

# National Council for **NCOR** Osteopathic Research

**NCOR monthly news bulletin  
October 2016**

## **NCOR at the iO Convention**

NCOR's director Professor Dawn Carnes will be presenting at this year's Institute of Osteopathy convention in Windsor. The iO convention this year has "reaching out" as its core theme, exploring the possibilities that are available when we reach out to colleagues, patients, other healthcare professions, and the wider community. Dr Carnes will be talking about integrating a cognitive behavioural approach into the management of chronic pain on Sunday 27<sup>th</sup> November.

You can find out more about this year's convention at <http://www.osteopathy.org/convention-2016/>

## **How the NCOR 2017 Conference can address your CPD requirements**

As the end of 2016 approaches, NCOR are busy preparing for our conference on helping patients to help themselves and improving the management of persistent pain. The conference will provide you with a full day of activity suited to Continuous Professional Development (CPD), however it is your responsibility as a reflective practitioner to consider how your CPD activities support your osteopathic practise.

To get the most from your time at the conference, think about the following points in relation to your CPD plan before the day itself:

- What challenges relating to persistent have I encountered in my professional work as an osteopath?
- What have I learned previously in this area, and how would I evaluate my knowledge and skills?
- Can I think of specific patients? What went well, and what could have gone better?

After the conference, you may want to consider:

- How did the conference help me develop my knowledge and skills for the benefit of my patients?
- What will I do differently tomorrow?
- Which of my colleagues will I discuss this with?

When choosing your CPD activities, you should consider the General Osteopathic Council's Osteopathic Practice Standards (OPS). Organised into four themes, these standards describe the conducts and competencies that are required of all osteopaths. CPD providers are also expected to describe how their activities relate to the

OPS. For a full discussion of the conference's relevance to each theme of the OPS, look out for our article in the upcoming December/January edition of The Osteopath.

NCOR are delighted to be joined by speakers from fields including osteopathy, neurophysiology, and psychology for our conference. We will hear the latest evidence on persistent pain from these speakers in the morning, before the afternoon's series of workshops, in which delegates will learn a variety of practical skills to take home and put into practise.

For further details on our conference including directions, speaker biographies, a full programme for the day and how to reserve 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 for £120 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.

## **Paediatric systematic review**

The systematic review team are now reviewing the quality of all the papers that have made it through the selection process. We have noticed that the reporting can be highly variable, making it challenging to determine whether interventions produced positive, negative, or indeterminate effects. Some of the variability in reporting is due to the strictures imposed by different journals, and some is due to the design and execution of the various trials and research approaches.

After assessing the papers for quality, we will start extracting data where it is available in order to determine an overall picture. Our initial overview indicates that there is a general positive trend in results. This trend is greater where "lower quality" evidence has been included, however it seems to persist where researchers include only higher quality approaches.

For regular updates on our systematic review be sure to follow us on social media, and find us on ResearchGate.net.

## PILARS and PREOS at ICAOR

The 11<sup>th</sup> International Conference on Advances in Osteopathic Research (ICAOR) will take place in Milan, Italy on 21-23 April 2017. The ICAOR organising committee have issued a call for papers, and NCOR will be submitting an abstract of research based on data collected from our Patient Incident Learning And Reporting System (PILARS) and our Patient Reported Experiences of Osteopathic Services tool (PREOS).

Our initial review of the data in PILARS indicates that this online forum is highly beneficial for osteopaths who work in single-handed or isolated clinics. Group discussions enable these clinicians to gain exposure to a wide range of perspectives that may not otherwise be available to them, and this is very valuable in empowering broad and deep reflections on best practises and patient care.

For further information about ICAOR 11, visit <http://bit.ly/icaor11>

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

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



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**Keeping up to date**