data collection project to fruition.

This year has seen the development of a call for a number of proposals related to adverse events in osteopathic practice. A sub-group of NCOR was formed to address this process and a series of meetings were held throughout 2006 (06/02/06, 04/04/06, 22/05/06 and 24/07/06). The sub-group included Mr Jorge Esteves, Dr Heather Hinkley, Mr Michael Watson, Mrs Brenda Mullinger and Dr Janine Leach. Members of NCOR who were not on the sub-group specifically provided valuable input as the proposals steadily developed. I would like to thank Mr Steven Vogel for his work in chairing the adverse events sub group and to Steven and Carol Fawkes for producing the paperwork related to the request for funding which was put before the General Osteopathic Council in 2006. The call for proposals will be published on 20th February, 2007. The Research Grants Governance Committee (RGGC) has been set up which I will chair, and decisions regarding the awarding of funding will be informed by reviewers' comments as well as discussion within the RGGC. I will then undertake a regular review of the project strand activities and grant expenditure within a governance framework which has already been produced. A copy of the call for proposals has been appended to this report.

An Experienced Osteopathic Researchers' Forum was held in August, 2006; twelve senior researchers attended and expressed a wish to meet again. We are, therefore, holding a second Experienced Researchers' Forum in March, 2007.

I was pleased this year to have been asked to give a keynote address at the ICAOR conference in March, 2006. The keynote address was entitled "*Manual Therapy and the Evidence*". I was also delighted to speak in September 2006 at the Combined Chiropractic, Osteopathy and Physiotherapy Student Research Conference which was held at the University of Brighton. The title of the presentation was "*New practitioners and research: acorns or oak trees?*" It was good to see a number of newly graduated osteopaths presenting at the conference and the presentations overall were of a much higher quality than those given in previous years.

I visited the European School of Osteopathy early in 2006 and had a discussion about research activities at the school; it was also an opportunity for staff from the European School to gain a fuller understanding of the work of NCOR and in addition the research activities that are underway at the University of Brighton within my Clinical Research Centre. In September 2006, a number of lecturers from the European School of Osteopathy visited the University of Brighton in order to see our clinical biomechanics facilities.

A considerable amount of time this year has been taken up in responding to various publications in the press. Responses were supplied on behalf of NCOR to the Glasgow Herald (July, 2006), Peak Performance journal (May, 2006), The Times (May, 2006) and the Journal of the Royal Society of Medicine (June, 2006). Copies of these responses are to be found in the appendix of this report. In addition, in response to the Ernst article¹ I published an editorial in *Manual Therapy* journal entitled “*The systematic review of systematic reviews has arrived!*”² As a result of the increasing number of media exchanges, it was felt necessary for some members of NCOR to undertake media training and this was carried out alongside some members of the General Osteopathic Council in October, 2006. This was a very successful day and will be very helpful in the future in terms of fashioning responses to various media approaches.

In the light of Professor Ernst’s review, I felt it would be helpful if I arranged to meet him to provide a little more of an insight into the development of NCOR and also the efforts that were being put into place to develop evidence on which to base osteopathic practice. We had a convivial meeting which I think was of interest to Professor Ernst and I hope that the meeting will have gone some way to reassure him that the osteopathic profession is aware of the need for more research activity and is currently engaged in nurturing such research activity.

Our priorities for the next year will be to move along with the standardised data collection work, hold a successful call for proposals for the adverse events series of projects and have four projects underway in this area, three of which should be completed within a year and the remaining one within two years.

NCOR will re-focus its activities in the light of the strategic planning event to be held in February, 2007 and we will be developing a method of gaining consensus within the osteopathic profession about research priorities.

I hope you enjoy reading this report.

Professor Ann Moore
Chairman of the National Council for Osteopathic Research

1. Ernst E, Canter P. A systematic review of systematic reviews. *Journal of the Royal Society of Medicine*. 2006;99:192-6
2. Moore A, Jull G. “The systematic review of systematic reviews has arrived!” *Manual Therapy*. 2006; Volume 11 (2): 91-93.

Research Officer's Report

Since the last report was published, a great deal has been achieved by NCOR in meeting its stated objectives. The areas in which achievements have been made and where work is ongoing are described below.

Osteopathic Research Evidence: Considerable time has been spent trying to locate published and unpublished osteopathic research to populate the database of completed osteopathic research. Enquiries continue to be received from a variety of sources; these include osteopaths, students from osteopathic educational institutions, students from other higher educational institutions, members of other health care professions, charitable organisations, patients and other interested parties. The majority of osteopaths do not have access to an Athens password to locate research; the establishment of such a facility has been requested many times by osteopaths in private practice. The numbers of enquiries received during the past year from within and outside the profession totals 387. It has been noticeable during the past twelve months that increasing numbers of osteopaths are requesting support while attempting to undertake their own research. Undertaking research in private practice requires great time and commitment and it is heartening to witness this development among the profession.

I have also been fortunate to be asked again to act as an external examiner at the final year student presentations at the British School of Osteopathy and the British College of Osteopathic Medicine. The students continue to select challenging and absorbing research topics and presentations are delivered by many without any noticeable trace of nerves. It was a pleasure to attend both days.

In response to growing concern voiced by members of the profession concerning information on risks associated with osteopathic treatment, NCOR has established an adverse events sub-group. This has been chaired by Steven Vogel, Head of Research at the British School of Osteopathy. Some members of NCOR and individuals from other osteopathic educational institutions (OIEs) have attended the meetings. It has been the intention of the sub-group to identify priority areas of research concerned with this topic and present a series of options in pursuit of this research. An initial series of options were presented to the General Osteopathic Council on 15th June, 2006 for comments and feedback.

Communication: The NCOR website was launched in June, 2005 (www.ncor.org.uk). The site is slowly being populated with information that is useful for both practising osteopaths and osteopathic researchers.

The website is updated regularly to give current information about conferences, calls for papers for conferences and conference reports. Information concerning the dates of the research hub meetings and the topic area(s) being discussed or activity undertaken is also posted on the website. Articles on aspects of research that originally appeared in *The Osteopath* have been progressively placed on the website in PDF form. These will continue to be added as they are completed. Information concerning press responses that have been released throughout the year will also be added to the website.

The website is intended to be an easily accessible resource for osteopaths to use to keep themselves aware of current research and how it may influence practise. A great deal of

care has gone into planning the website to allow it to be a significant marketing tool not just for osteopathic research but for the profession as a whole.

The Osteopath remains a source of communication for those osteopaths who do not have internet access. A series of articles have been prepared throughout the past year concerning various aspects of evidence based practice. This will continue in the near future to assist in raising the confidence of osteopaths when dealing with research. The titles and dates of the articles are given below:

Critical appraisal: Part II. 2005;8(8):20-23
Critical appraisal: Part III. 2005;8(10):31-35
The research process. 2006;9(1):23-27
Ethics and research. 2006;9(2):21-25
How to write a case report. 2006;9(3):26-30
Systematic reviews: a brief overview. 2006;9(4):24-27
An introduction to randomised controlled trials. 2006;9(5):24-28
Outcome measures. 2006;9(6):25-29
Clinical governance for osteopaths 2006;9(7):23-26.
An introduction to clinical audit for osteopaths 2006;9(8):26-29.

The British Osteopathic Association also supports NCOR by allowing us to communicate with the profession via the pages of *Osteopathy Today*.

There has been a noticeable increase in press attention focussed on manipulation during the past year; much of it has been unfavourable. NCOR has recognised that the profession needs to be more proactive in promoting completed and ongoing osteopathic research. A series of briefing papers will be prepared during coming months targeted specifically at different audiences to clarify the current situation. A series of responses have been prepared and published to counter some of the press criticism; members of NCOR have given a great deal of their time in this endeavour. Responses have been prepared and submitted to the following publications:

The Journal of the Royal Society of Medicine. 3rd May, 2006.
The Times. 23rd May, 2006.
Peak Performance Journal. 31st May, 2006.
The Glasgow Herald. 26th July, 2006.

Research Hubs: A series of research hubs have been established around the country. Since last year's report further hubs have been established in Perth and Glasgow. All of the research hubs agreed to become involved with the development of a systematic data collection (SDC) tool for osteopathy. Some groups have now completed the early stages of the process and have progressed to other activities of their choice. A list of hub meeting dates and the activities undertaken are listed below. Attendance at the groups has remained steady despite the competing interests of the weather and high profile sporting events; it would be nice to see the hubs develop further and greater integration into higher education institutions to occur. Details of the hub meetings can be found on the website www.ncor.org.uk.

Oxford Hub:

This group has met on Wednesday evenings at Mill Court Clinical Centre at Oxford Brookes University on 02-11-05, 08-02-06, 29-03-06, 24-05-06 and 13-09-06. It has

worked on topic areas for the SDC tool, has engaged in some critical appraisal work and has worked on a project to attempt to create a generic case history card for osteopathy. The latter project has been undertaken in response to frequent criticism that appears concerning the standards of note-taking and recording of patient notes. The process of the development of the case history card is being written up for publication

Leeds Hub:

This group has met on Tuesday evenings at Leeds Metropolitan University on 08-11-05, 31-01-06, 14-03-06, 09-05-06, 20-06-06 and 12-09-06. It has worked on the SDC project and has been engaged in workshops looking at literature search skills and critical appraisal looking at randomised controlled trials (RCTs) and systematic reviews.

Exeter Hub:

This group has met at Peninsula Medical School, Exeter on Saturday mornings on 26-11-06, 25-02-06, 22-04-06 and 03-06-06. This group has followed up its involvement in the development of the SDC tool with workshops looking at the critical appraisal of osteopathic RCTs and examination and discussion of the BEAM trial in terms of clinical effectiveness, cost effectiveness and its implications for practice.

London Hub:

This group remains the smallest of all the hubs. It has met at Osteopathy House on Tuesday evenings on 06-12-05, 21-02-06, 02-05-06, 11-07-06 and 26-09-06. It has been involved in developing the SDC tool and has since focussed on the development of critical appraisal skills.

Bristol Hub:

Since its involvement in the development of the SDC tool, the Bristol group has undertaken a variety of different activities. One of the members gave a case presentation concerning the osteopathic management of an acute gastrointestinal episode; this is in the process of being written up for the International Journal of Osteopathic Medicine (IJOM). Hub members have chosen to focus on looking at osteopathic research concerning different clinical issues: risk and manipulation, back pain in children and the osteopathic treatment of hypertension have all been discussed. Meetings have taken place in a group member's practice on Thursday evenings 01-09-05; 26-01-06; 6-04-06; 18-05-06; 29-06-06 and 07-09-06.

Sussex Hub (Haywards Heath):

This group meets on Sunday mornings and has undertaken a variety of activities at its meetings on 04-12-05, 05-02-06, 23-04-06, 11-06-06 and 24-09-06. Initial meetings were involved with the SDC too, but subsequent meetings have focussed on learning more about the stages of the research process, the development of critical appraisal skills and latterly the desire to develop a case series concerned with osteopathic treatment during pregnancy. The case series will be prepared for publication in IJOM.

Scottish Groups:

I initially attended a meeting of the Scottish Osteopathic Association on 26-02-06 to speak to them about the SDC tool and the work of NCOR. Two different Scottish groups were established from that meeting in Perth and Glasgow. These groups met formally for the first time on Sunday 4th June and Monday 5th June respectively and discussed topic

areas to be included in the SDC tool. Further meetings for these groups have yet to be arranged.

Dublin Group:

A meeting was arranged in Dublin on 14th May, 2006 through liaison with the Irish Osteopathic Association (IOA). Despite assurances that many osteopaths had indicated that they would be attending, the support was extremely disappointing. Contact has been made with the secretary of the IOA to allow interested members to feed into the SDC development process via email. This is not an ideal situation but NCOR's very limited resources cannot be expended when support isn't returned.

The **Osteopathic Research Governance and Ethics Framework** (RGF) has now been completed. It is important to have clearly defined guidelines and procedures to be followed when undertaking good quality research. Respect for the wellbeing, rights and dignity of the patient should be at the heart of such guidelines and this is reflected in NCOR's research governance framework. The framework will initially be developed for use in osteopathic education institutions; a shorter summary has been prepared in a user friendly format for use by practising osteopaths to introduce them to the RGF. Both documents are available on the NCOR website (www.ncor.org.uk/rgf/index.htm).

Research Conferences: The 6th International Conference on Advances in Osteopathic Research took place at the British College of Osteopathic Medicine on 31st March and 1st/2nd April, 2006. It was heartening to see a greater number of practising osteopaths attending. The presentations were quite varied and presenters were drawn from Europe, the USA and the Antipodes. Details of other conferences and calls for papers will be posted regularly on the NCOR website.

NCOR Representing Osteopathic Research:

In December, 2005, I was invited by GOsC to join their stand at the NICE exhibition in Birmingham. It was surprising to notice the shift in delegates' questions from "what is osteopathy" to "what sort of research is currently being undertaken within osteopathy" and "what evidence do you have to support osteopathy".

The National Electronic Library for Health: Complementary and Alternative Medicine section (NeLCAM) was officially launched on 15th May, 2006. I have been asked to represent osteopathy as associate editor and attended the initial board meeting. The site is easy to negotiate and will provide a valuable resource to all professions even though the current information available is rather limited. This can be found at www.library.nhs.uk/cam.

Meetings of the Prince of Wales Foundation for Integrated Health have been noticeable by their absence in the past year due to staff changes within that organisation. A new calendar of meetings is being proposed for the coming year and osteopathy will continue to be represented within this group. A spirit of sharing resources and expertise is fostered at these meetings. It is also helpful to learn about the research activities of other CAM professions. Most of the professions represented i.e. aromatherapy, reflexology, homeopathy, acupuncture and traditional Chinese herbalism are fortunate to benefit from research funding and awards coming from within their own organisations.

I have been invited to attend meetings of the profession's insurers during the past year. A number of osteopaths have contacted the NCOR office concerned about insurance cover for osteopathic research. The meetings have allowed areas of concern for the profession and within the osteopathic educational institutions to be clarified and resolved. NCOR has produced information for the insurers to allow them to be satisfied that high standards of research practice are being observed when osteopaths contact them concerning research activities.

Future Work: A good deal of the groundwork in terms of strategic planning has been completed by NCOR. The research hubs provide the perfect forum for many more osteopaths to become involved in research at a level at which they feel comfortable; this forum also allows osteopaths to have a voice in the type of research they feel is needed from a clinical perspective. However, it is important to recognise that such endeavours do require support and access to resources if they are continue to grow, develop and ultimately make a contribution to the evidence base for osteopathy. Adverse publicity for the profession has certainly made more osteopaths aware that they need to develop skills to evaluate whether such criticism is apposite or unfounded. Workshops held at hub meetings have attempted to facilitate this and the process of literature searching and appraisal has started to become more enjoyable to the hub members; the profession appears to be slowly showing signs of becoming more research positive.

Carol Fawkes
Research Development Officer
NCOR

Research Reports from the Osteopathic Educational Institutions in the United Kingdom.

The reports are printed in the format supplied by each individual institution.

British College of Osteopathic Medicine (BCOM)

Undergraduate Research

Thirty one fourth year students submitted dissertations. The titles of which are listed below:

A survey of non-musculoskeletal disorder, treatment of and referrals at the British College of Osteopathic Medicine.

An investigation into the effects of temporomandibular joint mobilisation on the range of movement of the cervical spine.

The effects of thoracic HVLAT on lung function in smokers & non-smokers

Comparing the effect of motor imagery against met on range of motion in active hip flexion.

Comparison of a hamstrings muscle energy technique and a hamstrings proprioceptive neuromuscular facilitation technique on knee joint extension range of motion

Protein turnover and body composition changes after a 7 day naturopathic fast.

An investigation into the views of accident and emergency hospital doctors and orthopaedic surgeons with regards to osteopathy.

The influence of horse riding on back pain: does saddle style and time spent riding have an impact on back pain?

Acromioclavicular joint dysfunction in rugby union players.

Osteopathic approach to tinnitus.

Roles of gravity on the human musculoskeletal system - influences of an unilateral

Sacroiliac joint articulation technique on the centre of pressure.

Pilot study investigating the influence of endurance training on calcaneal, broadband ultrasound attenuation and body composition.

The associations between health beliefs and pain coping behaviours in patients with osteoarthritis of the hip and knee.

A study of the relationship between cup size, poorly fitted bras and thoracic spine somatic dysfunction.

A study to compare the effects of thoracic mobilisation and high-velocity thrust on cutaneous blood flow to the upper limb.

The effect of a muscle energy technique on the piriformis muscle and the wider impact.

A comparison of selected hot and cold timing hydrotherapy regimens, and their effects on blood perfusion to the lower limb.

Joint hypermobility identification and management in osteopathy.

A survey to investigate the awareness, use and perceived effectiveness of cranial osteopathy.

The effect of TMJ muscle energy techniques on hip flexor strength.

The effect of suggestion upon the neuro-musculo-skeletal vitality of the body.

A study of the effect of bilateral neuromuscular technique on the suboccipital muscles on the range of opening of the temporomandibular joint.

The effect of neuromuscular technique on postural sway.

The effect of thoracic high velocity thrust on cervical range of motion.

Lateral femoral cutaneous nerve and meralgia paresthetica: a cadaveric study.

The nature and incidence of treatment reactions after spinal manipulation.

spinal facilitation in subjects with anterior knee pain.

Psychosocial stress an osteopathic perspective.
Investigation into the relationship between body surface area and body volume.
the effects of training for a marathon on substrate utilisation
A study into the effect of spinal manipulation on pressure pain threshold.
26% students achieved an A grade, 42% B, 22% C and 10% a D. The average mark was 62% (range 46 to 75%) There were no referrals. Three students (titles: 9, 18,20) are each working towards submitting a paper to the International Journal of Osteopathic Medicine.

Post graduate students

One student registered for a part-time MPhil/PhD in 2004 with the University of Westminster. The expected completion time is 2011.

Title: Visceral Osteopathy and Autism

Two additional individuals (one ex conversion course student and one external osteopath) have presented ideas for MPhil/PhD projects, which are being discussed.

International Conference on Advances in Osteopathic Research (ICAOR 6)

The sixth International Conference on Advances in Osteopathic Research (ICAOR6) was held from 31st March to 2nd April 2006 at BCOM. The conference was advertised in IJOM, Osteopathy Today, The Osteopath and the BCOM website. Eighty-one delegates attended from thirteen different countries. Keynote speakers were Professor Ann Moore, Steven Vogel and Matt Wallden from the world of physiotherapy and osteopathy. There were twenty oral presentations selected from forty plus submissions and eight posters from U.K., Germany, Austria, Italy, U.S.A., New Zealand and Australia. There were also six exhibitor stands.

IJOM sponsored three investigator awards:

New researcher (S Crossland, new BCOM graduate)

Established researcher (G Fryer, Victoria University, Australia)

Best Poster (F Schwerla, German Academy of Osteopathy)

A copy of the programme and abstracts was also printed in the April issue of IJOM.

Publications and presentations

Does Marathon Training Influence Calcaneal BUA? IP Drysdale, H J Hinkley, D Bird, N J Walters. Submitted to the *Journal of Clinical Densitometry*, July 2006.

The purpose of this study was to determine the broadband ultrasound attenuation (BUA) at the calcaneum of marathon race participants and compare with previously published age and gender matched normative data. BUA was determined for the left and right calcaneum using the McCue CUBA clinical device in 218 males and 185 females less than 72 hours prior to running the 2004 Flora London Marathon, compared to a similar sized normative group (250 males, 336 females) of appropriately matched non-marathon runners. A significantly higher BUA for both men and women was demonstrated in the marathon cohort across all age groups studied ($p < 0.001$). Within the marathon cohort, BUA values were significantly higher in those individuals who had previously run a marathon ($p < 0.05$), and in those completing the marathon faster than 4 hours ($p < 0.05$). The observations of this study support the positive influence of weight bearing exercise, such as running training, on bone density as measured by BUA of the calcaneum.

Abstracts presented at conferences:

Investigation into the affectivity on cutaneous blood perfusion of different application time lengths of cold hydrotherapy. Shellie Crossland 4th year student dissertation. Supervisor Dr Drysdale. ICAOR 6

The temporal effect of a high velocity thrust technique to the lumbar spine on cutaneous blood flow in the lower limb, comparing smokers and non-smokers. Julian Howard, 4th year dissertation. Supervisor Dr Drysdale. ICAOR 6

The Effects of the Menstrual Cycle on Core Stability
Claudia Nella, Supervisor Dr Collins. Osteopathic, Chiropractic and Physiotherapy conference in Bournemouth October 2005

Investigation Into Changes in Laxity and Flexibility Across the Menstrual Cycle as Measured by Lumbar Range of Motion
Vicky Cowen, Supervisor Dr Collins. Osteopathic, Chiropractic and Physiotherapy conference in Bournemouth October 2005

The effects of cold pack application to the forehead and the thoracic spine (T2-8) on blood perfusion to the upper limb
Claire Conisbee, Supervisor Dr Drysdale. Osteopathic, Chiropractic and Physiotherapy conference in Bournemouth October 2005.

The effect of 'Psyching Up' on muscle strength assessed by the Cybex
Adam Bridges, Supervisor Mr Mehta. Osteopathic, Chiropractic and Physiotherapy conference in Bournemouth October 2005

Conferences Attended by faculty

Seminar in Methodology in Public Health (Oct. '05)
European Viral Hepatitis Education Initiative (Oct '05)
National Osteoporosis Society (July '06)
Nutrition Society (July '06)
ICAOR (April '06)

British School of Osteopathy

There have been three new appointments of particular note: the new Research Officer, Roberta Herrick has a background in research methodology, psychology and administration. The School has also appointed a new member to its Board of Directors. Dr David Langley is currently Director of Research Services, Imperial College of Science, Technology & Medicine. Dr Tamar Pincus from Royal Holloway, University of London has been long associated with the School; her contribution to the School has been recognised by her honorary appointment as an Associate Professor.

A record number of our students presented at the Chiropractic Osteopathy and Physiotherapy conference at the University of Brighton in September and several of these are preparing their manuscripts for submission to journals.

A member of the team has contributed to an Arthritis Research Campaign working group to develop a "Survival Guide for Musculoskeletal Conditions" for specialist general practice registrars. We have also made a large contribution to the GOsC regional

conferences with two members of the team being invited speakers. An invited keynote has also been delivered to the Osteopathic International Alliance Annual General meeting in Germany as well to a multidisciplinary evidence based physical therapy conference.

The Musculoskeletal Processes of Care Collaboration continues to meet providing an important forum for collaborative projects involving Chiropractic, General Practice, Osteopathy, Physiotherapy and Psychology. Several grants are in their final stages of write up and new grants are being written. This exciting group offers the British School of Osteopathy an important opportunity to be involved in cross disciplinary research.

The Osteopathic Research and Treatment Bulletin has been successfully re-launched and widely disseminated. Within the team there has been a progression for those studying for higher research based degrees. One member has completed their PhD and others have either made or are in process of preparing their transition to PhD level.

Specific research projects.

The School has internally funded a recruitment and admissions audit project, which has now completed the data collection component and we are moving into the analysis and write up phases of the project.

Recruitment is progressing with the MRI study funded by BackCare, investigating fear of movement and brain activity in people with long term back pain. The study is in collaboration with Dr Pincus at Royal Holloway, University of London.

We have acquired equipment to measure pressure used during palpation thanks to a donation from funds generated by a charitable event organised by Dr Stephen Sandler.

NCOR involvement has included leading on developing a call for research around responses to osteopathic treatment including investigating adverse events, risk management and risk assessment in practice.

Future

We plan to provide more support for our faculty by developing training focused on supervising research work. These plans are well advanced. Our faculty will also be invited to attend a journal club and the next London meeting of the NCOR research hub. The British School of Osteopathy will host the Chiropractic Osteopathy and Physiotherapy conference in Autumn 2007. This event is growing in popularity and provides an opportunity to value undergraduate research and to promote professional scholarship.

Grants

2005- BackCare, Brain imaging fearful people with low back pain. Pincus, Santos, Wall & Vogel (co-applicant) £7905.

2005- The British School of Osteopathy, Predictors of educational achievement and retention in undergraduate student osteopaths Vogel (Applicant), Dear, Tyreman, Menzies, Hunt. £6912.

Recent Publications 2005-2006

Books and book chapters

2006

Dear, J. & Underwood, M. (2006) What is the role of exercise in the prevention of back pain? In BMD (Ed). Evidence Based Sports Medicine Pp. 257-280

Articles and journal publications

In press

Parsons, S. Harding, G. Breen, A. Foster, N. Pincus T. Vogel, S. Underwood, M. The influence of patients' and primary care practitioners' beliefs and expectations about chronic musculoskeletal pain on the process of care: a systematic review of qualitative studies. *Clinical Journal of Pain*.

2006

Pincus, T., Vogel, S., Burton, A.K., Santos, R, Field, A.P. (2006) Fear-avoidance and prognosis in back pain: a systematic review and synthesis of current evidence. *Arthritis and Rheumatism*, 54(12) pp 3999-4010.

Pincus, T. Foster, N. Vogel, S. Santos, R. Breen, A. Underwood, M. Attitudes to back pain amongst musculoskeletal practitioners: A comparison of professional groups and practice settings using the ABS-mp. *Manual Therapy*, In Press, Corrected Proof, Available online 17 August 2006.

Pincus, T. Osteopathy and pain: Does psychology matter? *International Journal of Osteopathic Medicine*, Volume 9, Issue 2, June 2006, Pages 47-48

S. Vogel, T. Pincus, N.E. Foster, A.C. Breen and M. Underwood Attitudes to back pain amongst musculoskeletal practitioners: differences and similarities between professional groups and practice settings using the Attitudes to Back Pain Scale—Musculoskeletal Practitioners (ABS-mp) *International Journal of Osteopathic Medicine*, Volume 9, Issue 1, March 2006, Page 39 Abstract from ICAOR conference.

Parsons, S. Carnes, D. Pincus, T. Foster, N. Breen, A. Vogel, S. Underwood, M. Measuring troublesomeness of chronic pain by location. *BMC musculoskeletal disorders* (electronic resource), 2006 (epub), vol. 7, p. 34.

Evans, D. Breen, A. (2006) A biomechanical model for efficient cavitation production during spinal manipulation: pre-thrust phase and the neutral zone. *Journal of Manipulative and Physiological Therapeutics* 29(1), pp. 72-82

Pincus, T. Vogel, S. Santos, R. Breen, A. Foster, N. Underwood, M. The attitudes to back pain scale in musculoskeletal practitioners (ABS-mp); the development and testing of a new questionnaire. *The Clinical Journal of Pain*. 2006 vol. 22(4) pp 378-86.

Pincus, T. Vogel, S. Breen, A. Foster, N. & Underwood, M. Persistent back pain? Why do physical therapy clinicians continue treatment? A Mixed methods study of chiropractors, osteopaths and physiotherapists. *European Journal of Pain*. 2006 10: 1; 67-76

2005

Blanchard, P.D. Diastasis recti abdominis in HIV-infected men with lipodystrophy. *HIV Medicine*. 2005. Jan;6(1):54-6.

Evans, D.W. Foster, N.E. Underwood, M. Vogel, S. Breen, A.C. Pincus, T. Testing the effectiveness of an innovative information package on practitioner reported behaviour and beliefs: The UK Chiropractors, Osteopaths and Musculoskeletal Physiotherapists Low back pain Management Trial. *BMC Musculoskeletal Disorders* 2005. 6:41

Tyreman, S. An expert in what? The need to clarify meaning and expectations in 'The Expert Patient'. *Medicine, Health Care and Philosophy*. 2005. 8, 153.

Tyreman, S. The expert patient: Outline of UK government paper. *Medicine, Health Care and Philosophy*. 2005. 8, 149.

Nash, K. Tyreman, S. An account of the development of the conceptual basis of osteopathy course at the British School of Osteopathy. *International Journal of Osteopathic Medicine*. 2005. 8, 29-37.

Vogel, S. Dear, J. Evans, D. The UK BEAM trial – a review and discussion. *International Journal of Osteopathic Medicine* 2005. 8, 2: 62-68.

Grundy, M. Vogel, S. Attitudes towards prescribing rights: a qualitative focus group study with UK osteopaths. *International Journal of Osteopathic Medicine*. 2005. 8, 1: 12-21.

Conference Presentations and Posters

2006

Evans D

Evans, D. Foster, N.E., Vogel, S., Breen, A.C., Underwood, M. & Pincus, T. (2006) Can practitioners' behaviour towards low back pain be changed? Results of a randomised controlled trial of a contextualised educational package. Primary Care Research on Low Back Pain, Amsterdam International Forum VIII, Amsterdam, The Netherlands, 8-10 June

Pincus T

Pincus, T., Foster, N.E., Vogel, S., Breen, A.C., & Underwood, M. (2006) Attitudes to back pain amongst musculoskeletal practitioners: Differences between professional groups and practice settings using the ABS-MP. Primary Care Research on Low Back Pain, Amsterdam International Forum VIII, Amsterdam, The Netherlands, 8-10 June

Dear J

Dear, J., Vogel, S., Moore, A. & Lucas, K. (2006) Poster Presentation - Exploring Exercise content in the osteopathic curricula – a study of UK osteopathic faculty and students. International Conference on Advances in Osteopathic Research, British College of Osteopathic Medicine, London, April 2006

2005

Dear J

Dear, J., Vogel, S., Moore, A. & Lucas, K. (2005) Poster Presentation - Analysis of Exercise Content in the UK Osteopathic Curriculum. International Osteopathic Education Conference, Royal Holloway, University of London, June 2005

Evans D

Evans DW, Foster NE, Vogel S, Breen AC, Underwood M, Pincus T. Can practitioners ' beliefs and behaviour towards low back pain be changed? Results of a contextualised education package. The Society for Back Pain Research, Warwick University, UK.10-11 Nov 2005.

Nanke L

Nanke, L. Online Communication as a tool for teaching psychological skills. Osteopaths for the 21st Century. Royal Holloway, UK June 2005. Free paper

Pincus T

Pincus, T., Foster, N., Vogel, S., Breen, A., Underwood, M. Attitudes to back pain amongst musculoskeletal practitioners: differences between professional groups and practice settings using the ABS-MP. The Society for Back Pain Research, Warwick University, UK.10-11 Nov 2005.

Podmore W

Podmore, W. The ethics of cloning. XIXth European Conference on Philosophy of Medicine and Health Care: Ethics and philosophy of emerging medical technologies. Institut Borja de Bioetica, University Ramon Llull, Barcelona, Spain. August 2005
Free paper

Tyreman S

Tyreman, S. What makes Osteopathy Osteopathic: An exploration of Osteopathic Professional Identity. International Conference on Osteopathic Education, London, UK June 2005 – Keynote Lecture

Tyreman, S. Technological Temptation and the Seduction of Physicians European Society for Philosophy, Medicine and Health Care Annual conference, Barcelona, Spain. August 2005 – Free Paper

Vogel S

Vogel S. Professional Identity – A barrier to evidence based practice? 1st International Conference on Osteopathic Education, 'Osteopaths for the 21st Century' 2005. Royal Holloway, UK

Vogel S, Nash K, Santos R, Moore A, Pincus T. Osteopaths' Attitudes and experience of research – are we educating a research positive profession? 1st International Conference on Osteopathic Education, 'Osteopaths for the 21st Century' 2005.

Vogel, S., Pincus, T., Foster, N., Breen, A., Underwood, M. Attitudes to back pain amongst musculoskeletal practitioners: differences between professional groups and practice settings using the Attitudes to Back Pain Scale- Musculoskeletal Practitioners (ABS-MP). 8th International Congress of The German Osteopathic Association: Second International symposium on advances in osteopathic research. Schlangenbad, Wiesbaden, Germany.

Vogel, S., Nash, K., Pincus, T., Moore, A. Osteopaths' attitudes to and experience of research: a national survey in the UK. 8th International Congress of The German Osteopathic Association: Second International symposium on advances in osteopathic research. Schlangenbad, Wiesbaden, Germany.

Thomas, K., Vogel, S. Development of a questionnaire to investigate the views of complementary and alternative practitioners on evidence based practice. Chiropractic osteopathy and physiotherapy: Moving forward through research and practice. AECC, Bournemouth, UK. October 2005

Hounsfield, W., Vogel, S. Should osteopaths prescribe? A patient's perspective. Chiropractic osteopathy and physiotherapy: Moving forward through research and practice. AECC, Bournemouth, UK. October 2005

Invited and keynote lectures

2006

Vogel S

Vogel, S. (2006) Scope of Practice Europe, UK and New Zealand – a discussion: Osteopathic International Alliance Annual Conference and General Meeting, Schlangenbad, Germany, 5-7 October

Vogel, S. (2006) Lumbosacral function and diagnosis: Can we palpate what we say we palpate? Health Education Seminars, 2nd International Evidence-Based Physical Therapy Conference, London, UK, 20th May

Student degree projects 2005-2006

Alexander Janice

Approaches to the diagnosis and evaluation of fibromyalgia. A comparative study between osteopaths and chiropractors.

Ashcroft Philip

Does the white coat as worn by the osteopaths improve the therapeutic encounter?

Auber Daniel

A study into the effectiveness of mobile phone texting and e-mails in maintaining exercise adherence

Barker Wendy

Is there a relationship between reduced vibration perception threshold and range of movement at the sub-talar joint in HIV positive subjects?

Beaumont Peter

What impact will recent research and policy recommendations have on the provision of osteopathy within the changing NHS?

Beirne Suzanne

Investigating active and passive styles of treatment

Brown Melissa

Scheuermann's disease. A discussion of its aetiology and clinical relevance to osteopaths.

Brown Paul

An investigation into pressure/time integrals (PTIS) of peak plantar pressures (PPPS) in patients with varying degrees of human immunodeficiency virus (HIV) distal sensory peripheral neuropathy (DSPN)

Buike Alison

Rhythm and its application in technique. A comparative study between clinic and technique tutors at the BSO

Caseley Aaron

A pilot study to investigate the effects of specific exercise compared to general exercise on lumbo-sacral stability and pain in the chronic low back pain population

Chandler Darren

Osteopathic management of patients with diabetic foot complications

Celements Daniel

An investigation into the evaluation of, and differentiation between headaches of non-musculoskeletal and musculoskeletal origin and its reflection on teaching strategies employed by the BSO and learning strategies employed by BSO students

Clift-Williams Donna

A pilot study to investigate the relationship between physiological and psychological benefits of specific and general exercise.

Cornish Tom

Relationship between loss of postural stability and severity of distal sensory peripheral neuropathy in subjects with human immunodeficiency virus

Cox Alex

An investigation into the prevalence of discomfort in VDT operators and work days lost as a result

Day Russell

A systematic review to evaluate the empirical evidence in support of the hypothesis that psychosocial issues influence the prognosis of back pain

Demetriou Peter

A comparison of hamstring muscle length changes of the dominant leg in male amateur footballers, using concentric and eccentric METs

Dussart Philippe

The effects of a compression of the fourth ventricle on blood pressure and heart rate: a pilot study

Easton Alison

The effect of warm-up exercises on playing-related musculoskeletal disorders (PRMD) in orchestral musicians

Erickson Elizabeth

Osteopathy: Attitudes towards scope of practice

Evans Louise

An investigation into how accurately fourth year students understand the stress their patients feel under

Fancourt Suzanne

The effect of colour on patient's attitudes to the clinical environment

Gilbey Julie

Can osteopathy have an effect on a patient's atopic dermatitis? If so, on which concepts are treatment rationales based? A combined quantitative and qualitative study

Gill James

Efficacy of education training programmes for physiological hyperventilation

Gordon James

Review of the efficacy of spinal manipulation for low back pain

Hair Gugandeep

Investigation into the effects of combined muscle energy technique (MET) and inhibition to hip extension range of motion compared to MET and inhibition alone

Hart Jennifer

The effect of two short term swiss ball training programmes on the strength and endurance of transversus abdominis

Hart Naomi

Limited talo-crural joint mobility in subjects with HIV-associated distal sensory peripheral neuropathy

Hill Tristan

A study of the change in frequency of use and perceived benefits of HVLAT technique throughout the career of osteopathic practitioners

James Linda

Can osteopathy influence female infertility – An interview study

Johnston-Standley Madeleine

A study to investigate the osteopathic approach to the diagnosis management and aims of treatment, for patients suffering with migraine

Kavanagh Sarah

The effects of high-heeled shoes on the lumbar lordosis over eight hours

Kingsland Philip

Infection control with the British School of Osteopathy: An audit cycle

Lowes Lucy

Body awareness and heart rate variability

Marro James

Osteopaths' knowledge, assessment and interpretation of fasciculation

Martin Alison

An investigation into current physiological theories of autocrine skeletal muscle growth and repair relevant to osteopathy

McFarland Karen

Can the application of chiological and dermatoglyphic criteria aid osteopathic diagnosis?

Mustoe Adam

The efficacy of manual therapy in the treatment of mechanical shoulder disorders – A systematic review

Naranjo Jair

Incidence of shoulder injuries among tennis players

Newell Robin

An investigation into the effects of respiration upon postural sway

Or Kam Fat Mark

Investigation into the effects of cross fibre soft tissue and muscle energy techniques in increasing muscular strength

Pankhania Rupal

Why osteopaths present with musculoskeletal pain and is it related to their occupational posture?

Patel Kiron

A study into the role osteopaths in the UK have in providing health education advice

Perry Lousia

An investigation into variations in personality type amongst osteopathic students (at the BSO)

Piercy James

A comparative experiment to determine the difference in palpatory ability between 1st year and 4th year students at the British School of Osteopathy

Pooley Joanna

Investigation into peak plantar pressure and its relationship to the degree of peripheral nerve damage in HIV infected subjects

Pritchard Jenny

The back pain beliefs of osteopaths, are we fear-avoidant?

Reynolds Glenn

The issues for osteopathy in greater integration with other health care professionals as traditional boundaries change

Robinson Vanessa

An experiment into whether breathing retraining can reduce symptoms of musculo-skeletal pain in chronic over-breathers

Rosewell Catherine

The osteopathic approach to the management of patients with rheumatoid arthritis

Scullard Anna

HIV-associated distal symmetrical peripheral neuropathy. An investigation of postural stability in patients with HIV-associated distal symmetrical peripheral neuropathy

Seehra Harpreet

Representation of osteopathy on websites

Simao Mathias

Is there a correlation between planus and low back pain?

Sloan Matthew

Breathing retraining as an intervention for anxiety in overbreathers

Spencer Aidan

Plantar soft tissue hardness in patients with HIV-associated distal symmetrical polyneuropathy

Straughan Nikki

Patients' expectations of communication between their osteopathic and general practitioners

Symillidou Nayia

An investigation into somatic dysfunction and heart rate variability: A pilot study

Thomas Daniel

The relationship of vibration perception threshold to plantar skin hardness in HIV distal sensory polyneuropathy

Turner David

An investigation into the osteopathic treatment of people with hayfever

Vadi Trishul

Measuring the effects of HIV-related distal symmetrical peripheral neuropathy on joint range of movement using the 'PRAYER' sign

Van Der Post Kuno

What dietary advice should an osteopath give to a patient who is concerned about osteoporosis?

Vaux David

An evidence review of possible but related causal pathways and autism

Walsh Neil

Assessing changes in sympathetic nervous tone in asymptomatic subjects following a high velocity thrust technique to the thoracic spine. A heart-rate variability study

Wicken Dave

An investigation into the effects of osteopathic techniques to improve the function of the nasal airways and the paranasal sinuses

Williams Gina

Does the perceived self-confidence of a practitioner relate to patient satisfaction?

Wilson Nicholas

An investigation into the effects of inhibition and passive stretch on cervical myofascial trigger point sensitivity

Witts Stephanie

Neonatal morbidity in planned caesarean section and vaginal birth: An osteopathic perspective

College of Osteopaths

The last academic year saw some significant developments within the Research Department.

Appointments

The department appointed an Education Support Officer (Research) [ESO(Research)] to undertake some of the more research specific tasks and free up the Curriculum Manager. Three new tutors working as teaching staff and as supervisors have also been appointed.

Session Plans & Structure

The first step was a review and initial revision of the research skills session plans and curriculum content. Undertaken by the ESO (Research) lectures were physically attended and changes were made to the current structure of the module. As the programme is delivered this year further review will be taken to fine tune session plan content and delivery. The first two lectures have already had framework power point presentations created. This shall happen for all session plans. It is intended that in this way the sessions can be easily delivered by different members of the research teaching team whilst consistency of content is maintained.

The structure of the timetable has also changed for the coming academic year. The review process indicated that change to assessment strategy would facilitate clearer understanding for students of the requirements to their projects. Process regarding assessment should ensure that problems with student project propositions are targeted more quickly and earlier and that students have higher motivation to read more widely and submit more informed literature reviews regarding their area of interest.

Study Skills

The ESO (research) also reviewed the current standard of study skills in terms of broad underpinning skills in writing, comprehension and critical thinking as well as more specific to research skills in terms of understanding methodology, structure and the purpose of research. A short, repeating series of workshops has been devised to offer

students further support that targets the most obvious knowledge gaps. This programme can be expanded where necessary and it is intended that other aspects of research skills, such as clinical skills, may also become part of the programme.

Resources

Furthermore a review of the library and resource facilities has been done and significant investment is required in order to bring the in-house facilities to an appropriate level. Students should have access to the internet and a greater and more up-to-date selection of books, journals and other study tools than currently available. A report has been written and submitted. It is hoped that new facilities will be available in the new clinic premises and more investment occurs in terms of materials as a priority.

Conference

The Research Department is pleased to announce the first research conference, 'Research Matters', taking place on the second teaching weekend of the academic year starting 2006/2007.

This has been arranged primarily by the ESO (Research). The purpose of the conference is to raise the profile of research within the College, expose students to a conference ambience and encourage them to present papers, provide a forum for staff to present their own research and work in progress, disseminate knowledge of College research projects and hopefully inspire students.

The current programme includes three staff members, two students from the graduating year and two from the new 5th years. The conference has been particularly welcomed by the new 5th years and many have said they would like to present at subsequent conferences once their projects are more fully completed. The Department hopes this will become a regular well-attended event and will seek to invite external speakers and attendees in the future.

The abstracts accepted for presentation were:

Staff Presentations

Migraine patients' views of osteopathic treatment: a pilot study. Presented by Janine Leach, Senior Research Fellow in Osteopathy, Clinical Research Centre for Health Professions, University of Brighton

Does manipulation of the cervical spine have a measurable effect? Presented by Jeremy Longland DO

Traditional medicine in Belize – an example of osteopathic care in the community. Presented by Rachel Ives MSc, DO

Graduate Presentations

Can Neck Proprioception Be Improved Through Directed Patient Exercise? A Pilot Study. Presented by Allison Drakes

Understanding the Role of Suggestion in Osteopathic Treatment. Presented by Chris Drakes

Student Presentations

Post Traumatic Stress Disorder and osteopathic care. Presented by Anne-Tiphaine Braud

An Investigation to discover whether the duration of an isometric contraction during a hamstring stretch using muscle energy technique affects the post stretch length of the hamstrings. Presented by Chris Dorgu

Feedback

Feedback from presenters and attendees indicate that the conference was a great success and very useful for students and staff alike. The presentations were of a high quality and some lively discussion ensued after each presentation. Comments were made that the 4th years should be invited next year. We hope to be able to timetable this to happen. Overall the conference can be deemed to have certainly achieved its aims of raising the profile of research, supporting the students own work and providing a good initial forum for later research endeavours of students.

Publications

Whilst still in development and being considered for funding, the Research Department has also proposed an annual journal of the best student theses. Again it is hoped this will raise the profile of research within the College, encourage students to see their own work in terms of a great perspective and disseminate research knowledge in the osteopathic community where it is currently lacking.

Staff Development

A number of staff development initiatives were also undertaken this year. It is hoped that some will be repeated and more opportunities will become available. Closer links to the staff development programme of Middlesex University are being made and College staff will be encouraged to attend sessions there as well. This year saw two visits from Middlesex staff development tutors. Titles for the staff development sessions are listed here.

How to Feedback (Research Department College of Osteopaths)

How to Supervise Research Students (Middlesex University)

How to Chair Academic Boards (Middlesex University)

Ethics Training Day (NCOR – Hosted at BSO)

Research Ethics

The College has always had an ethics procedure for student projects. All projects requiring ethics consideration went through this procedure. With the growing numbers at higher levels it has been proposed that the Research Department set up a specific ethics committee to deal with the demands. This is combined with the ever-developing need to ensure that students research in an ethically appropriate manner and in order to conform more formally to industry standards. Furthermore a strong and well-informed ethics committee should ensure that students have better understanding and smoother processes for their projects approval and better access to external research possibilities.

This proposal has been developed in light of the information gained at the NCOR Ethics training day attended by Amanda Samson and Rachel Ives as well as a recent in College ethical review.

External Research

2004/2005 saw the initiative of the Research Leaders Group (initially Heads of Research). This is a committee comprised of members of osteopathic colleges who are seeking to promote, develop and strengthen inter college links in the area of research. Other aims are to raise the overall profile of research in the osteopathic community and develop collaborative research projects.

The Research Modules are supported and developed by an in-house team of experienced staff and by the external examiner, Professor Beddows.

Esteem factors

Janine Leach represents Naturopathy on Prince of Wales Foundation for Integrated Health ACCORD group, President of British Naturopathic Association; represents the College of Osteopaths on National Council for Osteopathic Research (NCOR); Senior Research Fellow in Osteopathy at University of Brighton; Honorary member of Faculty of Public Health; member of judging panel of BSO Research Day, Editor, International Journal of Osteopathic Medicine.

Linda Goodman is President of the GCRN, Chair of the Registration Committee, Trustee & Director of British Acupuncture Accreditation Board (Complementary Therapy Representative) Trustee & Director – Nature Cure Clinic

Helen Birch is a lecturer in Musculo-skeletal patho-biology, Institute of Orthopaedics and Musculo-skeletal science & University College London & Royal Veterinary College. She is also a referee for Journal of Orthopaedic Research, Research in Veterinary Science, Equine Veterinary Journal and New Zealand Veterinary Journal.

Rachel Ives has successfully completed her MSc in Education Management. Her research dissertation is entitled ‘The Use of an “Integrated Professional Portfolio” as a tool for teaching reflective skills to Osteopathic students – a case study’. She works as Curriculum Manager and Senior Lecturer & Clinic Tutor at The College of Osteopaths.

Tracey Stokely and David Lintonbon have both completed a post graduate certificate in clinical education, and are both in the process enrolling on the post graduate diploma of Clinical Education at Brighton University.

Jan Leach, Amanda Samson and Rachel Ives are members of the intercollegiate Research Leaders Group. They are looking to collaborate on at least one of the research proposals put forward by the group.

Student Research Theses

Graduates 2006 – Dissertation Titles

Ackerman, Graham What Rehabilitation Exercise Regime do Osteopaths use in the Intervention of Adhesive Capsulitis/Frozen Shoulder?

Adams, Noel Does Cervical Manipulation Affect Respiratory Function? A Pilot Study.

Blount, Denise	Stop Crying: A Study into the Efficacy and Public Awareness of Osteopathic Treatment for Infant Colic.
Carolan, Paul	Is the 'Supine to Sitting Test' a valid method of assessing leg length inequality in adults?
Drakes, Allison	Can Neck Proprioception Be Improved Through Directed Patient Exercise?
Drakes, Christopher	Understanding the Role of Suggestion in Osteopathic Treatment.
Feetham, Sue	An Investigation into the Range of Treatment Modalities Used by Osteopaths for Crohn's Disease.
Forty, Sharon	What is the Osteopathic Consideration to Dysmenorrhoea?
Gordon, Oliver	A Project to Investigate Cranial Manipulation with Reference to Rib Movement and Lung Function.
Guerrier, Christine	Is it Appropriate to use Osteopathy to Treat Infantile Colic? A Retrospective Case Note Study.
King, Amanda	Is the Osteopathic Treatment for Patients Suffering with Mild to Moderate Carpal Tunnel Syndrome Effective?
Life, Rebecca	What has been the Nature and Outcome of Medical Negligence Claims Against Osteopaths in England During the Past Five Years?
Lygo, Nicola	Are the concerns of private osteopathic practitioners about working in the NHS based on the reality of NHS practice? An evaluative postal questionnaire survey of current sub-contracted osteopaths.
Milne (Hewing), Jacki	An Investigation into the Scope of Practice Osteopaths Use in the Treatment of the Focal Dystonic Condition Spasmodic Torticollis.
Nolan, Ann	How do Osteopaths treat Pes Planus (flat feet)?
Rogers, Diana	Fibromyalgia: A Systematic Review for Osteopaths.
Sauer, Anne	Title not recorded
Sedgewick, Cain	Perceptions and Attitudes to Participation in Free Osteopathic Treatment – a Study of Employees' Attitudes to Osteopathy.
Smith, Tanya	A Systematic Review of Osteopathic and Alternative Approach to Otitis Media in Children.

Peer-reviewed publications by staff

Robinson D, **Bell CMJ**, Basnett I, Moller H. Effect of the UK government's two-week target on waiting times in women with breast cancer in southeast England. *Br J Cancer* 2003; 89: 492-496.

Dos Santos Silva I, Mantgani P, De Stavola BL, **Bell J**, Quinn M, Mayer D. Survival from breast cancer among South Asian and non-South Asian women in South East England. *Br J Cancer* 2003;89:508-12.

Morales-Suarez-Varela MM, Lopez A, **Bell J**. Treatment of hypertension in Spanish primary care centres: is it evidence-based? *Public Health* 2004; 118(8):594-8.

Lutz JM, Cree I, Sabroe S, Kajsa Kvist T, Clausen LB Afonso N, Ahrens W, Ballard TJ, **Bell J**, Dufour C, Eriksson M, Fevotte J, Guenel P, Hardell L, Jockel KH, Miranda A, Merletti F, Morales-Suarez-Varela MM, Stengrevics A, Lynge E. Occupational risks for Uveal melanoma: results from a case-control study in nine European countries. *Cancer Causes and Control*. 2005 (in press)

Robinson D, Salman A, **Bell J**. Long term outcome of breast cancer: 13 year follow-up of patients with invasive disease presenting to a District General Hospital breast unit and breast screening centre in England. (submitted).

Edwards, L.J., Goodship, A.E., **Birch, H.L.** & Patterson-Kane, J.C. (2005) Does exercise accelerate age-related changes in collagen fibril diameter distributions in common digital extensor tendons of young horses? *American Journal of Veterinary Research*, **66**, 564-568.

Goodship, A. E. & **Birch, H. L.** (2005) Cross sectional area measurement of tendon and ligament *in vitro*: A simple, rapid, non-destructive technique. *Journal of Biomechanics*, **38**, 605-608.

Wiseman, M. A., **Birch, H. L.**, Alanal, M. & Goodship, A. E. (2005) Segmental variation in the *in vitro* cell metabolism of nucleus pulposus cells isolated from a series of bovine caudal intervertebral discs. *Spine*, **30**, 505-511.

Kostyuk, O., **Birch, H. L.**, Mudera, V. & Brown, R. A. (2004) Structural changes in loaded tendons can be monitored by a novel spectroscopic technique. *Journal of Physiology*, **554**, 791-801.

Batson, E. L., Paramour, R. J., Smith, T. J., **Birch, H. L.**, Patterson-Kane, J. C., & Goodship, A. E. (2003) Are the material properties and matrix composition of equine flexor and extensor tendons determined by their functions? *Equine Veterinary Journal* 35, 314-318.

Presentations: Oral and Posters

Bloch, V (2004) 'Infant Crying and Use of Car Seats' Student Research Day, BSO and Musculo-skeletal conference

Ives, R (2005) The use of an "Integrated Professional Portfolio" as a means of teaching reflective skills to osteopathic students – a case study' 1st International Osteopathic Education conference

Leach J. The evidence on nutritional support for cancer patients (oral). Deutsche

Heilpraktikertag, KDH,2003.

Leach J. Where next for CAM research on cancer? (oral). CAM Research Day, University of Southampton, May 2003. abstract in Complement Ther Med 2003; II: 199

Leach J. How evidence-based is complementary nutritional advice for cancer patients? (abstract). 10th Syn complementary health care, London, 2003. Focus on Alter Comp Therap 2003; 8:147

Heney C, **Leach J.** Does osteopathy benefit children with ADHD? (poster). Prince of Wales Foundation for Integrated Health conference on Mental Health, 2004

Leach J, Strutt R, Shaw Q. Patient satisfaction with osteopathic treatment (oral). Brighton & Sussex Medical School Research Day, 2004.

Leach J, Strutt R, Shaw Q. Patient satisfaction with osteopathic treatment (poster). II th Symposium on complementary health care, University of Exeter, 2004. abstract in Focus on Alternative and Complementary Therapies 2004; 9 (supplement I): 23

Non peer reviewed publications

Leach J, Shah A. Conference Report: 8th Annual Symposium on Complementary Health Care. Br Naturopathic J, 2002

Leach J. Detoxifying with the Lemon Diet. Positive Health Magazine, February 2002

Leach J. An observational study of patients with chronic headache treated using cranial osteopathy. Int Cranial Assoc Newsletter, September 2003.

Leach J. A new Cochrane Review concludes that spinal manipulation is as effective as amitriptyline for migraine prophylaxis. The Osteopath, November 2004

Leach J, Fawkes C. Thinking about a research degree in osteopathy? The Osteopath, September 2004.

Videos published

Lintonbon, D (2000) 'The Art of HVT'

European School of Osteopathy

ESO Research Working Group

This small, focused working group meets regularly to identify and implement research initiatives for the ESO. It will report annually to the Research Advisory Board (yet to be convened). The Research Working Group first met in June 2005; it has met on a further 8 occasions since then. Membership of the Research Working Group includes

the Associate Vice Principal (Research), Postgraduate Research Development Officer, Osteopath (Senior Faculty member), Osteopath (Junior Faculty member) and BSc Research Project Co-ordinator. Input from the Head of Clinic is sought as required.

Institutional Research Projects

Two projects are currently under development:

- 1 A survey into the frequency of commonly occurring adverse incidents following osteopathic manipulative therapy (OMT) within the teaching clinic of the ESO.
- 2 An experimental project with international collaboration into inter- and intra- rater reliability of palpatory landmark location and positioning. Principal investigators: AT Still Research Institute, Kirksville, Missouri.

Other research-related activities 2005/06

On behalf of the ESO, the RWG hosted two meetings with visitors:

- Professor Ann Moore, *Chair*, National Council for Osteopathic Research, October 5th 2005
- Dr Iris Musa, *Research Strategy Adviser*, Cardiff University School of Healthcare Studies, November 10th 2005.

On each occasion short presentations by ESO staff on our current research activities were followed by broad ranging discussions around the challenges facing osteopathic research. In addition, an invited lecturer visited the ESO in April 2006.

- Gary Fryer, *Senior Lecturer in Osteopathic Medicine*, Victoria University spoke on "Evidence of paraspinal tissue changes associated with somatic dysfunction".

Post-graduate research degree completions 2005/06

MSc Osteopathy – University of Wales

Student	Supervisor	Project Title
Bruce Carnegie	Mr A Golding	Comparison of shoulder range of movement in patients following breast cancer and patients with normal range of motion.
Céline Mènetau	Mr R Molinari	Do visceral techniques have a beneficial effect on the outcome of osteopathic treatment for low back pain in female patients of child-bearing age?
Devan Rajendran	Dr P Collins	A electrotonometric study assessing lumbar paraspinal musculature for the potential prediction of pain in patients.
Jeff Richards	Ms D Pitt	An investigation of the Eaman technique in symptomatic hypertension patients. A prospective clinical trial to measure the effects of deep relaxation on the mind and body.
Jamie Taylor	Mr A Golding	Does osteopathic treatment of spinal lesioning alter the height/weight ratio?

Loïc Tremel	Mr R Molinari	Clinical based trial on the effect of osteopathic treatment on gastro-oesophageal reflux disease compared to orthodox treatment.
Matthieu Vetele	Mr A Golding	Effects of specific D/L osteopathic vertebral manipulation on lumbar proprioception in both low back pain and pain free patients.
Yves Waldburger	Mr L Smith	The facilitation phenomenon, osteopathic reflexes and their association with the referred pain concept – a literature review.

Post-graduate diploma in osteopathy (University of Wales)

Philippe Raoux	Ms D Pitt	A literary review: an osteopathic perspective on diagnosis and treatment of functional dyspepsia.
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Conference Presentations

Verbal presentations:

- **Brenda Mullinger** ICAOR6, London, March 06
Cortisol production in infants with colic as an outcome measure. D Jackson, B Mullinger
- **Christian Fossum** 1st International Congress of Osteopathic Medicine, Frieberg, Germany, September 2005
Prospective study at the ESO into the side effects of treatment. C Fossum, B Mullinger, D Rajendran

Posters:

- **An investigation into the effects of horse riding on active and passive hip mobility and the relationship of hip mobility and low back pain.** R Griffin, P Collins. Chiropractic, Osteopathy, Physiotherapy Conference, Bournemouth, UK September 05.
- **Cortisol production in infants with colic as an outcome measure** D Jackson, B Mullinger ICAOR6, London, March 06.
- **Short term effect on blood pressure in hypertensive subjects: comparison of Chapman's reflex technique of the adrenal glands vs. balanced ligamentous tension technique on the 12th rib.** K Bourne, C Fossum, P Collins. ICAOR6, London, March 06.

Publications

- **Fossum C, Mullinger B, Rajendran D.** Prospective study at the ESO into the side effects of treatment. *Osteopathische Medizin.* 2005;4:32.
- Hayden C, Mullinger B. A preliminary assessment of the impact of cranial osteopathy for the relief of infantile colic. *Complementary Therapies in Clinical Practice.* 2006;12:83–90.
- **Lim KW.** Infantile colic: a critical appraisal of the literature from an osteopathic perspective. *International Journal of Osteopathic Medicine.* (2006), doi:10.1016/j.ijosm.2006.07.001.

ESO International Conferences

The 5th International Conference of ESO “The dimensions of the palpatory space” was held on 22–25 June 2006 at Boxley, Maidstone. For the first time in the history of these biennial conferences, a display of research posters was mounted. The posters covered a range of research topics. They were drawn from the ESO as well as from two of its collaborative institutions: UNITEC, Auckland, New Zealand; AT Still Research Institute, Missouri, USA.

Leeds Metropolitan University

Louise Potter has been appointed Senior Lecturer at the Faculty of Health of Leeds Metropolitan University. Louise will be developing the BSc programme in Osteopathy due to admit students in Autumn 2007. The faculty of Health has five main research centres and groups including:

Centre for Health Promotion Research

Centre for Men’s Health

Centre for Pain Research

Feminism and Health Research Group

Childhood Obesity Research Group

Publications:

L. Potter, C. McCarthy, J. Oldham. The Intra-Examiner Reliability of Identifying a Dysfunctional Segment in the Thoracic and Lumbar Spine. *Journal of Manipulative and Physiological Therapeutics*. 2006; 29(3): 203-207

L. Potter, C. McCarthy, J. Oldham. A Review of the Proposed Theories of the Physiological Effects of Spinal Manipulation. *Physical Therapy Reviews*. 2005; (10):163-170

L. Potter, C. McCarthy, J. Oldham. Reliability Study: Identifying a dysfunctional Segment in the Thoracic and Lumbar spine. *Journal of Bone Joint Surgery*. 2005; 87-B: Supp II, 212

L. Potter, C. McCarthy, J. Oldham. Algometer reliability in measuring pain pressure threshold over normal spinal muscles to allow quantification of anti-nociceptive treatment effects. *Internal Journal of Osteopathic Medicine* Submitted July 2006

London School of Osteopathy

Publications and presentations

In the last issue of the *British Osteopathic Journal* (Vol XXVIII, 2006), one LSO student dissertation, by Lucy Mackay Tumber (2004), was published. Its title is *Do osteopaths diagnose as effectively as GPs?* One of this year’s graduates, Caroline Hobson is gave a presentation of her dissertation *Exercise Prescription in the London School of Osteopathy Clinic – Considerations of Patient Compliance* to the conference at Eastbourne on the 7th of October, 2006. This issue of the BOJ saw the editorship being relinquished by Robin Kirk. Derrick Edwards now takes on this challenging role.

LSO MSc course

It is rather disappointing to report that the LSO has not been able to commence its Masters program. Issues and doubts surrounding HEFCE have dominated the LSO’s recent strategic planning. Hopefully once these have been resolved the LSO will be able to implement its Masters program.

Ethical considerations

We have also established an ethics committee but it is envisaged that at the present time there will be little for it to do. Maria Counce, Derrick Edwards, Martin Collins, Fiona Hamilton and Robin Kirk form the membership of this committee.

Student Dissertations 2006

Student	Supervisor	Project Title
Margaret Catton	Robin Kirk	An investigation into the use of osteopathic technique: how use has changed and the factors that may influence this change.
Amada Redmond	Frank Vincent	Effects of osteopathic treatment on emotions and pain.
Jason Cook	Graham Smith	A Study into the perceived status of osteopathy amongst practitioners of conventional medicine and patients of osteopaths.
Caroline Hobson	Mary Penn	Exercise Prescription in the London School of Osteopathy clinic – considerations of patient compliance.
Mary Jolly	Phyllis Woodfine	Postural related pain and the postnatal mother: do the activities of childcare aggravate injury in the new mother?
Helen Terentjev	Fiona Hamilton	The kinetic chain relationship of pes planus and segmental dysfunction at L3 level.
Jennifer Lawlor	Robin Kirk	Attitudes in osteopathy: a comparison of pre and post-statutory regulation graduates of the London School of Osteopathy.
Salah Said	Simon Browning	Effect of mattresses on the back and awareness of people on mattress related back pain.
David Canenara	Edward Wilmott	A study comparing pain pressure threshold differences between men and women.
Sally Hunt	Robin Kirk	A pilot study on osteopathic approaches to treating irritable bowel syndrome.
Michael Pickering	Emma Chippendale	Play it again (if you can): musculoskeletal effects of playing a musical instrument, an osteopathic perspective.

Michael Oldfield	Robin Kirk	Comparative study of the relationship between the pain intensity of simple backache and bio-psychosocial factors including; socio-economic status, health status and locus of control.
Nicholas Burns	Fiona Hamilton	Investigation of intra-examiner and inter-examiner reliability in the measurement of cervical active range of motion using the cervical measurement system(CMS)
Stephen Marshall	Joanne Cole	A study into how osteopaths attract new business.
Maria Watson	Phyllis Woodfine	To determine the prevalence of musculoskeletal disorders of the cervical spine and shoulders in office workers attending the LSO clinic against disorders in other parts of the musculoskeletal system.
Tanya Botha	Phyllis Woodfine	Prevalence and response to work-related disorders reported by dentists.

Oxford Brookes University

The osteopathy programme is waiting for confirmation from the Privy Council regarding RQ status for its fulltime Bachelor of Osteopathy (BOst) and Master of Osteopathy (MOst) programmes. The programmes will have their first intake of students in September 2007. Laurence Kirk has succeeded Graham Sharman as Programme leader; Graham has now taken up the post of Director of Pre-Qualifying Learning and Teaching in the School of Health and Social Care at the University. The Osteopathy programme has also appointed Dr Delva Shamley, a senior researcher in physiotherapy to assist in building research capacity within osteopathy at the University.

FINANCIAL STATEMENT

1st October, 2005 to 30th September, 2006

INCOME

GOsC	£28,000
BOA	£2,000
OEIs	£8,000
TOTAL:	£38,000

EXPENDITURE

Administration

Consumables	£500
Postage and telephone	£2,000

Salaries

Administration support (Shirly Mathias)	£1,063
Research Officer (Carol Fawkes)	£22,647

Travel costs

Hub visits and NCOR travel	£5,182
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TOTAL: £31,392

Surplus remaining £6,608

A surplus of funding appears for the period 2005/6 due to under-spending in a series of areas. The NCOR research administrator, Mrs Shirly Mathias has been using a computer already present within the Clinical Research Centre (CRC). This is now becoming too slow to be helpful and new computer equipment will be purchased in early 2007 to assist Shirly who will be involved with data entry for the standardised data collection.

Salary expenditure for Mrs Mathias has also been under-spent; since her employment in the CRC for two mornings per week funding has been provided by the CRC for one morning per week. The increasing demand's of NCOR's work have necessitated that Mrs Mathias will be re-imbursed entirely from the NCOR budget. This will take effect from February, 2007.

Materials have also been under-spent in this period. In the next NCOR financial year, increased expenditure is anticipated as the results of the small research projects undertaken by the hubs are disseminated through the medium of posters at research conferences. Additionally, an NCOR newsletter is planned to communicate NCOR activities to a wider audience than at present.

Appendix

Background to the development of the National Council for Osteopathic Research (NCOR) and the draft strategic plan for osteopathic research.

The National Council for Osteopathic Research was constituted in 2003 in order to explore and assure the place that osteopathy has to play in Healthcare. The Council was established by the General Osteopathic Council, the British Osteopathic Association and all the recognised teaching colleges within the United Kingdom.

A chairman for the National Council for Osteopathic Research was appointed on 1st March, 2003 (Professor Ann Moore). Briefly the role of Chairman includes the following:

1. Chair and lead meetings of NCOR.
2. Work with stakeholders to establish the research mission and objectives of NCOR.
3. Lead NCOR towards achieving its mission.
4. Facilitate contact and liaise with funding bodies, government departments, foundations, Healthcare councils, research councils and institutes of Higher Education.

The National Council for Osteopathic Research has met regularly since March to discuss its operation but its first major task has been to produce a draft five-year strategic plan for the development of osteopathic research within the United Kingdom. Rather than a prescriptive and directive plan, the strategy constitutes a framework within which osteopathic research can develop and flourish.

The Development of the Strategic Plan

In order to seek views on research from the osteopathic profession a questionnaire (see appendix 1) was circulated to regional and special interest groups as well as members of the National Council for Osteopathic Research. The responses to the questionnaire were analysed descriptively and thematically. A summary is to be found in Appendix 3. The responses to the questionnaire were used to inform a Strategic Planning Event which took place in October 2003. The participants in the Strategic Planning Event are listed in Appendix 4.

The programme for the event and worksheets used throughout the two days are to be found in Appendix 5.

Aims of the Strategic Planning Event

The Strategic Planning Event aimed to achieve the following:

1. To establish a vision statement summarising what it is hoped can be achieved in five years in terms of osteopathic research development.
2. To establish a set of mission statements for the National Council for Osteopathic Research which will contribute to the attainment of the vision for the future.

3. To identify five main strategic areas for development by the National Council for Osteopathic Research.
4. To identify goals for each of the identified strategic areas.
5. To develop action plans for each of the identified goals.

A further aim was to identify any infrastructure needing to be put in place in order to support the action plans described.

The Strategy

Vision Statement for osteopathic research for the next five years

The development of a profession-wide research culture which is inclusive, robust, credible, has national and increasingly international impact and benefits for osteopathic teaching, learning and patient care.

Mission Statements

1. To establish and develop a comprehensive information resource for osteopathic research in order to promote a mutual research dialogue within the osteopathic profession and with other related professions.
2. To create a forum that will develop and nurture a pan-professional osteopathic research culture, facilitate linkage of research to practice and identify national research priorities.
3. To develop a research governance framework and code of good practice in research for osteopathy which links with frameworks already developed by the National Health Service and the Research Funding Councils.
4. To increase and improve the profile of osteopathic research at national and international levels with policy makers, HEIs, the NHS and fund-holders.
5. To increase collaboration in research amongst osteopathic providers and HEIs nationally and with like minded researchers internationally to improve the teaching, learning and research nexus and the quality of osteopathic research generally.
6. To improve the quality and quantity of research outputs.
7. To develop appropriate channels for research dissemination e.g. websites, journals, etc.
8. To identify and nurture sources of funding for research activities.

Constitution of National Council for Osteopathic Research

Chair	Professor Ann Moore
The British College of Osteopathic Medicine (BCOM)	Dr Nick Walters Succeeded in May, 2005 by Dr Heather Hinckley
British Osteopathic Association (BOA)	Mr Michael Watson
The British School of Osteopathy (BSO)	Ms Kate Nash, succeeded in June, 2005 by Dr Martin Collins; succeeded in 2006 by Mr Steven Vogel, Head of Research
The College of Osteopaths (COET)	Dr Janine Leach
The European School of Osteopathy	Dr Peter Collins succeeded in March, 2005 by Mrs Brenda Mullinger
General Osteopathic Council (GOsC)	Ms Brigid Tucker Mr Vince Cullen
The London College of Osteopathic Medicine	Dr Roderic MacDonald
The London School of Osteopathy	Mr Robin Kirk (represented since April, 2006 by Ms Dawn Limbert).
NHS Practitioners' Representative	Mr Martin Pendry
Oxford Brookes University	Mr Jorge Esteves
Private Practitioners' Representative	Mr Tim McClune
Surrey Institute of Osteopathic Medicine (SIOM)	Ms Reena Joshi
Research Officer	Carol Fawkes

Press Responses

Re: Robson S (2006) Joint manipulation for injuries – is it worth the risk? *Peak Performance* 229. 31st May, 2006.

We read with interest the above article. The article makes some interesting points. It is unfortunate that it was generally poorly written and appeared to suffer from selective viewing of the literature.

We would like to make the following points for the readership of your journal as we feel the article may have caused anxiety in those who have already received or are about to receive manipulative therapy. It is only fair to present a balanced view of the topic area.

Although manipulation was defined in the article, a more accurate definition would be “the therapeutic application of manually guided high velocity low amplitude forces to improve physiological function and range of movement in a joint”¹.

It would be advantageous for readers to note that:

- Clinicians undertake a full examination and assessment of each patient and screen fully for contraindications prior to manipulation taking place. The article may give the impression that patients are subjected to a number of manipulations during a single treatment; this is not necessarily accurate.
- Normally within the physiotherapy and osteopathic professions manipulation techniques are small range and carried out after careful positioning of the patient and in a sensitive and controlled fashion following discussions of examination findings and the rationale for treatment with the patient.
- The section in the article relating to manipulation being applied to athletes to “force the disc back into position” is unfortunately anecdotal and lacks scientific underpinning. The concept of discs moving in and out of place is at best a lay expression. This concept has long since been left behind by members of the majority of the professions practicing manipulative therapy.
- The statement that physiotherapists rely on the diagnosis of chiropractors and osteopaths is absolutely absurd and indefensible. Manipulative physiotherapists are highly trained, specialist individuals who are first contact practitioners and use a comprehensive reasoning model. Naturally there are some treatment techniques and examination strategies that are adopted across professions but they are in the minority with each of the professions following independent and varied philosophies.
- It is acknowledged that manipulation has risks associated with it especially if clinicians fail to screen for potential risk prior to treatment but the professions do recommend caution and advocate proper testing prior to manipulation in those areas that present a potentially greater risk. The incidence of adverse events however must be put into context. Figures available on adverse events published in scientific literature indicate they have been estimated to occur with a frequency of between 1:120,000 to 1:1,580,000²⁻⁷. So the risk is obviously small.
- We have great concerns about the “hundred percent under-reporting” cited in Robson’s article. This statement could mean that actually events are under-

reported because adverse side-effects are minimal. We would add that manipulation within some of the professions is used rarely, but the article may imply that clinicians are using manipulation on a routine basis with every patient. This is indeed not the case.

Robson does however make some useful points. He indicates that:

- Evidence to support validity and reliability of some of the diagnostic tests used within the professions and in some specific contextual studies has been shown to be poor. We need, however, to acknowledge the early stage of development of each of these professions in terms of their research base. Research activity has been occurring in the physiotherapy profession for twenty years. The National Council for Osteopathic Research was set up two years ago and the research communities associated with each of these professions is relatively small but they are each committed to safe practice underpinned by research evidence where it exists.
- The osteopathic and physiotherapy professions are committed to establishing firm evidence bases although this will take time. There are few professions in healthcare that have evidence to support every aspect of their work. It is wise to remember that the evidence based practice movement arrived on the coat tails of the pharmaceutical research culture in which it is mandatory that new drugs are fully tested before public use. Even this practice, as we unfortunately know from recent experience in the pharmaceutical industry, is not foolproof. There is no complacency in the osteopathic or physiotherapy professions concerning the size of the research base. The professions each recognise the need for further research and the need to observe strict guidelines for practice when performing manipulation.

It would be useful to highlight areas in Robson's paper that are correct. These are:

- Discs are not often a cause of symptoms.
- Asymmetry has little evidence to support its usefulness.
- Movement assessment is vague and unreliable but mobility assessment is possible.
- Subluxation is a problem with little evidence to support it; this is not a term commonly used in either osteopathy or physiotherapy.
- Safety is an issue with cervical manipulation and the prevalence of adverse reactions is difficult to be certain about but some under-reporting may be a historical truth.
- Mobilisation and massage may be as useful as spinal manipulative therapy for certain patients.

References:

1. Foundations of Osteopathic Medicine. Lippincott, Williams & Wilkins (2nd edition), Philadelphia, 2003
2. Dvorak J, Orelli F. How dangerous is manipulation of the cervical spine? Case report and results of a survey. *Manual Medicine*. 1985;2(1):1-4.
3. Patijn J. Complications in manual medicine; a review of the literature. *Journal of Manual Medicine*. 1991;89-92.
4. Klougart N, Leboeuf-Yde C, Rasmussen LR. Safety in Chiropractic Practice. Part II: Treatment of the upper neck and rate of cerebrovascular incidents. *Journal of Manipulative and Physiological Therapeutics*. 1996;19(9):563-9.

5. Di Fabio RP. Manipulation of the cervical spine: risks and benefits. *Physical Therapy*. 1999;79(1):50-65.
6. Haldeman s, Carey P, Townsend M, Papadopoulos C. Arterial dissections following cervical spine manipulation: the chiropractic experience. *CMAJ*. 2001;165(7):905-6.
7. Clubb D. Cervical manipulation and vertebral artery injury: a literature review. *Journal of Manipulative and Physiological Therapeutics*. 2002;10(1):11-16.

Professor Ann Moore
Chair, The National Council for Osteopathic Research
Professor of Physiotherapy, University of Brighton

Members of the Osteopathic Sports Care Association

Letter for publication – NHS told to abandon alternative medicine (Mark Henderson, Science Editor), Times, Tuesday 23rd May, 2006.

Medicine Rules OK! (or does it?)

Sir,

It was almost predictable that complementary therapies such as osteopathy would once again become the target of medical derision for the lack of a strong evidence base. The sad fact remains that osteopaths would welcome the opportunity to conduct further research to prove the efficacy of their interventions. Efforts are being made in this direction with the creation of the National Council for Osteopathic Research in 2004 and an evident increase in the numbers of osteopaths who are enrolling on research-based postgraduate education courses at Masters and Doctoral levels. There has also been a slow but steady rise in the number of osteopathic researchers.

However, it is worth noting the serious absence of funding to support any research in the healthcare arena that is not driven by the pharmaceutical industry or the medical profession. It is also remarkable that the signatories of this letter fail to realise that clinical trials are not the only way to gain evidence to support practice in healthcare.

Many clinical trials are ill informed and produce substantial waste in terms of financial resources and patients' time and goodwill. Much of this resource wastage could be avoided by utilising a range of other research approaches including baseline data collection and qualitative research which would more pertinently inform the research agenda and the conduct of relevant and robust clinical trials. However, funding bodies such as the Medical Research Council and the Department of Health seem to be less interested in funding any research other than randomised controlled trials; they are particularly reluctant to fund research in the field of complementary medicine such as osteopathy.

It should not be forgotten that the majority of healthcare practice in the United Kingdom, even medicine, is by no means founded on a complete evidence base. None of the professions, alternative or conventional, can afford to rest on their laurels. Instead of constantly criticising professions with low evidence levels it would be perhaps more

efficacious for the signatories to put their weight behind supporting a shift in research funding towards those areas that are under researched.

Professor Ann Moore

Chair of the National Council for Osteopathic Research

Director of the Clinical Research Centre for Health Professions, University of Brighton.

**Response to Glasgow Herald: “Quackery or quality cure-all?”
26th July, 2006**

Each year an increasing number of patients consult complementary practitioners e.g. osteopaths ¹. The reasons why patients continue to pay for this treatment at their own expense has not been addressed fully in this article. Chronic conditions such as low back pain and migraine continue to cause long absences from work which, in turn, cost the country millions of pounds each year. Satisfaction studies of osteopathic treatment in a wide variety of settings (e.g. GP surgery, college clinics) have shown high levels of patient satisfaction in the management of chronic conditions ^{2, 3, 4}. Many patients who consult osteopaths in private practice do so for a variety of other reasons e.g. because they are self employed and need to return to work swiftly. Some patients consulting an osteopath will not actually receive treatment; examination and diagnosis by highly skilled practitioners can identify underlying organic disease resulting in patients being referred to appropriate specialists.

The author quotes Dr Peter Canter’s views on systematic reviews of osteopathy; systematic reviews, by their nature, include a limited number of dated studies which have chosen inappropriate interventions for a randomised controlled trial. The negative interpretation of inconclusive studies included in such reviews continues to bias many complementary therapies.

The osteopathic profession is addressing the need to increase the quality and quantity of research output in order to build a sound evidence base. In 2003 the National Council for Osteopathic Research (NCOR) was formed by collaboration of the General Osteopathic Council (the regulatory body), the British Osteopathic Association (the professional body) and all of the osteopathic educational institutions. NCOR is chaired by Professor Ann Moore from the University of Brighton. NCOR fully recognises that all healthcare professions have a duty to patients to examine their practice and benefit from that process; lessons have also been learned from other professions and the manner in which they have organised their research strategies.

NCOR recognises the need to be able to apply evidence to underpin clinical practice and that such evidence for osteopathy is currently limited, as it is in a number of other healthcare disciplines. It is currently engaged in a variety of research activities including a systematic data collection exercise to identify research priorities; it is only when those priorities have been found that high quality and carefully considered clinical trials, that will stand up to scrutiny by the wider scientific community, can be undertaken. It is also important to recognise that other research methods can usefully be employed for a complex intervention like osteopathy to examine the experience of patients when receiving treatment. This process of building the foundations for an evidence base is likely to continue over the next decade.

1. 2001 General Osteopathic Council Snapshot Survey. www.osteopathy.org.uk
2. Pincus T, Vogel S, Savage R and Newman S. Patient satisfaction with osteopathic and GP management of low back pain in the same surgery. *Comp Ther Med.* 2000 Sep;8(3):180-6.
3. Licciardone J, Gamber R, Cardarelli K. Patient satisfaction and clinical outcomes associated with osteopathic manipulative treatment. *J Am Ost Assoc.* 2002 Jan; 102(1):13-20.
4. Pringle M, Tyreman S. Study of 500 patients attending an osteopathic practice. *Br J Gen Pract.* 1993 Jan;43(366)15-8.

Letter to the Editor of JRSM

A Systematic Review Too Far?

(Journal of the Royal Society of Medicine. 2006;99:278-279)

If the paper by Ernst and Canter¹ was produced in the name of science or to support evidence based practice then the quality of the paper is of serious concern

The systematic reviews surveyed by Ernst and Canter used various terms for the intervention: “manipulation” and “manual therapy” and “mobilisation”. The terms were usually poorly defined even in the original studies. These terms describe quite distinct types of manual intervention, producing differing physiological effects. They cannot be used interchangeably and are not equivalent to spinal manipulation. Moreover, the methodology is intrinsically remote from the primary data, and the data the authors reviewed did not justify the conclusions they drew.

It is unfortunate that Ernst and Canter’s cut-off date excluded a recent rigorous systematic review and meta-analysis by Licciardone et al² which evaluated the effectiveness of osteopathic manipulative treatment (OMT) for low back pain. This study concluded that OMT “significantly reduces low back pain. The level of pain reduction is greater than expected from placebo effects alone and persists for at least three months.”

The professions which utilise manual therapy recognise the need for more evidence to support the range of manual therapy techniques and are already engaged in this process; access to funding remains a considerable barrier to conducting as much research as the professions would like.

References

1. Ernst E, Carter P. A systematic review of systematic reviews of spinal manipulation. *JR Soc Med* 2006; 99:189-93.
2. Licciardone JC, Brimhall AK, King LN. Osteopathic manipulative treatment for low back pain: a systematic review and meta-analysis of randomized controlled trials. *BMC Musculoskeletal Disorders.* 2005;4(6):43



Call for Proposals

*(To be advertised on the NCOR website on Tuesday 20th February, 2007.
Additional advertisements will be placed with RDInfo, CHAIN, Osteopathy Today and
The Osteopath)*

The National Council for Osteopathic Research (NCOR) is announcing a call for proposals looking at four areas of interest. The funding for the potential projects has been provided by the General Osteopathic Council. The project areas are:

Proposal 1: Adverse events associated with physical interventions in osteopathy and relevant manual therapies.

Duration of project: 1 year
Total budget available: £37500

Proposal 2: Communicating risk and obtaining consent in osteopathic practice

Duration of project: 6 months
Total budget available: £7000

Proposal 3: Insurance claim trends and patient complaints to the profession's regulator

Duration of project: 1 year
Total budget available: £18400

Project 4: Investigating osteopaths' attitudes to managing and assessing risk in clinical settings and patients' experiences and responses to osteopathic treatment.

Duration of project: 2 years
Total budget available: £140000

The timeline for the proposals is:

Tuesday 20th February, 2007: Announcement of call for proposals
Tuesday 1st May: Closing date for outline proposals
Tuesday 8th May to Tuesday 22nd May: Review of outline proposals
Tuesday 29th May: Full proposals invited
Monday 30th July: Closing date for full proposals
Thursday 2nd August: Review of full proposals begins
Tuesday 11th September: Interviews for short listed applicants
Tuesday 18th September: Decision communicated to applicants

Further information

Introduction to call for proposals
Information concerning the call for outline proposals
General information for applicants
Outline application form
Curriculum vitae form for outline applications

Guidance for completion of proposal form
Criteria for review of proposals by NCOR Research Grants Governance Committee
Constitution of NCOR Research Grants Governance Committee
Terms of Reference of NCOR Research Grants Governance Committee
Full proposal application form
Curriculum vitae for full proposals
NCOR research Grants Governance Committee scoring system
External referees scoring system
Terms and conditions of grant award
Progress monitoring

Further information can be found on the NCOR website at www.ncor.org.uk under Research Opportunities or by contacting the NCOR research officer c.a.fawkes@brighton.ac.uk or telephone 01273 643457.