

OSTEOPATHY RESEARCH IN CROATIA: FINDING SOLUTIONS OUTSIDE THE BOX

Velda Lulić DO, Akademija Osteopatije,
Croatia

BACKGROUND

- ◉ It was a great adventure when I started to teach Osteopathy in Croatia in 2001.
- ◉ This was the first time that Osteopathy was taught in Croatia.
- ◉ Thanks to the high quality of the osteopathic treatment provided by the students of Akademija Osteopatije, Osteopathy has become more and more popular in Croatia.
- ◉ Due to economic reasons and the inability of many students to keep up with the program, the growing popularity of Osteopathy in Croatia has not translated to more students in Akademija Osteopatije.

BACKGROUND

- ◉ Of the students who initially started the program, 13 successfully passed both their practical and theoretical final exams and were, then, eligible to present their study protocol and, subsequently, do their research study.
- ◉ These will be the first ever osteopathy research in Croatia.
- ◉ Should everything follow a flexible timeline, the students should present their research study in the Spring of 2013.

TOOLS

- ◉ Lectures on research, both medical and osteopathic.
- ◉ Weekend seminar given by a statistician explaining the collection of data, as well as, analysis and interpretation of this data.
- ◉ Handbooks on research (Louisa Burns, Michael Patterson, medical and physiotherapy research in Croatia)

TOOLS

- ◉ Research proposal manuals as well as osteopathic thesis, both qualitative and quantitative.
- ◉ Skype group conferences.
- ◉ Individual e-mails.
- ◉ Research questions and study protocol presentations, every 2 months, in front of their fellow students.

WINNING STRATEGIES

- ◉ Having people present their proposal in front of their fellow students
 - Students, especially those who are shy to ask questions, often learn the most from their fellow students. For example, how to search for literature using Medline, Embase, CochraneLibrary and other databases.
 - Also, they had an opportunity to consult their fellow students who had already done research(2 students completed their Masters in physiotherapy) and were a good resource for other students.

WINNING STRATEGIES

- ◉ Hearing something several times gets anchored in the active memory
- ◉ **Validate palpation skills of the students before they start their clinical research.**

LESSONS LEARNED

- ◉ **Be open to new ideas**
 - many preconceived notions related to research had to be gotten rid of

LESSONS LEARNED

- ◉ **Be adaptable:**
 - **to the realistic situation: students' possibilities, my possibilities, being the sole director of thesis and mentor for 13 students.**

LESSONS LEARNED

- ◉ **Be flexible:**
 - Changing expectations of myself, the students, and the school while still keeping the highest standards possible of teaching research and support.
 - The expectation is not necessarily that the students present a publishable study, but that they follow the proper study protocol, improve their palpation skills and get an appreciation for research.

LESSONS LEARNED

- ◉ **Ask for help:**
 - From different osteopaths (from Europe, Canada, the USA, New Zealand)
 - ◉ helpful resources regarding different research possibilities.
 - From students who had the knowledge and resources to help their fellow students

LESSONS LEARNED

- ◉ **Stay creative**
 - Look outside of the box for solutions
- ◉ **Thank you**