

british college of osteopathic medicine annual review 2012



olympics

icaor

plymouth
alumni

learning



The British College of Osteopathic Medicine
Accredited by the General Osteopathic Council
Established in 1936

Registered Office: Frazer House, 6 Netherhall Gardens, London NW3 5RR
Registered in England No. 00562119 BCNO Ltd (by Guarantee) Charity No. 312907

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where we are: bcom 2012

“Welcome to the 2012 British College of Osteopathic Medicine (BCOM) Annual Review.

In writing an annual review, one tries to answer the question “Where are we now?” If last year’s report found the College in reflective but hopeful mood, after a difficult period due to forces beyond our control, I am delighted to write that 2012 has been a tremendous year of progress and partnership. There were some very exciting events to report, not least some Olympic patients...

“So to that question annual reviewers have to answer: where are we now? First of all, I am delighted to report that BCOM is now partnered with a top 50 UK university, having entered a new validation agreement with Plymouth University. This was the summer of London 2012. Summer at BCOM saw ICAOR, established by the College in 1999, return to our campus and prove to be a busy, fascinating research conference. London 2012 itself even managed to include BCOM 2012 as members of staff were honoured to work with the athletes on the Olympics and Paralympics - more of which later.

“The College has been able to consolidate and develop its two main courses, the Masters in Osteopathy and the BSc (Hons) Osteopathy for Diplomates (“the Conversion Course”), with excellent performances. For those considering a career in osteopathy -

and considering BCOM as a place to study - I want you to hear not just the headlines of our student achievement, but from those who have been through the course, and those who currently are experiencing the high levels of support and care from our dedicated staff.

“So, in this landmark year, London 2012, how should we hear the stories of BCOM 2012? More than ever, I think it’s crucial that the people who make the College what it is - our staff, our students, our graduates - speak for themselves. I want all of BCOM’s stakeholders to hear from their voices, more than mine, where we are now.”

Dr Ian Drysdale at ICAOR 9, held at BCOM in September 2012



who we are



Our Mission

To ensure that graduates acquire adequate clinical competence via a self-critical approach to integrated, learned skills.

To promote an attitude of inquiry and the maintenance of this attitude into professional life to keep abreast of current knowledge.

To instil a research ethos into practitioners of holistic Osteopathy.

To provide the general public, via the General Osteopathic Council in the UK, as well as in the wider European environment, with safe and competent practitioners of holistic Osteopathy.

Our History

- 1936 Foundation of British College of Naturopathy & Osteopathy by famed naturopath Stanley Lief
- 1942 Original College campus, Wyndham Place, destroyed in the Blitz
- 1953 Hector Frazer donates a house to the College in Hampstead: Frazer House
- 1980-8 Substantial extensions to Frazer House
- 1992 BCOM achieves the first Osteopathic honours degree in the UK
- 1994 Conversion Degree validated
- 1996 BCOM acquires Lief House
- 1999 Recognised Qualification (RQ) by the new statutory body, the General Osteopathic Council (GOsC)
BCOM launches ICAOR (International Conference on Advances in Osteopathic Research)
- 2002 Trading name changed to BCOM
- 2004 Frazer House extension completed
- 2008 Validation of Masters in Osteopathy
Landmark "Approval Without Conditions" RQ review
- 2011 BCOM celebrates its 75th anniversary
- 2012 New partnership with Plymouth University

Our Degrees

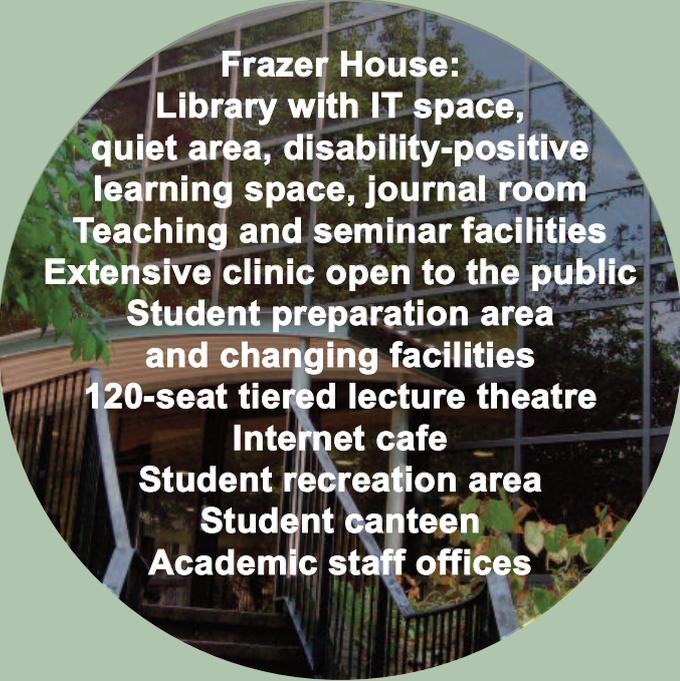
In June 2012, BCOM announced the successful validation of its courses by a new academic partner Plymouth University. The Masters in Osteopathy and the BSc (Hons) Osteopathy for Diplomates were validated to be offered in partnership with Plymouth from September 2012. Principal Dr Ian Drysdale said at the time, "I am delighted that our courses have been validated by Plymouth University and that BCOM continues to offer the highest standards of academic and clinical excellence in our Osteopathy courses."

Plymouth University was recognised as a top 50 university in the 2008 Research Assessment Exercise and had the most improved performance in the UK. The College's degrees therefore have two distinguished pedigrees: taught and administered by BCOM, validated by Plymouth University.

Ask us about what it means to be validated by a top 50 university:
admissions@bcom.ac.uk

resources

why not ask us about our campus?
admissions@bcom.ac.uk



Frazer House:
Library with IT space,
quiet area, disability-positive
learning space, journal room
Teaching and seminar facilities
Extensive clinic open to the public
Student preparation area
and changing facilities
120-seat tiered lecture theatre
Internet cafe
Student recreation area
Student canteen
Academic staff offices



Lief House site:
Sector-leading Human
Performance Laboratory
Hydrotherapy suite
Research clinic and office
Large practical-session suites
Additional teaching & seminar rooms
Administration offices
Formal meeting rooms

Other Sites:
University facilities
UCL Dissection
Room

dissection room



BCOM is unique among Osteopathic Education Institutions in providing a full Dissection programme in its Masters in Osteopathy's

Years 1 and 2. BCOM students and graduates often cite it as one of the most unique and fascinating aspects of the BCOM course. Teaching takes place at the prestigious University College London (UCL) Dissection Room. BCOM and UCL have a long working relationship.

Dr Arjmand Saaid is BCOM's Head of Anatomy and is well-known to every BCOM student as he leads the Dissection classes. He explains the structure of the course: "The College has more than thirty half-day dissection sessions, usually on a Wednesday and Friday afternoon. BCOM has its own cadaver which tutors and students use. The UCL Dissection Room also provides excellent dissected and prosected body parts and a rich source of anatomical models."

For many students, this will be a new and even a daunting experience. "Possible student anxiety is addressed before and during the first visit to the Dissection Room. Dissection visits are very carefully planned with a full explanation of what the student will see, the nature and advantages of learning dissection. Appropriate slides and videos are projected in the BCOM Lecture Theatre prior to the first dissection visits. Ethical responsibilities in the Dissection Room are covered and students are given information on the Human Tissue Act by BCOM and UCL."

Arjmand studied medicine in his native Iraq and also has a PhD in Neuroanatomy. Not only is he widely published in his own research but he believes BCOM students' dissection experience is crucial to their own development as researchers. He explains that the strong anatomical focus of the MOst continues. "Later, we have regular visits to the Royal College of Surgeons' Anatomy & Pathology Museum, comprising seven half-day visits a year," he says. "The Anatomy Museum has recently introduced plastinated prosected anatomical parts (as made famous by the Body-Worlds exhibition)." BCOM's commitment to a scientific education for osteopaths is perhaps most strongly evidenced by this aspect to the course. Graduates often cite it in their feedback.



our
courses

Study at BCOM
BSc (Hons) Osteopathy
for Diplomates

“The Conversion Course”

Students enrolling on this degree will already be fully qualified and practising Osteopaths. The degree is designed to convert academically their Diploma in Osteopathy to degree level.

Where To Study
BCOM, London
AIMO, Italy
CCO, Canada
SCOM, Sweden

Study At BCOM Masters In Osteopathy

The purpose of this four-year validated undergraduate integrated masters degree is to produce graduates suitable for registration with the General Osteopathic Council as safe, competent Osteopaths in practice. The MOst incorporates the awards of Diploma in Osteopathy and Diploma in Naturopathy, professional awards denoting clinical competence as accredited by both the General Osteopathic Council and the General Council & Register of Naturopaths.

The aims of the degree are: 1. To ensure that graduates acquire adequate clinical competence via a self-critical approach to integrated, learned skills. 2. To instil an evidence-based research ethos into practitioners of clinical practice through holistic Osteopathic Medicine. 3. To acquire knowledge and understanding of health and its promotion. 4. To acquire knowledge and understanding of disease, its prevention and management in the context of the whole individual and his or her place in the family and in society. 5. To promote an attitude of inquiry and the maintenance of this attitude into professional life and to keep abreast of current knowledge by maintaining Continuing Professional Development. 6. To foster inter-professional dialogue and referral. 7. To recognise the advanced standard of professional competence and responsibility demonstrated by Masters-level practitioners of Osteopathic Medicine.

The MOst involves a minimum of 25 hours' theory and practical classes each week of the 36-week academic year. In addition, the MOst's large clinical component means that the College is operational for 51 weeks per year with a 45-week academic/clinical year in Years Three and Four. Years One and Two are essentially delivered via traditional lectures, whereas Years Three and Four incorporate a more problem-based learning approach using clinical situations with real patients. The MOst completes with a masters-level research paper.

How to Apply? www.bcom.ac.uk



Student Profile

Age range: 18-51
Mean age: 27
Male: 48%
Female: 52%

student data

New Students

Masters in Osteopathy: 73
Conversion Course: 22

Applicant Profile

Total applications: 158
Total offers: 102
Male: 46%
Female: 54%

Student Progression

Masters in Osteopathy: 86%
Final Year: 95%*
Conversion Course: 100%
Final Clinical Competence
at first attempt: 95%

Other Data To Ask Us About

Graduates with Distinction: 4
Patient Encounters at Graduation: 65
(benchmark: 50)
National Student Survey:
>90% positive on teaching

* Remainder to complete in 2013 due to mitigating circumstances

student support

Nick Aston is a BCOM student. Nick had been working as a sports and remedial massage therapist for several years when talking to his own osteopath convinced him about the next phase of his career: becoming one himself. Nick's studies are impacted by a number of disabilities. He has found the caring, close community of BCOM very important in helping him with studying to be an osteopath. Here he talks about his experiences:

"I have a couple of disabilities that make studying more difficult. I am quite badly dyslexic. The major difficulty I have is that I am registered blind. This is due to a brain tumour I had when I was 15. I have a very narrow central field of vision, so along with the dyslexia this makes studying very difficult. I also have other side effects of the tumour which mean that can be quite exhausting.

"I previously studied at a large university which had dedicated disability support staff. The staff within this team were fantastic but the staff on the course that I was doing were not that interested in how what they were asking from me made my life very difficult. This resulted in me leaving the course before the end.

"At BCOM, I have regular meetings with both the Head of Osteopathy and the Registrar each term to discuss how the course is going and if there is anything that needs to be done specifically to make things easier. They have been very supportive of the needs-assessment requirements that were stipulated. They were also creative in thinking of the best way for me to sit the exams! The Registrar, Kasia, has also been very helpful in any immediate problem.

"As BCOM is relatively small in size, the environment is much better suited to those with special needs than a huge university."

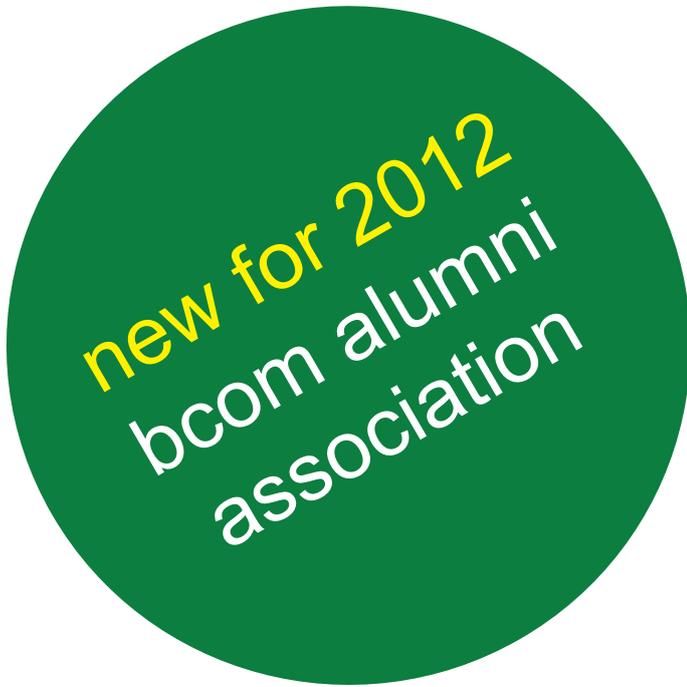




bcom
at the
olympics

At the London 2012 Olympics and Paralympics, for the first time, osteopaths were included in the host-nation medical team. Five BCOM staff were selected for this ground-breaking moment: Manoj Mehta, Barry Kleinberg, Barbara Sherringham, Hashim Saifuddin and Tom Hewetson. Here, Tom tells what it was like to be part of such a historic moment for UK osteopathy.

Tom Hewetson is a senior lecturer and Clinic tutor at BCOM. He teaches Clinical Orthopaedics, Rheumatology and Osteopathic Techniques and supervises final-year students in the BCOM Clinic. In 2012, BCOM was invited to take part in the first-ever osteopathic team within the London Olympics' medical team. Here, he talks about this career highlight. "The involvement of osteopaths as part of the central medical team started for me at an OSCA (Osteopathic Sports Care Association) meeting in my clinic after London won the bid to host the games. Even though I was involved in writing the criteria for osteopaths for the Games, I still had to apply and be interviewed the same as everyone else. The feeling for me was not one of elation but one of relief when I was selected to be part of the manual therapies/medical team. We treated all musculoskeletal injuries, liaising with the sports and exercise medicine doctors. The facilities were phenomenal. We treated athletes from every country and every sport. I didn't meet one person that I didn't like. There were lots of people coming in and asking for osteopathic and chiropractic treatment. It seems the word got around that we were there. Most countries bring a physiotherapist and a doctor with them but not many, if any, bring an osteopath, so we were in demand! Most of us were used to working as part of a sports medical team so having people from other disciplines wasn't alien. There were around fifteen physios, many of whom were sent out on location daily, for every one osteopath, so we got lots of work to do. Physiotherapists that weren't used to working with osteopaths were curious and eager to learn. I have to say the same was true for me. If someone was doing something I'd not seen, I went and learned. It was an exceptional learning environment. We were all just one big team, chiropractors, osteopaths and physiotherapists. Personally, there are not enough superlatives to explain the experience. The whole country had the feelgood factor. Imagine what it was like to be a part of the 2012 Games! Professionally, my career has been oriented towards treating sports people so it is one of, if not *the* highlight of my career so far."



The BCOM Alumni Association was launched last year. All BCOM graduates automatically become members of the Alumni Association and membership is free. Members receive the alumni newsletter, NEXUS, which is published throughout the year and will also be able to access the College intranet, Osteonet, and use the College's extensive library facilities. As more and more practising osteopaths explore research and postgraduate opportunities, BCOM's graduates now have access to this great learning and community resource.

If you are one of us, get in touch!

Graduates who left the College some time ago and would like to sign up to the Alumni Association can email ademilio@bcom.ac.uk with the following information:

Full name as known at BCOM/BCNO
Date of birth
Degree completed and graduation year

A Message From Alumni Association President Michael van Straten



It is hard to believe that more than a year has passed since my installation as the first president of our alumni association. It was indeed an honour and a great

pleasure to meet last year's new graduates and humbling to realise how high were their academic achievements. During 2012 our alumni have made huge strides in the advancement of the profession; BCOM was host to the Ninth International Conference on Advances in Osteopathic Research (ICAOR 9) and faculty members played an important role in the medical team at the Olympics and Paralympics. One role was academic and the other much more hands-on practical, but both were of vital importance in maintaining the high profile of public awareness that we need. Make no mistake, we do need this recognition in order to secure the future growth of Osteopathy for our graduates in years to come. Guaranteeing that future is why we need active alumni to encourage, teach, mentor and lobby for every student who enters BCOM. Thank you all for giving me this opportunity. My one regret is that, living in France I have not been able to do as much as should have been done. One man, who always did more than his share, was Brian Youngs who has sadly passed away at the age of 88. As a past President of the BNOA, a brilliant lecturer at the College and mentor to so many of us, he will be often in our thoughts. The new Year 1 students have enrolled. I welcome them and hope that they will have a life as satisfying, challenging, rewarding and happy as I have had since entering the College in 1960. To those just embarking on their careers in Osteopathy, I urge you to join the alumni and preserve all that is best in our world of natural healing and to support your new President. Farewell from the retiring President and welcome to the lucky, new appointee.

Are you interested in: Helping to build alumni relations for the BCOM Alumni Association; Improving relationships and communication between BCOM and its graduates; Getting involved by reaching out to the Alumni community and actively engaging so that members can stay in touch; Exploring mentoring opportunities between alumni and BCOM students; Contributing to NEXUS; Sharing your osteopathic career history to date as a case study; Getting involved in events and reunions?

Then volunteer to stand as President of BCOM's Alumni Association! If you would like to volunteer to become the next President, please email ademilio@bcom.ac.uk



alumni & graduates

BCOM graduate Daniel Winfield reflects on his time as a student at BCOM and the fascinating journey that led him to the College in the first place.

I started off my career as a maintenance engineer. As the big three-zero loomed, I knew I wanted to achieve more with my life, but didn't know what. I quit my job to go backpacking around South-East Asia. I thought much about what career direction I was going to take on my return. What was I good at? What would I enjoy?

“Ever since my childhood I've had a passion for anything that involves working with my hands. I had a knack for problem-solving. Within a week of my return from Bangkok I had enrolled as an undergraduate in Building and Architectural Studies at the University of Brighton. I graduated in 2005 with a Distinction. I was blown away by my own achievements. I had doubted my own ability throughout the entire course. Within a month, I had been taken on as a Trainee Site Manager. My first assignment was 8 luxury new-builds. By the time the project was having its second-fix carpentry I was Site Manager! But I kept thinking back to where it was I wanted to see myself 6 years earlier. Yes, I was solving problems, using my hands and dealing with

people, but I wasn't happy. I went travelling again to rethink my career. Whilst away, I read a naturopathy book by Sebastian Kneipp, and this inspired me to look further into naturopathy.

“I discovered that BCOM, with its long history of teaching naturopathy and osteopathy, offered the exciting prospect of graduating as an osteopath as well as a naturopath. I could work with people, work with my hands, be creative and problem-solving skills...the things I had said I wanted. But this was Masters level. Was I capable of that? I took strength from my success at my previous studies. It was like everything worked like it did for a reason. After a few weeks of deliberating, I decided to go for it. I sold my house. This was all or nothing. I sold almost everything I owned. At 36 it felt like my last attempt to find my true calling in life. At first I think my family thought that, due to my penchant for sabbaticals, I was just in it for an easy student life. By the end of my third term however, they realised I meant business.

“One of the best things about having studied at BCOM is the knowledge that I have had some of the most extensive training available to undergraduate osteopaths in Europe. I have heard of employers who wait for BCOM students to graduate before

they advertise for associate osteopath positions. For a college of its size, I found BCOM to be particularly well-equipped for research. The staff were also so kind to me when, in the last year, I suffered a devastating personal loss. The support I received from the faculty management and everyone at college during this difficult time was incredible, without which I may not have made it through to graduation. Of course there were wonderful patients who were so inspiring at times. Making such a difference to the quality of life of these patients is, for me, one of the most rewarding aspects of osteopathy.

“The day I graduated and picked up my awards was the proudest day in my parents' life. Even at 40, your mum and dad still feel pride when you do well. I was the first person to graduate in my family on both sides, ever - and I did it twice! It's never too late.”



(Above) Daniel winning the Christopher Bennetto Prize for Best Naturopathic Research Project at the 2012 BCOM Graduation.

icaor & research



Summer 2012, and London was very much in the international spotlight with the Olympics, with BCOM directly involved. Closer to home, BCOM delivered the Ninth International Conference on Advances in Osteopathic Research (ICAOR) at its campus in London. BCOM was where ICAOR was first conceived and launched in 1999. Since then, ICAOR has been a truly global event, taking place at various prestigious locations in Australia, the USA and Europe. Many hundreds of osteopaths have attended the Conference. This is a glowing testament to the ever increasing number of osteopaths embracing the concept of evidence-based osteopathy into clinical practice.

Daily Keynote Speakers

Dr Dawn Carnes, Director of NCOR, Senior Research Fellow of Barts and The London School of Medicine and Dentistry Making Research Relevant to Everyday Practice in a Rapidly Changing Healthcare Market.

Prof John C. Licciardone, DO, MS, MBA Professor and Executive Director, Osteopathic Heritage Foundation Richards-Cohen, Distinguished Chair in Clinical Research, The Osteopathic Research Center Osteopathic Manual Treatment for Chronic Low Back Pain: New Evidence from the Osteopathic Trial.

Mr Leon Chaitow, ND DO, Honorary Fellow, University of Westminster, London Editor-in-Chief, Journal of Bodywork & Movement Therapies Current Fascial Research: An Informed Osteopathic Perspective

Presentations

Mr Craig Hutcheson – European School of Osteopathy, UK Does Osteopathic training affect student health?

Mr Alan Szmelskyj – True Health Clinic, UK Identification using a brief screening scale of the potential prevalence of depression in musculoskeletal patients presenting in osteopathic practice.

Mr Manoj Mehta – BCOM, UK Questionnaire-based survey on satisfaction of PCT patients following osteopathic treatment.

Prof Ann Moore – University of Brighton, UK Patients' expectations of private osteopathic care in the UK: a

national survey of patients.

Mr Steve Vogel – British School of Osteopathy, UK Adverse Events and Treatment Responses in Osteopathy

Dr Ian Drysdale – BCOM, UK

POSTE Study (Patients OSTEopathic Experience): A UK National Survey of Patients Part III

Dr Mandy Plumb, Oxford Brookes University, UK

The effect of forward shoulder posture on the prevalence of respiratory disease and associate symptoms in people aged over 50 years: a pilot study.

Mr Oliver Thomson - University of Brighton, UK

Approaches to clinical reasoning in osteopathy.

Ms Hilary Abbey – British School of Osteopathy, UK

Developing a chronic pain self-management clinic at the British School of Osteopathy: quantitative pilot study results.

Dr Lisa Hodge - University of North Texas Health Science Center, USA. Lymphatic Pump Treatment Enhances the Clearance of Pneumonia.

Prof Giovanni Tredici - University of Milano-Bicocca, Italy Osteopathic Lymphatic Techniques reduces cortisol plasma level in rats after repeated treatments.

Ms Wendy Jardine – PT Health and Wellness Centre, Canada

The effect of osteopathic manual therapy on the vascular supply to the lower extremity in individuals with knee osteoarthritis: a randomized trial.

Dr Gary Fryer, School of Biomedical & Health Sciences, Victoria University, Australia

Lumbosacral muscle energy technique produces immediate decrease in corticospinal and spinal reflex excitability in asymptomatic participants.

Ms Marjolaine Dey, Centre Européen d'Enseignement Supérieur de l'Ostéopathie, France.

Effect of MET on temporomandibular joint and talocrual joint on gait efficiency: randomised, single-blind placebo-controlled study on asymptomatic subjects.

Mr Francesco Cerritelli , European Institute for Evidence Based Osteopathic Medicine, Italy

Is osteopathic manipulative treatment effective in Migraine?

Dr Gary Fryer, A.T. Still Research Institute, USA

Electromyographic responses of deep thoracic transversospinalis muscles to osteopathic manipulative interventions.

Ms Gemma Fisher, Oxford Brookes University, UK

A High-Velocity Low-Amplitude Thrust Manipulation To The Cervical Affect Active Depression Of The Temporomandibular Joint In A Symptomatic Population?

Ms Iona Bramati-Castellarin, BCOM, UK

Evaluation of behavioural and gastrointestinal symptoms in autistic children after visceral osteopathic treatment.

Ms Carol Fawkes – University of Brighton, UK

Profiling osteopathic practice in the UK using standardised data collection.

Ms Rosella Fila, International College of Osteopathic Medicine, Italy. Musculo skeletal growth and functionality in an Italian school population: an osteopathic observational and quantitative study.

Ms Tracy Hannigan, BCOM, UK

Investigation of relationships between passive movement at the hip and tibial translation, dynamic strength and anthropometric measurements in healthy adult males.

Prizes for New Researcher, Established Researcher and Best Poster sponsored by Elsevier and the International Journal of Osteopathic Medicine.

BCOM Staff Research 2011-2

POsTE (Patients Osteopathic Experiences) Study
Fracture Risk Prediction
Bone Health of Vegans
Comparison of VO₂ Max, Bone Mineral Density, Body Composition and Ankle Stability of Ultra-Marathon Runners
Analysis of BCOM Clinic Data
Fibre Composition of the Hypoglossal Nerve and Its Relation to the Development of Speech
Hip-Spine Interaction in Individuals with Low-Back Pain: The Role of the Hamstrings.
Development and validation of an e-learning programme for Professionalism in Osteopathy
Determining the effectiveness of osteopathic techniques with the use of biomarkers and/or drug metabolites.

BCOM Staff Recent Publications

Petty NJ, Thomson OP, Stew G. Ready for a paradigm shift? Part 2: Introducing qualitative research methodologies and methods. *Man Ther* (In press)
Rolfe KJ, Grobbelaar AO. A review of fetal scarless healing. *ISRN Dermatology*. (In press)
McSweeney T, Thomson OP, Johnston RG. The immediate effects of sigmoid colon manipulation on pressure pain thresholds in the lumbar spine. *J Bodyworks Movement Ther* (In Press)
Thomson OP, Petty NJ, Moore AP. Reconsidering the patient –centeredness of osteopathy. *IJOM*. (In press)
Petty NJ, Thomson OP, Stew G. Ready for a paradigm shift? Part 1: Introducing the philosophy of qualitative research. *Man Ther* 2012; 17: 267-74
Penn JW, Grobbelaar AO, Rolfe KJ. The role of TGF-beta family in wound healing, burns and scarring: a review. *Int J Burn Trauma*. 2012; 2: 18-28
Thomson OP, Petty NJ, Ramage CM, Moore AP. Qualitative research: exploring the multiple perspectives of osteopathy. *IJOM* 2011; 14: 116-124
Thomson OP, Petty NJ, Moore AP. Clinical reasoning in osteopathy-More than just principles. *IJOM* 2011 14: 71-76

Conference Proceedings

Mehta M, Rolfe KJ, Sager J, Drysdale IP. Questionnaire based survey on satisfaction of PCT patients following osteopathic treatment. *ICAOR 2012*
Drysdale IP, Rolfe KJ, Hinkley H. 'POSTE' study (Patients Osteopathic experience): A UK National survey of patients part III. *ICAOR 2012*
Thomson OP, Petty NJ, Moore AP. Approaches to clinical reasoning in osteopathy. *ICAOR 2012*
Hannighan T, Hines M, Bird D. Investigation of relationships between passive moment at the hip and tibial translation, dynamic strength and anthropometric measurements in healthy adult males. *ICAOR 2012*
I Bramati Catellarin, Drysdale I. Evaluation of behavioural and gastrointestinal symptoms in autistic children after visceral osteopathic treatment. *ICAOR 2012*
Boxer, L., Inarra, E., Chagger, J., Dukelow, M., Dyer, K., Gichaba, K., Gissel, N., Totschnig, B., Hines, M., (2012) "Comparison of the Effects of a Deep Tissue Massage versus Joint Manipulation on Proprioception", *ICSEMIS Conference Abstract*

New Staff Profile: Dr Scott Wildman



"I am a Senior Lecturer in Physiology and Pharmacology at Medway School of Pharmacy, a joint venture between the Universities of Kent and Greenwich. I graduated with a BSc (Hons) in Pharmacology from the University of Sunderland in 1995 and was awarded a PhD in Neuroscience in 1999 from UCL. Following my PhD, I was a post-doctoral researcher at Imperial College London, at UCL and at Johns Hopkins University (Maryland, USA). I joined Medway School of Pharmacy in 2012. Throughout my career I have notably been rewarded with a number of high-impact-factor peer-reviewed research publications, invitations to lecture in the UK and abroad, requests for review articles, Associate Editor status on the *Nephron Physiology Journal*, awards of Renal Association Walls and Lockwood Prizes and of The American Physiological Society Renal Research Recognition Award.

"In 2012, after discussing a potential research collaboration with Head of Research Dr Kerstin Rolfe, I began teaching renal physiology and pathophysiology to BCOM students. A colleague, who incidentally is a great pharmacologist, had already taught at BCOM and he had spoken very highly of the institution and the calibre of student. Embarrassingly, my knowledge of osteopathy was very limited at the time! I am much more informed now - in part fuelled by the infectious enthusiasm of the students I have taught. BCOM staff and students are some of the most enthusiastic and collegiate individuals I have encountered (on a par with my Pharmacy students at Medway School of Pharmacy). At BCOM I have experienced students with quite varied backgrounds, actively supporting and advising each other during lectures. It is tremendous to see. BCOM has a warm family vibe with a core of professionalism running throughout.

"My research focuses on the urinary system in health and disease. I have an interest in measuring urinary biomarkers of inflammation/pain, in various disease settings, and monitoring these during osteopathic intervention. Kerstin and I have recently embarked upon an investigation of this nature. It is my belief that osteopathic intervention may affect drug efficacy, something that we are looking to investigate in the future."

www.bcom.ac.uk/research

the bcom clinics

BCOM offers excellent clinic accommodation and facilities, both to patients and as part of the student learning experience. The structure of the BCOM clinic ensures that patients receive continuity of care and provides students the level of experience required for autonomous clinical practice upon graduation. There are good support facilities and dedicated administrative support.

Osteopathic education begins at the very start of the course, with the introduction of a range of workshop- and practical-based learning of techniques. At the end of Year 2, with the integration of significant anatomical, physiological and osteopathic-technique learning, students enter Clinic as observers. In Year 3, this role develops into that of a practitioner under close supervision before moving finally towards Year 4's greater autonomy. The final transition towards graduation is the Final Clinical Competence Assessment, the FCCA.

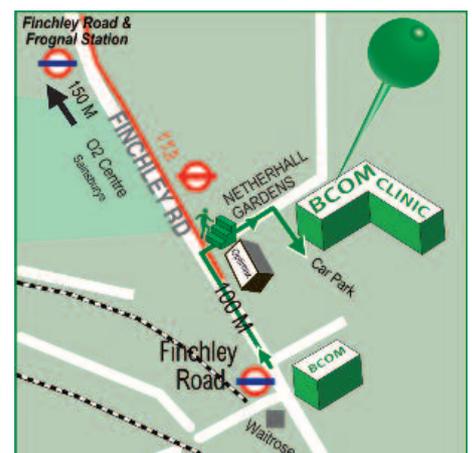
BCOM has been providing first-class Osteopathic care to the people of Hampstead for sixty years. This has put the College's clinics at the heart of the healthcare landscape within the London Borough of Camden. As part of its charitable work, the College has often reduced or waived the private fees that the Clinic has traditionally charged. This provides great public benefit to those with children, the elderly and the disadvantaged in London, but also provides the widest cross-section of patients to our clinical students. Camden residents should ask their GP about osteopathic care at BCOM.

BCOM offers low-cost osteoporosis and bone health screening at its Research Clinic. Osteoporosis may make a person more prone to a bone fracture. Fractures resulting from bone fragility in the elderly have a major impact on quality of life and frequently cause serious disability. But it's not just the elderly. One in two women and one in five men over the age of 50 in the U.K. will break a bone because of underlying osteoporosis.

**Make an appointment
on 020 7435 7830**

**General Clinic
Car parking for patients
Only 1 minute
to public transport
28 modern clinic rooms
Research clinic
Free children's clinic**

**Make an appointment
Call 020 7435 7830
appointments@bcom.ac.uk
www.bcom.ac.uk/bcom-clinic
BCOM Clinic
6 Netherhall Gardens
London NW3 5RR**



governance

Chair: Dr Roger Heathcote CBE

Principal: Dr Ian Drysdale

The Board of Governors oversees the following areas of activity within the College:

Scholarly activity
Monitoring academic performances
Strategic planning
Finance and audit
Risk Analysis and assessment
Estate management
Charitable status
Human Resources
Student Union liaison
Health and safety issues
Professional issues

To receive reports from its Committees:
Senior Management Group; Audit Committee; Remuneration Committee; Nominations Committee; Academic Board; Finance & Administration Committee

At the end of 2011/12, the Board membership was:

Ms P Christie, Dr I P Drysdale, Ms D A English, Prof J J George, Dr F R Heathcote CBE, Mr K W Jager, Dr A Sautelle, Mr H Kidd, Mr D J Kiely, Mr M Mehta, Prof J Mellerio, Mr M J Morgan, Mr J A Newell, and Ms K O'Callaghan-Brown.



finances & oversight

regulators

BCOM is accredited by the General Osteopathic Council. It is a criminal offence to practise Osteopathy in the United Kingdom if you are not registered. Graduates with a BCOM degree or diploma are eligible for professional registration with the Council. BCOM was one of the original group of colleges to be granted this status for its osteopathic training. The GOsC's stated aims are: to protect patients; to develop the osteopathic profession; to promote an understanding of osteopathic care. The GOsC registers qualified professionals, sets standards of osteopathic practice and conduct, assures the quality of osteopathic education, ensures Continuing Professional Development, and helps patients.

The General Council & Register of Naturopaths also accredits BCOM. The Council aims to establish and maintain standards of education for practitioners and to provide for the inspection of colleges and courses of naturopathy for the protection and benefit of the public; to keep a register of persons qualified to practise naturopathy in conformity with the standards of the Register; to supervise the ethical behaviour and professional conduct of the practitioners registered by us; to encourage the development of naturopathy on the lines of sound knowledge and practice and to improve the educational standards of our members by encouraging continuing post-graduate education; to provide for and promote education, investigation and research into the science and art of naturopathy and to disseminate the results of such research.



financial statements

For the year ended 31 August 2012

Independent auditor's report to the members of BCNO Limited (company number 562119)

We have audited the financial statements of BCNO Limited for the year ended 31 August 2012 which comprise the Statement of Financial Activities the Balance Sheet the Principal Accounting Policies and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice). This report is made solely to the charitable company's members as a body in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law we do not accept or assume responsibility to anyone other than the charitable company and its members as a body for our audit work for this report or for the opinions we have formed.

"In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 August 2012 and of its incoming resources and application of resources including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- and have been prepared in accordance with the requirements of the Companies Act 2006."

Statement of Financial Activities

All figures £

Funds	General	Designated	Restricted	2012	2011
Incoming resources					
Incoming resources from generating funds:					
Voluntary income	12244	-	-	12244	25608
Investment income	3347	-	2587	5934	12917
	15591		2587	18178	38525
Incoming resources from charitable activities					
	1655547		-	1655547	1333910
Total incoming resources	<u>1671138</u>		2587	<u>1671138</u>	<u>1372435</u>
Resources expended					
Cost of generating funds:					
Cost of generating voluntary income	-	-	-	-	-
Investment management costs	4067	-	1437	5504	10729
Charitable activities					
	1761445		53686	1815131	1703294
Governance costs	24495		-	24495	40026
Total resources expended	<u>1790007</u>		<u>55123</u>	<u>1845130</u>	<u>1754049</u>

Statement of Financial Activities (continued)

Funds	General	Designated	Restricted	2012	2011
Net incoming/outgoing resources before transfers	(118869)	-	(52536)	(171405)	(381614)
Transfers between funds	22730	(1331)	(21399)	-	-
Net incoming/outgoing resources for year and surplus of income over expenditure	<u>(96139)</u>	<u>(1331)</u>	<u>(73935)</u>	<u>(171405)</u>	<u>(381614)</u>
Other recognised gains and losses					
Profit on investment assets realised	36697	-	(4155)	32542	36997
Net income and expenditure					
Unrealised	1474	-	7983	9457	(27779)
Net movement in funds	<u>(57968)</u>	<u>(1331)</u>	<u>(70107)</u>	<u>(129406)</u>	<u>(372396)</u>
Balances brought forward at 1 September 2011	<u>2046286</u>	<u>1331</u>	<u>2024609</u>	<u>4072226</u>	<u>4444622</u>
Balances carried forward at 31 August 2012	<u>1988318</u>	<u>=</u>	<u>1954502</u>	<u>3942820</u>	<u>4072226</u>

All operations continuing.

Balance Sheet

	2012	2012	2011	2011
Fixed assets				
Tangible assets		4334961		4406160
Investments		389245		549908
		<u>4724206</u>		<u>4956068</u>
Current assets				
Debtors	36436		49731	
Cash at bank and in hand	20396		1707	
	<u>56832</u>		<u>51438</u>	
Creditors: amounts falling due within one year	(234617)		(297833)	
Net current Liabilities		(177785)		(246395)
Total assets less current liabilities		4546421		4709673
Creditors: amounts falling due after more than one year		12		
		(603601)		(637447)
Total assets less total liabilities		<u>3942820</u>		<u>4072226</u>
Represented by				
Unrestricted funds				
General fund	1988318		2046286	
Scholarship fund	-		1331	
		<u>1988318</u>		<u>2047617</u>
Restricted funds				
		<u>1954502</u>		<u>2024609</u>
		<u>3942820</u>		<u>4072226</u>

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The accounts were approved by the Board of Governors and thereafter signed by the Chair.

Additional notes and appendices apply.



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The British College of Osteopathic Medicine
Accredited by the General Osteopathic Council
Established in 1936

Registered Office: Frazer House, 6 Netherhall Gardens, London NW3 5RR
Registered in England No. 00562119 BCNO Ltd (by Guarantee) Charity No. 312907

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