



***NON PROFIT FOUNDATION COME COLLABORATION 2019
PROJECTS AND ACTIVITIES***

INTRODUCTION

This document presents the 2019 main projects and activities promoted by the NON PROFIT FOUNDATION COME COLLABORATION according to its principal missions, its values and the 5 areas of interests for the 2019.

The **Mission** of the Foundation is expressed as follow:

"We believe that the knowledge shared through experiences and skills helps to have an independent thought creating hope and genuine solidarity".

This message is the daily inspiration for the work of all people collaborating on a voluntary basis to the different Foundation's projects and activities.

We believe in multidisciplinary equal partnerships.

COME believes that effective health care is based on multidisciplinary equal partnerships between provider, researcher, practitioner and patient.

COME projects are unique because they are both produced by, and are relevant to, everyone interested in the effects of osteopathic health care. Based on the best available evidence, healthcare providers can decide if they should optimise health care strategies. Practitioners can find out if an intervention is effective in a specific clinical context. Patients and other healthcare consumers can assess the potential risks and benefits of osteopathic treatments.

We are independent.

We are an independent, not-for-profit organisation, funded by a variety of sources including personal donations.

We advocate integrative collaboration.

In addition to our core mission of producing high quality scientific research, our members are involved in a number of related activities, including advocacy for health-care decision-making, delivering clinical-based treatments, developing new technologies,

We also want to make information available to the broadest community by translating them from English into a variety of different languages and vice versa.

We hold annual conferences, called 'Quantum', which are open to everyone. Quanta are designed to bring people together in one place to share, discuss, develop and promote our work, acknowledge members and to shape the organisation's future direction.

The Values

1. respect of diversity: embracing the principles of diversity is an essential value for individual growth
2. independence: developing (sustaining) and promoting critical-constructive thinking
3. professional ethics: working according to the deontological principles of professional multidisciplinary

4. belongings: recognizing oneself in the purpose of the foundation
5. humility: recognizing the potential of others and promote their development
6. cooperative altruism: dedicating oneself to others by helping and cooperating in social change
7. innovation and creativity: supporting health promotion through constant curiosity in finding person-based solutions

The main ***Areas of interest*** for the 2019 are the following:

1. Research
2. Training and Events
3. Social and Humanitarian Projects
4. Communication
5. Fundraising

Each area of interest has developed a series of activities and initiatives aiming at carrying on the mission of the Foundation and its values through concrete actions.

2019 AREAS OF INTEREST

1. RESEARCH

Scientific research is developed through studies, projects and publication of articles and papers.

The scientific projects and studies are:

- ***The RAISE - Research and Assistance for Infants to Support Experience*** – [www.theraise.org] was born from the physiological evolution of the Ne-O project. The project intends to promote the health of the child, from birth to puberty, through a multidisciplinary therapeutic approach, which also includes osteopathic manipulative treatment. By acting as a valid clinical, scientific and assistance aid in the neonatology and paediatric fields, RAISE embraces research to produce robust scientific evidence on the effect of osteopathic manipulative treatment on small patients.
- **TOUCH** – project aims to a) explore the effect of affective touch on different age groups and clinical conditions; b) create new knowledge on the use and application of touch within the health care system; c) disseminate the concept of touch among the caregivers
- ***OPERA - The Osteopathic Practitioners Estimates and Rates*** – [www.opera-project.org] project is an internationally-based census project dedicated to quantifying the osteopathic reality. It fulfils the need of the international community to obtain a current scenario regarding the geo-distribution, prevalence, incidence and profile of osteopaths in Europe. The OPERA study has already been conducted in the Benelux (Belgium, the Netherlands and Luxembourg), Italy and Spain. Currently, OPERA is active in Portugal, France, Austria and Brazil. A follow-up census has been already planned in Belgium, Luxembourg and the Netherlands.
- ***NEMO - The mission of the NEurological Mechanisms of Osteopathy*** - project is to create new knowledge, discoveries and collaborations in osteopathic medicine integrating diverse research fields in a unique neuroscience research scenario. The main goal is to understand the mechanisms by which osteopathic manipulative treatment (OMT) can produce beneficial effects. Specifically, it will focus on neurological aspects of osteopathy and how the OMT produces neural changes.
- ***CAMEO - The aim of the Clinical Measurements and Effectiveness in Osteopathy*** - project is to shed light on the clinical application of osteopathy. This can be achieved using different strategies: 1) developing ad-hoc clinical measurements and tools; 2) measuring the effectiveness of osteopathy in different medical fields; 3) summarizing the evidence using high quality standard methods. The main goal of this international, multi-disciplinary project is to show where the osteopathic manipulative treatment is effective, where is complementary and where is not effective

- **PreSS** - The purpose of the ***Preparedness and Satisfaction in Students (PreSS)*** project is to assess how European osteopathy students feel prepared and satisfied about the teaching provided. The project aims to: 1) assess the preparedness to practice and satisfaction in learning environment in students and new osteopathic graduates from European osteopathic universities/institutions; 2) compare the results of preparedness to practice and satisfaction in learning environment between and within countries where osteopathy is not recognised and where it is recognised to produce benchmarks; 3) produce continuously up-to-date educational data to share with European institutional partner
- **COSMOS - The Consensus On SoMatic dysfunction in Osteopathy** - project, therefore, aims to: 1) review the concept of somatic dysfunction; 2) unravel the enigmatic role or influence of the somatic dysfunction in osteopathic practice; 3) produce compelling evidence of the somatic dysfunction biological compounds; 4) share and disseminate results to improve quality of practice. The project involves the most influential experts and institutions worldwide.

The Foundation COME Collaboration has produced a series of scientific publications on the osteopathy field, such as:

- Manzotti A, Cerritelli F, Esteves JE, et al. *Dynamic touch reduces physiological arousal in preterm infants: A role for c-tactile afferents?*. - Journal: *Dev Cogn Neurosci*. 2019;39:100703. doi:10.1016/j.dcn.2019.100703
- Leach M.J, Sundberg T, Fryer G, Austin P, Thomson O.P, Adams J. *“An investigation of Australian osteopaths’ attitudes, skills and utilisation of evidence-based practice: a national cross-sectional survey”* - Journal: *BMC Health Serv Res*. 2019 Jul 17;19(1):498.
- D'Alessandro G, Consorti G, Cerritelli F. *Self-directed learning and practice of Italian osteopathic students during summer break: a cross-sectional survey*. *BMC Complement Altern Med*. 2019;19(1):201. Published 2019 Aug 6. doi:10.1186/s12906-019-2619-0
- Zegarra-Parodi R, Draper-Rodi J, Cerritelli F. *“Refining the biopsychosocial model for musculoskeletal practice by introducing religion and spirituality dimensions into the clinical scenario”* - Journal: *Int J Osteopath Med*, June 2019 Volume 32, Pages 44–48 Full Pa
- Mancini D, Cesari M, Lunghi C, Benigni A.M, DO, Antonelli Incalzi R, Scarlata S. *“Ultrasound Evaluation of Diaphragmatic Mobility and Contractility After Osteopathic Manipulative Techniques in Healthy Volunteers: A Prospective, Randomized, Double-Blinded Clinical Trial”* - Journal: *J Manipulative Physiol Ther*. 2019 Jan;42(1):47-54.
- Tamburella F, Piras F, Piras F, Spanò B, Tramontano M, Gili T. *“Cerebral Perfusion Changes After Osteopathic Manipulative Treatment: A Randomized Manual Placebo-Controlled Trial”* - Journal: *Front Physiol*. 2019 Apr 5;10:403.
- Cerritelli F, van Dun PLS, Esteves JE, Consorti G, Sciomachen P, Lacorte E, Vanacore N *“The Italian Osteopathic Practitioners Estimates and RATES (OPERA) study: A cross sectional survey”* - Journal: *PLoS One*. 2019 Jan 25;14(1):e0211353.

All on-going projects and papers are reported in the Foundation's website. For more info, visit:
<http://www.comecollaboration.org/research/publications/>

2.TRAINING

The Foundation promoted a series of courses and webinar on line for its members.

The list below reports all the on line webinars activated during the 2019:

- “The Touch in the neonatology clinical practice” – Teacher: D.O. Andrea Manzotti
- “Food, Health and Disease” – Teacher: D.O. Fausto Aufiero
- “Introduction to the PNEI in the osteopathy” – Teacher: D.O. Nicola Barsotti
- “The live cell” – Teacher: D.O. Diego Lanaro
- “What do we palpate? Stress, allostatic load and tissue adaptation processes: a model for osteopathic practice” – Teacher: D.O. Christian Lunghi
- “Clinical Posturology Integrated in Osteopathic Practice: A.P.I. Protocols and R.N.P” – Teacher: D.O. Paolo Zavarella
- “The rhythm in Osteopathy” – Teacher: D.O. Andrea Ghedina

The courses in presence promoted for the 2019 are:

- Project Management Course – Teacher: Fabrizio Salusest
- Basic Research Course, level 1 and 2– Teacher: D.O. Francesco Cerritelli

2.1 EVENTS

Each year the Foundation organises two important congresses:

- **Quantum IT 2019** – National Congress held in Brescia (Italy) on March 2019 – Title: “The Touch in the Clinical Practice”
- **Quantum Global 2019** – International Congress held in Catania (Italy) on October 2019 – Title: “Allostasis the Essence of clinical practice”

3. SOCIAL AND HUMANITARIAN PROJECTS

The main humanitarian project promoted by the Foundation in 2019 is called "**SAME Hands**". The project deals with offering free therapeutic support in a centre for disabled children called "Mama Kevina Hope Center" in Same (north-western Tanzania). The centre has 23 residential children (mild disabilities) and over a hundred severely disabled children who, in scheduled shifts, access the center on an "outpatient" basis. The operators involved to date are osteopaths, physiotherapists, occupational therapists, dentists and speech therapists; our field work is to collaborate with local staff to evaluate and treat the different clinical conditions by looking for the best strategy in order to increase the health of children as much as possible through a multidisciplinary vision. The treatments then leave room for therapeutic indications for mothers so that they can continue to treat their children even at home in the following months.

In 2019 the Foundations launched 5 missions with 10 volunteers each.

Please visit: <http://www.comecollaboration.org/it/tanzania/>

A social projects started in 2018 and carried on during the 2019 is the **RACE Across LIMITS** projects. A cycling adventure aiming at promoting and raising funds for the C.O.ME. Foundation Collaboration Onlus that comes to life every year thanks to the wonderful athlete and professional coach Mrs. Sabrina Schillaci. Two cycling feats have been held in Italy. Sabrina and her team has travelled all through Italy to raising funds for the Foundation's activities and initiatives in Italy and abroad.

Please visit: <https://sabrinaschillaci.it/>

4. COMMUNICATION

Communication strategy is a key element of the Foundation work. The main objective is to let the members know all Foundation's activities and involve more and more members. Communication is relevant for the scientific research and for scientific publications as well. Foundation's main aim is to spread scientific knowledge and literature with particular reference to the osteopathy.

The Foundation's websites (Central, Italian, Spanish, Belgian, German) are periodically updated with all news, publications and recent events. Social media are used to maintain daily contact with members, researchers, students etc.

Communication campaigns are set monthly through newsletters and social posts.

5.FUNDRAISING

The Foundation is a non-profit organisation and all collected funds are devoted to support scientific research and projects. The fundraising campaigns are periodically organised through online crowdfunding, charity events, solidarity gifts sold during events, congresses or through the Foundation's website.

The Foundation has its annual donations from national and international loyal donors such as private institutions, banks, insurances, private donors etc.

For more information about COME Collaboration's activities, please visit:
<http://www.comecollaboration.org/>



“we believe that the knowledge shared through experiences and skills helps to have an independent thought
creating hope and genuine solidarity”

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