

National Council for **NCOR** Osteopathic Research

NCOR monthly news bulletin
July 2013

New resources on our website

www.ncor.org.uk

Expanding your business - Any Qualified Provider

We have recently updated the Any Qualified Provider page of our website: <http://www.ncor.org.uk/practitioners/practice-resources/any-qualified-provider/>

The page now covers

- What is Any Qualified Provider (AQP)?
- Where does osteopathy fit in?
- How can I become a Qualified Provider?
- The AQP qualification process

There are links to plenty of resources to help you along the way, including how to collect data from your practice to support your AQP application.

We are keen to hear from osteopaths who have applied for AQP status as we would like to share your experiences with the rest of the profession. We would also be grateful for any feedback; do you think our AQP page would be helpful to osteopaths applying for AQP in the future? If you are interested in sharing your experience and/or giving us some feedback then please get in touch with us: <http://www.ncor.org.uk/contact-us/>

Website feedback



We would like to find out how you are getting on with our website so that we can continue to improve it. We would be very grateful if you could spend a couple of minutes completing our brief online survey:

<http://www.surveymonkey.com/s/G5BJSWZ>

Recent research



Rainville J and Lopez E. **Comparison of Radicular Symptoms Caused by Lumbar Disc Herniation and Lumbar Spinal Stenosis in the Elderly.** *Spine.* 2013;38(15):1282-1287. A link to the abstract can be found here: <http://www.ncbi.nlm.nih.gov/pubmed/23462576>

Rajasekaran S, Bajaj N, Tubaki V, Kanna RM, Shetty AP. **ISSLS Prize Winner: The Anatomy of Failure in Lumbar Disc Herniation: An In-Vivo, Multi-Modal, Prospective Study of 181 Subjects.** *Spine (Phila Pa 1976).* 2013 May 15. [Epub ahead of print]. A link to the abstract can be found here: <http://www.ncbi.nlm.nih.gov/pubmed/23680832>

Need some help making sense of the papers? Visit: <http://www.ncor.org.uk/learning-online/critical-appraisal/> for some help with how to critically review a paper.



International Journal of Osteopathic Medicine

The International Journal of Osteopathic Medicine's (IJOM) **Impact Factor has risen** from 0.195 to 0.579.



This is an increase of almost 300%. The Impact Factor of a journal is the number of times the average article in that journal has been cited over a given time period. All registered osteopaths and final year osteopathy students have **FREE access to IJOM** and a range of other relevant journals through the o-zone section of the General Osteopathic Council website: <https://www.osteopathy.org.uk/ozone/resources/research/research-journals/>

NICE Guidance for Rheumatoid Arthritis



The National Institute for Health and Care Excellence (NICE) have recently published Quality Standards for Rheumatoid Arthritis (RA). Quality standards describe high-priority areas for quality improvement in specific services or areas of healthcare. One of the statements in the quality standards for RA is particularly important for osteopaths to be aware of as they are primary care practitioners:

"People with suspected persistent synovitis affecting the small joints of the hands or feet, or more than one joint, are referred to a rheumatology service within 3 working days of presentation."

Signs and symptoms of persistent synovitis

- Persistent pain (not resolving within 3 or 4 weeks)
- Swelling
- Heat
- Early morning stiffness lasting more than 30 minutes and often recurring after longer periods of rest.
- Loss of function of the affected joint.
- There may be systemic symptoms such as malaise, fever, sweats, fatigue and weight loss.

Rapid referral for patients with suspected persistent synovitis is necessary to avoid delayed diagnosis and to begin treatment as early as possible. Delayed diagnosis and treatment can be potentially devastating due to the resulting joint damage and subsequent reduction in quality of life.

The key take-home message is:

**If you suspect persistent synovitis,
refer without delay.**

The full guidance is available at:

<http://publications.nice.org.uk/quality-standard-for-rheumatoid-arthritis-gs33>

Keeping up to date



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www.linkedin.com/company/national-council-for-osteopathic-research

Contact us

You can get in touch with us via the contact form on our website:

www.ncor.org.uk/contact-us/

Research hubs

You can find links to papers being discussed at:

www.ncor.org.uk/getting-involved/hubs/

Bristol - Thursday 19th September from 7 to 9pm.

The meeting will start with a focus group to explore osteopaths' views concerning outcome measures. The latter part of the meeting will include a workshop to explain how to use the Bournemouth outcome measure in clinical practice, and analyse collected data.

Exeter - Saturday 28th September from 10am to 12 noon

Part of the meeting will involve a focus group to identify osteopaths' views on the use of Patient Reported Outcome Measures (PROMs) in clinical practice. If you do not normally attend the hub meetings but would like to join the focus group, please [contact us](#) to receive a copy of the Participant Information Sheet, and the consent form.

The other part of the meeting will be to look at the experience of using the Bournemouth Questionnaire in clinical practice. Information concerning the Bournemouth Questionnaire can be found at <http://www.ncor.org.uk/wp-content/uploads/2012/12/The-Bournemouth-Questionnaire.pdf>.

Leeds - Monday 23rd September from 5.30 to 7.30 pm

The topic for this meeting will be The Any Qualified Provider (AQP) system. Pre-meeting information about the system can be found at <https://www.supply2health.nhs.uk/aqpresourcecentre/Pages/AQPHome.aspx>.

Haywards Heath - Wednesday 24th July from 7 to 9pm.

The group will be discussing papers which consider appropriate exercises for patient with osteoarthritis of the hip and/or knee.

Oxford – Tuesday 30th July from 7.30pm to 9.30pm

The meeting will start with the review of a draft practitioner information leaflet which has been developed from the findings of the adverse events studies in osteopathy (www.ncor.org.uk/adverse-events-studies/). This will also be the basis for a discussion on using research in everyday practice. The second part of the meeting will be a group critical appraisal exercise of a research paper.

If you would like to attend a hub meeting, please get in touch with us: www.ncor.org.uk/contact-us/