



Research at the College of Osteopaths

Annual Research Report – 2006/07

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Introduction

The College of Osteopaths provides a five-year, extended pathway course leading to a BSc (Hons) in osteopathy. The programme is designed for adult learners who are in full-time employment, who are looking for a career change. The course achieved degree status in 1997, when it was validated by Middlesex University and the programme was re-validated in 2005 for a further six years with Middlesex University. The programme has also achieved successful validation with Keele University, with the first intake in September 2005. Since the introduction of the degree programme, research has become introduced in to the undergraduate curriculum, with developments taking place annually with the view to embedding a culture of research within the school, as well as to ensure the College of Osteopaths is at the forefront of the development of research within the osteopathic profession.

Research in the undergraduate curriculum at the College of Osteopaths contributes to all three levels of study. The main focus is at level three, when the students attend the 'Research Skills' module followed by a dissertation in the 5th year. The list of student dissertations in the 2007 cohort are shown on page .

As detailed below, the Research Department of the College is taking steps to review the entire programme within the College curriculum to ensure that delivery continues to improve and that the overall research ethos of the College is promoted and established. Staff and student development has been the focus of new initiatives and success has been evidenced from analysis of student feedback, student results, plus in reports from external verifiers including external examiners appointed by the University and reviewers appointed by the Quality Assurance Agency. Steps have also been taken to expand the College's representation outwardly to the wider research community and the success of this is apparent by attendance of key staff at national and international conferences and links made with other institutions.

Research Staff

The Research Modules are supported and developed by an in-house team of experienced staff and by the external examiner. The current research team in 2006/07 includes the following members:

Janine Leach DO, ND, PhD, Hon MFPH, Registered Osteopath

Helen Birch BSc, BSc (Hons), PhD, Registered Osteopath

Linda Goodman MA Bsc (Hons) , DO, ND, RGN, Registered Osteopath.

Rachel Ives MSc, BSc (Hons), DO, Registered Osteopath

Amanda Samson PhD, B.Ed

Stephen Castleton DO, PGCE, Registered Osteopath

Amanda Phillips DO, Registered Osteopath

Dr Julie Thompson DO, Registered Osteopath

Professor Cliff Beddows PhD FIBiol, FRSC C.Chem, FIFST (External Examiner)

Esteem factors

Janine Leach represents Naturopathy on Prince of Wales Foundation for Integrated Health ACCORD group, President of British Naturopathic Association; represents the College of Osteopaths on National Council for Osteopathic Research (NCOR); Senior Research Fellow in Osteopathy at University of Brighton; Honorary member of Faculty of Public Health; member of judging panel of BSO Research Day, Editor, International Journal of Osteopathic Medicine.

Linda Goodman is President of the GCRN, Chair of the Registration Committee, Trustee & Director of British Acupuncture Accreditation Board (Complementary Therapy Representative) Trustee & Director – Nature Cure Clinic

Helen Birch is a lecturer in Musculo-skeletal patho-biology, Institute of Orthopaedics and Musculo-skeletal science & University College London & Royal Veterinary College. She is also a referee for Journal of Orthopaedic Research, Research in Veterinary Science, Equine Veterinary Journal and New Zealand Veterinary Journal.

Dr Julie Thompson has a PhD in botany and has published several botanical research papers, as well as examples of educational research. Dr Thompson joined the College of Osteopaths in 2006/07 and has brought to the team many years of experience in further and higher education.

Rachel Ives has successfully completed her MSc in Education Management. Her research dissertation is entitled 'The Use of an "Integrated Professional Portfolio" as a tool for teaching reflective skills to Osteopathic students – a case study'. She works as Curriculum Manager and Senior Lecturer & Clinic Tutor at The College of Osteopaths.

The College of Osteopaths Research Conference – ‘Research Matters’

The Research Department is pleased to announce the first research conference, ‘Research Matters’, which took place on September 16th 2006.

The purpose of the conference is to raise the profile of research within the College, expose students to a conference ambience, encourage students and staff to present papers, provide a forum for staff to present their own research and work in progress and to disseminate knowledge of College research projects. The conference was attended by final year students, as well as staff and alumni. The programme for the inaugural conference included three staff members, two students from the graduating year and two from the new 5th years.

Staff Presentations

‘MIGRAINE PATIENTS’ VIEWS OF OSTEOPATHIC TREATMENT:

A PILOT STUDY’. Presented by Dr Janine Leach, Senior Research Fellow in Osteopathy, Clinical Research Centre for Health Professions, University of Brighton

‘DOES MANIPULATION OF THE CERVICAL SPINE HAVE A MEASURABLE EFFECT?’ Presented by Jeremy Longland DO

‘TRADITIONAL MEDICINE IN THE CREOLE POPULATION OF BELIZE, CENTRAL AMERICA’ Presented by Rachel Ives MSc, DO

Graduate Presentations

‘Can Neck Proprioception Be Improved Through Directed Patient Exercise? A Pilot Study’. Presented by Allison Drakes

‘Understanding the Role of Suggestion in Osteopathic Treatment’. Presented by Chris Drakes

Student Presentations

‘Post Traumatic Stress Disorder and osteopathic care’. Presented by Anne-Tiphaine Braud

‘An Investigation to discover whether the duration of an isometric contraction during a hamstring stretch using muscle energy technique affects the post stretch length of the hamstrings’. Presented by Chris Dorgu

Feedback from presenters and attendees indicate that the conference was a great success and very useful for students and staff alike. The presentations were of a high quality and some lively discussion ensued after each presentation. The report from the Quality Assurance Agency visiting team as part of the College’s ‘Recognised Qualification’ renewal visit noted the success of the day, and suggested that in future years students in lower years should attend. This is planned for future years.

Student Research Projects

Bolton, Paul	How does a GP in General Practice providing integrated care perceive the provision of osteopathic treatment?
Braud, Anne-Tiphaine	Do osteopaths consider post traumatic stress disorder in the assessment and treatment of patients?
Brodersen, Richard Henning	A systematic review of the safety and side effects of glucosamine
Blair, Bradley	What remedial exercises do osteopathic students prescribe to patients with low back pain visiting an osteopathic teaching clinic?
Chick, Simon	Osteopathic Management of Irritable Bowel Syndrome; a Literature Review
Clarke, Dave	Are Osteopathic students being exposed to the populace? - A survey into the demographics of those being treated in an Osteopathic training clinic.
Dorgu, Chris	An investigation to discover whether the duration of an isometric contraction during a hamstring stretch using muscle energy technique affects the post stretch length of the hamstrings
Ellicock, Hannah	A literature review to examine the ways in which osteopaths can best use muscle co-contraction exercises as a treatment for women with postnatal Stress Urinary Incontinence
Gogia, Sonia	The effect of self administered treatment on computer users who currently have a repetitive strain injury (RSI) specific to the upper limb
Goodwin, Moraig	Paediatric conditions from an osteopathic perspective: A clinical audit of the College of osteopaths' files
Gould, Sara	Reflex Sympathetic Dystrophy within Osteopathy
Hancocks, Julia	Is there a role for osteopathy following hip joint replacement surgery
Hartshorn, Stephen	A Comparison of Clinic Data from Two Osteopathic Practices Using the Welsh Index of Multiple Deprivation (WIMD) as a Marker
Houghton, Jason	Do Osteopaths and Osteopathic students feel confident prescribing a varied range of exercises to their patients during day-to-day practice?
Lutener, Tom	A Portrait of Osteopathy - An Investigation into the Marketing Material Produced by Osteopaths within the UK

Monson, R. Gavin	Inter-examiner reliability of Standing Anterior Superior Iliac Spine to Medial Malleolus and Greater Trochanter to Floor Clinical Tests for Measuring leg Length Inequality
Patton, Anthea	How satisfied are Osteopaths with their career?
Agius, Anthony	Causes, Investigations and Management of TMJ dysfunction -- A Literature Review --
Bell, Steve	What are the patient's perceptions to computerised note taking?
Hewett, Zena	Is the 'one size fits all' approach to school furniture conducive to good-sitting posture? An exploratory study into the seated 'at task' position of junior high school children, and its correlation with ergonomic and anthropometric data.
Howard, Andrew	Does isometric contraction, when combined with inhibition, result in greater muscle lengthening?
Law, Christopher J.	An investigation into the reliability and validity of the Over Head Arm test as an indicator of Psoas Hypertonicity
Lester, Martin	Is there a difference in the outcome/response of patients with chronic lower back pain to osteopathy and osteopathy with dry-needling? A service evaluation in an Osteopathic Teaching
Levick, Daniel	Employment opportunities for graduating osteopaths compared to osteopathic graduates from 1994 to 1999
Phillips, Lola	Are acute cervical spine patients more likely to screen positive for risk of vertebral artery dissection than patients with other presentations?
Shahsavari, Saied	Can symptoms in patients with chronic shoulder girdle dysfunction be attributed to trigger points?
Thomas, Wini	Can Osteopathy Play a Role in the Management of Sickle Cell Anaemia?
Webb, Jeremy	Are medical students in the UK well informed about osteopathy, and what part do medical schools play in educating their students about osteopathy and/or other complementary therapies?
Webb, Jim	A retrospective case-control pilot study to investigate the association between lumbar spine degeneration and hamstring injuries in professional football players
Wither, Helen	A Study of the Aetiological Association between Intestinal Dysfunction and Chronic Inflammatory Joint Pain-A review of the literature

