



Annual Report

May 2014 – May 2015

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I. Trustee's Report

NCOR became a Charitable Incorporated Organisation on 29 May 2014 (registered charity number 1157217) and this report marks the end of the first year of its operation as a fully-fledged and independent organisation.

There are five NCOR trustees: Martin Pendry (appointed by the Osteopathic Educational Foundation); Maurice Cheng (appointed by the Institute of Osteopathy); Rachel Ives (appointed by the Council of Osteopathic educational Institutions); Steve Vogel (elected by the NCOR Research Council); and Tim Walker (appointed by the General Osteopathic Council).

The Trustees' role is not to sit as 'representatives' of their respective organisations but to ensure the effective operation of the charity, while the day to day research-related activities of NCOR are the responsibility of the NCOR Director and her team.

This report sets out the work of NCOR during the year and presents a first set of annual accounts for the charity.

We hope you will agree that it has been a successful year for NCOR as it continues to establish itself within the profession and that you will be encouraged to read what it presented in this first formal Annual Report.

Tim Walker
Chair of Trustees

II. Director's Summary

This year in NCOR a number of projects have come to fruition. We launched the patient reported experiences of osteopathic services (PREOS) data capture service and the patient incidence learning and reporting system platform (PILARS). These are now operational and accessible online and we are seeing some good examples of practitioner reflective learning on the PILARS site.

Our patient reported outcomes data capture service has been piloted and tested and due to be launched in May/June 2015. This service will enable the osteopathic profession to collect data from patients about their treatment at a national level to inform us about our practice.

Our role in disseminating information continues, our presence and contribution in both osteopathic magazines The Osteopath and Osteopathy Today has increased and our social media presence is popular, our Facebook page is well used and we now have over 1000 Twitter followers.

The newest NCOR initiative was to fund raise, we launched a crowd fundraising project to raise funds to do a systematic review into the research about manual therapies for babies and children. This has not only generated funds but also raised our profile internationally. Over 50% of funds raised were received from non UK donors. Money raised will fund a systematic reviewing centre for the profession.

Our presence on the international stage was cemented at the Osteopathic International Alliance / Institute of Osteopathy conference, where we presented our work and generated much interest in our activity and our future. The Director of NCOR still chairs the International Osteopathic Research Network, this group has worked towards compiling both published and non-published international information about osteopathic scope of practice and competencies to help present our profession to the World Health Organisation.

NCOR stakeholders have agreed to fund NCOR for a further three years and we thank them for this commitment. NCOR will continue its collaboration with Queen Mary University of London, Barts and The London School of Medicine; contracts have been signed and we welcome their support. We will continue to strive for excellence and we look forward to working with our stakeholders on the future priorities and focus for research for the osteopathic profession.

Dawn Carnes
Director

III. Background

The role of NCOR is to promote for the public benefit the advancement of education and the promotion of good health in particular but not exclusively by:

- (1) Leading and facilitating osteopathic research development in the UK, including developing a comprehensive and cohesive research strategy providing both direction and coordination of osteopathic research.
- (2) Representing the osteopathic profession on matters relating to the osteopathic evidence base and research development. Acting on behalf of the profession, in a research context, to the media, the public and patients, policy-makers, the inter-professional research community, other health professions and healthcare regulators.
- (3) Providing a forum for osteopathic educational institutions (OElS) through which to forge consistent standards in research governance, to share expertise, achieve economies of scale, and foster undergraduate and postgraduate research collaboration. Promoting research capacity and scholarship.
- (4) Providing osteopaths, the public and patients, healthcare professionals, and the research and academic community with a recognised, high quality and accessible resource of research-related information concerning the distinctive body of knowledge within osteopathic practice.
- (5) Improving awareness of osteopathic research development amongst osteopaths and the wider community. Establishing links and build networks within the research fraternity, nationally and internationally, with a view to development through collaboration. Formulating and fostering strategies for attracting funding for osteopathic research development.
- (6) Providing systems relevant for grants governance and research governance for the benefit of all stakeholders.
- (7) Fostering and disseminating outputs from osteopathic audit, evaluation, and research activities.

Dawn Carnes has been reappointed as NCOR director for a further 36 months. NCOR's Senior Research Officer, Carol Fawkes, will continue for 3 days a week and complete her PhD, Austin Plunkett replaced Research Assistant Elena Ward (3 days a week) and Tom Mars will continue in his role for 1 day a week on the OsteoMap evaluation until November, 2015.

IV. Key Achievements 2014 - 2015

1) Dissemination

We have now have 1,032 twitter followers with our tweets being seen over 7,500 times in April alone. Our Facebook page is well reviewed and liked with over 920 followers, each post seen by an average 250 people. The website is well used with over 1,200 users per month.

2) Adverse event learning and reporting platforms

We have developed two adverse events learning platforms one for collecting data from practitioners (PREOS) and one for collecting data from patients (PILARS). These are operational and accessible online.

PREOS

PREOS is a learning resource for osteopaths so they can see how patients perceive osteopathic care and report their experience of practice. NCOR will ensure anonymity of all reports. This platform can be found at www.ncorpreos.org.uk. To date we have had two reports submitted. The uptake and use of this resource has been disappointingly low. In 2015 we will be pushing for greater use by asking the OEIs to promote it and presenting it at the regional groups and as part of the osteopathic development group.

PILARS

PILARS – Patient Incident Learning and Reporting System allows osteopaths to upload information about difficult situations experienced in practice with the aim that other practitioners can learn from the way they dealt with these situations. This platform is now live on www.ncorpilars.org.uk. We have had 9 reports uploaded onto the system and 20 comments.

3) Patient reported outcome measures (PROMS) – Development of an IT solution for data capture

Since the publication of the last NCOR Annual Report, the work on developing a PROM data collection facility has developed considerably.

PROM phone app and online data capture development

Throughout May, June, and July, 2014 the app was piloted in six Osteopathic Educational Institution (OEI) clinics. Two OEIs failed to respond to an invitation letter, and one was undergoing their own specific data collection project. This initial stage of the pilot identified where improvements and modifications to the system and process could be made. Since September 2014, volunteers have been sought to pilot the app in private practices. This has been somewhat slow but more recent volunteers have been more proactive in involving their patients and data continues to be submitted via the electronic system. To date (11.05.2015), the data returns are shown below.

Study arm	Baseline	One week post-treatment	Six weeks post-treatment	Total number of codes distributed
Test-retest	97	36		508
Feasibility	48	26	26	219
Responsiveness	73	26	21	424

Two data summaries have been received from Clinivo. This has allowed examination of the data to identify whether the app is being fully completed, if there are trends in missing data, and changes that are occurring based on treatment delivered.

Refinement and modifications have been made to the app to launch it for the profession to use. This has involved removing the Roland Morris Disability Questionnaire, and adding a question concerning the approximate number of treatments. A resource pack is being created for osteopaths who want to use the app in their practices. They will be supplied with:

- A brochure which describes the content of the app, its development, how it should be used, management reports, and Terms and Conditions of use;
- A series of codes which will be unique to the individual osteopath;
- Business cards to distribute to patients with the code to access the system and the address to access the app.

Launch of the app will take place in May/June, 2015 once all of the refinements to the app have been made and tested. All other information with respect to the launch is ready. The launch will be announced using social media and print media. The area of the NCOR website related to PROMs is also being revised to coincide with the launch.

Qualitative work

A series of interviews have been held concerning the use of PROMs in clinical practice with chiropractors. Volunteers were sought through contact with the Royal College of Chiropractors. The interviews have been transcribed and initial themes identified and revised slightly after testing.

Since July, 2014 contact has been sought with physiotherapists to conduct similar interviews. This has proved to be considerably more frustrating despite using local networks, alumni groups, advertisements in print media, social media, and personal correspondence. The end of May, 2015 is the deadline which has been set to recruit further physiotherapy participants.

Dissemination of work

Communication about the development of the PROM app, and the findings of the qualitative work has appeared in the osteopathic press (published and electronic bulletins) on a regular basis. In addition, oral and poster presentations have been made at a series of conferences including the Institute of Osteopathy (October, 2014), the International Conference on Advances in Osteopathic Research (ICAOR) in Brazil (November, 2014), the Core Outcomes in Effectiveness Trials (COMET) in Rome (November, 2014), and the Blizard Institute Graduate Studies Day (Queen Mary University of London) in April, 2015. Further work will be submitted for consideration at the Society for Back Pain Research conference in November, and the PROMs summit in December.

Academic progression

The PROM app is being developed as part of a PhD programme at Barts and The London. An eighteen month viva was held on 25-06-2014 which involved a presentation of work up to that date and submission of a report. The next academic milestone will be submission of a thirty month report, and discussion of its content on 06-07-2015.

4) BSO OsteoMap evaluation

The BSO have been implementing their programme called OsteoMap to patients at the BSO Clinic and two local GP surgeries. NCOR are providing independent evaluation the final report will be submitted to the steering group and the Department of Health December 2015.

5) Advice and guidance

Information requests and advice – 12 formal enquiries were logged between May 2014 and April 2015) for information and advice about research.

6) Raising funds, income generated

BSO 2014-2015: Evaluation of chronic pain service OsteoMap for BSO (£7,166)

GOsC March 2014 -2015: Analysis of claims and complaints arising from insurers, GOsC and BOA (~ £500)

Crowd fundraising 2014 - 2015:

Note: total amount is approximate since Gift Aid has not yet been collected, and some pledges have not yet been received. These are all itemised in this table.

Source	Amount
Online donations eligible for UK Gift Aid	£610.00
Gift Aid for the above at 20%	£122.00
Online donations not eligible for Gift Aid	£355.00
Direct donations from organisations and professional bodies	£5350.00
Pledged but awaiting receipt	£250.00
TOTAL	£6687.00

OEF donation: Additional £25,000

7) International developments

Last year NCOR presented work at the Osteopathic International Alliance / Institute of Osteopathy conference (Surrey UK) and the International Conference for Advances in Osteopathic Research (Sao Paulo Brazil). Our work generated much interested and we have promoted ourselves on the international circuit; this has been reflected in the funding generously donated by the international osteopathic community and illustrates confidence in our ability to perform good quality research.

Dawn Carnes continues to chair the International Osteopathic Research Network. This group has worked on the compilation of international published and un-published literature on scope of practice and competencies.

8) Miscellaneous developments

Future of the Profession

NCOR are one of the five bodies contributing to the development of the profession initiative. NCOR's role is to develop the evidence base and relevant research for osteopathy which we are continuing.

Regional hubs

The regional hubs continue, there are five active regional hubs. Hub meetings are run via Skype or teleconference where possible.

Staff training and Development

Please see a list of training and development events attended by Carol Fawkes and Austin Plunkett. The NCOR staff, including Tom Mars (recruited November 2013), continue to work hard and apply themselves adeptly to their roles, their contribution and commitment to NCOR's achievements cannot be underestimated. NCOR has a strong team which I hope will go from strength to strength.

Engagement with OEIs

The NCOR team continues to support the promotion of research in the OEIs through a number of methods. Talks have been delivered at various OEI events throughout the year. Members of the NCOR team also act as external examiners at assessed research presentations within the OEIs.

V. The future: NCOR objectives 2015 – 2018

To promote for the public benefit, the advancement of education and the promotion of good health, in particular but not exclusively by the objectives shown in column 2 Table 1. The final column indicates the operational and strategic tasks for 2015 – 2018. The items in black are those that are undertaken by NCOR already, those in red italics are projects that would require additional funding.

Table 1. NCOR Objectives

Area	Objective	Current and Future (red)
Development	Leading and facilitating osteopathic research development in the UK, including developing a comprehensive and cohesive research strategy providing both direction and coordination of osteopathic research	Continuing the development and implementation of existing projects <i>Using the Delphi consensus study findings to prioritise studies for targeting research funding</i> Day to day management of NCOR activity; responding to enquiries
Representing the profession	Representing the osteopathic profession on matters relating to the osteopathic evidence base and research development. Acting on behalf of the profession, in a research context, to the media, the public and patients, policy-makers, the inter-professional research community, other health professions and healthcare regulators	Actively seek opportunities for NCOR representation on relevant panels, development groups and professional advancement bodies, as opportunities arise Respond to requests about research as they arise and create a FAQ section about osteopathy the profession can use when discussing osteopathy in the wider health care arena

Promoting research capacity and scholarship	Providing a forum for osteopathic educational institutions (OElS) through which to forge consistent standards in research governance, to share expertise, achieve economies of scale, and foster undergraduate and postgraduate research collaboration	Four charity member meetings per annum Encourage and coordinate cross-OEI research <i>Raise funds for a new PhD studentship (2017)</i>
Dissemination of relevant research	Providing osteopaths, the public and patients, healthcare professionals, and the research and academic community with a recognised, high quality and accessible resource of research-related information concerning the distinctive body of knowledge within osteopathic practice	Continue to update the website and use social media to inform the profession and others of relevant work Set up a blog
Collaboration with a view to raising funds	Improving awareness of osteopathic research development amongst osteopaths and the wider community. Establishing links and build networks within the research fraternity, nationally and internationally, with a view to development through collaboration. Formulating and foster strategies for attracting funding for osteopathic research development.	Continue to work with the OIA as chair of the International Osteopathic Research Network Explore fund raising opportunities: <ul style="list-style-type: none"> • <i>NCOR conference</i> • <i>CPD online</i> • <i>Identify key projects to raise funds for</i> <i>Undertake ad hoc research projects</i>
Research governance	Providing systems relevant for grants governance and research governance for the benefit of all stakeholders.	Update research governance guidance as required and continue to advise in this area
Research projects and professional development	Fostering and disseminating outputs from osteopathic audit, evaluation, and research activities.	Continue with: The PROMS project Developing the PILARS and PREOS sites <i>Initiate a systematic review centre for osteopathic relevant research</i>

VI. The Future – what needs to be done

1) Dissemination of information

We need to continue to make research more user friendly and disseminating this information through the website, social media, OEI talks and conference presentations. We would like to explore the potential of using other web platforms such as Wikipedia and other network

forums. In addition we need to make sure that our information is updated regularly and that information is current and topical.

2) Raising the potential of publication of undergraduate research

We have the potential to do publishable research by utilising our Masters degree students, we would like to focus some efforts with our stakeholders who are OEI research educators and also the NCOR research hub members. We would like to run a strategy day to determine best practice and training and development needs. Once these are identified NCOR would like to be in a position to fulfil the training needs and facilitate best research practice to promote good quality research especially focused on Masters level research.

4) Patient incident reporting platforms

Encourage greater use of these platforms. Engaging our 'champions' within the OEIs to generate reports, interaction and interest.

5) Patient Reported outcomes measures

Launching this service and maximising uptake to ensure we have sufficient data to inform the profession.

6) New research projects for the profession

Setting up the systematic reviewing centre

VII. Financial Accounts

[see supporting report]

Appendices

Gantt Chart of key milestones and objectives

Objectives / Projects	2015 May/ Jul	Aug/ Oct	Nov/ Jan	2016 Feb/ Apr
Sign contracts between QMUL and NCOR	(Apr)			
Annual report and Review (March)	May			
Website				
Website re-design				
Maintaining and development of website				
Adverse event reporting platforms				
Monitor data input and produce reports	Jul			Feb
Patient related outcome measurement				
Launch date	Jun			
Interim activity and output report			Dec	
Systematic review centre: Research priorities				
Advertise and recruit reviewer	Jun/Jul			
Conduct children SR				
Prioritise other reviews based on Delphi study		Aug/Sept		
PhD submission				Jan

Staff training and development

Training undertaken April, 2014 and planned training to April, 2016

Date	Course title	Provider
Carol Fawkes	Introduction to linear regression methods (April, 2014)	Southampton University
	Essentials of survey design and implementation (April, 2014)	Southampton University
	Logistic regression methods (May, 2014)	Southampton University
	Introduction to STATA (July, 2015)	Imperial College
Austin Plunkett	Research methods	QMUL