



Annual Report and Accounts for the year ended 30th April 2024



Registered charity number 1157217

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NCOR Trustees information

- Maurice Cheng (up to 03/04/2024), Philip Bright (from 03/04/2024) (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)
- Stefanie Butendieck (Research Administrator)

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, 2023 to 30 April, 2024. 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 (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 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 30th April 2024

Foreword

It has been my privilege to assume the role of Chair as the successor to Maurice Cheng who stepped down earlier this year. I want to thank Maurice for his support and guidance in handing over duties during a busy time for the profession and for NCOR. The impetus behind the Practice-Based Research Network (PBRN) continues as part of this busy schedule, with further investment in resources to support osteopaths in demonstrating evidence around patient encounters.

The work of NCOR is critical to the UK practice of osteopaths and given the challenges we see within the NHS and the need for more preventative measures, practitioners can strive to be integral to this initiative. The collaborative approach afforded by strong stakeholder involvement and research dissemination through specialist activities, both online and at conferences with the iO, make NCOR's services indispensable in providing context and evidence to allow osteopaths to further their careers both within and outside of the NHS. I look forward to working with my fellow trustees and the NCOR team to help further the growth of this evidence base.

Dr Philip Bright

Chair of NCOR Board of Trustees

A handwritten signature in black ink, appearing to read 'Dr Philip Bright', with a long horizontal line extending to the right.

Activity Report

NCOR governance

NCOR Trustees

Maurice Cheng stepped down as Chair of NCOR on 03/04/2024 after having held this position for many years. He supported the Charity extremely well, represented it nationally and internationally, and was very generous with his time. The Charity would like to thank him for his years of service.

Dr Philip Bright became Chair on 03/04/2024, and we congratulate him on his appointment.

Prof Duncan Empey has informed the Board that he will step down in September 2024 and has notified the Osteopathic Foundation that a successor is needed. Duncan has been instrumental in helping NCOR build a strong bond with the OF, and we would like to thank him for all the time and advice he gave to the executive team, particularly the director.

NCOR's team growth

Amandine Senequier 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.

The timing of the Trustworthiness project was slightly modified to support Amandine's start of her PhD, and to include more reviewers due to the number of osteopathic trials included in the systematic review. Whilst it took longer to complete the study, the costs were similar as Amandine decided to decrease her FTE (from 0.2 to 0.1 FTE) to be able to cover a longer period, whilst the reviewer are completing the data extraction and trustworthiness assessment.

In August 2023, Ms Stefanie Butendieck was recruited as an Administrator. Stefanie holds an MSc. in Social Anthropology (LSE, UK) and an MA. in Cultural Management (UCM, Spain). She has also contributed as a volunteer Research Assistant and Editor at the Nuffield Centre of Experimental Social Sciences at Oxford University. With a background spanning editorial management, academic coordination and event organisation, she brings a multidisciplinary working experience and is eager to contribute and learn from the field of osteopathic research and education.

NCOR's host contract

Due to the growth of the team, the contract was updated accordingly.

NCOR's host institution, the University College of Osteopathy, is due to merge with AECC University College in August 2024. A dedicated item was shared with the Trustees and discussed at several meetings to assess various considerations including financial due diligence, regulatory compliance, strategic fit, cultural compatibility, staff transition, stakeholder relationships, supplier relationships, communication strategy, contingency planning, post-merger integration and long-term strategy. In January 2024, Dr Jerry Draper-Rodi travelled to Bournemouth to visit the Vice-Chancellor, Prof Lesley Haig, to explore options for the future hosting of NCOR.

The Board of Trustees decided to continue to monitor the situation during the merger process and to decide closer to the merger what to do about the hosting contract, which expires in October

2024.

NCOR's bank account

Due to the ongoing problems with NCOR's longstanding bank and their inability to support us or respond to our official complaints, we opened an account with another bank, the Co-operative Bank, in July 2023.

Professional collaboration and contribution

Ongoing collaborations

NCOR continues to be involved with [Osteopathy Europe](#) (previously known as the European Federation and Forum for Osteopathy (EFFO)), the Osteopathic Development Group (ODG), and the General Osteopathic Council's (GOsC) Policy Education and Advisory Committee and Council meetings. The NCOR Director's chairing with the [QAA Osteopathy Subject Benchmark](#) was completed in January 24 (update on the benchmark statement below).

NCOR provided detailed feedback on the structure and content of the proposed 2024 iO Census in response to a request to investigate the possibility of combining the NCOR Research Network Survey and the iO Census.

Dr Jerry Draper-Rodi met with the new GOsC Council members during their induction day in March 2024 to ensure a smooth transition as many members were terminating their mandates, which could have created a risk of loss of legacy knowledge and relationships between NCOR and the GOsC Council.

Dr Bailey and Dr Draper-Rodi have taken part in the newly form Osteopathic Development Group (ODG) short life working group on scoping needs, issues and opportunities relating to osteopathy recruitment and retention. Dr Bailey has presented and shared the findings of the [PBRN](#) focus group study and the NCOR-RN registration survey to inform the activity of this group.

Dr Jerry Draper-Rodi was appointed Chair of the [Osteopathy Europe \(OE\) Research Standing Committee](#) at the OE General Assembly in London (23 October). Since then, he has chaired monthly meetings of the Research Standing Committee and attended the OE meeting in Milan (24 March) where he presented an update on the activities of the Research Standing Committee.

Stakeholders' meetings

After consultation with the stakeholders, the format of stakeholder engagement was changed to two group meetings per year, and individual meetings (NCOR with each stakeholder separately): all respondents were in favour (6 said the new format would better support their organisation, and 7 said maybe). Half of them prefer morning meetings, and half afternoon meetings so full participation within the same meeting may be challenging. Planning in advance is of utmost importance.

We have run two Stakeholder Group meetings, one on grant application (July 23) and one on *NCOR Research Network* (October 23). We 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. To understand why this was happening, a survey was disseminated to the stakeholders. 13 responses were received, c. half of them had attended one or more stakeholder meetings in the last 12 months and all of them found them helpful, the ones who did not attend reported these reasons for non-attendance: someone else attends the meetings and represents my organisation (n=4), lack of time (n=3), other (n=8 – no details).

We also ran 1 evidence summary in September 23 (on a recent large RCT involving back pain patients, and on a meta-analysis on cervicogenic headache). These were available live for our stakeholders' members, faculty and students, and put online for anyone to watch (VOD).

Outreach, education, promotion and dissemination of research

Hubs

[The hubs](#) remain active, and meetings have included:

Bristol:

- 1st June 2023 looking at Functional Neurological Disorder;
- 7th September 2023 looking at Parkinson's disease;
- 30th November 2023 looking at patient communication;
- 15th February 2024 looking at apps and low back pain.

Leeds:

- 15th May 2023 looking at clinical audit;
- 2nd October 2023 looking at interventions used in pain clinics;
- 15th January 2024 looking at Parkinson's disease;
- 8th April 2024 looking at case studies.

Haywards Heath:

- 2nd May 2023 looking at functional neurological disorder;
- 25th July 2023 involving case-based discussions;
- 3rd October 2023 looking at vagal nerve stimulation;
- 23rd January 2024 looking at cannabis and related products and their use in healthcare;
- 23rd April 2024 looking at fibromyalgia.

Exeter:

- 22nd July 2023 looking at functional neurological disorder;
- 30th September 2023 looking at prehabilitation;
- 13th January 2024 looking at fibromyalgia;
- 27th April 2024 looking at case studies.

CPD

NCOR delivered two CPDs on its PBRN this year, in Swansea, 24th June 2023; and Manchester, 1st July 2023. These activities consisted of focus groups to explore osteopaths' views on the utility, barriers, and facilitators to a PBRN in the UK, and some activities relating to clinical audit of case notes. Branding and naming options were also explored with attendees.

A series of online presentations were given to different regional CPD groups of osteopaths. These presentations have covered how research can benefit clinical practice, introduced various research focussed clinical resources, and explained the PBRN and how to get involved. A recording of one of the presentations is available on the NCOR Research Network web page.

An [online learning resource for osteopaths](#) has been created, providing free CPD and training related to research skills and how research skills can benefit clinical practice. The resource currently consists of 9 'modules', each with multiple activities, totalling an estimated 9-hours of learning. This resource serves to demonstrate to osteopaths how involvement in the Research Network could benefit their osteopathic practice.

Dr Bailey took part in a live online interview discussing PBRN research and the NCOR Research Network for the Academy of Physical Medicine on the 16th of November. This is a multi-profession CPD service, which provides informal, 'chat-show' style, accessible, online CPD for clinicians. A recording of the interview is available on the NCOR website.

In collaboration with Glynis Fox, NCOR Trustee and iO President, Dr Daniel Bailey provided multiple online 'drop-in' mentoring sessions to support osteopaths.

A one-hour video lecture was created concerning exercise adherence for inclusion in the training course for osteopaths taking part in the NeuOst study. The training course aims to equip fully qualified UK osteopaths with the knowledge and practical skills to work with people living with painful diabetic neuropathy, as part of the NeuOst study investigating osteopathy for neuropathic pain.

Dr Jerry Draper-Rodi co-presented a series of events on "Setting up your own PBRN". The events were hosted by the COME Collaboration and supported by NCOR and UTS: ARCCIM. Prof Paul Vaucher moderated the events and Dr Amie Steel and Dr Jerry Draper-Rodi delivered a series of presentations: 1/ Presenting PBRNs (23/5/23 - online); 2/ Ingredients that help ensure success (05/09/23 - online); and 3/ Practical aspects of building PBRNs (19/10/23, face-to-face in London). These events were all free of charge. Attendance was good and feedback was very positive.

Webinars

Carol Fawkes has held a series of webinars with osteopaths in various European countries (Sweden, Italy, Greece and Austria), New Zealand and Israel to explain the use of PROMs in their practices, and some of the areas for consideration prior to piloting the PROMs app in their respective countries. The PROMs app has been very successfully piloted at two OEIs in France with a significant amount of data submitted by patients. The app will be introduced into the teaching clinic at Ara university, New

Zealand later this year. The app is currently being piloted at the UCO and LSO clinics. This is an important area of development for students entering practice life and a recognition of the growing requirements for data from various stakeholders in healthcare. Discussions will be held with other OEIs during the next year to try to introduce PROMs into other UK OEI teaching clinics.

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.

Carol Fawkes delivered two sessions online for students at BCOM in relation to clinical audit. This included an introduction to the topic, and some examples relevant to clinical practice (October 2023).

Daniel Bailey held 6 online webinars on [NCOR's PBRN](#) to regional groups: Kent and East Sussex, Surrey, Edinburgh, London and Midlands.

Dr Bailey provided an online presentation about exercise and musculoskeletal (MSK) pain on behalf of NCOR, to the Clinical Research Network (CRN) West Midlands Musculoskeletal Research Collaborative (28th November 2023). Membership of the Collaborative includes clinicians and researchers working in the field of MSK pain at NHS sites across the West Midlands.

An [online presentation](#) was provided to stakeholders giving a breakdown of a recent large RCT involving back pain patients. This served to identify the difficulties of translating research evidence into practice, therefore highlighting the benefits of PBRN based research. This presentation was recorded and is available on the NCOR Research Skills Facebook page.

Convention

[Convention 2023](#) was a one-of-a-kind event commemorating the 30th anniversary of Osteopathy's regulatory recognition in Europe and the 20th anniversary of NCOR. Hosted at the Radisson Hotel & Conference Centre London Heathrow in London, it served as a global gathering point for osteopaths from the UK and across the world. The Convention featured internationally renowned speakers, attracting clinicians, educators, researchers, and influential figures within the osteopathic field. In addition to the presentations, the event offered access to top-tier continuing professional development (CPD) courses. It provided a platform for attendees to establish connections, nurture professional networks, and encourage collaborative efforts within the global osteopathic community. The Convention was organised by the Institute of Osteopathy, the National Council for Osteopathic Research and the University College of Osteopathy, in collaboration with Osteopathy Europe, the General Osteopathic Council, and the Osteopathic International Alliance.

NCOR was responsible for the research stream. There was an open call for abstracts and presentations at the conference were based on merit. Dr Carol Fawkes and Dr Draper-Rodi independently assessed the abstracts to decide which were accepted for oral or poster presentation. Unsuccessful applicants were given feedback to assist them with future submissions. The NCOR research stream was organised around four themes:

- Paediatrics
- Effectiveness in osteopathy

- Clinical practice
- Research in practice

Daniel Bailey, Carol Fawkes and Jerry Draper-Rodi chaired the sessions, delivering oral and poster presentations also.

Stefanie Butendieck provided support towards the organisation of the 2023 Convention by:

- Coordinating NCOR speakers and poster presenters' participation.
- Following-up and updating registration for all presenters.
- Collating video presentations for iO marketing team.
- Providing presentation instructions, briefs and tailored support as needed.
- Maintaining daily communication with presenters to address queries and concerns.
- Promoting NCOR's active participation on various social media platforms.
- Facilitating effective communication with the iO organising committee and Conference Care focal points to enhance event coordination.
- Providing onsite support throughout the convention.

Conferences

Jerry Draper-Rodi gave a keynote presentation at the Journée Ostéopathique de Paris, in June 2023. Jerry Draper-Rodi participated to a round-table discussion on research and practice at the conference in Toulouse (France) in September 2023.

Articles

We continue to write for Osteopathy Today. An article explaining PBRNs and outlining NCOR's Research Network and how to get involved was published in the Autumn edition of Osteopathy Today.

This year we have published 11 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) <http://dx.doi.org/10.1136/bjsports-2022-106347>.
- [Draper-Rodi, J., Delion, T., MacMillan, A., Storey, A. I., Spadaccini, J., Jebi, W., ... & Hohenschurz-Schmidt, D. \(2024\). Primary and secondary prevention of musculoskeletal pain and disability in chiropractic, osteopathy, and physiotherapy: A scoping review. International Journal of Osteopathic Medicine, 100725.](#)
- [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](#)
- [Gessa, A., Greaves, I. and Draper-Rodi, J., 2023. The role of touch in osteopathic clinical encounters—A scoping review. *International Journal of Osteopathic Medicine*, p.100704.](#)
- [Kovanur Sampath, K., Treffel, L., P. Thomson, O., Rodi, J.D., Fleischmann, M. and Tumilty, S., 2024. Changes in biochemical markers following a spinal manipulation—a systematic review update. *Journal of Manual & Manipulative Therapy*, 32\(1\), pp.28-50.](#)
- [Vaughan, B., Fleischmann, M., Cerritelli, F., Draper-Rodi, J., Feehan, J., Ferreira, A.P., McLeod, G., Morin, C., Muddle, L., Sampath, K. and Thomson, O.P., 2024. Systematic reviews of osteopathic care: protocol for an umbrella review. *Physical Therapy Reviews*, pp.1-4.](#)
- [Soreau, A., Ferey, C., Hardouin, J.B., Draper-Rodi, J., Sarzeaud, R., Benoist, H., Ostelo, R.W. and Merdy, O., 2024. Translation, validity and reliability of the pain attitudes and beliefs scale for physiotherapists in French. *Physiotherapy research international*, 29\(2\), p.e2078.](#)
- [Draper-Rodi, J., Abbey, H., Hammond, J., Thomson, O.P., Brownhill, K., MacMillan, A., Fabusuyi, Y. and Vogel, S., 2024. Overcoming barriers to equality, diversity, inclusivity, and sense of belonging in healthcare education: the Underrepresented Groups' Experiences in Osteopathic Training \(UrGEnT\) mixed methods study. *BMC medical education*, 24\(1\), p.468.](#)

Professional meetings

Carol Fawkes attended the MSK data meeting in December 2023.

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

Jerry Draper-Rodi was invited to join the International Association for the Study of Pain taskforce on Integrative Pain Care. He contributed to the Integrated Manual Therapies and Behaviour Change Principals for Persistent Pain factsheets and was invited to write an article for Pain Reports on Integrated Manual Therapies.

Jerry Draper-Rodi gave a one-day workshop on Equity, Diversity, Inclusion and Belonging at Osteopathy House, organised by the GOsC. The delegates were educators from UK OEs.

Social media

Dr Bailey developed an online learning resource on NCOR's Facebook account for osteopaths providing free CPD and training related to research skills and how research skills can benefit clinical practice. The resource currently consists of 7 'modules', each with multiple activities, totalling an estimated 6-hours of learning, with 34 active users.

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 365 days NCOR attained 348 new followers on [LinkedIn](#). In summary, our [X account](#) has 2,097 followers, [Facebook](#) 3.2K, [LinkedIn](#) 674 followers, and Instagram 482 followers.

Special projects

Practice-Based Research Network

NCOR was awarded the iO Collaboration in Practice in October 2023 to establish the UK's first [PBRN](#) for osteopathy.

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. Preliminary findings were presented at the iO convention, and a publication is being prepared for submission to the IJOM.

In addition, a survey of UK osteopaths is being designed and developed to investigate their demographics, clinical practice and patient demographics. The results will not only enhance our research capacity but also provide valuable insights into the state of osteopathic practice in the UK. This data will be disseminated to a wider health audience beyond osteopathy.

NCOR was also present at the iO Convention with a stand to promote the [PBRN](#) with free giveaways and information on how to sign up to the project.

An online digital interface (the Plugin Project) is being developed in partnership with an osteopathic IT specialist. This interface will automate data collection from osteopathy patients via integration with Cliniko and other online clinical software programs. This will streamline the data collection process from patients for future PBRN studies. The interface will also contain a 'dashboard' that will display audit type information for the benefit of the osteopath using it. This will help with practice management and clinical audit, such as for the objective activity component of the GOSc's CPD requirement. The data collection aspect has undergone initial testing and is now being developed further before pilot testing using real data commences, for which an ethics application has been submitted.

Following the consultation with osteopaths (described above – CPD events), a manuscript has been submitted to the International Journal for Osteopathic Medicine (IJOM), describing the study, its findings and the implications for establishing a PBRN for osteopathy in the UK, to be known as the *NCOR Research Network (NCOR-RN)*.

QAA Subject Benchmark Statement: Osteopathy

Dr Jerry Draper-Rodi chaired the [QAA SBS Advisory Group for Osteopathy](#), which consisted of 17 members, including two osteopathic students, from a range of backgrounds including osteopathic education providers (BCNO Group, London School of Osteopathy, Swansea University and University College of Osteopathy), the General Osteopathic Council, the Institute of Osteopathy, the Council for Osteopathic Education Institutions, the Osteopathic Alliance and the QAA. The updated document was published in April 2024.

The Subject Benchmark Statement for Osteopathy is intended to be read and used by students, employers and academics. Subject Benchmark Statements describe the nature of study and the benchmark academic standards expected of graduates in specific subject areas, in respect of qualifications. They provide a picture of what graduates in a particular subject might reasonably be expected to know, do and understand at the end of their course or programme.

Subject Benchmark Statements are presented in four sections. Section 1 outlines the contextual information - providing the operational landscape, and boundaries, of subject discipline. This includes consideration of the ways in which the discipline addresses wider social goals, specifically in relation to equality, diversity and inclusion (EDI); the requirements of disabled students; education for sustainable development (ESD); and enterprise and entrepreneurship. Section 2 covers distinctive features of the course, including curriculum design, partnership arrangements, flexibility of delivery, progression and ongoing monitoring processes. Section 3 explains any features relevant to teaching, learning and assessment activities for the subject. Section 4 describes the benchmark standards of achievement reached by all graduates with some subjects also including achievement at master's level.

The full SBS document is freely accessible here: <https://www.qaa.ac.uk/docs/qaa/sbs/sbs-osteopathy-24.pdf> and a summary is available here <https://www.qaa.ac.uk/docs/qaa/sbs/osteopathy-sbs-the-basics-24.pdf>

CUTIES trial

The [CUTIES trial](#) testing the effectiveness of osteopathic care for infants with colic has finished and the results' manuscript is now published: Carnes, D., Bright, P., Brownhill, K., Carroll, K., Engel, R., Grace, S., Vogel, S. and Vaucher, P., 2024. Usual light touch osteopathic treatment versus simple light touch without intent in the reduction of infantile colic crying time: A randomised controlled trial. *International journal of osteopathic medicine*, 51, p.100710.

The study and its results were presented at the Osteopathic Convention in London, October 2023. A webinar for participating osteopaths was also held and patients will be able to view the results of the study once published via the CUTIES page (HSU website).

Patient Reported Outcome Measurement: PROMs

No new languages have been added to the app this year as most European languages have been included and [PROMs](#) data collection continues across Europe and the UK.

Presentations including summary data reports have been delivered to osteopaths in Denmark, Sweden, and Ireland for local stakeholder delivery.

Currently data submissions include over 7000 observations from patients. Discussions have been

held with Clinvivo, the IT company which develops and supports the app, to create a platform for easier joining to use the app, and a system for automatic data analysis as this is currently an extremely time-consuming process.

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. A similar piece of work has been submitted to Health Education England (HEE) at their request (September 2023). An online interview was also held with HEE staff on the topic of the use of apps in musculoskeletal patients’ management as a follow up to this article (January 2024).

Posters describing the use of PROMs and outcomes of osteopathic patient care were presented at the 2023 iO conference. This included one specifically focussing on the data from patients in the UK, and a second poster with data from patients in Germany, Belgium, Switzerland, France, Denmark, Sweden, Greece, Italy, Spain, and Eire.

Workforce planning projects

NCOR has been awarded three grants by the GOsC to carry out work on osteopathic workforce planning to investigate the reasons why osteopaths decide to leave the register voluntarily, and to investigate the factors that influence students' motivation to choose osteopathy as a course of study.

Once the contract is written and signed, we will work with the GOsC to plan these projects effectively.

Concerns and Complaints report

[This document](#) was produced again this year analysing data submitted from the GOsC, the iO, and the professions’ insurers.

An area where data are lacking relates to the patients making the complaints. Work was conducted (CF and JDR) to identify additional questions which could be included in the current data collection tool. The revised version was shared with insurers, the GOsC and iO following a meeting for stakeholders in December 2023. The revised version of the tool has been circulated for the first time in 2024 to try to identify any specific areas where patients and osteopaths could be better supported to reduce the risk of complaints.

Dr Jerry Draper-Rodi was interviewed on a French osteopathic podcast on the work done by NCOR with GOsC regarding the Concerns and Complaints reports, the lessons learnt, and future projects.

PhD update - using AI to disseminate research evidence

Prof Dawn Carnes provided a summary report of Austin Plunkett's PhD. He submitted his final thesis at the end of March 2024. Dawn thanked NCOR and the oF, for their financial support over these years.

Artificial Intelligence (AI) based technologies can play a role in the translation of knowledge into clinical practice, the failure of that translation, and the potential spread of disinformation. AI’s role in the osteopathic profession is under-explored.

In this study we asked osteopath’s how they engaged in with research evidence, as part of a

questionnaire survey and we looked at the literature about how forms of AI are used in health care. We also developed and tested (with osteopaths) a web-app (OsteoScout) to search for and summarise research literature and share research information.

However, in 2022, new highly sophisticated global AI platforms were launched which out-performed our web-app, rendering further investment redundant. However, during the process of OsteoScout's development and testing we learned a lot about how osteopaths engage with and make-sense of research information and potentially AI. Peer conversations were the dominant form of sense-making among osteopaths, these occurred inside and outside the clinic, in-person, online and on social media. These conversations inevitably included not just peer-reviewed 'evidence' but information from a wide variety of sources, with clinical utility being the primary focus.

Mutually respectful conversations were far more likely to engage osteopaths, online or in-person.

There are repeated opportunities for information to enter, and leave clinical practice, some information 'sticks', other information leaves and returns and some is rejected. Clinical utility, timing, endorsement by others, peer and group discussion, personal validity and value were factors influencing retention of information and use.

We recommend:

- Establishing a working group to explore the impact of AI on the profession.
- Serendipity engineering – allowing for optimum receipt of research information.
- Using behaviour change models to implement evidence based 'good practice'.
- Undergraduate education in the 'first' principles of AI.

Experience osteo NHS

This study was awarded funding by the Osteopathic Foundation (oF) to explore osteopaths' experience of working in the NHS. Ethical approval was received in Oct 23 from the UCO ethics committee. A total of 16 osteopaths were recruited for the study. This was the projected number to reach information power with participants from a range of different NHS settings and length of experience.

A range of diverse themes have emerged focussing on the benefits of working in the NHS, the journey from application to starting work in the NHS, career progression and development, professional support and some of the challenges encountered and how they were managed. Themes and sub-themes were developed by Carol Fawkes and Jerry Draper-Rodi. They were reviewed independently for quality assurance. Report writing for the oF is being finalised and the draft content for two peer-reviewed publications have been agreed.

Some key areas for development have been identified to support osteopaths considering applying for NHS roles. These will be addressed in discussion with various NCOR stakeholders.

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) (<https://bmjopen.bmj.com/content/13/6/e071680.abstract>), the meta-analysis is under review, and the proof-of-concept manuscript is under preparation.

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. The [prevention article](#) is published and the manuscript on care for older adults is being prepared.

Dr Jerry Draper-Rodi
NCOR Director

A handwritten signature in black ink, consisting of a stylized 'J' and 'D' intertwined.

11/09/2024

National Council for Osteopathic Research

Statement of Financial Activities for the year ended 30 April 2024

	<u>Note</u>	<u>Unrestricted funds 2024</u>	<u>Total Funds 2023</u>
		<u>£</u>	<u>£</u>
Income from			
Membership and donations	2	74,459	74,739
Grants		45,653	0
Sundry Income		350	0
Interest Received		90	0
		<hr/>	<hr/>
Total Income		120,551	74,739
		<hr/>	<hr/>
<u>Expenditure on</u>			
Charitable Activities	3-5	84,281	68,337
		<hr/>	<hr/>
Total Expenditure		84,281	68,337
		<hr/>	<hr/>
Net Income/ (Expenditure) and movement in funds	6	36,271	6,402
		<hr/>	<hr/>
Reconciliation of funds			
Total funds brought forward		97,239	90,837
		<hr/>	<hr/>
Total funds carried forward		133,510	97,239
		<hr/> <hr/>	<hr/> <hr/>

Balance Sheet as at 30 April 2024

	<u>Note</u>	<u>2024</u>	<u>2023</u>
		£	£
Current Assets			
Debtors	7	0	0
Cash at bank and in hand		<u>137,535</u>	<u>115,118</u>
Total Current Assets		<u>137,535</u>	<u>115,118</u>
Creditors: amount falling due within one year	8	<u>(4,025)</u>	<u>(17,879)</u>
Net Current assets		<u>133,510</u>	<u>97,239</u>
Net Assets		<u>133,510</u>	<u>97,239</u>
Charity's funds			
Unrestricted funds		<u>133,510</u>	<u>97,239</u>
Total Funds		<u>133,510</u>	<u>97,239</u>

Notes to Financial Statements

2. Income from donations

	<u>Unrestricted funds 2024</u>	<u>Total Funds 2023</u>
	£	£
Membership fees	68,140	67,640
Other donations	6,319	7,099
Grants	45,653	0
Sundry Income	350	0
Interest Received	90	0
	<hr/>	<hr/>
Total donations and legacies	120,551	74,739
	<hr/>	<hr/>

3. Analysis of expenditure by activities

	Activities undertaken directly 2024 £	Governance and support costs 2024 £	Total 2024 £
Expenditure	79,436	4,805	84,241
	<hr/>	<hr/>	<hr/>

4. Direct Costs

	Research activities 2024 £	Total 2023 £
Staff costs recharged	53,040	60,058
Tuition fees	0	0
Other direct costs	0	3,109
PROMs project	8,334	0
CUTIES- project research	(77)	0
Convention Project	1,437	0
Trust Project	11,887	0
NHS Qualitative Project	2,765	0
PBRN Project	2,051	0
	<hr/>	<hr/>
	79,436	63,167
	<hr/>	<hr/>

5. Governance and support costs

	Support 2024 £	Total 2023 £
Travel Expenses	557	0
Consultancy & Legal Fees	40	70
Insurance	391	381
Bad debt	0	0
Sundry costs	932	1,701
Honoraria costs	0	0
Accountancy & Bookkeeping	2,531	1,931
Artwork	0	0
Website design & Hosting	397	738
Bank Charges	(5)	62
Software Costs	0	288
	<hr/>	<hr/>
	4,805	5,171

6. Net income/ (expenditure)

This is stated after charging:

	2024 £	2023 £
Independent Examination fee	1,400	1,200
	<hr/>	<hr/>

7. Debtors

	2024 £	2023 £
Other debtors	0	0
	<hr/>	<hr/>
	0	0

8. Creditors: amounts falling due within one year

	2024 £	2023 £
Other creditors, including accrued expenses	4,025	17,879
	<hr/>	<hr/>
	4,025	17,879

Notes to Financial Statements

9. Related party transactions

University College of Osteopathy (UCO) provided administration services to NCOR. Total costs were £57,845 (2023: £60,250 and comprised of recharged salary costs: £53,040 (2023: £56,250) support costs: £4,805 (2023: £4,000).

A donation of £26,500 (2023: £26,500) was received from the General Osteopathic Council, a trustee of NCOR is any employee of this organisation; and an employee of NCOR is a council member of this organisation.

A donation of £26,500 (2023: £26,500) was received from the Institute of Osteopathy, a trustee of NCOR is any employee of this organisation.

A donation of £2,500 (2023: £2,800) was received from the University College of Osteopathy, a trustee of NCOR is any employee of this organisation.