

NON-PROFIT FOUNDATION



CENTRE FOR OSTEOPATHIC MEDICINE COLLABORATION

ANNUAL REPORT 2018

INTRODUCTION

The present document reports the activities, projects, initiatives promoted and developed by the Foundation throughout the 2018.

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

This is the new mission of the Foundation, defined during July 2018. The President together with the Board of Trustees and in collaboration with the Italian National Centre, feels the need for a change regarding the mission and the values of the Foundation.

After four years to its establishment the Foundation needed a critical redefinition of its values, as well the areas of interests to be developed in the present and future projects during the next years.

In the following pages we will go across the different areas of interest and the implemented activities/projects falling within those areas.

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a. Areas of Interest

The Foundation's Board of Trustees in collaboration with the Italian National Centres defined 6 areas of interest that will be the "milestones" for the future activities and development of the Foundation' strategy.

These macro-areas of interests are designed to guide the work of the Foundation from the top (Board of Trustees) to the bottom (National Centres). Each area of interest is defined with a series of annual goals which will be then set accordingly to the NACE features and Country characteristics.

The 6 areas are:

- 1. Research*
- 2. Communication*
- 3. Social and Humanitarian*
- 4. Fundraising*
- 5. Training*
- 6. Events*

The following pages will present the 2018 activities divided per area of interest. The same scheme will be used and reported for the future years as well.

1. Research.

The scientific and clinical research is at the basis of the Foundation. The 2018 was an important year in terms of research projects as the COME Community worked really hard to finalized important paper, articles and books.

The most important projects of the 2018 are:

- *RAISE Project*

RAISE - Research and Assistance for Infants to Support Experience was born from the physiological evolution of the Ne-O project. The project thus 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.

- *OPERA*

The Osteopathic Practitioners Estimates and RAtes (OPERA) project is an internationally-based census project dedicated to quantify the osteopathic reality. It fulfils the need of the international community to obtain an up-to-date scenario regarding the geo-distribution, prevalence, incidence and profile of osteopaths in Europe. The OPERA study has already been conducted in Europe, specifically in the Benelux (Belgium, the Netherlands and Luxembourg) and in Italy and currently carried out in Spain and Andorra as well as planned in Portugal. A follow-up census has been already planned in Belgium, Luxembourg and the Netherlands. To the best of our knowledge, there is lack of census in Europe and the International Osteopathic Research Network within the Osteopathic International Alliance (OIA), makes it a top priority “to compile evidence about scope of practice in osteopathy worldwide”. Therefore, the OPERA project will fulfil this long-lasting need with the general objective to describe the European osteopathic population.

- *COSMOS*

For almost 150 years, osteopathy has founded its activities on the role of somatic dysfunction in the equilibrium of the human health/disease status. In the past 15 years, however, clinical and experimental studies have provided only few evidence for the involvement of somatic dysfunction in health and disease. Crucially, several lines of evidence, mainly derived from clinical observations, suggest that the somatic dysfunction has an influence on the patients. Nevertheless, observations from anatomical, physiological, bench and evidence-based studies cast about the underpinning mechanisms and role of somatic dysfunction. The Consensus On SoMatic dysfunction in Osteopathy (COSMOS) 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. To this end the project involves the most influential experts and institutions worldwide.

- *BIOMECH'O*

The global osteopathic profession is participating in an epic change, where interdisciplinary teamwork is the crucial element. It is critical, therefore, for osteopaths to understand the profession's current contributions in human, animal and in vitro research related to the field of manual treatment. The project will help the osteopathic profession prioritise future research to advance patient care and the understanding of biologic mechanisms underlying manual treatment gathering diverse professionals into a common research ground. The aims of the BIOMECH'O project are 1) to explore current biological mechanisms involved in osteopathic treatment; 2) to articulate and support enhanced guidelines to improve the basics of osteopathy; 3) to establish a culture of international and multidisciplinary collaborations.

- *NEMO*

The mission of the NEurological Mechanisms of Osteopathy (NEMO) project is to create new knowledges, 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. Although the fairly robust clinical results of OMT, scientific literature lacks of pragmatic evidence regarding the effects of OMT on the central nervous system. The latter will be addressed using a pragmatic, precise and structured organisation.

- *CAMEO*

To date the clinical effectiveness of osteopathy remains elusive. Very few medical areas have been sufficiently explored, producing consistent data. The aim of the Clinical Measurements and Effectiveness in Osteopathy (CAMEO) 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 ultimate 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. This, in turn, can produce a better understanding of which fields need to be explored more, where resources have to be located and how health care policymakers can benefit of an evidence-based “osteopathic” medicine.

- *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 partners.

- *COME for CHILDREN*

Come for Children is a project dealing with providing free osteopathic treatments to children with psycho-physical-social disabilities. It is aimed both at associations and foundations of patients / patients and directly at families with the aim of supporting and giving resource in the important process of integration and enhancement of the child's potential. Come for Children is present in Italy through territorial centres (regional and / or provincial) where osteopathic treatments are practiced for free.

For further information about all COME's projects, please visit:
<https://www.comecollaboration.org/it/ricerca-progetti/come-italia/>

For the list of all publications, please visit:
<https://www.comecollaboration.org/research/publications/>

2. Communication

In 2018 the Foundation feels the need to better implement the Communication strategy toward its members and the osteopathic world. The COME Collaboration's web site has been remastered and expanded in its content.

For the foundation it is fundamental to communicate and disseminate the research outcomes as well as sharing new ideas, projects and initiatives within the osteopathic community at national and international level.

The Foundation intensified its presence on the social media, opening different pages on Facebook and the twitter account to be more visible and share news and events with COME members, supporters, researchers, students etc.

The Foundation collaborates with the online magazine and blog [Tuttosteopatia](http://Tuttosteopatia.it).it since its establishment.

The strategy set for the next year will be define at the beginning of 2019 with the design of a common guideline for the use of the social media and the web pages in collaboration with the different NACEs and their country peculiarity.

3. Social and Humanitarian

2018 was a great year for the social and humanitarian initiatives promoted by the Foundation. In particular, two projects have been very successful:

- The RACE Across LIMITS – 2018 edition
- The Cameroun Mission

RACE ACROSS LIMITS.

The riding adventure of an Italian triathlete, Sabrina Schillaci, who with an incredible strength rode her bike for 2.200 km through Italy, France and Spain, leaving from Besana Brianza (Lombardy, Italy) the 18th of July, arriving in Santiago de Compostela (Spain) the 31st of July.

The main aim of the project was to collect funds for the Foundation giving support to the RAISE and COME for Children Projects. The two projects are devoted to the support to disabled children (pre-term new-born) and/or teenagers with different disabilities and their families (caregivers).

For more information: <https://sabinaschillaci.it/race-across-limits-2018/>



The Cameroun Mission

The mission to Cameroun is part of the COME to AFRICA framework.

Our first project in Africa was launched in November 2018. It was a voluntary osteopathic mission with the leading of the Italian osteopath Alessandra Pisano, COME member and collaborator, in the Bethléem Foundation in Mouda, a village about 33 km from Maroua, the capital of the province of the Far North of Cameroun, Africa.



The mission combined the work of the Fondation Bethléem with the research and constant clinical training promoted by the COME Collaboration Onlus Foundation which we hope will lead to a new path of support and clinical-paediatric support to those who need it most, promoting new missions already next year.

The aim of the Foundation is to set new missions to Africa for the next three years, intensifying the trips to different parts of Africa and expanding the participation of new volunteers coming not only from the Osteopathic community, but involving also other scientific and health professions.

For more information: <https://www.comecollaboration.org/it/camerun/>

4. Fundraising

Fundraising is at the basis of the Foundation's subsistence. As we are a non-profit Foundation we only work thanks to the generous support of our members, donors and supporters from Italy and all over Europe. We have partners which collaborates and donates each year to sustain the research projects promoted by the Foundation (such as Zurich Assurance and ROI – Registro Osteopati Italiani).

The Foundation also set fundraising campaign during the whole year, especially during national events such as the Quantum IT, the Quantum Global, the Hand to Hand events (COME for children Projects) and the International Day of Premature (solidarity days and treatments). Members and non-members can donate part of their tax to the Foundation (5x1000).

The Foundation accept donation throughout the year also by selling its gadgets.

For more info: <https://www.comecollaboration.org/it/sostieni-la-ricerca/>

5. Training

COME Collaboration focuses on lifelong learning and training for its Community of osteopath and for its active members. In 2018 several training courses were organized and promoted by the Foundation within the framework of the research projects and in collaboration with important national and international speakers.

Below the list of the training courses delivered:

- “Clinic paediatric day” in collaboration with [SeaStar project](#)
- Training on Basic Research
- Course on: Introduction to Psychoneuroendocrinology: how the myofascial system modulates the PNEI network.
- Hand to hand
- Special Olympics 2018 – Health project
- Rio de Oro
- Course: Osteopathic clinical reasoning

For more info, visit: <https://www.comecollaboration.org/it/archivio-corsi/>

The Foundation in 2018 started providing free webinar on different osteopathic topics, such as:

- *PLACEBO* in clinical practice: how to recognize it, what role it has and what we do with it;
- *The Sense of Balance* – in collaboration with *Fondazione Santa Lucia, Rome*
- *Interceptive orthodontics and paediatric dentistry*
- *Autism spectrum disorder: from risk factors to health opportunities.*

For more info, visit: <https://www.comecollaboration.org/it/archivio-webinar-2018/>

Part of the Board of Trustees and the COME National Centres, participated to training courses in *Project Management* and in *Leadership* (in collaboration with the international Life Coach Claudio Belotti), in order to improve their capacities of managing more and more complex

projects as well as take the lead of the projects' implementation and monitoring throughout all the different development phases, until the outcomes deliverables and presentation.

6. Events

COME Collaboration each year organize two important Congresses: one is Italian and it is called *QUANTUM ITALIA* and the other one is international and it is called *QUANTUM GLOBAL*.

The **QUANTUM ITALIA 2018** was organized on March in Cava de' Tirreni (Campania - Italy) having as the main topic: "Disability and Autism". All the theme presented were interconnected with the main topic and both the morning session and the workshops were set on a multidisciplinary basis. The audience was mostly coming from Italy and from different national osteopathy schools.



The appointment for the next Quantum Italia has been set for next March 2019 in Brescia, Lombardy – Italy.

For further info, please visit: <https://www.comecollaboration.org/it/quantum/>

The **QUANTUM GLOBAL 2018** was organized in Dubai in collaboration with the OIA – osteopathic International organisation in Dubai, United Arab Emirates.

The joint conference was a very important opportunity of knowledge sharing and professional grow for all participants. Speakers from all over the World participated as

well as all COME National Centre Representatives. The COME Board of Trustees together with the National Centres has the opportunity to set the goals and the strategy of the Foundation for the next year.

Each area of interest of the Foundation has been set and it will be sloped down into the action of each National Centre according to the Country peculiarities and special needs.



The next Quantum Global has been set for October 2019 in Catania, Sicily - Italy.

For further info, please visit: <https://www.comecollaboration.org/come-to-quantum/>

b. Balance sheets 2018

The Foundation's balance sheets reviewed and approved on December 2018 by *Studio Binomia*, in Pescara, Italy are the following:

Final Budget at a glance – 2018

BALANCE SHEET ASSETS	31/12/2018	31/12/2017
B) Fixed assets		
I - Intangible fixed assets	574	1.020
II - Tangible fixed assets	0	0
III – Financial fixed assets	5.750	5.750
Total fixed assets (B)	6.324	6.770
C) Current assets		
II - Receivables		
due within the next financial year	6.565	19.985
Total receivables	6.565	19.985
IV - Cash availability	75.837	63.245
Total current assets (C)	82.402	83.230
D) Accruals and Prepayments	6	
TOTAL BALANCE SHEET ASSETS	88.732	90.000
BALANCE SHEET LIABILITIES AND NET EQUITY	31/12/2018	31/12/2017
A) Net Equity		
I - Endowment funds	50.000	50.000
VI - Other reserves	0	1
VIII - Retained earnings (losses)	39.630	10.501
IX - Profit (loss) for the year	-17.327	29.128
X - Negative reserve for treasury shares in portfolio		
Total Equity	72.303	89.630
C) Employee severance indemnity	95	
D) Payables		
due within the next financial year	16.334	370
Total debts	16.334	370
Total passive	88.732	90.000

INCOME STATEMENT 2018

A) Production value		
5) other revenues and income		
Others	102.571	55.750
Total other revenues and income	102.571	55.750
Total production value	102.571	55.750
B) Production costs		
6) raw materials, subsidiaries, consumables and goods	5.750	0
7) services	104.545	11.436
8) cost of rents and leases	5.600	342
9) Staff		
a) wages and payrolls	1.920	0
b) social charges	17	0
c), d), e) severance indemnity, retirement benefits, other costs of staff	95	0
c) severance indemnity	95	0
Total personnel costs	2.032	0
10) Amortization, depreciation and write-downs		
a), b), c) amortization of intangible and tangible fixed assets, other write-downs of fixed assets	445	446
a) amortization of intangible assets	445	446
Total amortization and write-downs	445	446
14) Different management charges	670	14.188
Total production costs	119.042	26.412
Difference between Production value and Production costs (A-B)	-16.471	29.338
C) Financial income and expenses (15 + 16 - 17 + - 17-bis)		
17) interest and other financial charges		
Others	857	210
Total interest and other financial charges	857	210
17-bis) exchange gains and losses	1	0
Total financial income and charges (15 + 16 - 17 + - 17-bis)	-856	-210
Result before taxes (A - B + - C + - D)	-17.327	29.128
21) Net income (loss)	-17.327	29.128



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