

National Council for **NCOR** Osteopathic Research

NCOR monthly news bulletin
October 2013

Recent research



Xie L, Kang H, Xu Q, Chen MJ, Liao Y, Thiagarajan M, et al. **Sleep drives metabolite clearance from the adult brain.** *Science*. 2013;342(6156):373-7. doi: 10.1126/science.1241224. This article is available at: <http://www.ncbi.nlm.nih.gov/pubmed/24136970>
You can read the news article here: <http://www.bbc.co.uk/news/health-24567412>

Reid IR, Bolland MJ, Grey A. **Effects of vitamin D supplements on bone mineral density: a systematic review and meta-analysis.** *Lancet*. 2013 Oct 10. pii: S0140-6736(13)61647-5. doi: 10.1016/S0140-6736(13)61647-5. [Epub ahead of print] Abstract available at: <http://www.ncbi.nlm.nih.gov/pubmed/24119980>

Murphy MH, Donnelly P, Breslin G, Shibli S, Nevill AM. **Does doing housework keep you healthy? The contribution of domestic physical activity to meeting current recommendations for health.** *BMC Public Health* 2013, **13**:966 This article is available at: <http://www.biomedcentral.com/1471-2458/13/966/abstract>

NCOR Articles in press

The NCOR team have been busy submitting articles for publication this year. Some of them are now in press and the abstracts are available to read online:

Fawkes CA, Leach CM, Mathias S, Moore AP. **Development of a data collection tool to profile osteopathic practice: Use of a nominal group technique to enhance clinician involvement.** *Man Ther*. 2013 Sep 4. pii: S1356-689X(13)00152-5. doi: 10.1016/j.math.2013.08.006. [Epub ahead of print] Abstract available at: <http://www.ncbi.nlm.nih.gov/pubmed/24119310>

Fawkes CA, Leach CMJ, Mathias S, Moore AP. **A profile of osteopathic care in private practices in the United Kingdom: A national pilot using standardised data collection.** *Manual Therapy*. 2013;1-6. Abstract available at: <http://www.ncbi.nlm.nih.gov/pubmed/24139392>

Fawkes C, Ward E, Carnes D. **Clinical audit in osteopathic practice: A Masterclass.** *International Journal of Osteopathic Medicine*. 2013. Abstract available at: [http://www.journalofosteopathicmedicine.com/article/S1746-0689\(13\)00129-6/abstract?rss=yes](http://www.journalofosteopathicmedicine.com/article/S1746-0689(13)00129-6/abstract?rss=yes)

If the above link doesn't work by clicking on it, copy and paste it 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.

Free access to journals

Free access to the International Journal of Osteopathic Medicine and a number of other Elsevier journals is available to UK osteopaths and UK final year osteopathy students. They can be accessed via the **o** zone, the General Osteopathic Council website for osteopaths: <https://www.osteopathy.org.uk/ozone/resources/research/research-journals/>



Student log in details for the **o** zone are emailed by the General Osteopathic Council to final year students in the autumn of the final year.

NCOR visits to OEIs

Throughout September and October, NCOR have been visiting osteopathic educational institutions to talk to osteopathy students about relevant research and the role of NCOR.

Our presentation covers the following topics:

- What research is relevant to osteopathy?
- Quality and credibility of research.
- Evidence of benefit and risk in osteopathy.
- The future of research.
- What can NCOR do for you?

The presentation slides for our student talk are available to view on our website at:

http://www.ncor.org.uk/wp-content/uploads/2013/10/NCOR_talk.pdf



Constituted in 2003

www.ncor.org.uk



We will be adding a recording of the presentation to our website shortly so please keep a look out for news. You can keep up to date with NCOR and research related news through social media:

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

Contact us

You can get in touch with us via our website:

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 5th December from 7 to 9pm.

The topic will be evidence for hip replacements.

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

Haywards Heath: Wednesday 8th January from 7pm to 9pm.

The topic for discussion will be looking at studies relating to the management of shoulder pain and disability.

Leeds: Monday 25th November from 5.30pm to 7.30pm

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: Tuesday 19th November from 7.30pm to 9.30pm

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/