

## **NCOR conference 2017 "Helping patients to help themselves" -- tickets now available**

We are delighted to announce that tickets are now available for our conference on 28<sup>th</sup> January 2017. If you book before 31<sup>st</sup> October, you'll pay only £99 for a full day's CPD.

The conference is titled "Helping patients to help themselves: improving the management of persistent pain" and will feature speakers from the professions of osteopathy and psychology. The day will be split into two halves, the first half covering the latest research on persistent pain and guidelines relating to osteopathic practice. The second half of the day will be formed of group workshops where attendees will learn how to integrate current psychological techniques within their existing approach.

For further details, directions, speakers, a full programme for the day and to book your place, please visit:

[www.ncor.org.uk/conference](http://www.ncor.org.uk/conference)

Alternatively you can contact us by emailing [info@ncor.org.uk](mailto:info@ncor.org.uk) or calling 020 7882 6131. If you prefer to pay by cheque then please post it to Austin Plunkett or Carol Fawkes at the following address:

National Council for Osteopathic Research  
Yvonne Carter Building  
58 Turner Street  
Whitechapel  
London  
E1 2AB

Cheques should be made payable to "National Council for Osteopathic Research" and must be accompanied by a completed booking form, which is available to download from the above web page.

The conference will be held in the David Sizer lecture theatre, Francis Bancroft Building, Queen Mary University London, Mile End, London E1 4NP. The campus is easily reachable by public transport, and the nearest stations are Stepney Green or Mile End.

Please be sure to tell you colleagues and friends about this conference. It is only through your support that we are able to deliver this day of education and practical techniques. We look forward to seeing you there!

## **Systematic review of paediatric patients**

The review continues apace, with dozens of papers entering the next stage wherein data will be extracted and analysed. Some extra papers have been identified by a thorough reading of relevant systematic reviews, and these papers have been downloaded or ordered via inter-library loans.

It's safe to say that the volume of material has surprised all of us. There's a lot of research out there! This has led to some pragmatic decisions regarding the scope of the project. Even though our inclusion and exclusion criteria have been clear from the start, there are always surprises. Also proving tricky is the lack of consistent and common definitions for complaints such as colic. This has led to some lengthy discussions among the team, and plenty of re-reading, particularly where papers have been translated and require careful consideration.

Keep updated with our progress through our social media bulletins and our articles in The Osteopath and Osteopathy Today.

## **Postural Assessment App**

The Anglo European College of Chiropractic and Teesside University are researching the use of postural assessment by manual therapists and welcome feedback from practicing osteopaths through an 11-question survey on this subject.

We really need your help to make this project work and are hoping to build a smart phone app for the valid measurement of posture in clinical practice based on the responses we get. This will later be used in a pilot study to assess any changes in posture during care and any relationship with patient reported outcomes such as pain and disability.

The survey takes approximately three minutes to complete and your input would be most valued. A copy of the Participant Information Sheet is available to download at <http://bit.ly/postural-assessment>

You can access the survey here:  
<https://www.surveymonkey.co.uk/r/NKNNP5T>

If you would like further information please contact Jane Johnson, PhD Researcher at [J.C.Johnson@tees.ac.uk](mailto:J.C.Johnson@tees.ac.uk)

## **NCOR research hubs**

The autumn meetings for the research hubs will begin shortly. Topics for discussion at hub meetings are chosen by the osteopaths attending. Details of all of the hub meetings, topics being discussed, and papers being reviewed at the meetings are available at <http://www.ncor.org.uk/getting-involved/hubs/>

The next round of hubs will be looking at:

**Exeter:** Saturday 1st October, 2016 from 10-00am to 12-00noon.

Topic: Back pain and sitting. Increasing amounts of furniture are becoming available to encourage less sitting, and more dynamic chairs when the need for sitting arises. The papers in this meeting will look at the underpinning evidence, where available, for some of the products and activities recommended by healthcare commentators.

**Haywards Heath:** Wednesday 28th September, 2016 from 7-9pm.

Topic: Insomnia. Insomnia is becoming an increasingly prevalent problem for many individuals. The papers we will be reviewing will be looking at management interventions to try and improve insomnia in a range of patient populations.

**Leeds:** Monday 26th September, 2016 from 6.30-8.30pm

Topic: Case studies. The Leeds group have been looking at a range of case studies relevant to clinical practice. The case studies selected will be looking at issues around diagnosis, and patient management.

If you are unable to attend any of the hub meetings, but would like to look at the papers being discussed they can be found under the entry for each of the meetings using the web link above.

## Keeping up to date



Facebook: <http://facebook.com/NCORnews>

Twitter: [http://twitter.com/ncor\\_uk](http://twitter.com/ncor_uk)

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

### Contact us

You can get in touch with us via our website:

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