



# **Annual Report and Accounts for the year ended 30 April, 2023**



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## **NCOR Trustees information**

- Maurice Cheng (Chair)
- Glynis Fox
- Duncan Empey
- Steven Vogel
- Matthew Redford

## **NCOR Team**

- Jerry Draper-Rodi (Director)
- Carol Fawkes (Senior Research Officer)
- Daniel Bailey (Research Fellow)
- Amandine Senequier (Research Associate)

## **NCOR stakeholders**

1. BCNO group: British College of Osteopathic Medicine (BCOM) and European School of Osteopathy (ESO)
2. College of Osteopaths (CO)
3. General Osteopathic Council (GOsC)
4. Institute of Osteopathy (iO)
5. International College of Osteopathic Medicine (ICOM) at NEScot
6. London School of Osteopathy (LSO)
7. Osteopathic Alliance (OA)
8. Sutherland Cranial College (SCC)
9. Swansea University
10. University College of Osteopathy (UCO)

## NCOR Policies and objectives

The Trustees present their Annual Report together with the financial statements of the National Council for Osteopathic Research (the charity) for the year ended 1 May, 2022 to 30 April, 2023. The Trustees confirm that the Annual Report and financial statements of the charity comply with the current statutory requirements, the requirements of the charity's governing document, the Charities Act 2011 and the Accounting and Reporting by Charities: Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January, 2015), as amended by update Bulletin 1 (effective 1 January, 2016).

In setting objectives and planning for activities, the Trustees have given due consideration to general guidance published by the charity commission relating to public benefit. 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, policymakers, the inter-professional research community, other health professions and healthcare regulators.
3. Providing a forum for osteopathic educational institutions (OEs) 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 building 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.

## Activity Report for the year end to 30 April 2023

### ***Foreword***

This has been another busy and exciting year. Whilst working on growing the NCOR team, we have also been successful in several grant applications towards the development of the first osteopathic Practice-Based Research Network (PBRN) in the UK. In parallel of this, we have worked closely with our stakeholders and have developed a strategy to maximise the benefits of our involvement with and support to them.

We have also continued to provide our services to the profession, including PROMs in the UK and internationally, facilitating research hubs in the UK, attending professional meetings and conferences, disseminating our work through different mediums to maximise impact and interaction. This was helped with the launch of NCOR's new website which provides streamlined access to updated content.

Mr Maurice Cheng  
Chair of NCOR Board of Trustees

A handwritten signature in black ink, appearing to read 'M Cheng', with a large, stylized initial 'M'.

## ***Activity Report***

### **NCOR governance**

#### **NCOR policies**

Following the governance review conducted last year, we developed several policies including Conflict of Interests, and a register; Complaints, EDI, and Reserve. The Reserve Policy enabled to fund two 2-year part-time contracts: Research Fellow and Research Administrator.

#### **NCOR Trustees**

Following a skills audit of the Board of Trustees, it was decided to invite a fifth trustee to join the Board. The current Chair, Maurice Cheng, is planning to step down. Glynis Fox will be the Trustee representing the iO, and to ensure a smooth transition, Maurice is continuing to chair the Board whilst looking for another Chair.

#### **NCOR's team growth**

Following discussion with the Trustees, it was agreed to increase the Director's time from 0.2 FTE to 0.4 FTE, and to increase Carol Fawkes's salary.

In April 2023, Dr Daniel Bailey PhD joined NCOR's team as Research Fellow. His work will mostly be to set up and manage our PBRN. His bio:

Daniel graduated from the BCNO in 2002 and has since worked in his own private practice in the Midlands, this has included a five-year spell in the medical department for the local premier league football club. In addition, Daniel has worked at multiple osteopathic education institutions since 2004, with varying responsibilities from clinic tutoring to course development. He has been a registrant member of the General Osteopathic Council (GOsC) since 2020 and also sits on the Policy and Education Committee.

Daniel has a master's degree in Neuromusculoskeletal Healthcare from Keele University's School of Physiotherapy and a Postgraduate Certificate in Academic and Clinical Education. Daniel's PhD was awarded from Keele University's School of Medicine for developing and testing a new measure of adherence to exercise for musculoskeletal pain. His research interests include survey methodology, exercise, and adherence. Click here to view Daniel's research:  
<https://www.researchgate.net/profile/Daniel-Bailey-17>

Following a successful grant application to the oF, NCOR shortlisted 3 applicants (out of >30 strong applications). Amandine Senequier was successful, and she's been in post since April (for 8 months, 0.2 FTE). She's making good progress. She completed the Cochrane training in systematic review and meta-analysis, manages a big team (of experts and reviewers). Her bio:

Amandine graduated in 2021 with a Masters in Osteopathy (M.Ost) degree from the British College of Osteopathic Medicine in London. With a keen interest in sports, she enrolled on an MSc in Sport and Exercise Medicine at the University of Exeter

and graduated in September 2022.

Since graduating, Amandine has been working as an Osteopath in a private clinic and is a Research Associate at the University of Exeter. Currently, she is working on a project aiming to improve healthy lifestyle behaviours in adolescents with low socioeconomic status and a study investigating the use of digital physical activity materials in young people suffering from cystic fibrosis.

Amandine joined the NCOR in April 2023 to contribute to a study investigating the trustworthiness of osteopathic trials methodology. She started a PhD at QMUL in September 2023.

#### **NCOR's host contract**

Due to the growth of the team, the contract was updated accordingly. The host have charged for the salary, NIC and pension but have only increased the *Provision of physical resources and IT* by £400 as the team works mostly from home.

### **Professional collaboration and contribution**

#### **Ongoing collaborations**

NCOR continues to be involved with Osteopathy Europe (previously known as the European Federation and Forum for Osteopathy (EFO)), the Osteopathic Development Group (ODG), and the General Osteopathic Council's (GOsC) Policy Education and Advisory Committee. The NCOR Director's chairing with the QAA Osteopathy Subject Benchmark is ongoing.

#### **Stakeholders meetings**

We have run three stakeholder meetings: one on what basis we teach what we teach (May 22), the AGM with general updates on NCOR's activity and the stakeholders (Oct 23), and one on research supervision (Feb 23). We also ran one evidence summary, following our pilot last year in November 22 on cauda equina syndrome and low back pain management. This was available live for our stakeholders' members, faculty and students, and put online for anyone to watch (VOD).

We have noted a decrease in stakeholder engagement during our meetings. This may be due to the increased offer from NCOR, with the addition of evidence summaries. We have planned to survey the stakeholders to understand this phenomenon and find solutions to increase engagement.

### ***Outreach, education, promotion and dissemination of research***

#### **Hubs**

The hubs remain active, and meetings have included:

Bristol:

- 16<sup>th</sup> June 2022 looking at osteoporosis;
- 22<sup>nd</sup> September 2022 looking at musculoskeletal conditions presenting in children;

- 1<sup>st</sup> December 2022 looking at biopsychosocial interventions and musculoskeletal pain;
- 23<sup>rd</sup> February 2023 looking at migraine;

Leeds:

- 10<sup>th</sup> May 2022 involving case-based discussions;
- 26<sup>th</sup> September 2022 continuing with case-based discussions;
- 5<sup>th</sup> December 2022 looking at Functional Neurological Disorder;
- 20<sup>th</sup> February 2023 looking at dysautonomia;

Haywards Heath:

- 7<sup>th</sup> June 2022 looking at mood and mental state in patients with chronic pain;
- 11<sup>th</sup> October 2022 looking at the management of intermittent claudication;
- 10<sup>th</sup> January 2023 looking at patients' expectations and their influence on outcomes;

Exeter:

- 28<sup>th</sup> May 2022 looking at scoliosis diagnosis and management;
- 15<sup>th</sup> October 2022 looking at vertigo;
- 21<sup>st</sup> January 2023 looking at lasers and intervertebral differential dynamics;

### **CPD**

NCOR delivered four CPDs on its PBRN this year, in three of the home nations: Oxford: 19th November, 2022; Glasgow: 21st April, 2023; Swansea: 24th June, 2023; Manchester: 1st July, 2023.

### **Webinars**

Carol Fawkes held a webinar with osteopaths in Greece to explain the use of PROMs in their practices prior to starting a national pilot of the PROMs app.

Carol Fawkes held a webinar with osteopaths in Spain to explain the use of PROMs in their practices prior to starting a national pilot of the PROMs app.

### **Mentorship**

An online mentorship service has been developed in conjunction with the iO, providing fortnightly online drop-in sessions where osteopaths can discuss any issues or concerns they have. The service is free to all osteopaths and two sessions have been conducted to date.

### **Conference**

Jerry Draper-Rodi presented the protocol for a single case experimental design (SCED) on the Effects of standard and biopsychosocially-informed osteopathic management for patients with non-specific low back pain, at the Society for Back Pain Research conference in July 2022 (Warwick, UK).

Jerry Draper-Rodi delivered a keynote presentation for Danske Osteopater on "Patient Reported Outcome Measures (PROMs) – European and Danish data & Evidence Based Practice", in Copenhagen in April 2023.



Jerry Draper-Rodi had a keynote presentation at the ROE conference in Majorca in 2023 on “how can we support osteopaths to take part in research?”

### **Articles**

We continue to write for Osteopathy Today.

This year we have published 5 papers in peer reviewed journals:

- Bailey D, Bishop A, McCray M, Foster NE, Holden MA (in press) A New Measure of Exercise Adherence: The ATEMPT (Adherence To Exercise for Musculoskeletal Pain Tool). British Journal of Sports Medicine <http://dx.doi.org/10.1136/bjsports-2022-106347>.
- Hope-Bell, J., Draper-Rodi, J. and Edwards, D.J., 2023. Applying an osteopathic intervention to improve mild to moderate mental health symptoms: a mixed-methods feasibility study protocol. BMJ open, 13(6), p.e071680.
- Draper-Rodi, J., Abbey, H., Brownhill, K. and Vogel, S., 2023. OSCAR (Osteopathic Single Case Research)—Assessing the effect of standard and biopsychosocial osteopathic management for patients with non-specific low back pain: Protocol for a Single Case Experimental Design (SCED). International Journal of Osteopathic Medicine, 48, p.100660.
- Hohenschurz-Schmidt, D., Vase, L., Scott, W., Annoni, M., Ajayi, O.K., Barth, J., Bennell, K., Berna, C., Bialosky, J., Braithwaite, F. and Finnerup, N.B., 2023. Recommendations for the development, implementation, and reporting of control interventions in efficacy and mechanistic trials of physical, psychological, and self-management therapies: the CoPPS Statement. bmj, 381.
- MacMillan, A. and Draper-Rodi, J., 2023. Osteopathic education: A scoping review. International Journal of Osteopathic Medicine. 49, 100663

### **Professional meetings**

Carol Fawkes attended the MSK data meeting in December, 2022 and June, 2023.

Jerry Draper-Rodi attended meetings with the Arthritis and Musculoskeletal Alliance to share good practice and intelligence on Equity, Diversity and Inclusion.

### **Website**

The NCOR website continues to be our outward face to the osteopathic community. Following the strategy review conducted last year, one of the priorities set was to update NCOR’s website which looked old. Another problem was that the amount of information was large but quite disorganised. We worked with a webmaster to use a modern website template and reorganise the website in two sections: osteopaths and other healthcare professionals; and Patients. You can now visit the new website here (same URL) [www.ncor.org.uk](http://www.ncor.org.uk)

The task took longer than anticipated due to the amount of information that we had to audit, update (when required), or create (mostly for the patient section).

Part of the work included changing hosts as our previous ones (which we were very happy with) have stopped offering hosting only options. NCOR’s website is now hosted by the

webmaster we used for the website update (Webscape Gardener  
<https://webscapedgardener.co.uk/>)

### **Social media**

As a result of increased social media, NCOR has experienced a significant surge in its follower count and overall visibility. For illustration, over the course of one-month NCOR attained a 20% increase with 60 new followers on LinkedIn. In summary, our Twitter/X account has 2,113 followers, Facebook 3,100, LinkedIn 444 followers, Instagram 334 followers.

### ***Special projects***

#### **Practice-Based Research Network**

The PBRN logo and name were created after extensive stakeholder consultation. Ongoing efforts are being made to raise awareness of the project through regular social media posts. 55 osteopaths have expressed interest in joining the PBRN via the NCOR website.

A research study focused on the development of a Practice-Based Research Network (PBRN) is underway. This study aims to gather osteopaths' perspectives on the benefits, barriers and facilitators of this initiative. Three focus groups were conducted in two different locations; in Oxford (19th November, 2022) and Glasgow (21st April, 2023). Two more meetings are planned: in Swansea (24th June, 2023) and Manchester (1st July, 2023).

A digital interface is being developed in collaboration with an IT specialist to automate data collection from osteopathic patients. This interface will integrate with Cliniko and other clinical software programs, streamlining the data collection process for future PBRN studies. The interface is in the final stages of development and will soon undergo initial testing.

Funding was received from the UCO, from the UK Research Innovation Grant for Higher Education Innovation Funding (c. £50,000). In addition, the Osteopathic Foundation has provided an annual grant of £26,500 for this initiative that will be paid across next year.

#### **CUTIES trial**

The CUTIES trial testing the effectiveness of osteopathic care for infants with colic has finished, the results have been shared at the Danish Conference in Copenhagen at the end of last year.

The trial protocol is published and available in the IJOM [Crying Unsettled and disTressed Infants Effectiveness Study of osteopathic care (CUTIES trial): Pragmatic randomised superiority trial protocol - International Journal of Osteopathic Medicine]. The final results manuscript is currently available to view on a pre-peer review platform: research Square [ Usual Light Touch Osteopathic Treatment Versus Simple Light Touch Without Intent in the Reduction of Infantile Colic Crying Time: A Randomised Controlled Trial | Research Square]

and is under review with IJOM, we expect a response soon.

### **Patient Reported Outcome Measurement: PROMs**

New languages have been added to the app this year including Italian and Brazilian Portuguese. Discussions have been held with osteopathic groups in Portugal, Austria, Israel, and New Zealand. Carol has been working with the osteopathic course team based at Ara University in New Zealand to prepare an ethics application for their institution.

Presentations including summary data reports have been delivered to osteopaths in Denmark (23.01.2023) and Sweden (11.03.2023). Presentations of summary data have also been delivered to osteopaths in the Irish Republic by Dr Julie Ellwood (January and May, 2023).

Currently, baseline data have been submitted by 2509 osteopaths in the United Kingdom (UK) and 954 in other European countries including Greece, Germany, Belgium, Spain, Sweden, Denmark, France, Switzerland and the Irish Republic. Piloting of the PROMs app will be taking place in Italy and Brazil next year.

A summary description of the development and implementation of the PROMs app has been prepared for CAHPR under its “Technology and Innovation” section it is preparing relating to AHP’s activities.

Further AHP-related activities include attending the NIHR/HEE research day for AHPs in November, 2022, and being interviewed by a researcher concerning osteopaths and AHPs use of outcome measurement and clinical audit activities in January, 2023.

### **PhD update - using AI to disseminate research evidence**

This PhD project is nearing completion. The final submission deadline is the 28<sup>th</sup> November 2023, Austin Plunkett has not applied for an extension. Austin is currently writing up and myself and Megan Clinch, as supervisors, are commenting on draft chapters. Two external examiners have been approached Dylan Morrissey and Robert Froud and agreed to act as examiners, they were expecting to receive the thesis early 2023 this will now realistically be early 2024. Prof Carnes is waiting for the final submission to be deposited with Post graduate studies before re-confirming their availability.

The research has been completed, there are various findings within this that will be relevant to the profession going forward, however the rapid evolvement of AI throughout the duration of the PhD has meant some of the initial AI ideas have been superseded and are now redundant.

The final chapter of the PhD will review the role of AI in research dissemination going forward.

### **Current grants**

- Mental health and osteopathy

This project is now completed. The protocol manuscript is published in BMJ Open (<https://bmjopen.bmj.com/content/13/6/e071680.abstract>), the meta-analysis is under

review, and the proof-of-concept manuscript is under preparation.

- Experience of osteopaths working in the NHS

An application was made to the Osteopathic Foundation to investigate osteopaths' experiences of working in the NHS. Funding was awarded in April 2023.

- Scholarly work

The manuscript on the project conducted with Swansea University is under preparation.

- Scoping reviews

Both scoping reviews, led by Carol Fawkes and Jerry Draper-Rodi, on prevention and care for older patients are now completed. Manuscripts are being prepared.

- Trustworthiness

NCOR applied for funding to the Osteopathic Foundation, and were successful in January 2023 to develop a Research Assistant post for 8 months to be trained in systematic reviews methods, develop a team of researchers and assess the trustworthiness of osteopathic clinical trials in the literature.

Dr Jerry Draper-Rodi

NCOR Director

A handwritten signature in dark ink, consisting of a series of loops and a vertical line, followed by a small dot.

26/10/2023

## **Statement of Financial Activities for the year ended 30 April 2023**

	<b><u>Note</u></b>	<b><u>Unrestriced</u> <u>funds 2023</u> <u>£</u></b>	<b><u>Total Funds</u> <u>2022</u> <u>£</u></b>
<b>Income from</b>			
Membership and donations	2	74739	78534
Charitable Activities		<u>0</u>	<u>0</u>
<b>Total Income</b>		<b><u>74739</u></b>	<b><u>78534</u></b>
 <b><u>Expenditure on</u></b>			
Charitable Activities	3-5	<u>68337</u>	<u>110675</u>
<b>Total Expenditure</b>		<b><u>68337</u></b>	<b><u>110675</u></b>
 <b>Net Income/ (Expenditure) and movement in funds</b>	6	<b><u>6402</u></b>	<b><u>(32141)</u></b>
 <b>Reconciliation of funds</b>			
Total funds brought forward		<u>90837</u>	<u>122978</u>
 <b>Total funds carried forward</b>		<b><u><u>97239</u></u></b>	<b><u><u>90837</u></u></b>

**Balance Sheet as at 30 April 2023**

	<b><u>Note</u></b>	<b><u>2023</u></b>	<b><u>2022</u></b>
		<b><u>£</u></b>	<b><u>£</u></b>
<b>Current Assets</b>			
Debtors	7	0	318
Cash at bank and in hand		<u>115118</u>	<u>95735</u>
<b>Total Current Assets</b>		<b><u>115118</u></b>	<b><u>96053</u></b>
<b>Creditors:</b> amount falling due within one year	8	<u>(17879)</u>	<u>(5216)</u>
<b>Net Current assets</b>		<b><u>97239</u></b>	<b><u>90837</u></b>
<b>Net Assets</b>		<b><u>97239</u></b>	<b><u>90837</u></b>
<b>Charity's funds</b>			
Unrestricted funds		<u>97239</u>	<u>90837</u>
<b>Total Funds</b>		<b><u>97239</u></b>	<b><u>90837</u></b>

**Notes to Financial Statements**

	<b><u>Unrestricted funds 2023</u></b>	<b><u>Total Funds 2022</u></b>
	<b>£</b>	<b>£</b>
<b>2. Income from donations</b>		
Membership fees	67640	59600
Other donations	7099	18934
	<hr/>	<hr/>
<b>Total donations and legacies</b>	<b>74739</b>	<b>78534</b>
	<hr/>	<hr/>

**3. Analysis of expenditure by activities**

	<b>Activities undertaken directly 2023 £</b>	<b>Governance and support costs 2023 £</b>	<b>Total 2023 £</b>	<b>Total 2022 £</b>
Expenditure	63167	5171	68337	110675
	<hr/>	<hr/>	<hr/>	<hr/>

**4. Direct Costs**

	<b>Research activities 2023 £</b>	<b>Total 2022 £</b>
Staff costs recharged	60057	76814
Tuition fees	0	14857
PROMs project	3109	4601
CUTIES- project research	0	1284
HEE SPEP Project	0	3430
	<hr/>	<hr/>
	<b>63167</b>	<b>100986</b>
	<hr/>	<hr/>

## 5. Governance and support costs

	<b>Support</b>	<b>Total</b>
	<b>£</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Travel Expenses	0	168
Consultancy & Legal Fees	70	1810
Insurance	381	308
Bad debt	0	0
Sundry costs	1701	1186
Honoraria costs	0	3000
Accountancy & Bookkeeping	1931	1323
Artwork	0	240
Website design & Hosting	738	1093
Bank Charges	62	0
Software Costs	288	561
	<hr/>	<hr/>
	<b>5171</b>	<b>9689</b>
	<hr/> <hr/>	<hr/> <hr/>

## 6. Net income/ (expenditure)

This is stated after charging:	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Independent Examination fee	1200	1200
	<hr/> <hr/>	<hr/> <hr/>

## 7. Debtors

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Other debtors	0	318
	<hr/>	<hr/>
	<b>0</b>	<b>318</b>
	<hr/> <hr/>	<hr/> <hr/>

## 8. Creditors: amounts falling due within one year

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Other creditors, including accrued expenses	17879	5216
	<hr/>	<hr/>
	<b>17879</b>	<b>5216</b>
	<hr/> <hr/>	<hr/> <hr/>



## 9. Related party transactions

University College of Osteopathy (UCO) provided administration services to NCOR. Total costs were £60250, (2022: £53123 and comprised of recharged salary costs: £56250 (2022: £37439) support costs: £4000 (2022: £15684).

A donation of £26500 (2022: £26500) was received from the General Osteopathic Council, a trustee of NCOR is any employee of this organisation.

A donation of £1100 (2022: £1100) was received from the General Osteopathic Council for the Concerns and Complaints report, a trustee of NCOR is any employee of this organisation.

A donation of £26500 (2022: £26500) was received from the Institute of Osteopathy, a trustee of NCOR is any employee of this organisation.

A donation of £2800 (2022: £2800) was received from the University College of Osteopathy, a trustee of NCOR is any employee of this organisation.

Project: PBRN plug-in development, paid to Vivakit SAS, funded by UCO through their UKRI HEIF grant.

Project: PBRN CPD in Oxford, funded by UCO through their UKRI HEIF grant, paid to Oxford Rippon College, Dr Carol Fawkes, Dr Jerry Draper-Rodi, Deborah McStrafick and Helen Williams. Value: £2922 (19/11/2022)

Project: PBRN CPD in Glasgow, funded by UCO through their UKRI HEIF grant, paid to Hilton Hotel Glasgow, Dr Carol Fawkes, Mr Steven Vogel, Dr Jerry Draper-Rodi, Deborah and Helen Williams. Value: £2598 (21/04/2023)

## **National Council for Osteopathic Research**

### **Notes to Financial Statements**

#### **9. Related party transactions**

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