

7<sup>th</sup> “*Open Forum for Osteopathic Education*” Conference



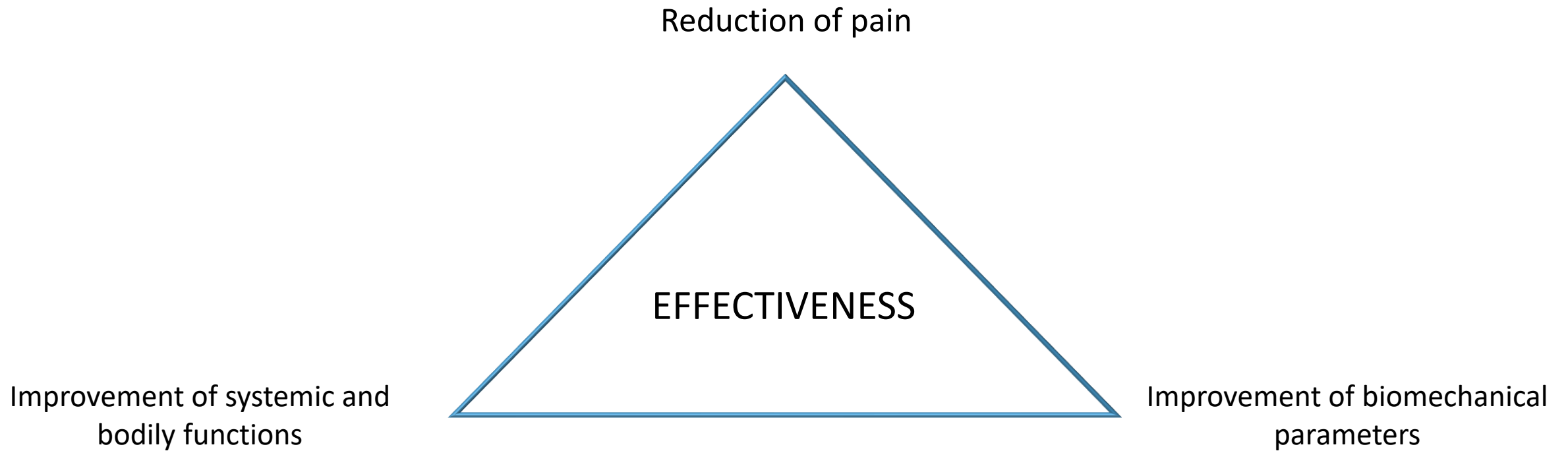
24<sup>th</sup> & 25<sup>th</sup> Sept. 2020 – Antwerp, Belgium

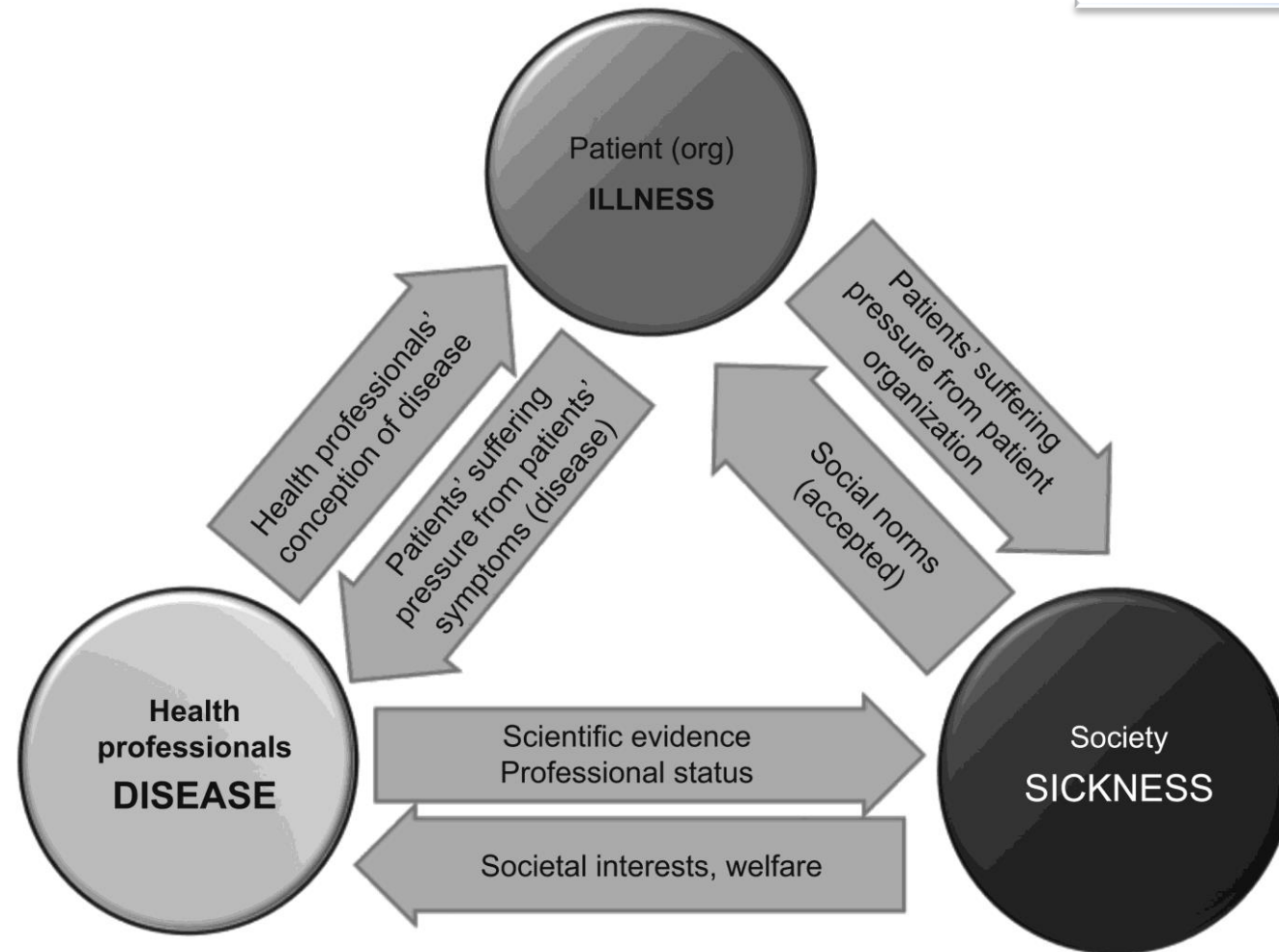
TEACHING THE  
**WORKING PRINCIPLES**  
OF OSTEOPATHY

**What makes an osteopathic treatment “effective” in patients’ perspective: a descriptive phenomenological study.**

Consorti G, Marchetti A, De Marinis MG









AIM

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To describe patients' perspectives on their experience in osteopathic treatment, to contribute towards developing interpretative models on effectiveness.

### Data Gathering

- A descriptive phenomenological approach was used
- The data were collected through a semi-structured interview and it was conducted in a dedicated room within the osteopathic clinic of the Centre pour l'Etude la Recherche et la Diffusion Osteopathiques (CERDO), Rome, Italy.
- The data gathering was carried out from January to February 2018
- The data analysis was carried out in an inductive way following the procedure outlined by Giorgi and it was parallel to the recruitment to continuously monitor the data saturation

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- Baumbusch, J. (2010). Semi-structured interviewing in practice-close research. *Journal for Specialists in Pediatric Nursing*, 15(3), 255-258.
- Saunders, B., Sim, J., Kingstone, T., Baker, S., Waterfield, J., Bartlam, B., ... & Jinks, C. (2018). Saturation in qualitative research: exploring its conceptualization and operationalization. *Quality & Quantity*, 52(4), 1893-1907.

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## Semi-structured interview questions

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### Opening question

1. With respect to your experience, what do you think when you hear about osteopathic care?

### Main questions

2. On what basis do you determine whether the osteopathic treatment you received was effective or not?
3. Do you think the patient has a role with respect to the outcomes of osteopathic treatment?
  - a. If so, what is the patient's role?
  - b. Why?
4. What advice would you give to another patient who was about to undergo osteopathic treatment?

### Closing question

5. Would you like to say anything else in addition?
-

### Study Group

To capture the variability of the phenomenon, a purposive sample of participants was selected. The number of participants (n = 12) was a consequence of the saturation of data and it is within the recommended number of participants for phenomenological studies (5-25 participants)

#### Inclusion Criteria

- $\geq 18$  y/o
- $\geq 6$  months osteopathic care
- Proficient in Italian language

#### Exclusion Criteria

- Health professionals
- Cognitive deficits
- Perceptive deficits

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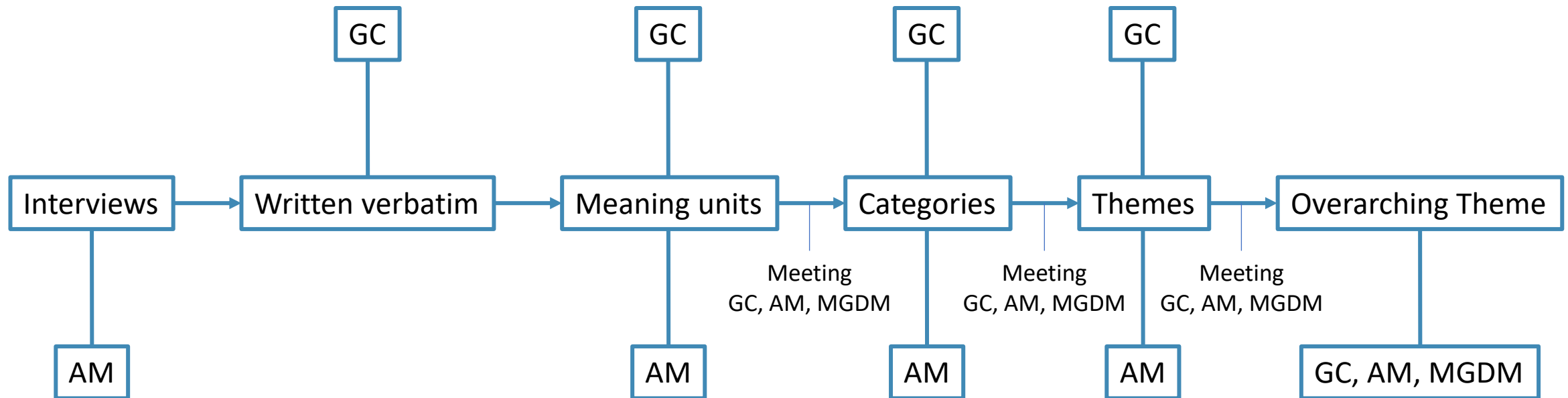
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Data Analysis





## ETHICAL CONSIDERATIONS

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- The study was conducted in accordance with the principles of the Helsinki Declaration.
- Participants gave their consent to participate in the study by signing a written informed consent form.
- Ethical approval was granted by the Institutional Review Board of the Center for Osteopathic Medicine (COME) Collaboration (*registration number: 01/2018 COME Collaboration IRB*).
- Respect for study participants, beneficence, non-malice and justice were verified in compliance with the Belmont Report.

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### Participants' characteristics

Code	Gender	Age (years)	Nationality	Education	Reason for Consultation
P1	Male	54	Italian	High school	Migraine
P2	Female	82	Italian	High school	Hip pain
P3	Female	65	Italian	High school	Sciatica
P4	Female	39	Albanian	High school	Shoulder pain
P5	Female	68	Italian	High school	Neck pain
P6	Female	64	Italian	University degree	Ankle pain
P7	Female	27	Italian	High school	Sport related issue
P8	Male	72	Italian	University degree	Low back pain
P9	Female	64	Italian	High school	Multifocal pain
P10	Female	44	Russian	High school	Low back pain
P11	Female	54	Italian	High school	Neck pain
P12	Male	30	Italian	High school	Low back pain

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**Overarching theme** Osteopathy is a path of awareness

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**Themes**

1. The experience of pain produces awareness of the need for care

**Categories**

1. Needs

2. Pain

3. Beliefs

4. Treatment

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2. Osteopathy is a journey to be shared over time

1. Path

2. Time

3. Trust

4. Relationship with self and others

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3. The effectiveness of the osteopathic treatment is the discovery of the person's unity by experience

1. Discovery

2. Sensations

3. Emotions

4. Experience

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## Osteopathic Manipulative Treatment Effectiveness

### **Pain**

*The experience of pain produces awareness of the need for care*

### **Relationship**

*Osteopathy is a journey to be shared over time*

### **Person's unity**

*The effectiveness of the osteopathic treatment is the discovery of the person's unity by experience*

**Osteopathy is a path of awareness**



## LIMITATIONS AND PROPOSALS

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- It is not possible to determine to what extent the findings are generalizable to patients in other geographical areas.
- Although the patients were followed by different osteopaths, all of them were treated in the same clinic. That makes the results potentially not transferable to patients treated in other clinical settings.
- In order to obtain a broader view of the phenomenon, further studies should be conducted to explore osteopaths' perspectives on the “effectiveness” construct and evaluate the extent to which their views are consistent or in conflict with those of the patients.



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## CONCLUSIONS

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- Results highlighted the need to enhance the relationship conveyed through the therapeutic touch, to enable the osteopathic treatment to be a truly shared practice.
- The results could help osteopathic professionals to recognize the importance that patients' body awareness has for the perceived effectiveness of the osteopathic treatment.
- On this base we suggest that body awareness as perceived by patients could have a major role in determining the effectiveness on an osteopathic treatment also in future quantitative researches. The results of the present study might lead to identify new PROM for future osteopathic research (e.g. Body Perception Questionnaire – BPQ).





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Thank you

