

NCOR monthly news bulletin
September 2013

Recent research



Thomson OP, Petty NJ, Moore AP. **Clinical decision-making and therapeutic approaches in osteopathy - A qualitative grounded theory study.** *Man Ther.* 2013 Aug 7. [Epub ahead of print] A link to this study can be found here: <http://www.ncbi.nlm.nih.gov/pubmed/23932101>

Loudon JK, Reiman MP, Sylvain J. **The efficacy of manual joint mobilisation/manipulation in treatment of lateral ankle sprains: a systematic review.** *Br J Sports Med.* 2013 Aug 26. doi: 10.1136/bjsports-2013-092763. A link to this study can be found here: <http://www.ncbi.nlm.nih.gov/pubmed/23980032>

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

NICE Quality Standard for Headache in Young People and Adults



The National Institute for Health and Care Excellence (NICE) has recently published a Quality Standard for Headache in Young People and Adults: <http://publications.nice.org.uk/headaches-in-young-people-and-adults-qs42/>

The quality standard relates to the diagnosis and management of primary headache disorders in people aged 12 or over; it also covers medication overuse headache. The National Institute for Health and Care Excellence (NICE)

have included a number of quality statements as part of the standard. Two of the statements are particularly relevant to osteopathic practice.

Quality statement 1: People diagnosed with a primary headache disorder should have their headache type classified as part of the diagnosis.

Tension-type headache, migraine or cluster headache can be classified using the following table:

<http://publications.nice.org.uk/headaches-cg150/guidance#diagnosis-2>.

More information about headache classification from the International Headache Society is available at: <http://ihs-classification.org/en/>

Diagnosis of primary headache disorder is achieved as a result of excluding other causes of headache (see below) and taking a case history.

Excluding other causes

NICE clinical guideline 150 (<http://publications.nice.org.uk/headaches-cg150/>) lists the signs and symptoms of secondary headaches for which further investigations and/or referral may be considered as:

- worsening headache with fever;
- sudden-onset headache reaching maximum intensity within 5 minutes;
- new-onset neurological defect;
- new-onset cognitive dysfunction;
- change in personality;
- impaired level of consciousness;
- recent (typically within the past 3 months) head trauma;
- headache triggered by cough, valsalva (trying to breathe out with nose and mouth blocked) or sneeze;
- headache triggered by exercise;
- orthostatic headache (headaches that change with posture);
- symptoms suggestive of giant cell arteritis;
- symptoms and signs of acute narrow-angle glaucoma;
- a substantial change in characteristics of their headache.

NICE clinical guideline 150 also states criteria for which further investigations and/or referral may be considered for people who present with new-onset headache. These are:

- compromised immunity, caused, for example, by HIV or immunosuppressive drugs;

- age under 20 years and a history of malignancy;
- a history of malignancy known to metastasise to the brain;
- vomiting without other obvious cause (for example a migraine attack).

Quality statement 2: People with a primary headache disorder are given information on the risk of medication overuse headache.

Information on medication overuse headache is available at:

<http://www.patient.co.uk/health/medication-overuse-headache>

<http://www.nhs.uk/Livewell/headaches/Pages/Painkillerheadaches.aspx>

<http://cks.nice.org.uk/headache-medication-overuse#!scenariorecommendation>

Patients should be seen by their GP before making any changes to their medication.

Key messages for osteopaths about the headache quality standard

- If you are diagnosing a primary headache disorder, you should classify the type of headache as part of the diagnosis.
- You should provide your patient with information regarding the risk of secondary headache due to medication overuse.

NICE have produced an online summary of their guidance on headaches; it is available at:
<http://pathways.nice.org.uk/pathways/headaches>

Keeping up to date



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

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www.ncor.org.uk/contact-us/

Research hubs

Forthcoming research hub meetings

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

Bristol - Thursday 19th September from 7 to 9pm.

The meeting will start with a focus group to explore osteopaths' views concerning outcome measures. The latter part of the meeting will include a workshop to explain how to use the Bournemouth outcome measure in clinical practice, and analyse collected data.

Exeter - Saturday 28th September from 10am to 12 noon

Part of the meeting will involve a focus group to identify osteopaths' views on the use of Patient Reported Outcome Measures (PROMs) in clinical practice. If you do not normally attend the hub meetings but would like to join the focus group, please [contact us](#) to receive a copy of the Participant Information Sheet, and the consent form.

The other part of the meeting will be to look at the experience of using the Bournemouth Questionnaire in clinical practice. Information concerning the Bournemouth Questionnaire can be found at <http://www.ncor.org.uk/wp-content/uploads/2012/12/The-Bournemouth-Questionnaire.pdf>.

Haywards Heath hub - Wednesday 9th October from 7pm to 9pm.

The topic for discussion will be continuing to look at exercise(s) for patients with hip and/or knee osteoarthritis. The papers to be discussed at the meeting can be found here: <http://www.ncor.org.uk/wp-content/uploads/2013/07/Haywards-Heath-hub-meeting-09.10.2013.pdf>

Leeds - Monday 23rd September from 5.30 to 7.30 pm

The topic for this meeting will be The Any Qualified Provider (AQP) system. Pre-meeting information about the system can be found at <https://www.supply2health.nhs.uk/aqpresourcecentre/Pages/AQPHome.aspx>.

Oxford hub: - Tuesday 24th September from 7.30pm to 9.30pm

The meeting will start with a short discussion about a draft practitioner information leaflet which has been developed from the findings of the adverse events studies in osteopathy (www.ncor.org.uk/adverse-events-studies/). The second part of the meeting will be a group critical appraisal exercise of a research paper.

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