

Recent research



The following papers are available to UK registered osteopaths and final year osteopathy students via the ozone, the General Osteopathic Council website:

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

Lubbe D, Lakhani E, Brantingham JW, et al.
Manipulative therapy and rehabilitation for recurrent ankle sprain with functional instability: a short-term assessor-blind, parallel group randomised trial. *Journal of Manipulative and Physiological Therapeutics*, 2015;38:22-34. Available online at <http://bit.ly/ankle-sprain-trial>

Dwyer L, Parkin-Smith GF, Brantingham JW, et al.
Manual and manipulative therapy in addition to rehabilitation for osteoarthritis of the knee: assessor-blind randomised pilot trial. *Journal of Manipulative and Physiological Therapeutics*. 2015;38:1-21.e2. Available online at <http://bit.ly/knee-qa-pilot>

Dibai-Filho AV, Guirro RR. **Evaluation of myofascial trigger points using infrared thermography: a critical review of the literature.** *Journal of Manipulative and Physiological Therapeutics* 2015;38:86-92. Available online at <http://bit.ly/bit.ly/trp-infrared>



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

Donate to NCOR

February sees the launch of our Donate Campaign, asking osteopaths and their patients in the UK and throughout the world to donate towards our research into the manual treatment of children and babies.

At NCOR we want to conduct a systematic review of literature examining the care of children up to pre-school age. Critics of osteopathy often point out the lack of robust evidence in this area. We believe there is a need to provide data about treatments in order to develop therapeutic approaches further and advance patient care. There is the potential for us to explore whether treatments can reduce symptoms in children, and reduce the duration of those symptoms.

To conduct a major piece of work such as a systematic review is time-consuming and can be costly. NCOR is a charity, whose day-to-day funding is by contributions from the Osteopathic Educational Institutions, the iO and the GOsC, and the Osteopathic Educational Foundation. This income allows us to retain a small team of part-time staff, but does not provide enough spare revenue to fund a large systematic review.

It is increasingly common for charitable research institutes to use "crowdfunding" as a means of boosting income for particular projects. Websites such as Experiment.com and PetriDish.org are examples of large online platforms that some researchers use to highlight projects that otherwise may not receive enough funding.

Our donation platform is up and running at
<http://www.ncor.org.uk/donate>

On that page there is also a press-pack containing a PDF of a poster that you can print and display in your clinic. From surveying hundreds of patients we know that they are often very happy to help the profession.

Please follow us on social media (links at the bottom of this bulletin) and watch for our updates throughout February, March and April. Help us spread the word, and you can make a real difference to our campaign.

PROMs update

As you will be aware, NCOR are developing an electronic data capture system for the profession using Patient Reported Outcome Measures (PROMs).

The use of PROMs is becoming increasingly widespread within healthcare. Many clinicians feel it will become a natural part of practice in the future. There are some clear benefits in collecting PROM data including:

- Being able to describe our osteopathic practice;
- Being able to measure the effectiveness of our care;
- Having data available to pursue new business opportunities;
- Identifying audit topics for your practice;
- Identifying meaningful areas for CPD activities.

Thank you to everyone who has been taking part in the pilot of the PROMs app. So far most of the volunteers have been from England; it would be nice to see other areas of the United Kingdom represented in the data collected.

In our qualitative work with patients, they expressed the view that data collection was a beneficial opportunity for the profession. Many welcomed the opportunity for their voices to be heard. If you are unsure of your patients would be willing to complete questionnaires after treatment, why not ask them and let them decide.

We are still looking for volunteers to join the pilot so please contact Carol Fawkes if you would like to be involved or would like more information (c.fawkes@qmul.ac.uk or telephone 07732 178308).

Keeping up to date



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Linkedin: <http://bit.ly/ncor-linkedin>

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You can get in touch with us via our website:

<http://www.ncor.org.uk/contact-us/>