

# **General Osteopathic Council**

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## **Snapshot Survey 2001**

### **Results**

December 2001

## **CONTENTS**

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## **RESULTS SUMMARY**

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1.

## 1. METHODOLOGY

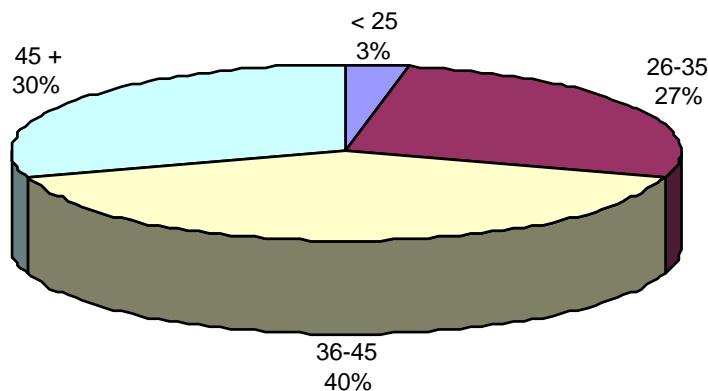
The aim of this survey was to replicate the surveys carried out in 1997 and 1994 to gather up-to-date information about the practice of osteopathy in the United Kingdom. In addition to information about the patients (age, gender, presenting symptoms, osteopathic evaluations and the treatment techniques employed) and the osteopath (age, gender, time in practice, initial and subsequent consultation fees) a number of 'lifestyle' questions were included covering hobbies and holiday activities.

All osteopaths (3161) were sent the survey document and were asked to record details of all patients whom they saw on Monday 5<sup>th</sup> November 2001 (Snapshot Day). This differed from the previous surveys where Tuesday was chosen as being typical of a 'normal' day. Mondays often show a peak of consultations following the weekend, however, as the day chosen was Bonfire Night, a number of the respondents indicated that they had cancelled evening sessions or had taken the day off.

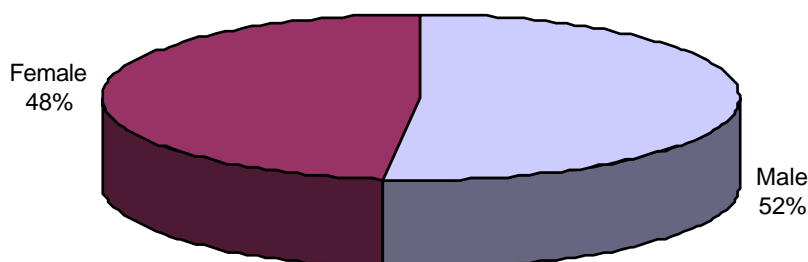
### RESPONSE

The response to the survey was good and showed an increase over the previous survey. Completed forms were received from 852 osteopaths, i.e. 27.0% of all osteopaths.

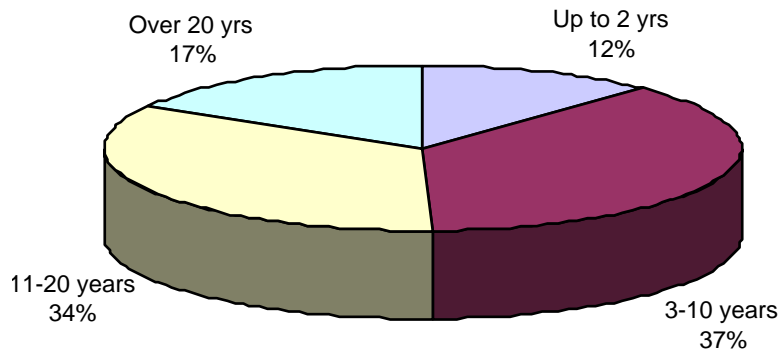
#### 1.1 Age Distribution



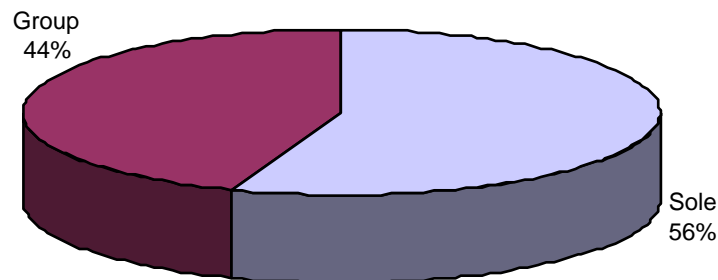
#### 1.2 Gender



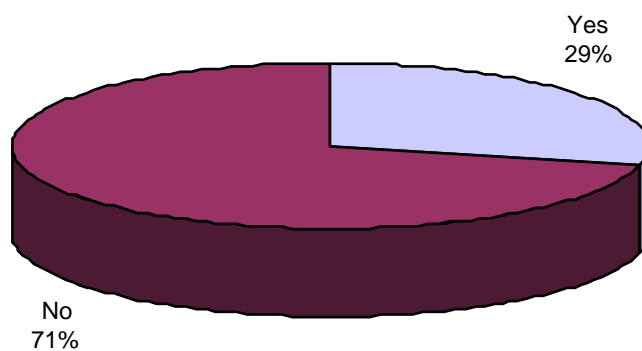
**1.3 Time in Practice**



**1.4 Type of Practice**

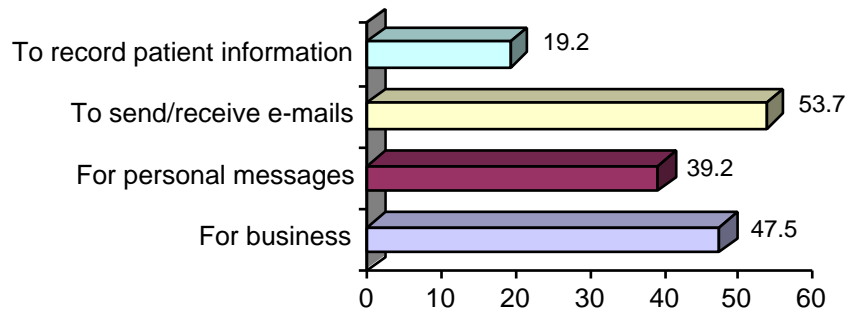


**1.5 Is your practice admin computerised?**



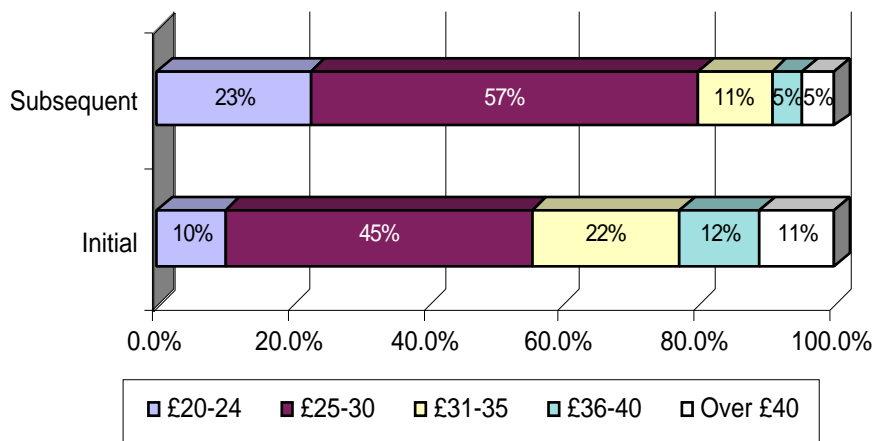
There seemed to be some confusion about the expression ‘admin computerised’ as there were more respondents to the more detailed question overleaf. If the maximum number is used from Question 6 (to send/receive e-mails), the level of computer use increases to 46%.

**1.6 Did you spend time on the computer today:**



Note: the above figures are percentages based on all respondents (852).

**1.7 What are your fees for initial and subsequent consultations?**



## 2. PATIENT INFORMATION

### 2.1 Total number of patients seen

A significant proportion of the response (12.7%) either:

- Failed to complete the patient section or filled it in incorrectly.
- Reported that they did not work on Monday; were taking a days' holiday; or were part of a group practice and did not work on Mondays.

The total number of patients seen by 852 osteopaths in one day was 7,040. By extrapolation, the total number of patients that would be seen by all osteopaths (3,161) would be:

% Response	2001	1997	1994
a. In one working day	26,119	22,845	19,371
b. In one working week	143,655	125,649	106,540
c. In one working month	652,975	571,125	484,275
d. In one working year	6,790,940	5,939,700	5,036,460
% Increase in patient numbers	14.3%	17.9%	–

### 2.2 Average number of patients seen per day

% Response	2001	1997	1994
Average number seen	8.3	9.3	9.1

### 2.3 Patients consulting an osteopath

% Response	2001	1997	1994
First time patient	20.6	15.0	16.8
First consultation	19.4	21.3	21.8

### 2.4 Gender of patients

% Response	2001	1997	1994
Male	39.8	42.5	40.2
Female	60.2	57.5	59.8

**2.5 Age distribution of patients**

% Response	2001	1997	1994
0-9	4.5	3.9	3.1
10-19	2.3	2.7	2.2
20-29	11.1	11.2	11.3
30-39	21.5	21.4	20.3
40-49	21.7	21.9	23.8
50-59	19.0	18.4	17.3
60-69	13.3	12.1	13.1
70 or over	6.7	8.4	8.4

**2.6 Presenting symptoms**

% Response	2001	1997	1994
Lumbar Spine	46.2	46.9	47.7
Neck	37.3	32.2	30.2
Thoracic Spine	19.5	13.1	11.9
Head	17.2	10.4	9.4
Pelvis	14.9	10.6	11.4
Thorax	13.0	8.5	8.2
Lower Limb	12.9	10.5	10.3
Shoulder Joint	11.8	9.0	9.0
Maintenance	8.6	5.2	4.5
Upper Limb	7.7	5.4	5.6
Hip Joint	6.4	4.4	3.7
Knee Joint	6.0	4.4	4.2
Ankle & Foot	4.2	3.5	1.7
Abdomen	3.6	2.0	1.5
Wrist & Hand	3.2	1.7	1.5
Elbow Joint	1.9	1.3	4.9



**2.7 Activity at time of onset or other cause**

% Response	2001	1997	1994
Work	23.5	21.1	19.3
Other	18.3	28.2	27.5
Postural	15.3	14.0	8.6
Sport	11.3	10.1	11.3
Incident in home	11.3	10.2	9.1
Trauma	7.0	9.1	8.9
Gardening	4.9	3.5	6.0
RTA	4.3	4.5	3.3
Driving	2.8	2.2	2.0
Shopping	1.3	–	–

**2.7 Evaluation of the patient (Diagnosis)**

% Response	2001	1997	1994
Mechanical Joint Dysfunction	65.3	54.7	55.0
Soft Tissue Injury / Inflammation	48.3	33.9	32.4
Degenerative Joint Disease	29.6	23.2	26.2
Psychogenic / Stress	18.4	10.1	10.2
Disturbance of the Involuntary Mechanism	13.1	9.4	9.4
Visceral Dysfunction	5.6	3.4	2.9
Other Pathological Cause	5.3	4.2	5.3
Herniation / Prolapse Intervertebral Disc	4.5	6.3	7.1
Inflammatory Joint Disease	3.8	4.9	5.6
Referred to other practitioner	1.4	–	–

**2.8 Treatment techniques employed**

% Response	2001	1997	1994
Soft Tissue Stretching	78.2	76.1	76.0
Joint Articulation	74.6	63.1	64.3
High Velocity Thrust	46.8	46.3	49.3
Muscle Energy	25.7	13.7	9.8
Cranial Sacral Technique	23.2	20.4	24.0
Functional Technique	21.6	10.5	13.0
Other (please specify)	11.1	20.7	7.5
Visceral	3.2	1.9	0.8
PV / PR	1.3	–	–

**2.9 Referral**

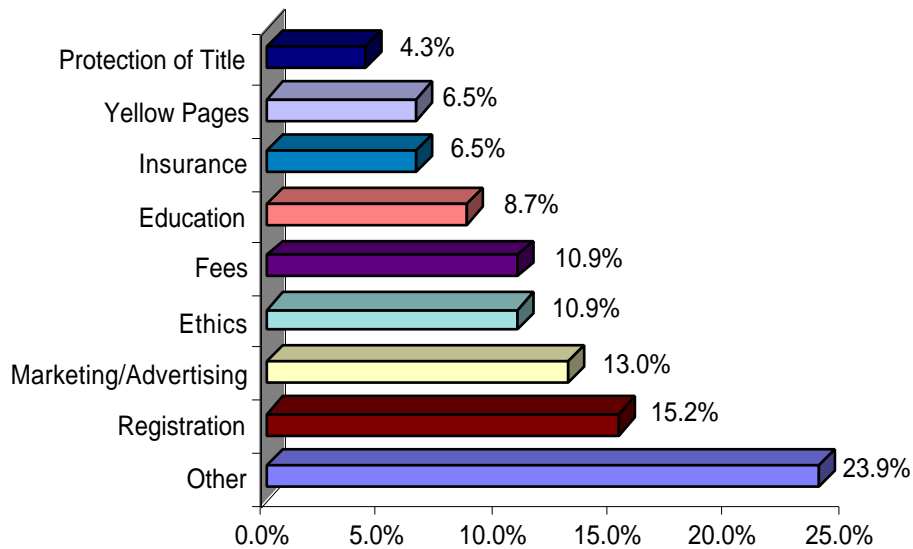
% Response	2001	1997	1994
Self-referred	73.9	77.6	74.3
Formally referred by GP	10.1	9.5	8.3
Attending with knowledge or permission	13.7	11.7	14.8
Formally referred by Consultant	2.2	1.3	1.4

**2.10 Funding**

% Response	2001	1997	1994
Payment by patient	86.2	89.5	–
NHS funded	2.3	3.4	–
Private Health Insurance	10.4	7.1	–

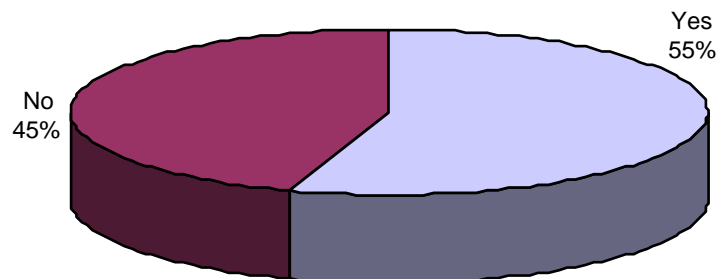
### 3. ABOUT YOUR WORK IN GENERAL

#### 3.1 If you called the GOsC for advice today, what was it relating to?

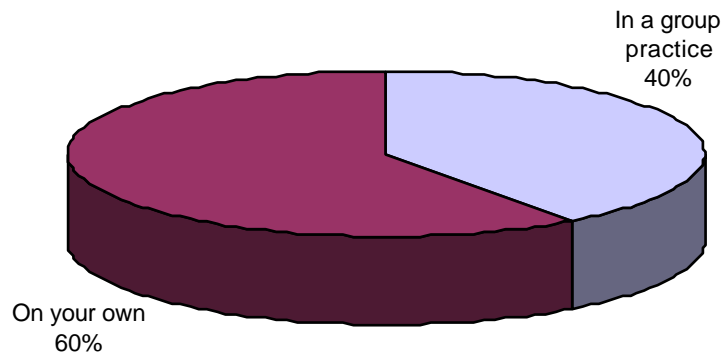


Other included: Association work, communications, education, employing staff, GOSC marketing, PPP/BUPA Registration, publication in the Osteopath, timescale for Mark of Excellence, tax/VAT issues, Web site info GOSC log, why private health care companies are still capping patients' money far greater than physiotherapists

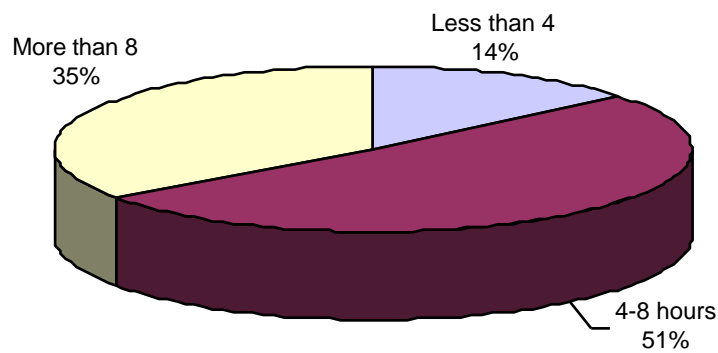
#### 3.2 Were you in contact with other osteopaths today, both socially or at work?



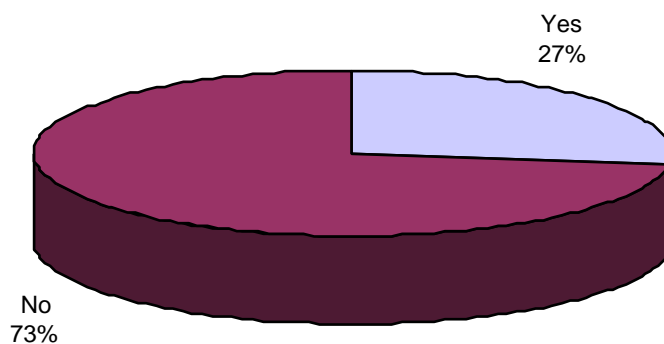
**3.3 Today, were you working?**



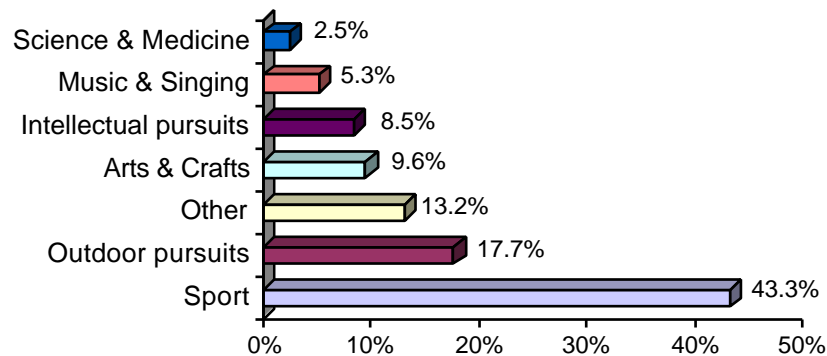
**3.4 How many hours have you worked today?**



**3.5 Was any part of today regarded as Continuous Professional Development?**

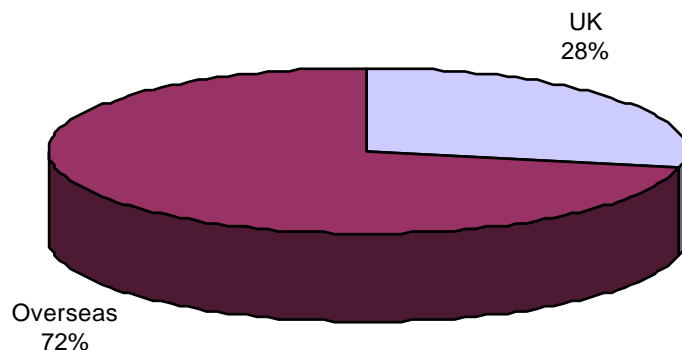


### 3.6 What is your main hobby/interest?

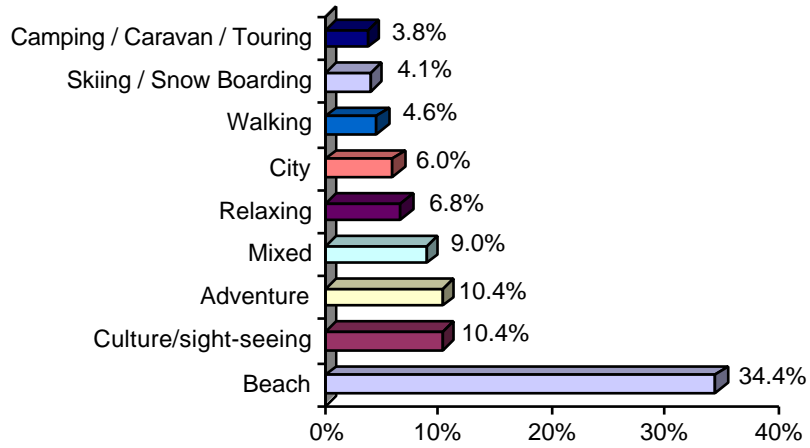


- Sport incorporates all sporting activities including yoga, keep fit, aerobics and weightlifting.
- Outdoors pursuits incorporates hunting, shooting, fishing, gardening, dog walking, mountaineering, skydiving and bee keeping.
- Music & singing covers both listening and participating.
- Intellectual pursuits incorporate reading, writing, current affairs, history, computers and competitions/quizzes.
- Science & medicine includes osteopathy, psychology, medical information and homeopathy.
- Arts & crafts include woodwork, gemstone cutting, DIY, antiques, amateur dramatics, theatre, dance, photography and the visual arts.
- Other incorporates all that do not fit in the above categories, for example, family, self-development, mind and body, religion, astrology, animals, food and drink, charity work.

### 3.7 Where did you holiday this year?



**3.8 What type of holiday taken this year?**



**3.9 In which region is your principal practice?**

