

# National Council for **NCOR** Osteopathic Research

Welcome to our first monthly news bulletin!  
May 2013

## What do we do for osteopaths?

Part of our role is to share news and research relevant to osteopathy with the osteopathic community, patients and other healthcare providers with an interest in musculoskeletal healthcare. Another part of our role is to promote research capacity and scholarship within in the profession. The NCOR website is an important platform to enable us to carry out these functions.

Our **\*new website\*** was launched in December 2012 – [www.ncor.org.uk](http://www.ncor.org.uk).



It is a resource that osteopaths can look to for help with research-related topics. Our aim is to make relevant information as accessible as possible to assist osteopaths in carrying out research and incorporate existing research into their daily practice.

On our website you can find:

- Links to journal articles
- Powerpoint presentations
- Snapshot summaries of research relevant to osteopathy
- A range of research methods tutorials
- Research resources, for example links to websites useful for research
- Practice resources, including links to clinical guidelines
- Information about Patient Reported Outcome Measures (PROMs) to allow you to measure patients' progress effectively through treatment.
- Information about clinical audit to help you improve your practice

There is also a lot more to come, including databases for research, podcasts and videos, and a learning forum for adverse events. We update the site regularly so why not add us to your bookmark bar or favourites?

## Papers recently added to the NCOR website



Orrock PJ, Myers SP. **Osteopathic intervention in chronic non-specific low back pain**: a systematic review. *BMC Musculoskelet Disord*. 2013 Apr 9;14(1):129. A link to this study can be found here: <http://www.ncbi.nlm.nih.gov/pubmed/23570655>

von Heymann WJ, Schloemer P, Timm J, Muehlbauer B. **Spinal high-velocity low amplitude manipulation in acute nonspecific low back pain**: a double-blinded randomized controlled trial in comparison with diclofenac and placebo. *Spine (Phila Pa 1976)*. 2013 Apr 1;38(7):540-8. A link to this study can be found here: <http://www.ncbi.nlm.nih.gov/pubmed/23026869>

de Oliveira RF, Liebano RE, Costa LD, Rissato LL, Costa LO. **Immediate Effects of Region-Specific and Non-Region-Specific Spinal Manipulative Therapy in Patients With Chronic Low Back Pain**: A Randomized Controlled Trial. *Phys Ther*. 2013 Mar 21. [Epub ahead of print. A link to this study can be found here: <http://www.ncbi.nlm.nih.gov/pubmed/23431209>

Licciardone JC, Minotti DE, Gatchel RJ, Kearns CM, Singh KP. **Osteopathic manual treatment and ultrasound therapy for chronic low back pain**: a randomized controlled trial. *Ann Fam Med*. 2013 Mar;11(2):122-9. A link to this study can be found here: <http://www.ncbi.nlm.nih.gov/pubmed/23508598>

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



## Coming soon...

### **\*PILARS - Patient Incident Learning And Reporting System\***

We are currently developing and piloting an online learning platform for osteopaths to enable them to anonymously share and discuss experiences relating to patient safety, adverse events associated with osteopathic care, and practice related incidents.



### **\*PREOS – Patient Reported Experiences of Osteopathic Services\***

Also in progress is the creation of an online platform that allows patients to anonymously feedback their experiences of osteopathic care. This could include both good experiences, occasions where service feedback could be helpful to clinicians, or where patients have experienced treatment reactions. This information is being collected purely for research purposes. Collecting patients' feedback on their experiences of osteopathic care in this central way can help us gain a clearer understanding of the type of service being delivered, why practice incidents may arise, how often they happen, and how we can avoid them in future.

### **\*Patient Reported Outcome Measures (PROMs) database pilot\***

Another key project is the development of a facility to support the use of PROMs in clinical practice. An online platform, and mobile application (APP) are currently being developed. They will be used in a pilot project to test their use in comparison with hard copy outcome measures in clinical practice.

There will be an area for osteopaths to upload data, and this data will be visible only to the osteopath supplying the data: it will not be shared with colleagues. A separate section will be available for patients to contribute data using a particular PROM, data about their general health status, and their experience and satisfaction with osteopathic care.



## Keeping up to date

We know you are busy!

We want to make it even easier for you to keep up to date:



Join us on:

Facebook: [www.facebook.com/NCORnews](http://www.facebook.com/NCORnews)

Twitter: [www.twitter.com/NCOR\\_UK](http://www.twitter.com/NCOR_UK)

LinkedIn: [www.linkedin.com/company/national-council-for-osteopathic-research](http://www.linkedin.com/company/national-council-for-osteopathic-research)

**New to social networking? Don't worry** – this article should help you get started:

[www.ncor.org.uk/wp-content/uploads/2013/03/social\\_networking.pdf](http://www.ncor.org.uk/wp-content/uploads/2013/03/social_networking.pdf)

## Contact us

You can get in touch with us via the contact form on our website:

[www.ncor.org.uk/contact-us/](http://www.ncor.org.uk/contact-us/)

## Research hubs

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

**Bristol** - Thursday 13<sup>th</sup> June from 7 to 9pm

The group will be looking at the output from a data collection period using the Bournemouth questionnaires.

**Exeter** - Saturday 6<sup>th</sup> July from 10am to 12 noon

Discussion of selected papers, and discussion of activities associated with the AQP process. The papers for discussion at the meeting are those remaining from the previous hub meeting.

**Leeds** - Monday 24<sup>th</sup> June from 5.30 to 7.30 pm

Discussion of research protocols produced by hub members.

**Haywards Heath** - Wednesday 24<sup>th</sup> July from 7 to 9pm.

The group will be discussing papers which consider appropriate exercises for patient with osteoarthritis of the hip and/or knee.

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