

Abstract

Background: Recent research has described how pain viewed through a structural or kinematic lens alone is now insufficient. As the osteopathic philosophy is based upon structure and function, the profession should be cognisant of this new pain evidence.

Objectives: To ascertain whether UK osteopaths are aware of current pain evidence and whether they relate this to their patients in pain and to further understand how this could lead to improved pain education planning and engagement in the future.

Methods: A cross-sectional study was used to survey UK osteopaths on their knowledge and opinions of pain science in osteopathic practice. Bloom's Taxonomy was applied to the outcomes using a modified Delphi approach of internationally educated osteopaths and an author-based assessment of a bespoke questionnaire.

Results: UK osteopaths scored highly on the r-NPQ13 compared to other cohorts and reported favourable responses to using pain knowledge within their practice.

Cognitive Domains were viewed as being primarily based on a need to understand pain, and opinions were associated with advanced levels in the hierarchy of learning.

Conclusions: This survey revealed that there is evidence of advanced pain knowledge within the UK osteopathic profession and that there is a positive attitude towards its applications. However, it is possible that this survey only appealed to osteopaths with a prior interest in the subject and did not highlight those who do not. It is recommended that pain education, and an engagement process in pain knowledge, may be further enhanced through using specific Cognitive Domains of Bloom's Taxonomy.