

the osteopath

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General
Osteopathic
Council

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In this edition, we review some of the many current developments in the UK research arena, focusing in particular on the National Council for Osteopathic Research (NCOR) which has recently become a charity. Turn to page 10 to learn more about this very active organisation and the various ways that it is working to promote osteopathic research.

Have you taken our anonymous survey about *the osteopath* magazine yet? We are inviting readers to tell us what they think of the new design and any improvements that could be made (see page 9).

We are also asking for your views on the impact of osteopathic regulation. Find out how you can take part in this independent survey on page 8.

What do patients think of osteopathy? We have been holding focus group discussions with patients and members of the public to ask this and more, and the full independent report of their views is now available to read on our website – for more information see page 6.

Patients' views have also played a valuable part in the development of our proposed new model for continuing fitness to practise. Read on page 7 how patients and osteopaths have been involved with this.

Finally, on page 21 we bring you up to date with the latest news from the Osteopathic Development Group and how their projects are helping to shape osteopathic practice.

We hope you enjoy reading this edition.

Suzanne Miller

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the osteopath

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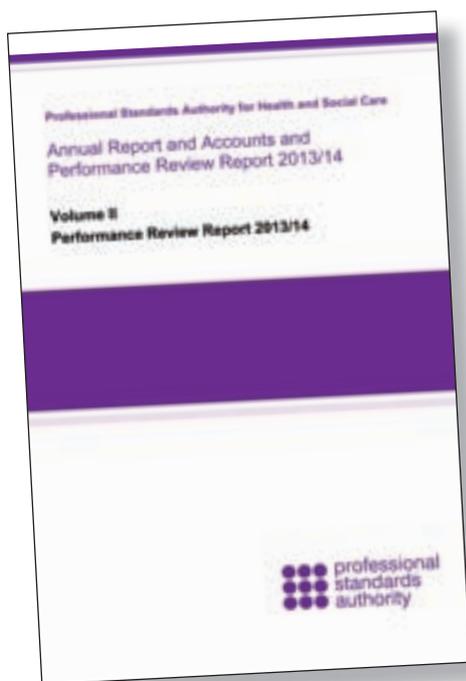
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GOsC continues to meet PSA standards



The GOsC was given a clean bill of health in its annual Performance Review conducted by the Professional Standards Authority (PSA), the oversight body for the UK's nine healthcare professional regulators. The PSA said: 'We consider the GOsC met all the Standards of Good Regulation once again in 2013/14.'

The PSA particularly commended the GOsC's co-operation and collaboration with registrants and the public, other osteopathic organisations, and regulators. It also said that it was supportive of the GOsC's work to promote the development of the osteopathic profession, saying it is

'promising and useful, especially given the relatively small and decentralised nature of the osteopathic register'.

The PSA went on to acknowledge the GOsC's work to encourage membership of regional osteopathic societies and to incorporate these societies into our planning for continuing fitness to practise. It said: 'We consider this has the potential to support continuing fitness to practise and reduce professional isolation by providing forums where osteopaths could draw on the experiences and feedback of their peers.'

Another area of good practice highlighted by the PSA was the GOsC's commissioning of research into the effectiveness of regulation, saying that 'the research outcomes will provide insights into the ways osteopaths interact with the GOsC's regulatory regime, and may help improve their compliance with professional standards and therefore, ultimately, patient care'.

Commenting on the report, GOsC Chief Executive Tim Walker said: 'I am really pleased with this year's Performance Review report. It demonstrates once again that we are working effectively in the interests of both osteopathic patients and the osteopathic profession.'

Further information

i The PSA Performance Review report on the GOsC and other regulators is available at: www.professionalstandards.org.uk/regulators/overseeing-regulators/performance-reviews



Regulatory Bill delayed

In the last issue of *the osteopath* we explained how the legislation underpinning the regulation of all health professions was likely to change following the publication, earlier in the year, of a major review conducted by the Law Commissions.

Along with other healthcare professional regulators, the GOsC had hoped that the new legislation would have featured in the Queen's Speech at the State Opening of Parliament on 4 June. Unfortunately, the Bill has been delayed and will not now receive parliamentary scrutiny this side of the General Election in May 2015.

However, we remain hopeful that the Bill – which should be relatively uncontroversial – will feature in the legislative programme for the first year of the new Parliament.

Tim Walker, the GOsC's Chief Executive, said: 'It is frustrating that new legislation is being delayed as it would provide an important opportunity to update our statutory rules and processes, and make a number of efficiency savings. We hope that the Bill will be resurrected next year and we can then start work on these important reforms.'

Which complaints do we investigate?

We would like your feedback on draft guidance we have produced to help us decide which complaints and allegations need to be referred for a hearing.

The GOsC is obliged to investigate all complaints it receives. After reviewing the available evidence for each complaint, the Investigating Committee (IC) will decide whether or not the

osteopath has a case to answer. If so, the IC will refer the case either to the Professional Conduct Committee or to the Health Committee.

When making a decision, the IC will consider whether the allegation is 'worthy of the moral opprobrium and the publicity which flow from a finding of unacceptable professional conduct'.

The guidance we have developed describes the matters that do not meet this threshold. Several other healthcare regulators produce guidance of this nature. Its aim is to assist the GOsC and its committees in their decision-making, and allow more effective use of time and resources.

The draft guidance proposes that a complaint against an osteopath should not be referred for a hearing if it falls into certain categories.

These include:

- Anonymous complaints which cannot otherwise be verified
- Complaints which relate to employment disputes
- Complaints about contractual disputes, fees, and arrangements for the lease of premises and facilities
- Complaints which have no public protection implications
- Minor motoring offences, such as fixed penalties and parking fines, which did not result in conviction (provided drugs, alcohol or health issues are not involved).

We plan to consult in the autumn.



GUNNAR PIPPEL / SHUTTERSTOCK

Current consultations

We are inviting views on two important areas of policy development. To have your say on either of these, go to www.osteopathy.org.uk/about/our-work/consultations-events/

Title of consultation	Description	Closing date
Enforcement of title policy	It is illegal for anyone to call themselves an osteopath if they are not currently registered with the GOsC. Comment on our draft policy on investigating incidences of illegal practice, and the circumstances under which we would prosecute.	1 September 2014
Whistleblowing policy	The GOsC is now a body to which 'whistleblowers' can report concerns about a danger, risk, malpractice or wrongdoing that affects others, and be protected by whistleblowing legislation. We propose here the type of concerns that can be considered and protected under this legislation, and the actions that the GOsC will take.	1 September 2014

New guidance for osteopathic education



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Earlier this year we invited views on proposed new guidance intended to help graduates demonstrate that they can apply the *Osteopathic Practice Standards (OPS)* and feel confident taking full clinical responsibility from their first day in practice.

Respondents included osteopaths and representatives from the osteopathic educational institutions. Almost all felt that the guidance was helpful and that the structure – which mirrors the four themes of the OPS – clearly linked what was expected of new registrants to the Standards.

Most respondents also approved of the common patient symptoms and basic techniques described within the guidance, and the experience that graduates needed. However, a few felt that the section on referring patients to other

healthcare professionals should be reviewed further, as osteopathic treatment can still be appropriate in these cases.

Some of those also offered helpful comments about the wording of the guidance and the aspects of leadership, mentoring, teaching and business skills.

A working group comprising students, patients, osteopaths, osteopathic organisations and educational institutions will meet in September to discuss the consultation analysis in more detail, with a view to producing a final version of the guidance for publication later this year.

i More news in the next edition of *the osteopath*. For further information, please contact Fiona Browne on 020 7357 6655 x239 or at: fbrowne@osteopathy.org.uk

Listening to patients

We have been talking to patients and the public across the UK to seek their views as part of research we're conducting into perceptions of osteopathic care.

Our aim is to ensure that as an organisation we understand patient and public needs, opinions and concerns so that we can improve patient information and our guidance for osteopaths.

We held focus groups with osteopathic patients and members of the public without prior experience of osteopathy.

Participants were aged 18-80 and represented a range of backgrounds.

To find out what we learnt, independent research firm Community Research – which led the discussions – has compiled a report that can be downloaded from our website at: <http://tinyurl.com/ozln6sq>

We are now planning to test out these views in a wider patient and public survey in September.

i For more information please contact GOsC Communications Manager Sarah Eldred on 020 7357 6655 x245 or via email at: seldred@osteopathy.org.uk



OLLY / SHUTTERSTOCK

Pathfinders set CPD on new track

How osteopaths and patients are shaping up a new CPD and continuing fitness to practise scheme

Since January this year we have been working with a number of regional osteopathic 'pathfinder' groups who are helping us to shape the evolving CPD or continuing fitness to practise scheme (see Dec/Jan issue for more information). Further details about the draft scheme are available at: www.osteopathy.org.uk/about/the-organisation/meetings/



Suzette Pullman, above, of the Cheshire CPD Pathfinder Group, shares her thoughts:

'The Pathfinder Group was started in January 2014 at a CPD meeting of 25 osteopaths, with the help of GOsC Head of Professional Standards, Fiona Browne.

'When Fiona introduced the new thoughts on CPD, there may have been one or two groans as people wondered what else they were going to have to get to grips with! We went through a lot of material, which was difficult to digest totally, but Fiona broke it down into easy chunks.

'My group involved eight people all working together with Fiona. We met her at a working party meeting in March to go through the proposal of the new CPD programme section by section. Fiona listened to our concerns and was invaluable in enabling us to get our heads around the change.

'The working party divided into groups of six and two, due to location and time logistics. The process was broken down into: communication and patient partnership; knowledge skills and performance; safety and quality in practice; and professionalism – using the same patient with musculoskeletal distress symptoms.

'This was helpful and enlightening, as we discussed how we individually approached a new patient. Although we all had our own approach, we found we all did the same thing (which was a relief!).

'There were many benefits to utilising peer group work. It taught us how to reflect, share experiences, listen to new ideas, support each other and trust each other not to be judgemental.

'I felt that this delivered excellent results, breaking down barriers within the profession and helping osteopaths support and share experiences with each other. The pathfinder group members can now reach out and be of help to

isolated osteopaths, as well as join together in CPD meetings and participate within a group setting.'

Patient focus group on continuing fitness to practise

As well as talking to osteopaths about a proposed scheme, we are interested in what patients and the public have to say.

In June we held a focus group in Belfast, attended by patients and members of the public who had no experience of osteopathy. The purpose was to understand what participants felt the best approach to continuing fitness to practise should be for osteopathy, and to test reactions to the GOsC's proposed scheme.

Overall, views were positive. There were concerns,

however, that reviews should be undertaken by professional colleagues who are both appropriately qualified and independent of the osteopath who is the subject of the review. Suggestions for achieving this included reviews undertaken by the GOsC, the osteopathic educational institutions or collaboration with regional groups not local to the osteopath.

We will be consulting on how we can assure an appropriate level of independence as part of our draft scheme, while retaining the benefits of community and support.

One aspect of the proposals that participants found particularly positive was that the GOsC would require and specify particular areas of training and development to be undertaken by osteopaths over the three-year period.

Participants did see the value of patient feedback within the process, if arrangements could be made to ensure that the feedback was genuine. Further patient focus groups in the UK are planned later this year.

We will be seeking your views on the scheme in a formal consultation towards the end of the year.

PATRICIA HOFMEESTER / SHUTTERSTOCK

Is regulation effective?

Professor Gerry McGivern at the University of Warwick is leading independent research into the effectiveness of regulation in osteopathy, in order to better understand what factors encourage or inhibit osteopaths from practising in accordance with the *Osteopathic Practice Standards*.

You can contribute to this important work by completing an anonymous and independent survey.

It asks for your views on what constitutes good osteopathic practice and professionalism, the extent to which osteopathic regulation and standards affect practice, and whether osteopathic regulation and standards could be improved.

Why should I take part?

This is your chance to influence the future of osteopathic regulation, to support, nurture and enhance professional behaviours, patient safety and patient care. As you are a regulated health professional, your views are critically important.

Will the GOsC know what I say?

The research team is completely independent. Results of surveys will be reported in total and anonymously so that no participant is identifiable to those reading the report. Individual responses will not be relayed to the GOsC.

How can I get involved?

Please complete the survey at: <http://tinyurl.com/klqpcs6> – this should take you only 15 to 20 minutes and the survey closes in early September.

i More information about the survey appeared in the June/July edition of *the osteopath*. If you have any questions, please contact Professor Gerry McGivern (Gerry.McGivern@wbs.ac.uk).



In Council – July 2014 decisions

The 84th meeting of the General Osteopathic Council took place on 23 July 2014. The agenda and all papers can be found at: www.osteopathy.org.uk/about/the-organisation/meetings

Here are some of the meeting's outcomes:

GOsC Annual Report and Accounts
Council approved the

GOsC's Annual Report and Accounts, which will be laid before Parliament and then made available on the GOsC website.

Setting new criteria for complaints

Council agreed to consult osteopaths and the public on new 'threshold criteria' to help the Investigating Committee decide which cases are serious enough to be referred for a hearing.

For more information, see page 5.

New professional indemnity insurance rules

Council agreed to consult on new rules for professional indemnity insurance, following an initial consultation in 2013 on the general principles around insurance and how osteopaths should demonstrate they are insured.

Future Council meetings

Thursday 6 November
Wednesday 4 February 2015
Thursday 14 May 2015

i Meetings take place at 10am, at Osteopathy House, and osteopaths are welcome to attend. For information, contact Marcia Scott on 020 7357 6655 x246 or email mccott@osteopathy.org.uk

Frequently asked questions

Q What images can I use on my website?

A You can use any of the images that are freely available on the GOsC website at: www.osteopathy.org.uk/resources/photo-library. When using these images, please acknowledge the copyright of 'Kampfner Photography' or the 'General Osteopathic Council', as indicated.

Free medical pictures can also be downloaded from the Wellcome Trust's image bank (www.wellcome.ac.uk/News/Media-office/Image-bank/index.htm).

You can purchase images from various image libraries online, including: Shutterstock (www.shutterstock.com) or iStockphoto (www.istockphoto.com) (check the terms and conditions first in case there are any limitations of use).

You must not use any images you find online through Google Images or similar without prior permission from the owner of the website/image. To do so without permission is a breach of copyright and you risk being fined or even prosecuted.

Q As an osteopath, do I have to pay VAT?

A Osteopathic services, in common with some other medical and health services, are exempt from VAT*.

Because your osteopathic fee is exempt



RONSTIK / SHUTTERSTOCK

from VAT, it does not count as a taxable supply. Therefore, if your income is wholly or almost all from the fees charged for your osteopathic services, then you should never reach the threshold.

If you have income from other sources that does count as a taxable supply, then you may need to register for VAT. For more detailed information on VAT, visit HM Revenue & Customs' website at: www.hmrc.gov.uk

If you work for a company or the National Health Service, all these financial matters will be dealt with by your employer.

In addition, you are not taxed on your registration fee, so you can use this payment to reduce the amount of tax you pay to HMRC.

*While payment for examination and treatment is VAT exempt, payment for any other work as an osteopath – not aimed at the prevention, diagnosis, treatment and cure of a disease or health disorder – does attract VAT.

i Full details are on the HMRC website at: <http://tinyurl.com/pfr22hq>

Have you taken *the osteopath* survey yet?

If you missed our reader survey in the last issue, inviting your feedback on the magazine, you can still complete the survey online at: <https://www.surveymonkey.com/s/DJ8KQKH>

Our bi-monthly magazine aims to keep you updated on osteopathic regulation and developments. Please tell us what you think of the content and layout of the magazine, and what changes (if any) you would like to see.

The survey closes on **30 September**, and we would welcome as much feedback as possible to

shape improvements that will ensure the magazine serves the interests, not just of osteopaths, but also the wider readership it enjoys.

i If you have any questions, contact the Editor at: editor@osteopathy.org.uk



Research in focus

Increasingly, research into osteopathy is being recognised by osteopaths as vital for developing the profession and promoting the benefits of

treatment to patients, the public and other healthcare professionals. Research activity is steadily growing, playing much more of a role in osteopathic education and practice

and at the forefront of the osteopathic development agenda.

In this dedicated research section, we take a closer look at what is happening in the UK.

What is **NCOR**?

Established in 2003, the National Council for Osteopathic Research (NCOR) is an independent research body supporting osteopathic practice in the UK.

NCOR is formed of a group of stakeholder organisations concerned with the quality of osteopathic patient care:

- The General Osteopathic Council
- The Institute of Osteopathy (formerly the British Osteopathic Association)
- The osteopathic educational institutions (OEl) within the United Kingdom
- The Osteopathic Educational Foundation.

Representatives of these groups meet approximately every 12 weeks to review and discuss progress in relation to NCOR's strategic aims and projects. NCOR receives the majority of its funding from these stakeholders.

What does NCOR do?

It aims to:

- Improve the osteopathic evidence base by fostering research
- Increase research capacity and capability within the osteopathic profession
- Raise the profile of osteopathic research findings.

Its primary functions are:

- 1. Strategic leadership:** leading and facilitating osteopathic research development in the UK. This includes developing a comprehensive and cohesive research strategy to direct and coordinate research.
- 2. Advocacy:** representing the profession on matters relating to the osteopathic evidence base and research development, as well as acting on behalf of the profession, in a research context, to the media, patients, the public and other stakeholders.
- 3. Research education:** providing a forum for the OEIs to forge consistent standards in research governance, share expertise, achieve economies of scale, and foster undergraduate and postgraduate research collaboration.
- 4. Information resource:** offering osteopaths, the public and patients, healthcare professionals, and the research and academic community a recognised, high-quality and accessible resource of research-related information.
- 5. Liaison and promotion:** improving awareness of osteopathic research development among osteopaths and the wider community, establishing links in order to collaborate with

the national and international research fraternity, and attracting funding for osteopathic research.

6. Research governance: providing systems relevant for grants governance and research governance for the benefit of all stakeholders.

7. Knowledge transfer: adopt and publicise outcomes from osteopathic audit, evaluation, and research activities via – for example – an annual research conference.

NCOR – strategic priorities

Over the Summer, NCOR is developing the strategic plan that will underpin its next three-year work and funding cycle from April 2015. The plan and operational costings will have to be approved by the NCOR Trustees, the organisation's new governing body, and the funding organisations.

Over the next three years, the key areas where NCOR aims to focus efforts include:

- The effective dissemination of up-to-date research information, arising from work conducted in the UK and world-wide
- Making 'research' accessible and relevant to practising osteopaths – increasing evidence awareness
- Working with the osteopathic

education providers to improve the quality of both undergraduate and postgraduate research; fostering collaboration and sharing of best practice among OEI research departments

- Encouraging wider use by the profession of Patient Reported Outcome Measures (PROMS) to promote quality care and the development of national data on effectiveness of osteopathic interventions. (For more information, see page 17.)
- Monitoring and further developing the Adverse Events Reporting and Learning facility for osteopaths, to inform guidance and training (see more on page 17).
- International collaboration to ensure NCOR and UK research development is a leader on the world stage
- Foster international research collaboration via the Osteopathic International Alliance (NCOR Director Dawn Carnes currently chairs the International Osteopathic Research network.)
- Income generation to enable NCOR to initiate new research projects that will benefit the profession and enhance patient care
- Continue to play a key role in the Osteopathic Development Group (see page 21), building a secure future for the profession and practice.

Leading and coordinating much of the research activity within the profession, is the National Council for Osteopathic Research (NCOR).

Established in 2003 by osteopathic organisations with a common interest in research development, NCOR provides leadership in promoting research into osteopathy and exploring the role it can play in healthcare.

NCOR has recently been granted charitable status (see below), giving the organisation more independence, access to further potential sources of funding and the opportunity to form partnerships with other healthcare charities and research bodies. In the meantime, starting on page 10, we look at what NCOR is and does and its research priorities and strategies over the next few years.

Another important research resource is the *International Journal of Osteopathic Medicine* (IJOM), offering osteopaths high quality, peer-reviewed research articles and review papers and a valuable source for continuing professional development. Read the latest news on pages 19–20.

We hope you find this section useful and invite your views.

Charity status for

A snapshot of the structure, function and strategic priorities of the National Council for Osteopathic Research

The National Council for Osteopathic Research (NCOR) is entering into a new phase of its development with the recent granting of charitable status, presenting fresh opportunities for developing osteopathic research.

NCOR was established as a loose coalition of organisations with an interest in advancing osteopathic research.

In the first years of its existence, the majority of NCOR's funding was provided by the GOsC, with smaller amounts contributed by the British Osteopathic Association (BOA) and by the osteopathic educational institutions (OElS). NCOR's 'Council' was made up of representatives of the GOsC, BOA and the OElS, along with a small number of other interested individuals. It was chaired by Ann Moore, Professor of Physiotherapy at the University of Brighton.

This arrangement worked well, but the downside was that NCOR was sometimes perceived as a subsidiary of the GOsC, rather than a fully independent body, and its ability to develop its work programme and diversify its funding was constrained.

In 2012, with the appointment of Dr Dawn Carnes as the new NCOR Director,

the organisation moved in a new direction. The funding of NCOR was shared more widely, with roughly equal contributions being provided by the GOsC, the Institute of Osteopathy (formerly BOA), the 10 OElS and the Osteopathic Educational Foundation, totalling funding at just under £100,000 per annum.

NCOR developed a new three-year strategic plan, recruited new staff and started new projects.

At this time, NCOR moved from Brighton to Queen Mary University of London. A new oversight structure was put in place with a small management board dealing with NCOR's governance, while the NCOR 'research council' focused on research-related matters.

In 2013, the management board agreed that, as a next step, NCOR should seek registration as a charity. The application was successful and on 29 May 2014, NCOR formally became a charitable incorporated organisation (No. 115721).

The new charity's initial trustees are:

Maurice Cheng (lay) – nominated by the Institute of Osteopathy

Rachel Ives (osteopath) – nominated by the Council of Osteopathic Educational Institutions

Martin Pendry (osteopath) – nominated by the Osteopathic Educational Foundation

Steve Vogel (osteopath) – elected by the NCOR Research Council

Tim Walker (lay) – nominated by the General Osteopathic Council.

Obtaining charitable status is a real step forward for NCOR. It now exists as a properly constituted independent body in law, and cannot be unduly influenced by any particular sectional interest. It can operate its own bank account and is subject to oversight by the Charity Commission in the delivery of public benefit.

This also presents opportunities for developing new partnerships – for example, with other healthcare charities or research interests – and affords NCOR the ability to raise its own funds (including receiving Gift Aid for individual donations).

Later this year, NCOR will start to develop its new three-year strategic plan for 2015 onwards, which will set out how it plans to meet future challenges, and, support osteopaths and the development of osteopathic research in the years ahead.

Help boost research funding

Funding research is always a challenge, but a little assistance from osteopaths and their patients could go a long way

NCCOR's funding from the main organisations within the osteopathic profession – a total of about £100,000 per annum – is just enough to cover the costs of the small staff team in providing information, running the website and delivering smaller projects supporting research. However, if NCCOR and the profession are going to start to generate robust research evidence for treatment and practice, new sources of income will need to be found.

The NCCOR team has been successful in attracting additional funding for other projects, such as the development of patient reported outcome measures (PROMs), but for NCCOR to grow and thrive, it will need the support of the profession. The two most obvious and untapped sources of support for NCCOR and research are patients and osteopaths themselves.

We know from research that patients are eager advocates for treatment – osteopathy enjoys very high patient satisfaction levels and the vast majority of referrals come from word of mouth. But how often do osteopaths ask patients whether they would be prepared to support the profession in other ways?

Many charities now run schemes asking for small, regular contributions, typically £2-3 per month by standing order or direct debit.

Although contributions tend to be small, when multiplied over the course of a year, with many individuals contributing, the sums being generated soon grow.

An alternative to asking patients for a regular contribution might be to suggest they make a voluntary additional contribution to a consultation fee. Many patients would probably be prepared to pay an extra pound to support research, on top of the £35-£40 they typically pay for an appointment – but they have never been asked.

If just one patient per week, per UK osteopath, gave a £1 donation to NCCOR, this would immediately triple NCCOR's annual income and allow it to make a real investment in clinical research projects.

And, any money raised in this way could attract other funding. Shortly, NCCOR hopes to be registered for Gift Aid, which would mean that HM Treasury would add £2.50 to

every £10 raised. And, once a charity starts to spend money on research, it is much easier to find other funding partners to support larger projects.

We hope, too, that individual osteopaths would be willing to support NCCOR directly. Again, just £2 per month, per UK osteopath, would provide significantly more than £100,000 in additional funding. These donations would also be eligible for Gift Aid.

Or perhaps you would be willing to run a marathon, climb Kilimanjaro or hold a cake sale to support osteopathic research!

Over the coming months, NCCOR plans to contact all osteopaths with more detailed information about how fundraising for NCCOR could work. In the meantime, for details of how you can make a donation, see www.nccor.org.uk/donate/

We hope that you will support these efforts and encourage your patients to do so as well.



Meet the team

NCOR's wide range of activities are led by a small, energetic and dedicated team, accommodated and supported within Barts and The London School of Medicine and Dentistry, part of Queen Mary University of London. Working here with other researchers in primary care gives the team a good perspective on the wider healthcare arena

Leading the NCOR team is **Director, Dr Dawn Carnes**. Dawn is a Senior Researcher at the Centre for Primary Care and Public Health at Barts and The London School of Medicine and Dentistry. She has a background in osteopathy and psychology

and practised osteopathy in the private sector and the NHS. Since completing her PhD in 2006, Dawn has conducted both quantitative and qualitative research at Barts and The London, and manages a variety of research projects. Her role is to direct and develop NCOR, working with

the trustees and a range of other stakeholders to devise strategies that promote research awareness and research activity among osteopaths, with a view to advancing and optimising patient treatment and care. Contact Dawn at: d.carnes@qmul.ac.uk

Carol Fawkes is NCOR's Senior Research Officer. Her responsibilities include running a UK-wide network of research groups (hubs), which helps to promote research awareness and expertise among practising osteopaths. She has compiled an extensive reference library of osteopathic evidence summaries relating to conditions most often treated by osteopaths, making these available to osteopaths on the NCOR website.

Carol has also acted as project officer for the development of a standardised data collection tool for osteopathy, and was responsible for the administration of a series of studies investigating adverse events in osteopathy. She is the co-author of *An Introduction to Clinical Audit for Practising Osteopaths*.

Carol graduated from the British School of Osteopathy in 1988, and was awarded the Diploma in Osteopathy. In 1992 she graduated from the British College of Acupuncture with a Licentiate in Acupuncture. She completed an MSc in Health Care Research Methods at Barts and The London, Queen Mary's School of Medicine and Dentistry in 2005 and, →

Charity members and Trustees

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National Council for Osteopathic Research

Dr Dawn Carnes
 Director



Carol Fawkes
 Senior Research Officer



Austin Plunkett
 Research Assistant



Tom Mars
 Research Assistant



→ in 2006, was awarded a PGCert in Evidence-based Healthcare from the University of Oxford.

She is now leading NCOR's PROMs project (see page 17), while undertaking her PhD, and is also practising as an osteopath one day a week in Coventry.

Contact Carol at:
c.fawkes@qmul.a.uk

NCOR Research Assistant, Austin Plunkett is the newest member of the team, following his appointment in June 2014. Austin leads on developing and managing the NCOR website, while also expanding NCOR's presence on social media and seeking other

means of publicising relevant research to the osteopathic community.

Austin graduated with distinction from the British School of Osteopathy (BSO) in 2011, gaining a master's degree. He is a founding partner of Body Foundation Osteopaths in Paddington, London. His interests include the neurology of movement and pain, and how therapists of all disciplines can best apply theory to pain management.

Contact Austin at:
a.plunkett@qmul.ac.uk

NCOR Research Assistant, Tom Mars joined the team

in November 2013, where his primary role is independently evaluating the OsteoMAP service being developed at the BSO.

OsteoMAP is designed to support people with long-term musculoskeletal pain, which may be alleviated – but is unlikely to be completely resolved – by manual therapy alone. It aims to help people with pain find their own pathways to living a more fulfilling life, despite ongoing symptoms. More information on the service can be found at: www.bso.ac.uk/bso-news-and-events/recent-news-and-events/innovation-grant/

Since graduating in 2007 with distinction, Tom has combined osteopathic practice and research, and has been actively involved in a variety of significant osteopathic research projects.

He worked at Queen Mary University of London as a researcher on a systematic review of adverse events in manual therapy, and was a research fellow at the BSO on the Clinical Risk, Osteopathy and Management (CROaM) project, commissioned by the GOsC.

Contact Tom at:
t.mars@qmul.ac.uk

Go online for quality CPD

NCOR has a rich and varied range of online resources available to osteopaths, patients, and students with news, evidence summaries, and discussion from our research hubs. This information can contribute to your CPD, **Austen Plunkett** explains.

Website

www.ncor.org.uk

Updated regularly, the NCOR website has information and research to help you run a safe, effective clinic. The site is divided into sections covering:

- Online learning, including how to appraise research
- Research and evidence, including easy reference evidence summaries relating to conditions frequently seen in osteopathic practice
- How you can get involved, including information about NCOR's research hubs
- An overview of risks associated with osteopathic interventions, and advice on communicating risk to patients in practice
- Information for patients.

Social media

NCOR's Twitter feed and Facebook page are updated most days with research articles, interesting discussions, and the latest from the NCOR team.

Facebook

Visit facebook.com/NCORnews, where we regularly provide updates and comments about articles of interest to osteopaths. You can also find out about studies in which you or your patients can participate.



SPAXAX / SHUTTERSTOCK

Twitter

Use Twitter to let us know what you're up to, particularly if it's related to osteopathy and research: twitter.com/NCOR_uk

We regularly tweet links to online articles and research to help you keep up to date with the latest developments in osteopathy and practice, as well as direct you to sources of free CPD.

Follow our followers

Here are some of the people we follow for inspiration:

- twitter.com/gosc_uk
- twitter.com/BritishOsteopat
- twitter.com/bmj_latest
- twitter.com/TheLancet

LinkedIn

Many osteopaths use LinkedIn to keep in touch with colleagues. NCOR's LinkedIn page is at:

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

Latest NCOR bulletins and relevant research, can be found here.

Got an idea for a research project?

Osteopaths frequently contact NCOR to discuss research proposals, and we are delighted that this number is increasing. However, there can be a lot to consider when planning even a small piece of clinical research, and NCOR has produced a research checklist to help you through this process.

Austin Plunkett, Research Assistant at NCOR, says the key is to think through your proposal in a logical way and present your research idea in a clear and consistent manner. This is essential when explaining your idea to potential collaborators as they will find it easier to understand.

A proposal that is poorly constructed won't attract interest, and you are unlikely to get the funding you need; a well-constructed proposal is an essential first step to success.

Our research idea information sheet and checklist should help you define your research question and articulate how your project will add to the body of knowledge in this area.

The key areas covered in the information sheet and checklist are:

- **Outcome measures** – how will you measure objectively how well your intervention works?
- **Sample size** – how many people should you include in your study to produce meaningful results?
- **Project timetable** – how long is each stage of your study?

The checklist guides you step-by-step through key decisions and questions, such as:

- Have you clearly defined your research question?
- Can you say why the question is important?

● **Think PICO:**

Population: describe your population of interest.

Intervention: what is the treatment you want to research?

Comparator group: with what can you compare your intervention/treatment?

Outcomes: how are you going to measure effects or outcomes?

i The full NCOR research checklist is available on our website at: <http://www.ncor.org.uk/getting-involved/research-ideas/>



PESHKOVA / SHUTTERSTOCK

Hub matters

NCOR has created and promotes a network of osteopath research 'hubs' that are thriving in centres across the UK.

Hub members meet four times a year to improve their skills and knowledge. In the past, they have designed and conducted small joint research projects. Currently they are focusing on increasing their research awareness, usually by selecting an area of clinical practice and together reviewing and discussing studies associated with that topic.

Through a variety of small projects, these groups have investigated a range of topics, including contraindications to osteopathic treatment, referral patterns by osteopaths, minimum requirements in record keeping by osteopaths, consent in osteopathic practice, and the profession's views on the development of a career structure.

Recent hub activities have included:

- **Haywards Heath:** reviewing disorders of the temporomandibular joint and tinnitus

- **Leeds:** urinary incontinence – what the literature advises for patients. Hub members are currently writing a summary of the literature for publication later this year
- **Oxford:** critical appraisal of selected research papers
- **Bristol:** having conducted a review of shoulder tests and the underpinning evidence, this hub is presently writing up a summary of the tests – what they are, how they are conducted, and the associated evidence – for publication later this year
- **Exeter:** conducted a survey on the profession's views on career development for osteopaths. The group has formulated a paper about the study findings, which it intends to submit to an osteopathic journal.

i Meetings are open to all osteopaths and everyone is welcome. For more information, see www.ncor.org.uk/getting-involved/hubs/

Agreeing priorities

There is increasing emphasis on taking an evidence-based approach to patient care. In developing a research strategy for UK osteopathy, NCOR explored the views of both osteopaths and patients on research priorities for osteopathy, writes **Dawn Carnes**.

Interested osteopaths and patients were encouraged to complete an online questionnaire survey, in which we invited suggestions of up to 10 research priority areas, along with some rationale for their selection.

These 'first round' research priorities were fed back to participants, who were then asked to rank their importance.

A third round of selection followed: in a final questionnaire survey, participants were asked to rank the importance of those research topics prioritised by at least 75 per cent of participants. This consensus approach

has enabled us to successfully identify 20 research priority topic areas covering four themes (see table below).

These findings will be taken forward as we

develop the research strategy for osteopathy in the UK.

Our thanks to all who contributed so valuably.

Effectiveness of osteopathic treatment for:	<ul style="list-style-type: none"> ● Neck pain ● Whiplash ● Headaches ● Radicular pain (including sciatica) ● Reducing episodes of low back pain ● Acute low back pain ● Chronic low back pain
Role of osteopathy in the management of:	<ul style="list-style-type: none"> ● Chronic widespread pain ● Musculoskeletal pain in pregnancy ● The elderly ● Spinal pain resulting from accident and/or injury
Risk of osteopathic treatment:	<ul style="list-style-type: none"> ● Compared to pharmacological therapy ● In cervical spine manipulation
Outcomes of osteopathic treatment:	<ul style="list-style-type: none"> ● Patient reported outcomes ● Effect on the neurological system

Calling all osteopaths

Researchers keen to help the profession better understand the nature and outcomes of osteopathic practice are indebted to those osteopaths willing to be contacted for research purposes.

Although osteopaths' contact details published on the online Register are in the public domain, data protection rules prevent the GOsC from supplying contact databases, on request, to students and academics, unless we have the express consent of the osteopath.

To date, more than half of those on the Register have indicated their willingness to assist student and academic research, by providing the GOsC with explicit consent to share their public contact details with suitably vetted external researchers. The vetting of research is undertaken by NCOR

or – in the case of osteopathic students – the responsible osteopathic educational institution.

Although most research involves surveying only a representative sample of the profession, the more osteopaths there are to draw on, the more likely that results will present a true picture of the breadth of current practice. A bigger pool of practising UK osteopaths reduces the likelihood of the same people always being approached.

In the autumn, we will be writing to osteopaths to encourage even more of you to add your name to the 'osteopathy research database'. Please do consider giving your consent to be contacted and, thereby, your support for research.

Osteopaths should be assured, however, that when the GOsC commissions research intended to inform our regulatory

processes – for example, the 2012 Osteopath Opinion Survey, or research currently being conducted for the GOsC by Professor Gerry McGivern into

the effectiveness of osteopathic regulation – we will ensure, as far as possible, that all osteopaths are offered an opportunity to participate.



PROMs, PILARS and PREOS: the new 'Ps' in practice

The voice of the patient is winning increasing attention. To support this, NCOR is developing three data capture systems to enable experiences of patient care to be recorded and shared. NCOR's **Carol Fawkes** reports

Using PROMs

Patient Reported Outcome Measures (PROMs) are essentially short questionnaires asking patients about their symptoms. They allow osteopaths to gather more reliable evidence about how people are responding to treatment.

Many osteopaths have shown an interest in using PROMs in their practice development. Along with this, service development opportunities, introduced under the *Health and Social Care Act 2012* and the Any Qualified Provider (AQP) system, require healthcare providers to make use of PROMs.

To support osteopaths, NCOR has developed an electronic data capture system that will soon be available online (via a web app) or a mobile phone app. Funded by the Institute of Osteopathy, this software has undergone extensive development and testing.

During July and August, NCOR will be trying out the system with osteopaths in different settings (osteopathic educational institutions and private practices). The pilot project will collect data at different time points and involve:

- Demographic data (age, sex, ethnicity, and employment status)
- Service data (for example, duration of current symptoms and waiting time to first appointment offered)
- Use of a Visual Analogue Scale
- Use of the Bournemouth Questionnaire
- Use of the Roland Morris Disability Questionnaire
- Use of a transition question
- A patient satisfaction measure
- A Patient Reported Experience Measure (PREM).

We will keep you posted on progress. More information is available at: www.ncor.org.uk/practitioners/patient-reported-outcomes/patient-reported-outcome-measures-in-osteopathy

The findings of the pilot will be available in the osteopathic press later this year.

Supporting PILARS



Patient Incident Learning and Reporting System

All osteopaths, regardless of whether they work alone or in group practices, will be expected to deal with challenges from time to time.

The main purpose of the Patient Incident Learning and Reporting System (PILARS) is for osteopaths to share how they dealt with a challenging or difficult situation. It is a learning platform that will be accessible to osteopaths only.

It will allow osteopaths anonymously to post information about an incident that has occurred in their practice, how they dealt with it, and what they learned. The site will also enable osteopaths to search for a particular type of incident to see what other colleagues have contributed on the same topic.

Incidents in practice can range from practical issues associated with practice management to events relating to patient care. The PILARS site is intended to encourage openness, sharing, and support for osteopaths.

The site will be available later this year.

Recording PREOS



Patient Reported Experiences of Osteopathic Services

Previous studies have investigated patients' experiences and expectations of osteopathic care, but no facility currently exists to collect long-term data.

To address this, a web-based facility has been developed, to be known as the Patient Reported Experience of Osteopathic Services (PREOS), and patients will be able to submit comments/contributions.

PREOS will not contain any identifiable information about the patient or the practice concerned, or anything that could be viewed as offensive to other visitors to the site. The information will be visible externally in the form of reports, which will contain headings relating to different types of contributions.

It is important for healthcare professions to be explicit about patients' experiences and outcomes of care, regardless of whether they are satisfactory or unsatisfactory.

It is only when this information is shared in a transparent fashion that lessons can be learned, where necessary, to allow practice and delivery of care to improve further.

The site will be available later this year.

i For more information about PROMs, PILARS or PREOS, contact Carol Fawkes, Senior Research Officer, on 020 7882 6131 or at: c.fawkes@qmul.ac.uk

From Surrey to São Paulo

At home and abroad, there's ample opportunity later this year for osteopaths to broaden their knowledge of the latest research developments

The current osteopathic research conference calendar is rich with activity, offering opportunities for osteopaths to learn of developments both at home and in the international arena. This year, the Institute of Osteopathy's Annual Convention this year includes a dedicated research workshop day, offering perspectives from around the globe, while the British College of Osteopathic Medicine's 10th ICAOR Conference follows on the heels of the World Cup in São Paulo, Brazil.

The Institute of Osteopathy (iO) Annual Convention 3-5 October 2014

The Runnymede Hotel,
Egham, Surrey

NCOR partners the Institute of Osteopathy to offer delegates to this year's Convention a workshop on Saturday 4 October, exploring 'The Future of Osteopathic Research'.

Members of the Osteopathic International Alliance will take the opportunity of the workshop to deliver 10-minute talks about research developments in their 'world zone', including the UK, the USA, Canada, the southern hemisphere and mainland Europe. This will be followed by a discussion about the future and research priorities.

Other platform presentations will feature talks on:

- NCOR's development of a nationwide osteopathic Patient Reported Outcomes Measures (PROM) facility
- The role of non-specific effects and placebo in practice
- Reporting adverse events in osteopathy: practitioner and patient perspectives
- The National Institute for Health and Care Excellence (NICE) guideline development.

i For more information about the **Institute of Osteopathy 2014 Convention** and to book your place, visit www.osteopathy.org

10th International Conference on Advances in Osteopathic Research (ICAOR 10)

7-9 November 2014
Hospital Samaritano,
São Paulo, Brazil

The British College of Osteopathic Medicine (BCOM) founded ICAOR in 1999 as a highlight in the research calendar, offering an important opportunity to hear presentations by leading figures in the international osteopathic community, while also serving to enhance the research network between professionals and institutions.

Keynote speakers this year are Associate Professor Dr Gary Fryer from

Victoria University, Melbourne, Australia; Research Assistant Professor Rafael Zegarra-Parodi, DO (Europe) from the A.T. Still Research Institute, A.T. Still University of Health Sciences, Missouri, USA; and Dr Breno Schor, orthopaedic surgeon specialising in the shoulder and elbow, from Instituto Vita, São Paulo, Brazil. Dr Schor is on the Brazil 2016 Olympic Committee and is a member of the International University Sports Federation (FISU).

i For further details on **ICAOR 10**, go to <http://icaor2014.com/how-to-register>

COP undergraduate conference

29 November 2014

British School of Osteopathy (BSO) London

The 11th Chiropractic, Osteopathy and Physiotherapy (COP) Conference for students, teaching faculty and clinicians across the three disciplines, will this year be hosted by the BSO in London.

This annual multidisciplinary conference, organised in partnership with the Anglo-European College of Chiropractic and the McTimoney College of Chiropractic, offers new insights arising from undergraduate research, and a lively networking opportunity for newly qualified health care professionals to meet and discuss practice.

Call for papers

If you have graduated this year and are interested in submitting an abstract to be considered for presentation at the COP conference, the deadline is Friday 3 October 2014.

Full details about the 2014 COP are available at: <http://tinyurl.com/o77qjyu>

What's new at IJOM?

Latest updates and developments from the *International Journal of Osteopathic Medicine* (IJOM). Editor-in-Chief, **Steve Vogel**, reports

New Editorial Board

Our IJOM Editorial Board has been expanded to better serve our readers and authors. Associate Editor **Rafael Zegarra-Parodi** has joined the team, which includes me and Executive Editors **Nic Lucas** and **Robert Moran** (for the full Editorial Board, see <http://tinyurl.com/opdp9es>). Rafael has recently completed a two-year research post at the

Still Research Institute at A T Still University, Kirksville.

To lead the journal's recently introduced section focusing on education, **Dr Jorge Esteves** has been appointed as Education Editor.

We have also strengthened our Masterclass section with the addition of **Dr Oliver Thomson** to the team. He will be working with **Dr David Evans**, the existing

editor, to commission topical Masterclasses of relevance to the osteopathic profession worldwide.

Reviewers wanted

We rely on – and are grateful for – our colleagues in osteopathy and other disciplines who give up their time to peer review manuscripts submitted to the journal. We are working hard to improve the turnaround time for authors awaiting a decision from the journal and, as a result, we are keen to expand our pool of reviewers.

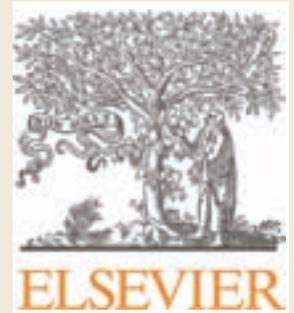
i If you would like to become a reviewer for IJOM, please contact me at the email address below.

Request for case studies

The clinical part of the journal is growing and it is edited by Brett Vaughan from Victoria University, Melbourne, Australia. He has been instrumental in developing this section in response to readers' feedback. We are receiving submissions and have an increasing number of contributing authors from the USA.

Writing-up a case study provides an opportunity to reflect on practice, share knowledge with colleagues and to fulfil CPD requirements. Please, think about trying it yourself – we would welcome and be delighted by an increase in submissions from UK osteopaths.

i For further information, please email me at: s.vogel@bso.ac.uk



News from Elsevier

Elsevier, which publishes IJOM, has developed quick links from all IJOM articles to Mendeley, a free desktop and mobile reference management system that enables the organisation and sharing of research amongst colleagues and communities.

The publisher and editors are currently revamping the Guide for Authors to make it more readable and user-friendly, with quick links around all sections of the guide online.

Author-accepted manuscripts

All IJOM articles are now online and available to read, and cite, approximately one week post acceptance. This new initiative enables GOsC registrants to access the latest articles as soon as they are accepted, and enables a quicker publication time for IJOM authors.

Issue highlights



The June 2014 issue of IJOM featured a Masterclass about clinical audit [Fawkes *et al.*, 2014] and a research article demonstrating how audit can be used to set standards and improve practice – in this instance, recording of patients' current medicine usage [Brunt and Abbey, 2014].

Clinical reasoning is key to successful treatment and management.

A qualitative study by Oliver Thomson

and colleagues provides insights into osteopathic clinical reasoning [Thomson *et al.*, 2014].

Two case studies address somatic tinnitus and hemianopsia [Arab and Nourbakhsh, 2014, Berkowitz, 2014].

For those involved in education, the use and implementation of portfolio assessment in pre-professional osteopathy programmes is described in the education section of the journal [Vaughan *et al.*, 2014].

The next issue's contents, published in September, will be drawn from the 'in press' articles available to GOsC registrants via the **o** zone. There will be a Masterclass on grounded theory [Thomson *et al.*, 2013] along with an example of its use in research in an original research article which explores osteopaths' professional views, identities and conceptions [Thomson *et al.*, 2013]. The effect of HVT on H reflexes [Groisman *et al.*, 2014] and clinical reasoning in osteopathic curricula [Moore *et al.*, 2014] will be addressed in additional original research articles, along with a fascinating case study of Runner's Kidney [Lalonde, 2014].

Current and previous issues of IJOM can be found on the **o** zone at: www.osteopathy.org.uk/ozone/resources/research/research-journals/

Anyone for donuts?

The *International Journal of Osteopathic Medicine* (IJOM) is using the new tool Altmetric, which includes a donut-shaped visualisation, to measure the impact of individual articles. Elsevier's **Sarah Davies** reports

Traditionally, the influence of research has been evaluated by a journal's 'Impact Factor', with annual league tables published by Thomson Reuters in their *Journal Citation Reports*. However, in recent years the migration from paper to electronic (particularly online) delivery and the growing importance of social networking for sharing information, has created new ways to measure the influence of individual articles.

One of the most prominent new methods is Altmetric, which takes into account how an article's content is used and shared – in academia, clinical practice and in the public domain – instead of relying only on the number of times a paper is cited and referenced in other articles in scholarly journals.

What does Altmetric monitor?

Altmetric tracks the attention that scholarly articles (and datasets) receive online by 'pulling in' data from three main sources:

- Social media channels
- Traditional media – both mainstream and science-specific publications; many non-English language titles are also covered
- Online reference managers (software programs like Endnote and Mendeley that academics use to record and manage citations).

What are the benefits to authors?

Authors can see at a glance

who is reading their research, who is sharing it, and how the information is being used. This can connect authors to new networks and help drive future research and projects.

What are the benefits to readers and clinicians?

Readers can see what colleagues and peers are reading and what information is 'trending'. Altmetric can also help readers connected in real-time to networks and engage in ongoing discussions. And information is released and updated quickly, as opposed to the traditional delays associated with printed publications.

What is the 'donut'?

A key feature of Altmetric is the 'donut', which is used to convey information about each article quickly. It is a visual representation of the quantity and quality of attention that the article is receiving.

Clicking on the donut gives a broader picture about the usage of the article: the Tweets about it, and the score in relation to other similar research, in similar sources and of similar age. Readers can also see where in the world attention is coming from, and get a sense of the audiences with which the article is proving popular.

What does the donut do?

Altmetric measures public attention, but it is likely that papers are further discussed in private forums, offline and by email. The donut provides a single metric per article, so that you can see and compare levels of attention with other relevant (for example, osteopathic) articles at a glance.

IJOM is integrating Altmetric in all its journal articles via the Scopus website – www.scopus.com

 For further information, <http://tinyurl.com/o2uft3b>

The Altmetric score appears in the middle. This is a quantitative measure of the quality and quantity of attention that the article has received



The colours around the edge show the sources of attention, for example – (social) media channel





ODG update

Work is continuing apace for the Osteopathic Development Group on various projects to develop the profession

Projects that have recently received funding include advanced clinical practice and mentoring. Find out below how these are progressing.

Advanced Clinical Practice

Throughout their careers, osteopaths continue to develop their clinical skills and many gain additional qualifications in specific areas of practice.

Ways in which this can happen are diverse, and there is currently no common framework patients can use to identify those osteopaths who have advanced knowledge.

The main aim of the Advanced Clinical Practice (ACP) project is to explore the option of a common framework and the form(s) that this could take.

Research is being led by the Osteopathic Alliance, which represents most of the profession's independent postgraduate training institutions, in collaboration with the Council of Osteopathic Educational Institutions (COEI), looking

after the providers of pre-registration training.

The project is funded by an award from the GOsC and supported by the Institute of Osteopathy. Health Academix, an independent research team, has been appointed to review the existing ACP infrastructure and develop a suitable framework and implementation plan.

The project team is keen to involve the profession and will be talking to osteopaths and patients over the coming months, as well as looking at relevant research and analysing models from other professions.

A questionnaire will be sent out to osteopaths early next year, inviting feedback on the framework options identified by Health Academix.

Mentoring

One of the eight development projects being commissioned by the Osteopathic Development Group (ODG) is seeking to support newly qualified graduates as they enter osteopathic practice.

Osteopathy is one of only a few healthcare professions where the newly qualified can

take up practice immediately after graduation, with no further supervised training or other support. The aim of the scheme is to explore options and best practice around mentoring – identifying an approach that fits the nature of osteopathic practice – and then to develop and pilot an osteopathic mentoring scheme.

As the first stage in the process, the ODG is recruiting consultants to lead the project, starting work in late summer.

The project sponsor is the Council of Osteopathic Educational Institutions (COEI), represented by Tracy Stokley. She is the clinic manager for the College of Osteopaths and has a long-standing interest in mentoring. The team also includes representatives from the Institute of Osteopathy and the GOsC. The GOsC has granted £32,000 in support funding.

If you have an interest in mentoring, or have mentored a new graduate, there will be an opportunity to contribute your experiences when the project gets under way later this year.

What is the ODG?

Formed in 2012, the ODG comprises five organisations working in partnership to support the development of the profession. These organisations are:

- The General Osteopathic Council (GOsC) – www.osteopathy.org.uk
- The Institute of Osteopathy (iO – formerly the British Osteopathic Association) – www.osteopathy.org
- The Council of Osteopathic Educational Institutions (COEI)
- The National Council for Osteopathic Research (NCOR) – www.ncor.org.uk
- The Osteopathic Alliance (OA) – www.osteopathicalliance.org

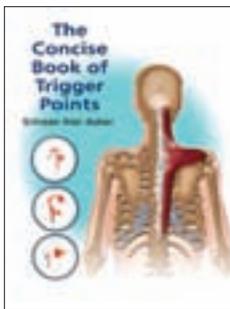
The ODG has agreed eight projects in the following areas:

- Advanced clinical practice
- Career development
- International collaboration
- Leadership
- Mentoring
- Patient Reported Outcome Measures (PROM) database development
- Regional support
- Service standards

Details of all of these projects are in the 'About us' section of the GOsC's website.

i For more information about the ODG, contact Matthew Rogers, Programme Coordinator, at: matthew@osteopathy.org

Bookshelf



Concise Book of Trigger Points (3rd edition)

Simeon Niel-Asher

Lotus Publishing (2014)

ISBN 978-1-905367-51-1 264 pages

Aimed at the student and early practitioner of massage/bodywork, physical therapy, and physiotherapy, osteopath Simeon Niel-Asher explains how to treat chronic pain through trigger points.



Myofascial Release

Ruth Duncan

Human Kinetics (2014)

ISBN 978-1-450444-57-6 220 pages

This guide teaches therapists every aspect of employing myofascial release, including technique descriptions and their applications.

i If you would like to review any of these titles (in exchange for a free copy) contact the Editor at: editor@osteopathy.org.uk

Book reviews

A Practical Guide to Kinesiology Taping

John Gibbons

Lotus Publishing 2014

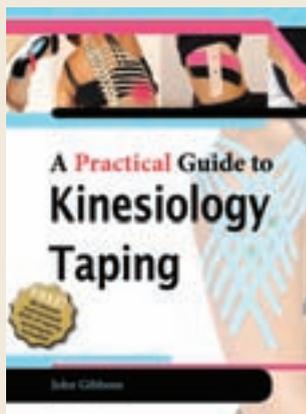
ISBN 978-1-905367-48-1

Reviewed by Claire Gregory, BSc (Hons) Ost

This is a wonderfully constructed book, full of clear photographs that show exactly how to use kinesiology tape.

At 118 pages, it is a slim book and the images and diagrams make it very readable and easy to use for reference. It is divided into nine chapters, starting with an overview of taping.

There is a useful comparison of conventional tape versus kinesiology



tape, along with a well-written section covering the physiological changes made by using it.

The sections that follow show how to tape areas of the body, finishing with a technique for oedema.

I like that the author has taken the trouble to show where the site of pain is in relation to the start and finishing position of the tape. It is backed up with a 90-minute DVD.

This is a very useful book to have in a clinic.

Osteopathy for the Over 50s

Nicette Sergueef and Kenneth Nelson,

Lotus Publishing 2014

ISBN 978-1-909141-09-4

Reviewed by Laura Humphreys BSc (Hons), BSc (Ost), MSc (Cognitive Neuroscience)

This ambitious text attempts to outline how osteopathy can be applied to older patients.

Somewhat surprisingly, the age cohort seems to apply more to aged and possibly frail individuals,

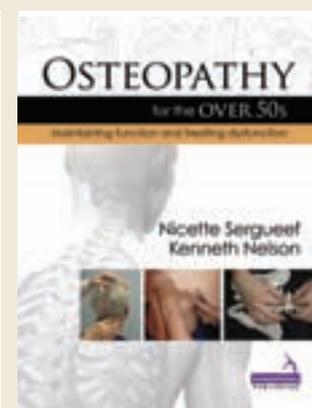
certainly not to the fit and robust older person.

Much of the book focuses on gentle, indirect techniques to both assess and treat somatic dysfunctions throughout the body, on the premise that the best treatment choice should be 'the least aggressive procedure that will get the job done'.

The initial section includes a detailed explanation of the author's understanding of the primary respiratory mechanism and the structure and functions of fascia. This provides a useful foundation and basis for appreciating how the varied indirect techniques are thought to influence the body.

Subsequently, assessment and treatment techniques for different areas of the body are suggested, which seem to focus predominantly on cranial, visceral, balanced ligamentous tension and counter-strain techniques.

The final section presents an analysis of dysfunctions related to different systems of the body. This includes an introduction to each area



and their associated age-related changes, followed by specific information about examination, treatment and management.

Initially, I approached this book with caution, as much of the content seemed to relate to the more ethereal osteopathic techniques. However, on reflection, it may be that with the ever-increasing focus on evidence-informed practice, texts are becoming more orthopaedic than osteopathic.

This book contains much that will interest all types of osteopath, but it is possibly more suited to those with an interest in the primary respiratory mechanism.

Courses 2014

Courses are listed for general information and inclusion does not imply approval or accreditation by the GOsC. For a more comprehensive list of courses, visit the CPD resources section of the o zone www.osteopathy.org.uk

September

2 Spinal Manipulation and Mobilisation Techniques Masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

3 A Practical Guide to Kinesiology Taping

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

6 Headaches and Migraines

Speakers: Richard Katesmark and Cliff Lomas
Venue: British School of Osteopathy

info@cheyhamlodge.co.uk

6-10 Using osteopathy to treat elephants

Speaker: Tony Nevin
Venue: Thailand
Tel: 01242 221153

tonynevin@blueyonder.co.uk

7 Complete Clinical Competence Series Signs & Symptoms

Speaker: Gary Lutz DO
Venue: Warwick Hilton Warwickshire
Tel: 020 8504 1462

taoseminars@gmail.com

7 An Introduction to Energy Medicine

Speaker: Harry Oldfield
Venue: Warwick Hilton Warwickshire

Tel: 020 8504 1462
taoseminars@gmail.com

7 Spinal Manipulation: Day 7 of 9 Complete Manipulation Course

Speaker: Dr Eedy
Venue: Warwick Hilton Warwickshire
Tel: 020 8504 1462

taoseminars@gmail.com

9 Neurological Testing made simple

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

10 Free Craniosacral Therapy Introductory Talk

Speaker: Michael Kern DO, BCST, ND
Venue: Skylight Centre, 49 Corsica Street, London N5 1JT
Tel: 07000-785778

info@cranio.co.uk
www.cranio.co.uk

10-11 Advanced Soft Tissue Techniques Masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

14 'Bump to Baby' – treating the pregnant patient

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1 3BE
Tel: 07792 384592

osteokids@aol.com
www.mumandbaby-at-home.com/CPD

16-20 Osteopathy in the Cranial Field

Speaker: Ana Bennett
Venue: London

info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

20 Frozen Shoulder

Speaker: Dr Kaz Harding
Venue: Warwick Hilton Warwickshire
Tel: 020 8504 1462

taoseminars@gmail.com

20-21 Functional stretching

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre, London

www.cpdaonline.com

20-21 Hip and Pelvis Pain

Speaker: CPDO-Jing collaboration
Venue: Whittington Education Centre, London

www.cpdaonline.com

20-21 I - The Dynamics of Applied Kinesiology Evaluation

Speaker: Tracy S Gates DO, DIBAK and Jim Townhill DC, DIBAK
Venue: Weald House, Worthing, West Sussex

info@hanzechiropractie.nl
www.icak.co.uk

20-21 Craniosacral Therapy Introductory Weekend

Speaker: Michael Kern DO, BCST, ND
Venue: Skylight Centre, 49 Corsica Street, London N5 1JT
Tel: 07000-785778

info@cranio.co.uk
www.cranio.co.uk

21 Muscle Power Techniques: Day 7 of 9

Speaker: Dr Eedy
Venue: Warwick Hilton Warwickshire
020 8504 1462

taoseminars@gmail.com

22-23

Touch – Relational Touch, Diagnostic Touch & Therapeutic Touch

Speaker: Katherine Ukleja DO, RCST, BCST
Venue: Skylight Centre, 49 Corsica Street, London N5 1JT
Tel: 07000-785778

info@cranio.co.uk
www.cranio.co.uk

23 Muscle Energy Techniques (MET's) made simple

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ

john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

27 First Aid Appointed Person Course

Speaker: Steven Bruce DO
Venue: Latvian Guest House, 72 Queensborough Terrace, London W2 3SH
Tel: 07000-785778

info@cranio.co.uk
www.cranio.co.uk

28 BLT Refresher day (Module 4)

Speaker: Zenna Zwierzchowska
Venue: London

info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

October

4 Cranio-Sacral Therapy – 2-Year Course (Weekend Format) – Start of full professional training

Speaker: Thomas Attlee
Venue: London
Tel: 020 7483 0120

info@ccst.co.uk
www.ccst.co.uk

5 Muscle Power Techniques: Day 8 of 9

Speaker: Dr Eedy
Venue: Warwick Hilton
Warwickshire
020 8504 1462
taoseminars@gmail.com

5 Foot Analysis and Mobilisation

Speaker: Brian Joseph DO
Venue: Warwick Hilton
Warwickshire
020 8504 1462
taoseminars@gmail.com

5 II - Viscera and the Emotions

Speakers: Tracy S Gates DO, DIBAK and Jim Townhill DC, DIBAK
Venue: Weald House, Worthing, West Sussex
info@hanzechiropractie.nl
www.icak.co.uk

5 Course Directors Course Module 1

Speaker: Alison Brown
Venue: Axminster
info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

7 Spinal Manipulation and Mobilisation Techniques Masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

8 A Practical Guide to Kinesiology Taping

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

11-12 Hartman's Master class in manipulative techniques: lower body

Speaker: Prof. Laurie Hartman
Venue: Whittington Education Centre, London
www.cpdo.net

12 'Paediatric ENT a Practical Approach' – treating ear, nose & throat disorders in children & teenagers

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1 3BE
Tel: 07792 384592
osteokids@aol.com
www.mumandbaby-at-home.com/CPD

18-19 Presence and Meeting Trauma – Skills for Deepening into Trauma Resolution

Speaker: Suzanne Scurlock-Durana
Venue: Skylight Centre, 49 Corsica Street, London N5 1JT
Tel: 07000-785778
info@cranio.co.uk
www.cranio.co.uk

19 A Guide to Rheumatology Treatments

Speaker: David Lintonbon DO
Venue: Warwick Hilton
Warwickshire
020 8504 1462
taoseminars@gmail.com

19 Spinal Manipulation: Day 8 of 9 Complete Manipulation Course

Speaker: Dr Eedy
Venue: Warwick Hilton
Warwickshire
020 8504 1462
taoseminars@gmail.com

22-26 Biodynamic Craniosacral Therapy – start of two-year practitioner training course

Speakers: Michael Kern, Katherine Ukleja and others
Venue: Skylight Centre, 49 Corsica Street, London N5 1JT
Tel: 07000-785778
info@cranio.co.uk
www.cranio.co.uk

24-26 Spark in the Motor

Speaker: TBA
Venue: London
info@sutherlandcranialcollege.co.uk
www.sutherlandcranialcollege.co.uk

25-26 Fascia-related pain and dysfunction: research to practice

Speaker: Leon Chaitow
Venue: Whittington Education Centre, London
www.cpdaonline.com

26 'Postpartum Mum' – Treating the Postnatal Patient

Speaker: Miranda Clayton
Venue: London School of Osteopathy, London SE1 3BE
Tel: 07792 384592
osteokids@aol.com
www.mumandbaby-at-home.com/CPD

31 October – 2 November Harmonic Technique

Speaker: Dr Eyal Lederman
Venue: Whittington Education Centre, London
www.cpdo.net

November

1-2 Clinical visceral: management of persistent abdominal pain

Speaker: Joanna Crill Dawson
Venue: Whittington Education Centre, London
www.cpdo.net

5 Neurological Testing made simple

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

7-9 10th International Conference on Advances in Osteopathic Research (ICAOR 10)

Venue: Instituto Vita, Sao Paulo, Brazil
Tel: 020 7435 6464
icaor@bcom.ac.uk

7-10 Advanced Therapy Masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk

8-9 III - Evaluation of Structural Imbalances

Speaker: Tracy S Gates DO, DIBAK and Jim Townhill DC, DIBAK
Venue: Weald House, Worthing, West Sussex
info@hanzechiropractie.nl
www.icak.co.uk

9 Complete Clinical Competence Series Case Studies and Diagnosis

Speaker: Christopher Batten DO
Venue: Warwick Hilton, Warwickshire
Tel: 020 8504 1462
taoseminars@gmail.com

9 Muscle Power Techniques: Day 9 of 9

Speaker: Dr Eedy
Venue: Warwick Hilton, Warwickshire
Tel: 020 8504 1462
taoseminars@gmail.com

9 Cranial Osteomyology: Day 9 of 9

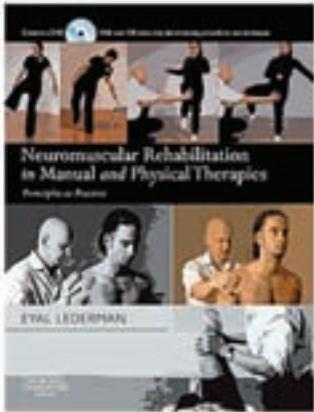
Speaker: Dr Gazeley
Venue: Warwick Hilton, Warwickshire
Tel: 020 8504 1462
taoseminars@gmail.com

11 Spinal Manipulation and Mobilisation Techniques Masterclass

Speaker: John Gibbons
Venue: University of Oxford Sports Complex, Jackdaw Lane, Oxford OX4 1EQ
john@johngibbonsbodymaster.co.uk
www.johngibbonsbodymaster.co.uk



Date	Topic	Lecturer	Cost	Deposit	CPD points
20-21 Sept	Functional stretching	Dr. Eyal Lederman	£265	£150	15
11-12 Oct	Hartman's master class in manipulative techniques: lower body	Prof. Laurie Hartman	FULL		
31 Oct & 1-2 Nov	Harmonic Technique (Starts Friday 17.00-20.00)	Dr. Eyal Lederman	£385	£200	20
25-26 Oct	Fascia-related pain and dysfunction: research to practice	Leon Chaitow	£275	£150	14
1-2 Nov	Clinical visceral management: persistent back pain	Jo Crill Dawson	£245	£150	14
12-13-14 Nov	Advanced thorax, neck and diaphragm	Jean Pierre Barral	FULL		
14-15 Nov	Pilates & Yoga exercises in management of upper and lower limb conditions	Susie Lecomber	£265	£150	14
13-14 Dec	Hartman's master class in manipulative techniques: upper body	Prof. Laurie Hartman	FULL		14



Neuromuscular Rehabilitation in Manual and Physical Therapies E. Lederman

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For more information, updates and booking: www.cpdo.net

For our extensive range of [acupuncture & dry needling](http://www.cpdaonline.com) courses see www.cpdaonline.com

13-14 Sept	Acupuncture in the management of chronic spinal pain	Jennie Longbottom	£265	£150	14
11 Oct	Acupuncture in management of tension headaches and migraine	Jennie Longbottom	£135	£135	7
25 Oct	Management of general anxiety & depression with acupuncture and counselling	Jennie Longbottom	£135	£135	7
18 Oct	Advanced meridian workshop	Moira Tunstall	£135	£135	7

Venue:

Whittington Education Centre, Whittington Hospital,
Gordon Close, off Highgate Hill, London N19



THE BRITISH SCHOOL OF OSTEOPATHY

Continuing Professional Development

For the full course list visit: www.bso.ac.uk/cpd or book online at www.bit.ly/bso_cpd

Understanding Pain from a Clinician's Perspective

Dates: 13th September, 11th October, 8th November & 14th December 2014

Cost: £100 per day / £400 for all four days

CPD: 7 hours per day

Following on from a successful MSc module we have decided to open up the Pain Unit as a group of standalone CPD events. The exciting and integral content will help explain some of the mysteries of clinical practice and give you the tools to understand all your patients with pain, whether their pain is acute or chronic. Topics include the pharmacology of pain and analgesia, pain and psychology, and neurophysiology. Day 1 begins with the history of pain, basic pain neurophysiology of nociception and sensitisation, how physical treatments affect pain and the role of analgesia in pain management.

Who is eligible to attend this course?

This course is suitable for any manual therapist or medical professional looking to explore new theories on pain or who wish to understand their patients' conditions further.



BSO Sports Conference

Date: Saturday 8th November 2014

Cost: £110

CPD: 7 hours

Our Sports Conference this year will be focusing on different age groups in sport, particularly adolescents and the older adult. There will be two keynote sessions before the day splits into two streams looking at generational sports and sports lifestyle. There will also be case presentations at the end of the day by an osteopath and a physiotherapist, as well as a Q&A session so you can ask our speakers about any of their research or theories.

Who is this course suitable for?

This course is open to all medical professionals and manual therapists interested in treating sports injuries. Whether your patients are professional athletes, enthusiastic amateurs or even committed fitness fans, this conference will give you some interesting ideas and approaches that can be used in practice.



Visceral Osteopathy: Abdomen

Dates: Saturday 31 January & Sunday 1 February 2015

Cost: £250

CPD: 14 hours

This course provides the opportunity to look at visceral and structural osteopathic management including techniques, lifestyle, advice, referral mechanisms and how and when these may be altered. You will review visceral anatomy, both in function and dysfunction, to allow you to consolidate your understanding of structure and function. On completion, you will be able to perform a variety of techniques and demonstrate an integrated knowledge of human biomechanics and how dysfunction in one area may lead to altered function elsewhere in the body.

**PART OF
VISCERAL SERIES**



Get in touch...

For a full list of all our CPD courses or to book your place **today**, contact Sarah McLaughlin on 020 7089 5352 or cpd@bso.ac.uk.

What's on?

Sat 6 & Sun 7 September

- Osteopathic Refresher

5-7 & 13-14 September

- Osteopathy in the Cranial Field (5 day course)

Sat 13 September

- Sport, Exercise and Rehabilitation Day **NEW**

Sat 11 October

- Fascial Assessment and Rehabilitation **NEW**

18 October (4 dates)

- OsteoMAP at the ESO

Sat 25 & Sun 26 October

- Paediatric Osteopathy

Sat 25 October

- Advanced Ergonomics
- Diagnostic Ultrasound Workshop: Introduction to Musculoskeletal Ultrasound Imaging **NEW**

- Pain & Pharmacology

Sun 26 October

- Introduction to Osteopathic Psychology **NEW**

Sat 8 November

- Sports Conference **£110**

Sat 13 December

- Taping with Exercise Physiology and Biomechanics **NEW**

Keep up to date...

Our Twitter account is the quickest and easiest way to keep up to date with new courses and great offers.

 [@BSO CPD](https://twitter.com/BSO_CPD)

We also have a variety of teaching rooms, practical rooms and meeting rooms available for hire in our Central London location at competitive rates.

Phone 020 7089 5352 or visit www.bso.ac.uk for a full list of what's available.



THE BRITISH SCHOOL OF OSTEOPATHY

Postgraduate Courses

For more information visit: www.bso.ac.uk/cpd-postgraduates/postgraduate-courses/

Postgraduate Certificate in Specialist Paediatric Osteopathic Practice

The BSO are delighted to announce a brand new Postgraduate Certificate in Specialist Paediatric Osteopathic Practice. Delivered over a 12 month period on weekends, this course will provide professional development and lifelong learning opportunities to osteopaths in practice nationally and internationally.

The BSO already provides successful CPD courses for osteopaths wishing to enhance their knowledge and clinical skills in this specialist area. The development of our postgraduate course is a natural evolution for the programme. The course will retain those practical aspects of the current CPD course, which enables osteopaths to enhance their clinical practice.

The course will be the only UK accredited award-bearing course in this field. It will combine the theoretical framework for specialist paediatric osteopathic practice together with practical skills development over the first three months of the course. The theoretical and skills-based learning will be followed by a nine month period of clinic-based tuition, where students will be able to refine their skills by practising on real patients in our dedicated paediatric outpatient clinic on Saturdays under expert supervision.

The course is based upon a standard osteopathic approach using traditional techniques. You will learn to operate within a multi-professional context concerning referral and joint care, team-work, and collaborative skills, putting the patient at the centre of your work.

Our first cohort will start in January 2014 with a limited number of places, so it is strongly advised that you should apply quickly if you are interested.

Start date: January 2015

Course Leader: TBC

Duration: 12 months

Course fee: £4,700



Professional Doctorate in Osteopathy

This programme, the first of its kind, blends teaching and self-motivated investigation that gives you access to a range of specialists with expertise in a variety of disciplines.

The course will introduce you to highly relevant subjects that are not normally associated, and you will have the opportunity to work at the cutting edge of osteopathic theory and practice. The emphasis is not just on understanding a theoretical body of knowledge, but is on the nature of practice itself.

You will have the chance to investigate some of the key challenges facing the profession today and allow you to develop the skills and knowledge to pursue the best interpretation, enhancing osteopathy's body of knowledge and skill.

Start date: September 2015

Course Leader: Professor Stephen Tyreman

Course fee: £3,900 per annum



Please contact Shanaz Rahman for information on any of our postgraduate courses on

020 7089 5357 or s.rahman@bso.ac.uk

Alternatively, you can visit our website at

<http://www.bso.ac.uk/cpd-postgraduates/postgraduate-courses/>

THIRST FUNCTION 4

Thirst 4 Function deliver unique CPD courses that will empower you with the skills and understanding you need to integrate functional movement and gait analysis into your practice.

You will study the fundamentals of biomechanics, muscle function and motor control. You will be guided through a principle based approach to assessment, treatment and rehabilitation. You will be shown effective functional techniques that allow you to tailor your treatments to each patient.

Functional Movement & Gait Analysis CPD

Level 1 - The Lower Extremity	13th & 14th September 2014	£269
Level 2 - The Spine & Pelvis	4th & 5th October 2014	£269
Level 3 - The Upper Extremity	25th & 26th October 2014	£269
Level 4 - Total Body Integration	6th & 7th December 2014	£269
Levels 1-4 - Package	See above	£896

Thirst 4 Running

Study a unique approach to injury resolution, injury prevention and performance optimisation for runners. You will learn functional assessments that will lead to rehabilitation and injury prevention programs for common running injuries.

Thirst 4 Running - Level 1	8th & 9th November 2014	£269
Thirst 4 Running - Level 2	22nd & 23rd November 2014	£269

Booking & Contact

www.thirst4function.com

melissa@thirst4function.com

Thirst 4 Function is proud to be endorsed by the

GrayInstitute

SEPTEMBER 2014

MODULE 2 - OSTEOPATHY IN THE CRANIAL FIELD

Course Director: Ana Bennett, FSCCO
Fee: £1225 (non-residential). New graduate discounts apply
Date: 15-19 September, London

Course summary: Introducing the key concepts of the five phenomena as a way of studying and understanding the body as a whole.

CLINICAL REVIEW DAY - THE FUNCTIONAL FACE

Course Director: Dianna Harvey, FSCCO
Fee: £165
Date: 20th Sept, London

Course summary: For those who have completed Module 8 to review their clinical practice with Dianna Harvey FSCCO

OCTOBER 2014

MODULE 1 - FOUNDATION COURSE

Course Director: Penny Price, FSCCO
Fee: £275
Date: October 18th & 19th, Bath

Course Summary: For established and newly graduated osteopaths interesting in exploring cranial practice.

MODULE 7 - SPARK IN THE MOTOR

Course Director: Rowan Douglas-Mort, FSCCO.

Fee: £895
Date: 24th - 26th Oct, Stroud
Course summary: Understanding the integrated role of the CNS within the body wide fluid function.

NOVEMBER 2014

MODULE 10 - INTEGRATING CRANIAL INTO PRACTICE

Course Director: Michael Harris, FSCCO
Fee: £165
Date: 8th Nov, London

Course summary: Michael Harris helps integrate cranial work into existing osteopathic practice including communicating effectively with patients.

RACHEL BROOKS "KEY ELEMENTS IN EFFECTIVE OSTEOPATHIC PRACTICE"

Fellows & Faculty Only

Course Director: Rachel Brooks
Fee: £445 - £595
Dates: 14th - 16th Nov, or 21st - 23rd Nov, Stroud

Course summary: Covering Rollin Becker's teaching including the relationship between patient and physician, working with Stillness and using compressive forces.

FEBRUARY 2015

OSTEOPATHIC APPROACH TO INFANT FEEDING

Course Director: Gunn Kvivik
Fee: £330
Date: 7th & 8th February, London

Course summary: Gunn Kvivik leads

theoretical and practical work on breast feeding vs bottle feeding and the relative impact of these methods on the development of orofacial structures.

MARCH 2015

MODULE 9 - INTRODUCTION TO PAEDIATRICS

Course Director: Hilary Percival FSCCO
Fee: £1250
Date: 6th - 9th March, Stroud

Course Summary: Build your paediatric knowledge and prepare to practice safely, examining your young patients with confidence and a deeper appreciation of this extraordinary journey from embryo to childhood.

PAEDIATRIC OSTEOPATHIC DIPLOMA



In 2015, the SCCO is launching a brand new Paediatric Osteopathy Diploma, developed by SCCO Faculty, and led by Hilary Percival and Mark Wilson who between them have over 40 years Paediatric and Neonatal Unit experience.

The Diploma starts with the SCCO Paediatric Module 9 (above). Thereafter, over 18 months, there are six weekend workshops, 20 clinic visits, a number of reports and case studies and a dissertation. As with all SCCO education there is one tutor for every four students, allowing close personal supervision of practical and written work throughout the two years of study.

Fee: £2,900

All courses and conferences are eligible for CPD
Courses also run overseas, check website for details



Medicine for osteopaths - a pharmaceutical utopia?

Presented by Trevor Campbell

Saturday 13th September 2014

£135 (inclusive of lunch and refreshments)

This course begins by discussing recent developments in the NHS and the opportunities and threats presented to the profession. The second half of the day focuses on CNS medications and the treatment of osteoporosis. Within this the concept of "lifestyle" medications is discussed as well as the pharmacology of the medicines themselves. The day concludes with a discussion on the future of osteopathy in a modern health environment.

Previous Feedback: "Excellent course – one of the best I've attended"... "Delivered expertly so that a fairly heavy subject in terms of factual content went across in a 'palatable' way"... "Will be practically useful in the clinic – immediately applicable"



The osteopathic approach to fascia

Presented by Paolo Tozzi DO

Saturday 11th and Sunday 12th October 2014: Part 1

Saturday 14th and Sunday 15th February 2015: Part 2

£560 or £280 per weekend when parts taken independently (inclusive of lunch and refreshments)

This two-part course aims to: describe the main anatomical and physiological properties of fascia; present the connective tissue as the major bio-mechanical and bio-electrical mediator of the structure and function inter-relationship; propose various fascial mechanisms by which somatic dysfunction may be induced and maintained; illustrate the principles of tensegrity model and its application in osteopathic practice through Littlejohn's mechanics and compressional tensional approach; illustrate the most common fascial techniques in osteopathic practice and propose different fascia-mediated mechanisms behind OMT efficacy and effectiveness.



Psycho-emotional aspects of osteopathic treatment - follow-up day

Presented by Prof Robert Shaw

Friday 28th November 2014

£140 (inclusive of lunch and refreshments)

This follow-up day is designed for participants who have previously attended a course on the psycho-emotional aspects of osteopathy. The aim of this one-day course is to enable practitioners to build on, and explore in more depth, how they have used the concepts and practical advice covered in the previous course. This workshop will provide an opportunity for participants to talk about their practice and receive supervision on the psychological aspects of working as an osteopath, in a safe and supportive group environment.



Psycho-emotional aspects of osteopathic treatment: Helping you establish and maintain a healthy work-life balance

Presented by Prof Robert Shaw

Saturday 29th and Sunday 30th November 2014

£280 (inclusive of lunch and refreshments)

Have you ever felt challenged by the demands of difficult patients, or exhausted after a day of dealing with patients' emotional needs? This course will help practitioners better understand the psychological aspects of osteopathic practice, and some of the difficult interactions that can sometimes occur. It will provide some psychological tools that will help practitioners protect themselves emotionally, and aid the management of therapeutic relationships, helping to establish and maintain a healthy work-life balance.



Previous feedback: "A very valuable course! It was fantastic to have a course geared to help and advise osteopaths in our working lives"... "Extremely informative and entertaining weekend...highly relevant to practice life, thought-provoking and enjoyable"

Attend a KTAI Certified Kinesio Taping Course with Kinesio UK

Kinesio UK offer the only Kinesio Taping training courses in the UK and Ireland endorsed by the KTAI (Kinesio Taping Association International), founded by Dr Kase, and recognised worldwide. The KTAI is a group of medical professionals dedicated to advancing the science of the Kinesio Taping method through education, clinical practice and research. On an approved Kinesio Taping course (KT1/2 and KT3), participants receive the most up-to-date instruction available on the Kinesio Taping Method.

Our objective is to provide every practitioner with Kinesio Taping skills through expert instruction, including using the tape for:

- Re-education of the neuromuscular system
- Support and relaxation for muscles
- Muscle injury prevention
- Swelling and pain reduction
- Improved functional movement and positioning

KT1 & 2 - Fundament & Advanced Course - £250 ex vat

August 2014

16th & 17th Exeter
16th & 17th London
16th & 17th Cambridge
30th & 31st Birmingham

September 2014

6th & 7th Cork
11th & 12th Newcastle
13th & 14th Calne
18th & 19th London
20th & 21st Edinburgh
27th & 28th Gillingham

October 2014

11th & 12th Equine Chelmsford
18th & 19th Wakefield
25th & 26th London

November 2014

15th & 16th Nottingham
15th & 16th Chelmsford
29th & 30th Glasgow
29th & 30th Manchester

MORE COURSE DATES AND LOCATIONS AVAILABLE ONLINE

Kinesio UK

Cobalt 3.1, Cobalt Business Park
Newcastle upon Tyne, NE27 0QJ, UK
Tel: +44 (0)191 2877008 Fax: +44 (0)191 2877003
Email: training@kinesiotaping.co.uk
www.kinesiotaping.co.uk



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Focused Musculoskeletal (MSK) Ultrasound Course

A Comprehensive Programme of Education and Training

11th - 12th November - Bournemouth

CASE Accredited

In Association with British Institute of Musculoskeletal Medicine (BIMM)

This innovative programme is designed, piloted and developed by a team of Musculoskeletal Ultrasound Experts to train a range of healthcare professionals in the safe use of ultrasound in the diagnosis of musculoskeletal conditions. The programme is aimed at GPs, rheumatologists, orthopaedic surgeons, sports medicine specialists, chiropractors, physiotherapists, osteopaths, radiologists and sonographers who wish to gain competency in ultrasound.

Opportunity to pursue a Masters' in MSK Ultrasound (CASE Accredited)
starting October 2015

Stage 1: Seminar 11-12 November (Cost £980)

Stage 2: Master classes over a 6 month period (Cost £2,900)

- Book stages 1 & 2 together for discount -

For further information please contact:

Mrs Sandra Battiston - Course Administrator

Tel: 01202 436505

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The AECC is an Associate College
of Bournemouth University

Centre for Ultrasound Studies, Cavendish House, 13-15 Parkwood Road,
Bournemouth, BH5 2DF

Rollin E Becker Institute

Inspiration in practice

The Rollin E. Becker Institute is currently planning an exciting programme of courses for 2015, further information will be available on our website after the Summer.

See Our Website for Further Course Details:



5-Day Course in
Cranial Osteopathy



Balanced Ligamentous
Tension (BLT) Course



Palpation Course

Call 0845 5193 493 or visit
www.rollinbeckerinstitute.co.uk
for updated course information and booking.

2015 Courses:

Osteopathy in the Cranial Field - Feb/Mar 2015

Date: 7-8 & 21-22 Feb, and 7/8 March 2015 (TBC)

Venue: The Osteopathic Centre For Children, London

Cost: £895 - earlybird/new graduate discounts available!

Approved by the Sutherland Cranial Teaching Foundation (USA), the course will explore the detailed anatomy and function of the involuntary mechanism, as well as teach fundamental practical skills to apply in practise.

There is a participant:tutor ratio of 4:1 to maximise development of practical skills and an eclectic range of tutors and lecturers to help you develop your abilities.

We highly recommend taking this course at least twice in order to maximise your understanding of the various concepts. Additionally, your practical skills will be consolidated and further enhanced as your understanding of the concepts of OCF deepens with intervening practice.

Visit our NEW website at
www.rollinbeckerinstitute.co.uk
for more details and to book your place.

Classifieds

Seminar: Equine Spinal Manipulation & Myofascial Release Warwickshire

A concise and up-to-date approach, teaching the skills widely used by equine physiotherapists and mainstream chiropractors. Five monthly seminars of 1.5 days starting in October. This course is very much hands-on, teaching practical skills which can be used from day one. It follows a logical approach tracing the kinetic chains of the horse to i.d. and release blockages, whether in the joints or myofascial tissues. This is a lively, well-established and enjoyable course. Last few places available for this year's course. Lead tutor: Andrew Glaister D.C. Applied Equine Biomechanics Moreton Morrel College, Warwickshire
www.fascialedge.com,
 01834 860200

Osteopath required: Aberdeen

The Shand Practice
 Busy, established and modern podiatry practice situated in Aberdeen's city centre requires a part-time osteopath to join our expanding team. The position is on a fee-sharing basis with scope for full-time employment. Flexible contract with lease option, if preferred. To find out more information, please contact Scott on **01224 643803** or email your CV to orthoscot@aol.com

Osteopath required: London

Central London, Regent Street W1 clinic, equidistant Oxford Circus and Piccadilly Circus underground stations. Available on Fridays for experienced practitioner. Meet-and-greet reception, light and quiet small clinic with aircon and wi-fi. Please phone **020 8815 0979**

Osteopath required: Stirling

We are a new city-centre based wellbeing clinic and due to high demand we are seeking an additional osteopath to join our multidisciplinary team on a self-employed basis. This is a great opportunity for an osteopath with an holistic approach (and maybe an interest in cranial work) to build their reputation and a strong practice. Have a look at our website www.oneallanpark.co.uk then contact fiona@oneallanpark.co.uk.

Osteopath required: West Sussex

Exciting opportunity to join expanding multi-disciplinary practice. The Westbourne Osteopathic and Wellness Clinic, in West Sussex, is on the hunt for an exceptional osteopath to join an established and growing practice. You must be keen to build an independent patient list, although you will get marketing support. Either fee-sharing or room rent agreement available plus fully staffed reception desk for bookings. Six newly refurbished, private treatment rooms to offer acupuncture, hypnotherapy and sports therapy, alongside osteopathy. Also studio offering Pilates/yoga. Please send CV and covering letter to olivercurties@mac.com or call **01243 372 272**. www.thewowclinic.com

Associate Osteopath required: Cheshire

North East Wales/Cheshire borders. Structural osteopath required to join multidisciplinary clinic 2-3 days a week including Saturdays. Established for more than 10 years. Immediate start and great growth potential. Would suit dynamic and happy individual wanting to develop career. Osteopathic, team building, CPD and administration support

provided. CV and covering letter to tinahewett01@gmail.com

Associate Osteopath required: Colchester

Enthusiastic, passionate and self-motivated osteopath who is willing to develop personally and professionally required. They will benefit from regular mentoring and coaching. A new graduate who is competent in structural skills preferable. Please send CV to David Kennett - david@mersearoadclinic.co.uk

Associate Osteopath required: Glasgow

Associate osteopath required for full-time position in our established, friendly practice from mid-July, 5-6 days a week, with some flexibility. Please email CV to info@glasgow-osteopaths.co.uk or contact Asif Allauddin on **07760883286**

Associate Osteopath required: Kent

Sidcup (High Street), Kent. Flexible, Five-hour clinics available, am, pm and weekends. 50:50 split. All materials provided. Earning potential of £40 per hour. Candidate would be expected to build own client base. Would suit clinician with established client list. Ideally, additional skills of acupuncture/sports massage/Pilates. Contact becky@pureptandpilates.co.uk

Associate Osteopath required: Shropshire

Associate opportunity in Telford/Stourbridge 2-3 days/week in both new and established practices. Ideal candidate would have a rounded approach to osteopathic treatment and have good communication skills. Please telephone **07900181430** to discuss or email amy@osteopathy-plus.co.uk

Associate Osteopath required: Cape Town

This is a unique and exciting opportunity at a multidisciplinary

clinic in Cape Town.

We are looking for a full-time osteopath to take over an existing client base at our busy and vibrant practice. Contact Lizanne van Vuuren for more details lizanne.vanvuuren@gmail.com

Locum Osteopath required: Kent

Locum required for 6-12 months in Bexley Village (Kent/SE London) with the possibility of permanent position from Sept 2014 to replace a female. Looking for a team player with good structural & interpersonal skills, also some cranial experience would be useful. Clear handwriting and good record keeping essential. Long established clinic. Days required Tues 10-7 Thurs 10-3 and Sat 9-2. Please email CV to the practice manager at: Bexleyosteopathicclinic@talktalk.net

Practice for sale: Ewell

For sale due to retirement. Two Akron electric treatment tables, X-ray viewing box, EMS Megapulse therapy unit and a plastic skeleton on stand. Please call Victoria on **07704377628** or email nigel499@btinternet.com

Practice for sale: Kendal

Practice for sale due to relocation - Kendal, on edge of Lake District. Needs someone keen on cranial osteopathic approach. Maybe you are looking for more time to get walking as well as practice time! Email info@peakperformanceforyou.co.uk

Treatment room for hire: Guildford

Castle Street clinic, established in 1994, is a busy clinic in central Guildford. Our osteopath is retiring in September so we have the opportunity for a self-employed osteopath to rent a large, well-equipped treatment room at our clinic. Please email for info to enquiries@castlestreetclinic.com

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Osteopath required

Ideal candidate will have 2-3 years of experience. **Team orientated, friendly, enthusiastic individual** who would like to join our 10 year established practice. 2 half days per week. North London area. Dry needling, cranial or massage experience a bonus however not essential. **Permanent position.** In the first instance, send cv to osteopath@onthehillpractice.co.uk

onthehill
DENTIST & OSTEOPATH

www.onthehillpractice.co.uk

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Up to 40 words is £42 + VAT. Thereafter it is 21p word. Box number replies – please add £7.50 + VAT per issue.

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1/8 page	£116	£126

Inserts:

Prices are available on request. All rates exclude VAT.

Please contact John Wheaton – 01223 273 555 or theosteopath@cpl.co.uk

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Established in 2006, Best Reception have been providing services to Osteopaths and other private practitioners for over 6 years. Our dedication to customer service, close ties with our clients and our friendly yet professional service has resulted in phenomenal client retention and year-on-year growth, every year.

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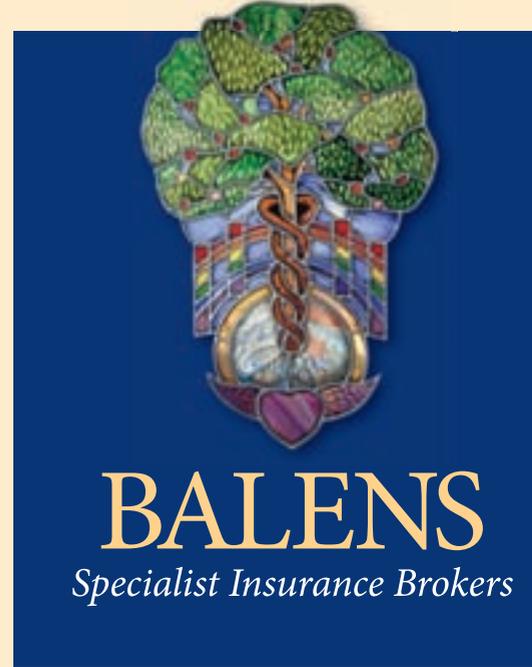
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