

National Council for **NCOR** Osteopathic Research

NCOR monthly news bulletin December 2015

This December we're taking a look back at NCOR's work over the past year, and looking forward to our new projects for 2016 and beyond.

Xmas present from NCOR

Merry Christmas from NCOR! All UK osteopaths can use our Patient Reported Outcome Measures (PROM) system. There are some clear benefits in collecting PROM data including:

- Describing our osteopathic practice;
- Measuring the effectiveness of our care;
- Data for pursuit of new business opportunities;
- Identifying audit topics for your practice;
- Identifying meaningful areas for CPD activities.

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).

You can read more about PROMs at <http://bit.ly/ncor-proms-app>

Paediatric systematic review

In February we launched our campaign to raise funds to conduct a systematic review of manual therapies in the care of children. We are delighted to announce that this review will be going ahead, and we will be recruiting a part-time systematic reviewer in early 2016. Watch our announcements in January for details.

Centre for Reviews

The paediatric review will be the inaugural piece of work from NCOR's "Centre for Reviews". We intend to produce regularly updated evidence summaries and reviews of research in osteopathy and osteopathy-related fields. We are in discussion with the Osteopathic Educational Institutions around the UK to see how we can involve students in this work, and support the continued involvement of students in research.

Talks and conferences

In September the Osteopathic International Alliance (OIA) conference was held in Montreal, and NCOR's director Dr Dawn Carnes was present. The OIA looked at global research priorities, and themes included:

- chronic pain
- ageing
- paediatric osteopathy
- patient reported outcomes
- data collection and sharing

The conference also explored the role of osteopathy in global healthcare, as well as opportunities for collaboration and fundraising.

In November, a whole stream of the Institute of Osteopathy convention was dedicated to research, and Dr Carnes talked about developing the evidence base for osteopathy. She explained how we can learn a lot from asking our patients about outcomes of treatment, and how osteopaths can use NCOR's Patient Reported Outcomes Measures system (PROMs) to capture this data for the profession.

Also in November Dr Carnes was invited by the World Health Organisation (WHO) to attend their working group on traditional and complementary medicine in Macao. The WHO recognise that the majority of people around the world seek traditional and complementary healthcare, and they want to understand the safety and efficacy of these treatments. This gives NCOR an opportunity to work with the WHO in the coming years to ensure that osteopathy is represented on the global stage.

November 5th saw the Society for Back Pain Research (SBPR) conference in Bournemouth. NCOR's Carol Fawkes presented a poster on her qualitative study which asked patients and clinicians for their views on patient reported outcomes measures, for which she was awarded the Secretary's Special Poster Prize.

Throughout 2016 we will be attending further conferences, as well as giving talks to the UK's Regional Osteopathic Societies and osteopathy colleges. If your regional society has yet to contact us please let us know and we will arrange.

Ongoing projects

Throughout the year we've been working on various projects that you will have seen mentioned in *Osteopathy Today* and *The Osteopath*, as well as on our Twitter and Facebook pages. In particular, all osteopaths should be aware of PILARS and PREOS.

PILARS

NCOR's Patient Incident Learning and Reporting System (PILARS) has been available online for a year now, and we have produced our first report from the data. This will be given to the General Osteopathic Council as well as the Osteopathic Educational Institutions throughout the UK, in order to improve the delivery of osteopathic education and the practice of osteopathy. The report indicates that osteopaths broadly agree with each other regarding management of patients. It also backs-up previous findings that failures in communication underpin situations that lead to patient complaints.

PILARS is available at <http://www.ncorpilars.org.uk>

PREOS

NCOR's Patient Reported Experiences of Osteopathic Services (PREOS) also remains available for patients to provide feedback for the profession. This completely anonymous service allows us to collect data to support osteopathic practice. From our PROMs app we know that patients generally appreciate being asked to provide feedback, so please let your patients know about PREOS today.

PREOS is available at <http://www.ncorpreos.org.uk>

In the news and in the clinic

We brought you news and comment on paracetamol for back pain; anticholinergics and dementia risk; lymphatic vessels in the brain; manual therapy for migraines; and much more. We brought you details of Susan Eardley's study on the "mechanisms in orthodox and complementary and alternative medicine management of back pain" (MOCAM), and Jeri Draper-Rodi's offer of 8 hours of free CPD on low back pain.

You can find out more about Dr Eardley's MOCAM study at <http://bit.ly/mocam-study>

You can contact Jeri Draper-Rodi at j.rodri@bso.ac.uk

Be sure to follow our e-bulletins and social media updates for more in the new year!

Keeping up to date



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