

National Council for **NCOR** Osteopathic Research

**NCOR monthly news bulletin
February 2017**

NCOR conference report

It was a pleasure to welcome over 80 delegates to Queen Mary University London on January 28th as they arrived at the NCOR conference on persistent pain. Our conference explored how osteopaths can improve the management of long-term pain, and how all clinicians can benefit from reviewing the conversational strategies they use while discussing pain with their patients. Chronic pain management is a significant clinical issue, and osteopaths are well-placed to provide their patients with evidence-informed self-management strategies.

Professor Dawn Carnes, Director of NCOR started the day with an overview of what we know about the definition and frequency of persistent pain, before introducing Professor Paul Vaucher who took us on a thorough tour of research into the neurophysiology of pain.

After Professor Vaucher's talk it was over to Steve Vogel, Vice-Principal (Research) at the British School of Osteopathy who gave a detailed review of the current NICE guidance for low back pain with sciatica, including some perspectives on how manual therapy can form part of a multimodal package of care for patients with these symptoms.

Before lunch, Dr Liz Steed gave a detailed explanation of behaviour change models. She explained why it might sometimes be more productive for patients to formulate their own recovery and rehabilitation processes, rather than for their osteopath to prescribe specific activities. Dr Steed drew on approaches from cognitive behavioural therapy to explore how clinicians might handle some of the situations that can occur while interviewing patients who live with persistent disabling pain.

The afternoon sessions were facilitated by several of the speakers as well as Carol Fawkes and Austin Plunkett from NCOR, and Hilary Abbey and Oliver Thompson from the BSO. Groups of delegates were encouraged to consider their experiences of working with challenging patients who might present with long-term pain and disability, and to think about how they might communicate differently with these patients.

The slides from the speakers' talks will be made available at <http://www.ncor.org.uk/conference> and all delegates will be able to access videos taken on the day as soon as we have completed editing them.

Paediatric systematic review

The final stages of our systematic review of paediatric manual therapy are slowly nearing completion. We have made several extensive edits of the paper, and must thank our reviewers for their detailed and insightful comments, and for ensuring that we are complying with the editorial requirements described by the journal we will submit to.

Building upon previous research, we uncovered three new papers since the last large review on this subject, and decided to reject two papers that had previously been included in a Cochrane review because they did not meet our inclusion criteria. One area in particular stood out as being under-researched: the nature of the relationship between child, parent, and clinician. This rich and complex interaction would be valuable for future investigation.

Once the paper has been submitted for publication then we will distribute an early report to all our sponsors.

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

NCOR at ICAOR 11 in Milan

The NCOR team are pleased to be attending the 11th International Conference on Advances in Osteopathic Research (ICAOR) in Milan, Italy on 21-23 April 2017.

The ICAOR organising committee have accepted several submissions from NCOR: a poster presentation about our Patient Incident Learning and Reporting System (PILARS); and three platform presentations about our Patient Reported Outcomes Measures (PROMS) project and NCOR's work in general. NCOR Director Professor Dawn Carnes and Senior Research Officer Carol Fawkes have also been asked to chair two discussions.

We look forward to meeting our international colleagues, sharing our work, and learning from others.

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

PILARS is available at <http://www.ncorpilars.org.uk>
PROMS is available at <http://bit.ly/ncorproms>

It's easy to support NCOR's work

NCOR can only produce events such as the conference, and publish research such as the paediatric systematic review, thanks to donations from UK osteopaths and their patients. We are a small charity staffed by osteopaths who work part-time for NCOR. We are largely funded by the General Osteopathic Council, the Institute of Osteopathy, and the UK's osteopathic educational institutions. These funds enable us to

conduct our day-to-day work of disseminating research and working with the UK's osteopathic organisations. Further work is only made possible through donations from osteopaths like you.

If you would like to make a contribution towards our work, no matter how small, we will always accept donations at <http://www.ncor.org.uk/donate/>

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