National Council for
NCOR
Osteopathic Research

www.ncor.org.uk
Funded by annual donations from:

UK Osteopathic Education Institutions
General Osteopathic Council
British Osteopathic Association
Osteopathic Education Foundation
The development of a profession wide research culture that is inclusive, robust, credible, has national and increasingly international impact and benefits for osteopathic teaching, learning and patient care.

www.ncor.org.uk
Our 3 year strategic aim is to advance, facilitate and disseminate osteopathic, and osteopathic relevant, research to promote good and safe practice to optimise patient care.

www.ncor.org.uk
Research mission statements and objectives from around the world:

In summary:

• Collaboration with other organisations
• Conducting effectiveness research (trials and other studies)
• Synthesising information
• Disseminating research information
• Using research to promote osteopathy in other health care professions
• Using research to enhance education
• Developing skills in research
• Raising standards of research (including governance)
• Seeking funding for research
• Publishing research
• Keeping up to date and disseminating with research pertinent to osteopathy
• Using research for policy development
Research priorities

- 7 contributors
- 5 priorities
- Short, medium and long term
Research priorities

- Effectiveness and cost effectiveness
- Therapeutic mechanisms
- Scope of practice
- Patient reported outcomes
Research priorities

• Synthesising and disseminating existing research
• Safety
• Process of care
• Reliability of diagnostic techniques
# UK Research priorities

<table>
<thead>
<tr>
<th>Theme</th>
<th>Sub themes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Effectiveness of osteopathic treatment for:</td>
<td>• Neck pain&lt;br&gt;• Whiplash&lt;br&gt;• Headaches&lt;br&gt;• Radicular pain (including sciatica)&lt;br&gt;• Reducing episodes of low back pain (LBP)&lt;br&gt;• Acute LBP&lt;br&gt;• Chronic LBP</td>
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<tr>
<td>Role of osteopathy in the management of:</td>
<td>• Chronic widespread pain&lt;br&gt;• Musculoskeletal pain in pregnancy&lt;br&gt;• Elderly&lt;br&gt;• Spinal pain resulting from trauma</td>
</tr>
<tr>
<td>Risk of osteopathic treatment:</td>
<td>• Compared to pharmacological therapy&lt;br&gt;• In cervical spine manipulation</td>
</tr>
<tr>
<td>Outcomes of osteopathic treatment:</td>
<td>• Patient reported outcomes&lt;br&gt;• Effect on the neurological system</td>
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</table>
Research evidence can be gathered from the:

- The profession as a whole
- Individual practitioners
- Patients
What research can we do without ‘megabucks’ of funding?

Mobilising our resources:

• Researchers
• Individual practitioners
• Patients
How?

Examples:

1) Scope of practice – communicating with the wider health care industry, who are we and what do we do?

2) Safety – what are the risks involved with osteopathic treatment
Examples continued

3) Effectiveness – measuring patient outcomes

4) Evidence synthesis – using relevant research from all types of disciplines to inform practice

5) Dissemination – improving awareness
Example 1

Scope of practice / common treatment approaches

- Audit
- Standardised data collection
Audit

http://www.ncor.org.uk/practitioners/audit/

Why undertake clinical audit?

Clinical audit has many benefits including:

• Improving patient care
• Help you to demonstrate the benefits of your practice to others
• More effective use of clinical time
• More satisfied patients
• Helping to advance your practice
• Identify areas for making your practice more efficient
• Provide useful evidence of continuing professional development activity.
Audit

What is clinical audit?

Clinical audit is essentially a quality improvement process. It has been described as a technique to "assess, evaluate, and improve the care of patients in a systematic way to enhance their health and quality of life". Audit was believed to have begun with Florence Nightingale in 1854. It has undergone considerable development since that time to become Clinical Audit as it is known today.

Mawson and McCreddie (1993) described audit as a cyclical process consisting of the following key stages:

- Selection of a topic
- Observation of practice
- Comparison of current practice with agreed standards
- Implementation of change(s)
- Re-audit

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What is the difference between audit and research?

Research and audit are often confused; some of the differences between audit and research are explained in the table below.
Standardised data collection

The Standardised Data Collection Project

Standardised data collection within osteopathic practice in the UK: development and first use of a tool to profile osteopathic care in 2009

Authors: Carol Fawkes, Janine Leach, Shirly Mathias, Ann P. Moore.
Clinical Research Centre for Health Professions, University of Brighton
Scope of practice

• Standardised data collection and audit

• In 2009 in the UK, 342 practitioners participated in a survey (9% of profession)

ref: www.ncor.org.uk/audit
Scope of practice

In the UK there are 4,854 registered osteopaths. Their patients are:

• ~56% female

• most are treated for low back pain 36%

• 51% have acute pain, 15% sub-acute and 31% chronic
Scope of practice

• Most commonly used treatments are:
  - Soft tissue manipulation (78%),
  - Articulation (73%),
  - HVT (38%),
  - Cranial osteopathic techniques (26%),
  - MET (18%)
  - Functional (14%)
Example 2

Safety research / information

- Adverse event learning and reporting platforms
- Education and reflection
Safety: Practitioner perspective

Patient Incident Learning And Reporting System

- Major incident
- Minor / moderate incident
- Near misses
The Patient Incident Learning And Reporting System

The Patient Incident Learning Platform: A website for osteopaths to use as a learning platform to collect and comment on adverse events and potential adverse events occurring with patients in the profession.

The forum can only be accessed with a username and password. The log-in details can be obtained from the O-Zone section of the General Osteopathic Council website and the secure members' area of The British Osteopathic Association website.

To Submit A Report/View Existing Reports, Login Above.

About

The Patient Incident Learning And Reporting System (PILARS) has been designed to enable osteopaths to report anonymously, share and discuss experiences relating to patient safety, adverse events associated with osteopathic care, and practice-related incidents. This can all be done online, and the information gathered from these reports will be analysed only by the research team at the National Council for Osteopathic Research (NCOR) in order to identify trends. The information can be fed back to the osteopathic profession to improve patient care.

National Council for Osteopathic Research

Barts and The London School of Medicine and Dentistry
Safety: patient perspective

PREOS.org.uk

Patient Reports of Experiences of Osteopathic Services

• Positive experiences
• Negative experiences
• How to do things better
Example 3

Effectiveness / Outcomes

• Measuring patient reported outcomes (PROMS)

• Measuring patient reported experience (PREMS)
ACME Trial
Acupuncture, CBT, manual therapy and exercise
Warwick and Coventry PCT

Trial Manager
Chris Nicks

Complete baseline assessment
One month assessment
Three month assessment
Call trial co-ordinator
02476548890
Send SMS message
New patient
Email and mobile phone number collected, linked with treating osteopath registration number.

Baseline: Patient completes online questionnaire
Baseline: Patient completes phone app questionnaire
Baseline: Patient completes paper questionnaire (input manually)

Baseline: All Patient data collated and stored at Clinvivo and or returned to NCOR

Six weeks: All Patient receive a follow up questionnaire via preferred medium

Non responders at 8 weeks: receive a follow up questionnaire reminder via preferred medium

- Monthly downloads given to NCOR.
- Website provides summary data of anonymised patient responses
- Eventually registered osteopaths will be able to log in and acquire anonymised summaries of their patients summarised responses
Example 4

Evidence synthesis

• Systematic reviews

• Masters and PhD research
Evidence for Osteopathy

Below is a snapshot summary of evidence for osteopathy.

What evidence is there for osteopathy?

The summary includes information on

- Professional regulation
- Training
- Osteopathic practice
- Access to treatment
- Clinical governance
- Evidence and practice
- Clinical guidelines
- Low back pain — clinical trials
- Back pain and pregnancy
- Psychological factors and low back pain
- Osteopathy and safety
- Educational interventions
- Physiological assessment of low back pain
- Studies facilitating clinical competence
- Current work within the osteopathic profession

Below is a link (click on image) to a summary table of evidence for manual therapy. This table is a work in progress and will be updated regularly. It contains references for relevant papers and summary information for each paper.

You can find links to either abstracts or full articles for these papers on our Osteopathic Relevant Research page.
Learning online

Learning Online

We hope you will find this a helpful resource. In the learning online menu you will find links to summaries of research relating to osteopathy and practice as well as evidence-based tutorials, upload powerpoints, videos and podcasts from time to time that may be of interest.

Nerve root pain

- <5% of cases of back pain
- Sharp, shooting or burning pain radiating down posterior leg in segmental distribution
- Leg pain > back pain
- Aggravated by coughing or sneezing
- Associated with numbness or paraesthesia
- Examination - SLR, slump test, neurological deficit
Example 5

Dissemination

• Websites

• Social media
The National Council for Osteopathic Research (NCOR) - Providing leadership and unity in osteopathic research development.

Who We Are

The National Council for Osteopathic Research (NCOR) was constituted in 2003 in order to explore and assure the place that osteopathy has to play in Healthcare.

The Council was established by the General Osteopathic Council, the British Osteopathic Association and all of the osteopathic education institutions within the United Kingdom.

Contact Us

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News

- Update of the NICE guidelines for low back pain
  posted on 27th November 2013

- NCOR monthly news bulletin – November 2013
  posted on 15th November 2013

Twitter

- We have developed an online information resource for osteopaths to help them communicate with their patients...
Making research accessible, relevant and easily used

www.ncor.org.uk
Simple, inexpensive projects

Provide data that benefits:

• Patients (safety and outcomes)
• Practitioners (feedback, business development, reflective practice)
• Profession (feedback, standards, education)
• External relations (meaningful data)