

Recent research



The following papers were authored by members of the NCOR team: Dr Dawn Carnes, NCOR Director and Tom Mars, NCOR Research Assistant.

Carnes C, Homer K, Underwood M, Pincus T, Rahman A, Taylor SJC. **Pain management for chronic musculoskeletal conditions: the development of an evidence-based and theory-informed pain self-management course.** *BMJ Open.* 2013;3(11): e003534 doi:10.1136/bmjopen-2013-003534. This paper is available to view at:

<http://bmjopen.bmj.com/content/3/11/e003534.long>

Mars T, Ellard D, Carnes D, Homer K, Underwood M, Taylor SJC. **Fidelity in complex behaviour change interventions: a standardised approach to evaluate intervention integrity.** *BMJ Open.* 2013;3(11):e003555 doi:10.1136/bmjopen-2013-003555. This paper is available to view at:

<http://bmjopen.bmj.com/content/3/11/e003555.long>

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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.

Communicating risk and benefit in osteopathic practice



NCOR have been working together with a number of key stakeholders involved in the four adverse events studies, commissioned by the General Osteopathic Council, to disseminate the findings from the research. One of the projects we have been working on is a practitioner information resource for osteopaths, which focuses on communicating risk and benefit in osteopathic practice.

The resource has undergone many changes and will undoubtedly benefit from further development. The resource contains information and guidance in the following areas:

- Shared decision-making
- Communicating benefit and risk in osteopathy
- Consent
- Risk and patient incidents
- Dealing with patient feedback and complaints

The information is mostly presented in a question and answer format, with some accompanying tables and example conversations.

We hope that you will find the resource helpful, whether you are a student, educator or practising osteopath. We are keen to ensure that our resources reflect the needs of the osteopathic community so we would be grateful for any feedback you have on this resource or any of our other resources.

The practitioner information resource for communicating benefit and risk in osteopathy is available to view online at: <http://www.ncor.org.uk/practitioners/practitioner-information-communicating-benefit-and-risk-in-osteopathy/>

Update of NICE Low Back Pain guidelines



The National Institute for Health and Care Excellence (NICE) is currently preparing to update their clinical guidelines for low back pain. They produced a draft scope defining the aspects of care that will be covered by the guideline and to whom it will apply. Registered stakeholders including the National Council for Osteopathic Research have submitted a number of comments on the scope. We have submitted a number of comments which include the following:

1. It would be helpful to look at the literature on the implementation of guidelines as the 2009 low back pain guidelines have not been well implemented throughout the NHS;
2. Patient satisfaction/satisfaction with care/patient experience should be included as outcomes. This is important in its own right but also due to its effect on outcomes of care;
3. The management section currently implies that the stepped approach for the early stages includes conventional treatments such as physiotherapy. This would be more properly termed physical therapy. Physical therapy may include manual therapy which appears to be seen as distinct from the use of manual therapy if pain persists in the section below. European guidelines and RCGP guidelines (now withdrawn) for early stages of back pain include recommendations about manipulation. It would be better if the language focused on the interventions or packages of care rather than identified professional groups.

Consultation on the draft scope of the guidelines ended on 18th November, and the review of the guidelines will take place from 3rd July to 28th August 2015. The anticipated publication date for the updated guidelines is 13th January 2016.

For more information, including the draft scope, visit: <http://guidance.nice.org.uk/CG/Wave0/681/ScopeConsultation>

Keeping up to date



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Research hubs

Forthcoming research hub meetings

You can find links to papers being discussed at:

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

Bristol: Thursday 13th February from 7 to 9pm.

The topic will be rehabilitation protocols for arthritic hip.

Exeter: Please refer to the website for information regarding the next meeting.

Haywards Heath: Wednesday 8th January from 7pm to 9pm.

The topic for discussion will be looking at studies relating to the management of shoulder pain and disability.

Leeds: Monday 27th January from 5.30pm to 7.30pm

Oxford: Tuesday 4th February from 7.30pm to 9.30pm

We will carry out a group critical appraisal of a systematic review. At the end of the meeting we will discuss our group's plans to conduct a literature review (topic to be agreed) and write a research summary on the topic.

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