

National Council for **NCOR** Osteopathic Research

**NCOR monthly news bulletin
January 2014**

Happy New Year!



Welcome to our first news bulletin of 2014. First of all we would like to wish you a happy, healthy and successful 2014. We have a busy year ahead of us; we are working on a number of initiatives. In this bulletin we have included information about some of our ongoing work.

Patient Reported Outcome Measures (PROMS) project

The PROMS project is a significant aspect of a larger PhD programme of study being undertaken by Carol Fawkes, NCOR Senior Research Officer, at Barts and The London School of Medicine and Dentistry. The PhD is being supervised by Dr Dawn Carnes and Dr Robert Froud.

The wider remit of the PhD project will aim to:

- Recommend a series of outcome measures appropriate for routine data capture following osteopathic treatment.
- Pilot the recommended outcome measures within the electronic data capture facility, which will be developed by a third-party (CLINVIVO; *vide infra*)
- Develop a facility to allow osteopaths to receive summaries of analysed data concerning their patients.

A series of preliminary projects are on-going to try to identify the most suitable outcome measures for use in the patients' data collection facility.



Patient Incident Learning And Reporting System

PILARS

We are currently in the latter stages of developing 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. We will be piloting the platform with osteopaths in practice in spring this year. Following the pilot we will develop an implementation strategy and encourage use of the platform amongst the profession. The information gathered from incident reports submitted by osteopaths will be analysed only by the research team at NCOR in order to identify trends. The information will be fed back to the osteopathic profession to improve patient care, and highlight any recurring issues which osteopaths may find helpful to their practice. By providing this facility we hope that osteopaths will learn from each other, and become more aware of situations and circumstances that may lead to the occurrence of adverse events or difficult incidents in practice.

The forum will be password protected, available for use only by registered osteopaths: the site will not be available to patients or the general public. All osteopaths will use the same login details so that they cannot be identified.

If you are interested in being involved in the PILARS pilot then please get in touch with us via the NCOR site.

Patient Reported Experience of Osteopathic Services

PREOS

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 will be collected for research and education 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.

Recent research



Licciardone JC, Kearns CM, Minotti DE. **Outcomes of osteopathic manual treatment for chronic low back pain according to baseline pain severity: Results from the OSTEOPATHIC Trial.** *Manual Therapy.* 2013;18(6):533-540. Available at:

<http://www.sciencedirect.com/science/article/pii/S1356689X13000842>

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Baranowski AP, Lee J, Price C, Hughes J. **Pelvic pain: a pathway for care developed for both men and women by the British Pain Society.** *Br J Anaesth.* 2014 [Epub ahead of print]. The abstract is available at:

<http://www.ncbi.nlm.nih.gov/pubmed/24394942>

Nelson AE, Allen KD, Golightly YM, Goode AP, Jordan JM. **A systematic review of recommendations and guidelines for the management of osteoarthritis: The Chronic Osteoarthritis Management Initiative of the U.S. Bone and Joint Initiative.** *Semin Arthritis Rheum.* 2013 Dec 4. [Epub ahead of print]. The abstract is available at:

<http://www.ncbi.nlm.nih.gov/pubmed/24387819>

Simons LE, Elman I, Borsook D. **Psychological processing in chronic pain: A neural systems approach.** *Neurosci Biobehav Rev.* 2013 Dec 27. [Epub ahead of print]. The abstract is available at:

<http://www.ncbi.nlm.nih.gov/pubmed/24374383>

Maiers M, Bronfort G, Evans R, Hartvigsen J, Svendsen K, Bracha Y, Schulz C, Schulz K, Grimm R. **Spinal Manipulative Therapy and Exercise for Seniors with Chronic Neck Pain.** *Spine J.* 2013 Nov 10. pii: S1529-9430(13)01630-6. [Epub ahead of print] The abstract is available at: <http://www.ncbi.nlm.nih.gov/pubmed/24225010>

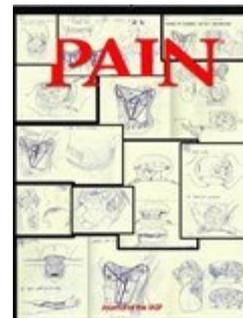
If the above links don't work by clicking on them, copy and paste them into your browser.



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.

New journals added to the IJOM Plus package available on the o zone



The General Osteopathic Council have now added The Lancet and Pain to their package of research resources, IJOM Plus, which includes the *International Journal of Osteopathic Medicine* (IJOM). They have negotiated this package with publisher Elsevier. The journals are on the Science Direct website and free access to UK-registered osteopaths is only via the o zone:

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

We want to hear from you!

In our last bulletin we introduced you to our new online resource: Practitioner information – Communicating Benefit and Risk: <http://www.ncor.org.uk/practitioners/practitioner-information-communicating-benefit-and-risk-in-osteopathy/>

This information resource is a work in progress and we are keen to receive feedback from the osteopathic profession.

We are always adding to our website and we are keen to know what you think. If you have a few minutes to spare we'd be grateful if you could complete our online survey: <https://www.surveymonkey.com/s/G5BJSWZ>



And finally, we are looking into running some small CPD events and would like the events to reflect your needs and preferences as much as possible. Would you be interested in attending CPD events on using research to promote your practice, how to use Patient Reported Outcome Measures and/or how to conduct an audit in osteopathic practice? At what times/on which days would you most like to attend a CPD course and how many hours would you like it to be? Please let us know your thoughts.

Please get in touch with us about any of the above via the contact form on our website: www.ncor.org.uk/contact-us/

New SIGN guidelines for managing chronic pain

The Scottish Intercollegiate Guidelines Network has published guidance for the management of non-malignant pain in non-specialist settings. The aim of this evidence-based guideline is to provide the information required to improve outcomes for patients with chronic pain. The guideline contains recommendations for the assessment and management of chronic pain including:

- self management,
- pharmacological, psychological, physical, complementary and dietary therapies.

You can read the guideline here:

<http://www.sign.ac.uk/guidelines/fulltext/136/index.html>

Osteopathic International Alliance Annual Conference



NCOR director, Dr Dawn Carnes, visited Austin, Texas to present at the Osteopathic International Alliance Annual Conference. The conference was held from the 11th – 12th January. A number of other osteopathic representatives presented and the presentations are all available to view online at: http://wp.oialliance.org/?page_id=4791



Dawn was appointed chair of the newly founded International Osteopathic Research Network on behalf of the OIA; key international researchers convened and drafted the initial mission statement and objectives for the group.

Keeping up to date



Join us on:

Facebook: www.facebook.com/NCORnews

Twitter: www.twitter.com/NCOR_UK

LinkedIn:

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

Research hubs



Forthcoming research hub meetings

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

Bristol: Thursday 13th February from 7 to 9pm.

The topic will be rehabilitation protocols for arthritic hip.

Exeter: Please refer to the website for information regarding the next meeting.

Haywards Heath: Wednesday 2nd April from 7pm to 9pm.

Leeds: Monday 27th January from 5.30pm to 7.30pm

Oxford: Tuesday 4th February from 7.30pm to 9.30pm

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