



Quarterly World Report

OCTOBER 2023



WFC at official launch of World Rehabilitation Alliance

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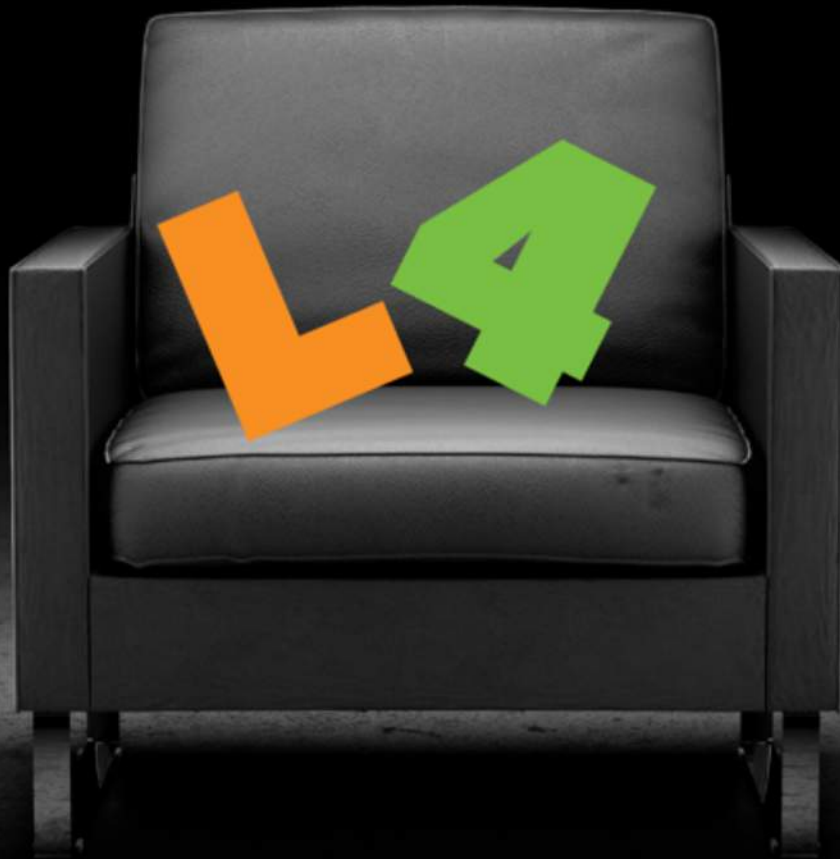


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There's only one way to coast

It seems like I have begun most of my President's Messages by sharing with you all the fantastic things being done by the WFC to promote chiropractic around the globe, and it's true.

Our vision, "A world where all people, of all ages, in all nations may enjoy chiropractic so that populations may thrive and reach their full potential", and our mission, "To advance awareness, utilization and integration of chiropractic internationally", are always in the forefront of everything we do.

In this issue of the QWR, we will share more examples of how the WFC is living its vision and mission by putting our words into action.

As we gather in Gold Coast, Australia for our WFC Assembly of Members and 17th WFC Biennial Congress, we will be celebrating the many accomplishments of our profession. We will have the opportunity to hear about some of the latest research supporting what chiropractors do. We will learn from some of the leading subject experts and educators in the world of chiropractic. We will be able to meet and network with our fellow chiropractors from around the world to share our accomplishments and learn more about the challenges faced within our seven regions.

What a great time for us to sit back and pat ourselves on the back, congratulating each other on how far we've come. Don't let this happen. There is still so much to do and we've a long way to go. As the old saying goes, "There's only one way to coast, and that's downhill".

We need to be more vigilant than ever. As our successes in chiropractic continue and mount, there come those who would use our successes for their own personal gain. Success must be about the advancement of our profession, not the promotion of any individual and I am ever-mindful of the expression, "Be careful of wolves in sheep's clothing".

The first of our 20 Principles includes the statement, "We envision a world where all people, of all ages, in all nations, can access the benefits of chiropractic". As with each of our Principles, this



Dr John Maltby, WFC President

means far more to me than a set of aspirational words. More than our first principle, I personally consider it our sacred trust to do everything within our power to make the vision a reality.

For this to happen, it will take more of us willing to sacrifice our time, and even our finances. While it may be easy to become complacent and revel in our achievements, on the contrary, this is the time to put forth the greatest united effort ever in the history of our profession.

So, how can you help? Support your national association and the WFC. Be sure to take part in World Spine Day. Let WFC know how we can help you. Support those who share your vision of chiropractic care being available to everyone on the planet. Be cautious of those with their hands out, diverting funds away from your national associations and acting against their best interests. And, most importantly, no coasting!

I look forward to seeing as many of you as possible in Australia, celebrating our profession's accomplishments and, most importantly, sharing our vision for the future. **JM**

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News from the boardroom

The third quarter meeting of the WFC Board of Directors took place on Tuesday, August 15, 2023. It was chaired by the President, Dr John Maltby.

The Board approved the minutes of the last regular meeting.

The Board received a report on the outcomes of a visit to Rwanda and action steps arising from meetings with various ministries of state.

The Board received a comprehensive report from the Secretary-General that summarized activities since the previous meeting.

Members of the Board reported on the status of their respective regions, with the Board noting that there were many ongoing positive activities being undertaken globally.

Updates were provided in relation to the WFC's event schedule, noting the upcoming 17th WFC Biennial Congress in Australia, the 2024 Education Conference in Malaysia and the 18th WFC Congress in Denmark.

Reports were received from the Chair of the Public Health Committee and the Chair of the Research Committee. An update on the new Global Patient Safety Task Force was received.

The Board was notified of activities in relation to succession planning ahead of the current Secretary-General's retirement in 2025.

An updated risk register and financial risk report were reviewed and approved by the Board.

It was noted that Board elections would take place at the end of the year for the term 2024-2026.

The next meeting of the Board will take place ahead of the WFC Assembly of Members on October 7-8, 2023 in Gold Coast, Australia.

WFC BOARD OF DIRECTORS (2022-24)

John Maltby (President)	North American Region
Kendrah Da Silva (Vice President)	African Region
Ryan Coster (Secretary-Treasurer)	North American Region
Kei Takeyachi	Asian Region
Efstathios Papadopoulos	Eastern Mediterranean Region
Gian Joerger	European Region
Jakob Lothe	European Region
Carlos Ayres	Latin American Region
Glenn Guilderson	North American Region
Dana Lawrence	North American Region
John Maltby	North American Region
Holly Tucker	North American Region
Andrew Lawrence	Pacific Region
Corrian Poelsma	Pacific Region

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Sidney Rubinstein DC, PhD (Chair) Netherlands

PUBLIC HEALTH COMMITTEE

Claire Johnson DC, MEd, PhD (Chair) USA

DISABILITY & REHABILITATION COMMITTEE

Katie de Luca MAppSc, PhD (Chair) Australia

SECRETARIAT

Richard Brown DC, LL.M (Secretary General)
 Rebekah Wilks BS, DC (Director of Strategy and Policy)
 Khalid Salim (Finance & Administration Manager)
 Sarah Villarba (Administrative Assistant)

Why shared decision-making benefits us all

Nowadays, we often read of the importance of shared decision-making in healthcare. With the inexorable shift (thankfully) from outdated paternalistic views to patient autonomy, we are witnessing a new environment, where health professionals work together with patients, carers and family members to arrive at decisions about care that take into account values, beliefs, cultural factors, needs and preferences.

It is not before time. Too often, this vital component of the three-legged stool of evidence-based practice has been overlooked, with patients often being made to fit into models that consider only the clinician's preferred technique or the rigid operating procedures of the system, driven strictly by guidelines that created a one-size-fits-all model.

But to overlook individual needs and preferences risks ignoring the very crux of the doctor-patient relationship: informed consent. Simply telling a patient what care they will be receiving without taking into account whether that care is right for them in all respects places the fundamental tenet of informed consent in jeopardy.

In chiropractic, we are increasingly seeing initiatives that take into account the views of patients and their opinions in relation to their experience as they navigate their health care journeys. Notably, this has happened in Canada, where the Canadian Chiropractic Association undertook a country-wide analysis of the patient experience. This laudable activity involved a deep dive into understanding the provision of chiropractic care from the patient's perspective. The learning points were many and transformative.

It is, of course, right that we scale up shared decision-making in chiropractic around the world. The views and preferences of the patients we exist to serve must be of paramount importance in all we do as chiropractors. Allowing patients the freedom to express their views and weigh up care

options is not only key to the alliance and ongoing relationship, but also helps serve to confer responsibility for outcomes and empowers patients to self-manage their conditions, often so important in the trajectory of spine and joint pain and disability.

When expanding the shared decision-making conversation, it is important that we, as a world federation, do not impose our views on member national associations, but ensure that we listen carefully to identified needs and preferences and respect the social determinants of health that often dictate how care is given and received in any given nation.

It is our role to appreciate that the delivery of chiropractic care in one nation may be diametrically different from that in another. Social, political, economic and environmental factors all play into the way that chiropractic is provided as a service to populations, from being widely accessible and publicly funded through to

continued



Richard Brown, WFC Secretary-General

Why shared decision-making benefits us all (continued)

being outlawed in some countries as constituting the practice of medicine without a license.

Shared decision-making is interpersonal and interdependent. It means coming from a place where you respect the other person's perspective and listen actively to truly understand. In chiropractic, the volume of strongly-held views often drowns out opposing, but legitimate, views and concerns of the other side. This is not conducive to constructive dialogue.

Shared decision-making characteristics do not come naturally to all. They are not part of an innate ability, but comprise behaviors that can be taught and learned. One of these behaviors involves pausing. In our haste to put our point of view across, it is common for the other party to feel browbeaten. The value of a pause cannot be overstated, nor can the value of a positive, conscious commitment to ensure decision making is truly shared.

In Australia, we will be hosting our Annual Assembly in person. It will be the first such meeting held in this way since 2019, when we met in Berlin. This is an opportunity to celebrate the achievements of our national association members, and also to hear about the challenges, threats and difficulties faced as organizations navigate a post-Covid world that in many cases is fundamentally different to that encountered previously.

We will hear country reports from members in seven world regions. We will hear about the impact of geo-political tensions, conflict and discrimination, affecting both the provision of healthcare and in society more widely.

It is natural for us to see the world through our own lens, to apply our own values and to come at problems through the perspective of how we would deal with them in our own personal situation. Yet the world does not work in this way. As we convene with our colleagues from all nations, let us listen to understand and champion a shared approach to decision making. **RB**

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NEWS ITEMS

The WFC welcomes news items, digital images and feature stories to include in the QWR. Send all submissions QWR@wfc.org. Please note all submissions may be subject to editing.

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WFC names new Disability and Rehabilitation Committee members

Following a comprehensive search process, including a global call for expressions of interest, the WFC Disability and Rehabilitation Committee (DRC) has finalized its new membership.

Under the leadership of DRC chair, Dr Katie de Luca, the selection committee received over 30 expressions of interest for the vacant positions. After a protracted assessment process, a total of 11 members besides Dr de Luca have been appointed.

Representation of all 7 of the WFC's world regions are represented on the committee, whose role is to serve as a body of experts to advise the WFC Board in the area of evidence-based disability prevention and rehabilitation as it relates to the practice of chiropractic.

This may include, but not be limited to, the identification of priority areas in disability and rehabilitation and activities congruent with identified projects of the World Health

WFC Disability & Rehabilitation Committee

Katie DE LUCA (Chair) (Australia)

Afua ADJEI-KWAISI (Ghana)

Nooralhuda BAKAA (Canada)

Amy BOWZAYLO (Bahrain)

Raul CARRILLO (Mexico)

Patricia ESTRADA (United States)

Jean-Luc GAUTHIER (Canada)

Jordan GLIEDT (Canada)

Brett GUIST (Canada)

Neil LANGRIDGE (United Kingdom)

Peter TUCHIN (Australia)

Arnold WONG (Hong Kong)

Organization (WHO). The DRC will also concern itself with matters of knowledge transfer, research and implementation as they relate to the practice of chiropractic.

Speaking after the appointment of new members, WFC Secretary-General Richard Brown, said, "The quality of the applicants for the DRC was extremely high and the selection committee faced a difficult task in narrowing what was an outstanding field of candidates.

"We really feel that we have a stellar committee that is going to produce outstanding work and advance the status of the WFC in the area of disability and rehabilitation."

The WFC is a founding member of the WHO World Rehabilitation Alliance.



DISABILITY & REHABILITATION COMMITTEE

WFC at launch of WHO World Rehabilitation Alliance

WFC Director of Policy & Strategy, Rebekah Wilks reports on high-level meeting

The World Health Organization (WHO) held two high-level rehabilitation meetings at its headquarters in Geneva, Switzerland July 10th-13th. The Rehabilitation 2030 meeting and World Rehabilitation Alliance (WRA) launch were coined as “two sides of the same cup”, indicating their independence and interdependence.

It is estimated that 2.4 billion people are in need of rehabilitation services globally. One in three people are living with a health condition that benefits from rehabilitation. In some low-middle income countries, more than 50% of people who require rehabilitation services do not receive them. Rehabilitation is often not prioritized and is under-resourced, yet the demand is evident across the lifespan and anticipated to grow as population numbers and people with chronic disease continue to increase.

The Rehabilitation 2030 initiative was established in February 2017 with a 10-step call-to-action in making rehabilitation a priority health strategy worldwide. The WRA is a global network of WHO stakeholders that are working to support the Rehabilitation 2030 initiative implementation by way of advocacy activities. With an understanding that chiropractors are equipped to address this need, the WFC sent formal representation to these meetings and is a participating member of the WRA.

A resolution on Strengthening Rehabilitation in Health Systems was signed at the 76th World Health Assembly this past May, and the 3rd Global



Opposite, top The meetings took place at the headquarters of the World Health Organization in Geneva, Switzerland.

Opposite, middle L>R: Jim Pettipher, Jakob Lothe, Steve Passmore, Rebekah Wilks, Pierre Côté, Adam Wilkie

Opposite, bottom: Rebekah Wilks participating at the Rehabilitation 2030 high-level meeting in Geneva, Switzerland

WFC at launch of WHO World Rehabilitation Alliance (continued)

Rehabilitation 2030 meeting further capitalized on this.

Countries such as the Bahamas, Georgia, Kenya, Laos, Nepal, the Philippines, Scotland, and Togo introduced multi-pronged strategies on rehabilitation implementation.

Emergency response was discussed as it applies to communicable disease, natural disaster and war. The Universal Health Coverage Package Delivery and Implementation Tool was introduced, and the value of data and health information systems were emphasized extensively.

Throughout the meeting, WHO technical tools for health system strengthening were reviewed and 5 new tools were introduced (4 launched) for integrating rehabilitation into health systems, including the Guide for Rehabilitation Workforce

Evaluation, Guidance on the Analysis and Use of Routine Health Information Systems, Rehabilitation in Health Financing, Package of Interventions for Rehabilitation, and Strengthening Rehabilitation in Health Emergency Preparedness, Readiness, Response and Resilience.

Nine chiropractors were part of the technical work group, development team and peer review team for the Package of Interventions for Rehabilitation Module 2: Musculoskeletal Conditions. It was found during the presentation on this resource that chiropractors were not listed specifically under rehabilitation specialists as in all interventions including spinal manipulation. The project participants have written a joint letter to the WHO, and the WFC is also in the process of formally addressing this.

The WRA was launched with a formal address by WHO Director General Dr. Tedros Adhanom Ghebreyesus and a concert by three-time Grammy Award winner Ricky Kej, who sang a rehabilitation tribute written for the event.

At the meeting, the WFC and other members were presented with a certificate of formal membership in the WRA, and the next two days were filled with presentations on advocacy, organization, and workstream collaboration. The WRA has divided member representatives into 4 active workstreams (primary care, research, emergencies, workforce) and a 5th developing workstream (external relations).

The WFC is delighted to be part of such a valuable global initiative.

Sec-Gen at Welsh Institute of Chiropractic

In August, WFC Secretary-General Richard Brown visited the Welsh Institute of Chiropractic (WIOC) at the University of South Wales.

As well as touring the brand new on-campus facilities, Prof. Brown met with the head of clinical services, Prof. David Byfield and faculty member Dr Annie Newsam.

Prof. Brown delivered a lecture on informed consent to the fourth

year MChiro students, which was followed by a question and answer session.

As a former member of the teaching faculty at WIOC, Prof. Brown noted the evolution of the program over the past 25 years and the exciting developments in teaching and learning at the institution.



L>R: Annie Newsam, Richard Brown and David Byfield

WFC in Orlando for FCA The National conference



In August, WFC President Dr John Maltby, accompanied by Secretary-General Richard Brown, attended the Florida Chiropractic Association's flagship annual event, The National.

Held at the Hyatt Regency Hotel in Orlando, Florida, FCA The National attracts thousands of

chiropractors from across North America to network, obtain continuing education credits and to visit one of the largest chiropractic expos in the world.

The WFC formally thanks the FCA for its generous invitation to the event.

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WFC in Orlando for FCA The National conference



Why is the WFC's focus on patient safety so important?

Patient safety task force chair, Katie Pohlman explains the WFC's latest research initiative.

'What is patient safety?' Patient safety is defined by the World Health Organization (WHO) as "the prevention of errors and adverse effects to patients associated with health care" and more comprehensively "a framework of organized activities that creates cultures, processes, procedures, behaviors, technologies and environments in health care that consistently and sustainably lower risks, reduce the occurrence of avoidable harm, make error less likely and reduce impact of harm when it does occur".

Within all major healthcare organizations, patient safety initiatives exist, which include, but is not limited to, the WHO (World Health Organization): [Global Patient Safety Action Plan 2021-2030 \(who.int\)](#); Agency for Healthcare Research and Quality (AHRQ); [PSNet](#); Healthcare Excellence Canada; [Canadian Patient Safety Institute](#); NHS (National Health Services): [The NHS Patient Safety Strategy](#), and the seminal report written by the IOM (Institutes of Medicine - now the National Academy of Medicine-NAM): [To Err Is Human](#).

In May, the WFC Board unanimously voted to support the Global Patient Safety (GPS) Task Force. By doing so, the chiropractic profession has taken a clear stance to unite us with global organizations to promote safe patient care.

So, how is patient safety relevant for the chiropractic profession? We often read of numerous avoidable errors made in hospitals, but as chiropractors, we don't have prescription-related or surgical errors that occur in these environments.

Our environment presents us with different challenges that can impact care with some more profound effects than others, but all constitute a part of our patient safety culture. These challenges



Dr Katie Pohlman

include communication, diagnostic errors, and inappropriate care plans – all contribute as mild, moderate and serious adverse events.

At the heart of all patient safety initiatives are effective communication skills, as communication has been found to be a component of the majority of patient safety incidents. Effective communication is also important to empower patients to detect and report adverse events.

Beyond minimizing errors and engaging patients, efficient communication skills are also critical to disclosure interactions and collective healing, which have been shown to minimize litigation and which are key parts of a supportive, transparent patient safety culture.

Other patient safety concerns that are relevant to chiropractors are diagnostic errors and

Why is the WFC's focus on patient safety so important? (continued)

inappropriate care plans, which are also common in primary healthcare settings. Despite this, no studies have examined these issues within the chiropractic profession. However, in serious adverse event case reports or anecdotal reports, these are the elements that appear. Common phrases for these errors are 'It wasn't a typical presentation' or 'It was just a simple treatment'.

It is vital that chiropractic professionals have processes in place to learn from errors made

in their care. This ensures the development of multifaceted, successful strategies and sustainable changes.

The safety concerns described above share a similar underlying challenge – how to improve these areas without placing unnecessary burden on already overwhelmed practicing chiropractors. The WFC's GPS Task Force will be spending the coming years on fostering a cohesive plan designed to tackle the challenges described here.

Be sure to follow the WFC's Facebook page and the *QWR* for updates to stay current with this initiative.

The upcoming 17th WFC Congress in October will feature patient safety issues under its theme of '*Let's Start With The Patient*'. Our hope is that chiropractic will be the model healthcare profession and lead the way towards a more trusting, transparent patient safety culture. **KP**

Progress continues on Global Observatory

The WFC's plans to develop a Global Observatory for Chiropractic are continuing. The Global Observatory will constitute the world's largest repository of data relevant to the chiropractic profession.

The development of the observatory, which is being overseen by the WFC's Dr Rebekah Wilks, will include information on chiropractic's global workforce. In this regard, work with the World Health Organization's Global Health Workforce department has been ongoing to ensure that data collected is useful to WHO's National Health Workforce Accounts (NHWAs).

A survey has been developed for distribution to key contacts within the WFC's network of members and key stakeholders in order to obtain a picture of workforce capacity and characteristics associated with the worldwide chiropractic community.

Information to be gathered will include not just gross numbers, but will drill down into age groups, gender distribution, nature of employment status and healthcare facility location.

Over time, further information will build data on practice analysis and key trends, which will be of fundamental importance in strategic planning, resource allocation and health policy work.

As well as clinical practice, the nature and volume of chiropractors pursuing other occupational pathways within chiropractic will be analyzed. Gaps analyses will help to identify areas for potential growth in the chiropractic profession.

Finally, statistics on students and early career chiropractors will help to inform prediction modeling for the global chiropractic profession.

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WFC PUBLIC HEALTH COMMITTEE

Let's get active with chiropractic!

Claire Johnson DC, MEd, PhD, Chair, WFC Public Health Committee

The World Federation of Chiropractic's Public Health Committee urges chiropractors around the world to share vital information about physical activity with their patients and communities. Research has shown that lack of regular physical activity is associated with spine concerns like back pain in addition to other health conditions. According to World Health Organization (WHO) "Regular physical activity is proven to help prevent and manage noncommunicable diseases (NCDs) such as heart

disease, stroke, diabetes, and several cancers. It also helps prevent hypertension, maintain healthy body weight, and can improve mental health, quality of life and well-being." So, helping our patients stay active has a huge impact on their lives.

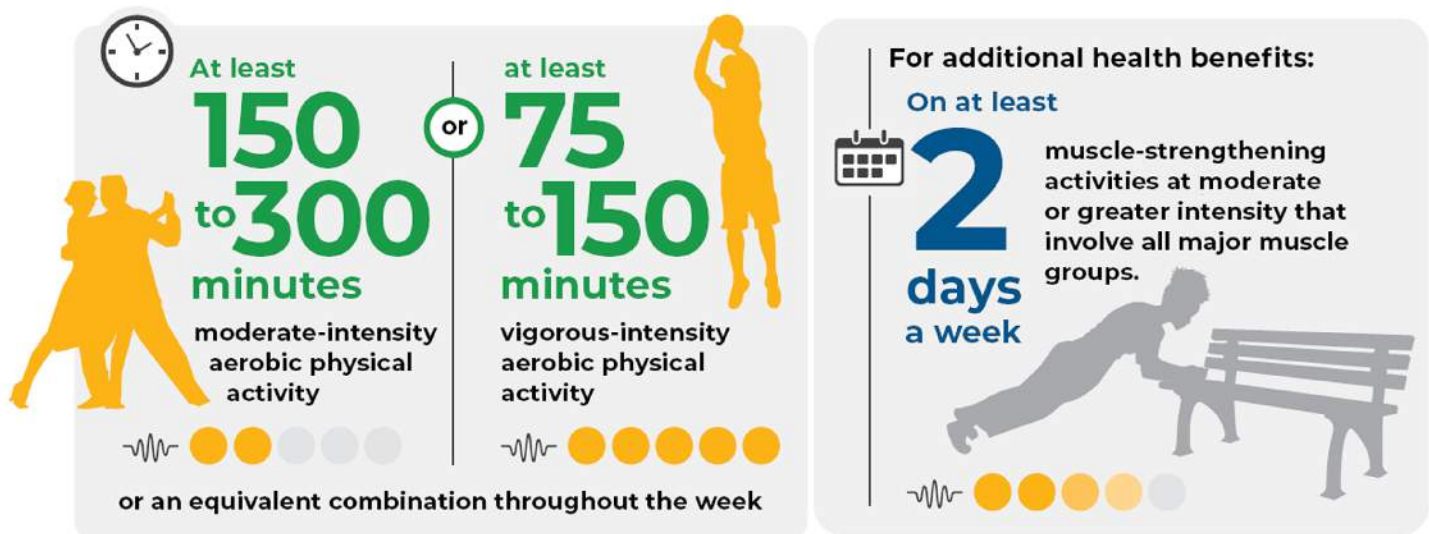
Chiropractors have a tremendous impact on patients' physical activity. This benefit from chiropractic care is often experienced but rarely included in our communications. Chiropractors instruct patients about exercises to reduce pain,

ADULTS (aged 18–64 years)

It is recommended that:

> All adults should undertake regular physical activity.

Strong recommendation, moderate certainty evidence



increase strength, improve function, and enhance daily activities. We use physical activity and activities of daily living to measure our patients' progress towards health. Chiropractic care helps our patients reduce their pain and restore their function, which helps them to have greater capacity to do exercise and enjoy life.

Whether your chiropractic practice is spine-focused, general practice, or you specialize in athletes, children, workers, older adults, or others, physical activity plays a key role in serving all people. Participating in this WFC Physical Activity campaign is an excellent way to educate and offer outreach in our communities about the

Let's get active with chiropractic (continued)

benefits of chiropractic and to help people be more physically active.

What you can do:

Step 1 = **Provide your patients with information** about why physical activity is an important health issue. Explain why it is important and how it relates to chiropractic care and spine health.

Step 2 = **Screen for physical activity** using evidence-based information (WHO guideline). Collect information in your history or patient intake forms on how many minutes a week they are physically active. Compare this with the WHO guidelines.

Step 3 = **Educate and help patients** to address their health issue. Include in your patient education materials the importance of physical activity for their health. Share the Physical Activity flier with your patients. [Click here for your free Physical Activity flier in English, Spanish, and French.](#) Share this information with your patients, which helps you educate them about how much activity they should be doing weekly. Make sure to tailor your advice to the needs and limitations of each patient.

Step 4 = **Follow up with outcome measures** at appropriate times. As patients improve, follow up with them on a regular or annual basis regarding how many minutes a week they are physically active and what type of strength training they are doing. Chart their progress in your notes to see how they improve over time and share this information with them.

Step 5 = **Be more engaged in your community** about physical activity. One way is to sign up to <https://bit.ly/PhysActive> to include your name to show that you support this global WFC physical activity campaign.

WHO rehabilitation package for LBP supports chiropractic interventions

As part of its Rehabilitation 2030 initiative, the World Health Organization has published a number of Packages of Rehabilitation Intervention (PRI) modules for a range of health conditions, including musculoskeletal disorders. In 2019, the WFC was approached to put forward names of chiropractors to participate in working groups for the Low Back Pain PRI. This resulted in no fewer than 9 chiropractors



participating as part of either the technical, development or working groups, whose names were put forward by the WFC.

Treatment recommendations included many that chiropractors are qualified to deliver, including spinal manipulative therapy, joint mobilization, exercise prescription, advice on activities of daily living and vocational activity advice.

More information can be found on the WHO website.

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WFC partners with knowledge translation expert as part of key pledge to #BeEPIC

The WFC has partnered with one of the chiropractic profession's leading knowledge synthesis experts to provide unrivaled and affordable access to research reviews, online courses and e-seminars.



Dr Shawn Thistle is acknowledged as one of chiropractic's leading knowledge synthesis experts

Canadian chiropractor Dr. Shawn Thistle has been a regular featured speaker at WFC Congresses and Education Conferences for a number years, where his straightforward and informative presentations

have won plaudits from clinicians and researchers alike.

Best known around the world for his weekly research reviews and informative online courses offered via his company, RRS Education, Dr Thistle is offering an exclusive WFC discount of 20% across all continuing education products.

The partnership supports the WFC's longstanding commitment to evidence-based, people-centered, interprofessional and collaborative (EPIC) chiropractic practice.

Having been the subject of a recent comprehensive rebuilding and rebranding of his RRS Education product, all materials are now housed at www.shawnthistle.com.

Products available to chiropractors within the WFC's global community include the following:

- Weekly research reviews
- Online continuing education courses
- E-Seminars
- Live, in-person events

Announcing the partnership, WFC Secretary-General Richard Brown commented, "We are pleased to be working with Dr Thistle to expand access to high-quality research and promote evidence-based practice. The volume of emerging research can be overwhelming, making it difficult to stay up to date. Our new partnership means that chiropractors have affordable access to reviews of research on a wide range of topics relevant to practice to

WFC partners with knowledge translation expert as part of key pledge to #BeEPIC (continued)

enhance their knowledge and skills as respected health care providers in their communities."

Dr Thistle's goal is to deliver rational, clinically relevant information in multiple formats to facilitate continuing professional development and integration of current evidence into daily patient care. Wherever they are located throughout the WFC's 7 world regions, chiropractors can use the discount to access high quality online materials at preferential rates.

Speaking on the new WFC partnership, Dr Thistle said, "I am delighted to support the WFC and its global network by extending a 20% discount opportunity to all members of WFC national associations. We invite all associations to share this offer with their memberships, which will help to raise the bar for chiropractic internationally."

The discount code (WFC20) applies to the entire range of E-Learning courses and individual Research Reviews, which can be purchased at a minimal cost per item, or via a subscription for access to the entire catalogue of over 1000 reviews.

Later this year, Dr Thistle will launch two new professionally produced E-Seminars. The first of these will explore the known mechanisms of action of spinal manipulation, while the second will focus on how the biopsychosocial approach can be effectively integrated into chiropractic practice.

Fronted by Dr Thistle, the E-Seminars feature guest presenters, including experts Drs. Demetrios Assimakopoulos, Peter Stilwell, Kent Stuber and Simon Wang.

What people are saying about Dr. Thistle's E-Seminars:

"Once again, a slam dunk for Dr. Thistle and his latest E-Seminar. 'Older & Bolder: Chiropractic Care



Dr Shawn Thistle practiced in Ontario, Canada before concentrating on his thriving knowledge translation business.

for Healthy Aging' is engaging, informative, and high-quality, providing clinical insight and pearls for those of us in the trenches. The CCA is proud of Dr Thistle's professionalism and commitment to our profession in Canada."

Dr. Judy Forrester (Chair, Canadian Chiropractic Association Board)

For those in Canada, Dr. Thistle will also be hosting numerous in-person seminars throughout 2024.

These will feature his new program "Chiropractic Research Gamechangers: From Policy to Practice", where he will delve into several recent studies that have revolutionized the field, with actionable and relevant pointers to support clinical practice and patients.

To obtain the WFC partnership discount, use the code WFC20 when purchasing materials.

For enquiries, contact shawn@shawnthistle.com.

FEATURE

New CCRF Chair Nadine Ellul hails power of partnerships

The Canadian Chiropractic Research Foundation (CCRF) has a new board chair. Dr Nadine Ellul was recently elected to this prestigious role having served on the board since 2021. WFC Secretary-General Richard Brown sat down with Dr Ellul to find out more about her vision for the CCRF and her views on organizational leadership.



Dr Nadine Ellul, CCRF Chair

As soon as you start a conversation with Dr Nadine Ellul, you feel an energy and a sense of purpose. This powerful woman originally of Maltese heritage, is on a mission, and her appointment as board chair of the Canadian Chiropractic Research Foundation is the latest in a series of appointments that demonstrate that she is cut out for leadership.

Dr Ellul has not followed the typical career trajectory associated with a chiropractic graduate. Qualifying from Canadian Memorial Chiropractic College (CMCC) in 2006, like most of her fellow graduates, she entered private practice. She has maintained a clinical practicing role but combined this with the unlikely role of working as a waitress in her adopted home city of Toronto.

However, it was this work that generated a series of connections that led to Dr Ellul re-evaluating her career trajectory and seizing a range of opportunities.

In 2013, she was recruited by Seneca College in Toronto and began teaching on a medical terminology course. This new teaching environment prompted further conversations, notably with Dr Brian Gleberzon, who was then teaching at CMCC. She commenced a masters program at Athabasca University, graduating with a Masters of Health Studies (Teaching) degree in 2016.

Soon after this, Dr Ellul became a technique instructor at CMCC. By this time, it was becoming increasingly clear that teaching was a real passion and she was subsequently offered a role at Durham College in Oshawa, just outside Toronto, where she became a full time member of faculty. She stepped down from her role at CMCC to become a program coordinator at Durham

New CCRF Chair Nadine Ellul hails power of partnerships (continued)

College, and in August 2019, she was appointed Interim Associate Dean of the Department of Science and Engineering. She remained in this role for 2 years, navigating the college through the COVID-19 pandemic whilst overseeing 21 programs. Following this, she stepped back into a regular faculty position and continued to practice chiropractic part-time.

In going back into teaching, Dr Ellul has discovered a passion for teaching equity, diversity and inclusion (EDI), particularly to her faculty peers in the Faculty of Business at Durham College. Motivating others is a big driver in her career, particularly in the field of critical thinking and the embedding of EDI and cultural awareness into teaching and learning.

Dr Ellul joined the board of CCRF in 2021 and immediately became chair of the Governance and Management Resources Committee. On being appointed to her new role as chair, she explained her manifesto: "I want the CCRF to build partnerships with heavy-hitting institutions," she commented. "The power of partnerships cannot be overstated and this is no more important than in the research arena."

Dr Ellul also believes that her business experience and acumen are an asset in leading the CCRF. She says, "It is important that the CCRF has measurable impact in everything we do. We are extremely fortunate to have Robert Harris as Executive Director whose vast experience in fundraising and partnership development is such an asset to CCRF. The organization is also well supported administratively by Lisa Denvir. The experience and wisdom of Chad Kulak as past chair is invaluable, as is that of the other board members."

The CCRF is an acknowledged global leader in chiropractic research. With multiple requests for proposal (RFP), it has given tens of thousands of



CCRF's latest call for research proposals centers on the care of older people.

Canadian dollars to research projects in a number of areas. Its latest call, reported elsewhere in the *QWR*, centers upon the care of older people and healthy ageing. The call involves the release of up to C\$150,000 in research funding, which is relevant in an era of an expanding ageing population and during the United Nations' Decade of Healthy Ageing.

This sizable release of funding follows a call earlier this year, where the CCRF partnered with the Foundation for the Royal College of Chiropractic Sports Sciences (FRCCSS) to release C\$75,000 for four projects.

These recent awards mean that in the past three years, grants from CCRF have exceeded C\$1.3m.

The WFC congratulates Dr Ellul on her appointment and wishes her every success in her term of office.

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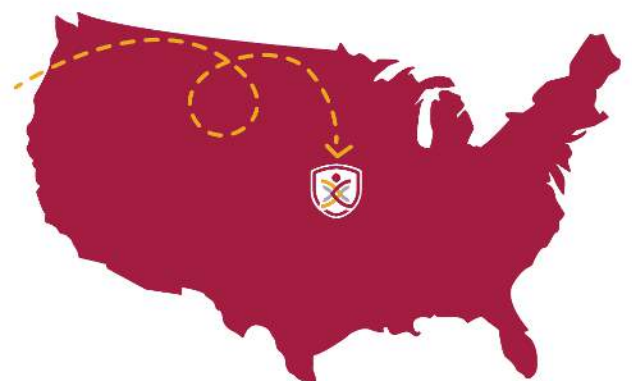
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Danish chiropractors found KiroSport Danmark

Denmark now has a dedicated sports chiropractic organization.

In the spring of 2023, the Danish Society for Chiropractic (DSK) founded the association KiroSport Danmark. The association stems from the former focus group for sports chiropractic.

WFC Research council member Corrie Myburgh was



Corrie Myburgh is the new chair of KiroSport Danmark

elected as chairman of the association and Louise Aagaard Hansen (Continuing Education consultant at the Chiropractic Knowledge Hub) and Tine Aagaard Olsen (chiropractor and member of the DSK board) were elected to the board of KiroSport Danmark.

Among other things, KiroSport Danmark will focus on the following areas in relation to sports chiropractic: everyday practice, continued education, research, and coordination.

The association was founded in order to be able to start collaborative activity with FICS (International Federation of International Sports Chiropractic). It is a collaboration that FICS has wanted for a long time, and it gives KiroSport Danmark the opportunity to benefit from the great foundational work that FICS has carried out in the past. At FICS' symposium in mid-June, KiroSport Danmark was admitted into FICS.

ACA Promotes Chiropractic Care with National Chiropractic Health Month

Each October, doctors of chiropractic nationwide join the American Chiropractic Association (ACA) in promoting National Chiropractic Health Month (NCHM). This annual observance helps to raise public awareness of the importance of musculoskeletal health and the benefits of chiropractic care and its natural, whole-person, patient-centered and drug-free approach to health and wellness.

The 2023 theme for NCHM is "Chiropractic: Relieve, Restore, Resume." The campaign will bring awareness to the prevalence and impact of chronic pain and the importance of non-drug approaches such as chiropractic services for safe and effective pain management. During NCHM 2023, chiropractors will raise awareness of chronic pain and chiropractic's evidence-based, patient-centered, non-drug approach, encouraging those who have been sidelined by MSK pain to consider chiropractic care as a way to relieve their pain, restore function, and resume the activities that matter most.

ACA's NCHM toolkit provides a range of resources to assist doctors in promoting NCHM, including social media graphics and a sample press release. ACA will also share information throughout the month on HandsDownBetter.org, ACA's consumer resource for healthy living information, and on social media. @HandsDownBetter on Instagram is ACA's newest social media account, designed to bring healthy living and wellness information to a broader audience. Follow along for healthy living tips, chiropractic facts and more information about NCHM 2023.

Belgian chiropractors secure equivalence recognition for UK qualification in quest for legal recognition

Legislation and local university education have been a quest of the Belgian Chiropractors Union (BCU) since its inception, but has intensified over the last 50 years.

Despite opposition from the medical profession, the BCU was successful in obtaining a framework for legislation in 1999. This law regulates non-conventional medical acts and sets conditions and restrictions on the practice of alternative medicine and therapies, such as the prescription of medicines and certain surgical procedures.

Despite the Royal Decree (2014) setting out general requirements for healthcare providers of non-conventional medicines and the VAT-exemption ruling (2022), there has been hardly any progress in securing formal legislation.

As a result of this, the BCU decided to explore different strategies to obtain education and/or legislation. One of them was to apply for a 'visum' (permit) to work as a health care professional in Belgium, a requirement of the Health Care Quality of Practice Act (2019).

The BCU had no idea how the federal authorities would respond to its application because awarding the visum would automatically mean recognition of the chiropractic profession while bypassing several steps and institutions.

The chiropractic education for many Belgian chiropractors is a foreign degree, with most (since Brexit) having qualified outside the EU/EEC. As a result, the BCU was forced to request recognition of equivalence of the degree to a domestically recognized qualification.

After 4 months of evaluation, the Flemish minister of Education has recognized that the Master of Chiropractic (AECC-Bournemouth



BCU President, Bert Ameloot

University) is equivalent to educational grade "Masters level" in Flanders.

Secondly, the authorities have also ruled that it is not possible to compare the qualification to a known course in Flanders as the degree is different.

Bert Ameloot, president of the Belgian Chiropractors Union, is satisfied with the developments so far.

"This is exactly what we have been hoping for. Recognition of the chiropractic educational standards has been achieved, along with an admission that chiropractic is a separate health profession. With this formal document we can now apply for a visum and await further developments. If the visum is awarded, this would mean an indirect recognition of the profession. We would repeat the process then for our colleagues with a diploma from IFEC (France)."

2023 WFC WORLD SPINE DAY COMPETITION



Get involved for a chance to WIN!

Here at the WFC, we want to hear how you have celebrated World Spine Day 2023 in your local community.

Whether you're a WFC member, national association, educational institution or independent chiropractor or clinic, tell us what you've done to make an impact on World Spine Day.

We will be recognizing the best projects and activities, so be sure to take plenty of photographs when you share your stories with us.

Information can be found on the WFC website at wfc.org.

Professional associations

First prize: US\$600

Runner up: US\$300

Educational institutions

First prize: US\$600

Runner up: US\$300

Clinic/individual practitioner

Best entry: US\$500

Send in your competition entries by **November 24, 2023** to **wsdcompetition@wfc.org**.

Winners will be featured in the January 1, 2024 issue of the WFC Quarterly World Report.

CCA works to break down siloes at CMA health summit

In the evolving healthcare landscape, collaboration and knowledge exchange among diverse medical professions are proving pivotal to progress. Representing the Canadian Chiropractic Association (CCA), Dr. Ayla Azad attended the Canadian Medical Association (CMA) Health Summit held in Ottawa on August 17-18, 2023. This convergence of healthcare leaders such as Dr. Alike Lafontaine, CMA Past President, Timothy Caulfield, professor of health law and policy at the University of Alberta, and Mark Holland, Minister of Health, along with stakeholders and patients, offered insight into the potential impact of cross-disciplinary insights on the healthcare system and the future of patient care.

The CMA Health Summit focused on, "What health care should be: Time for Bold Solutions," which resonated deeply with all the participants. Dr. Azad's attendance emphasized the necessity and importance of dismantling professional silos and



The Canadian Medical Summit brought together diverse voices from across Canada

engaging in dialogues to chart a more effective course for collaborative patient care. She remarked, "Breaking down barriers and fostering discussions with experts from diverse fields are the key to unlocking progress."

Dr Azad underscored the need for chiropractors to continue to establish their value within the broader healthcare framework. Her vision for the profession centers around a cohesive healthcare team-based approach, where chiropractors collaborate alongside other healthcare practitioners. With its grounding in patient-centered care, Dr Azad believes that this approach not only fosters inclusivity but also pools diverse expertise, leading to better outcomes. She passionately advocates, "This spirit of collaboration is not only essential for the growth of chiropractic care but also for the advancement of patient well-being."

"By participating in events like the CMA Summit chiropractors can effectively demonstrate our commitment to research-based practices, collaboration, and patient-centered care. Our expertise and insights, complemented by our dedication to patients, position us as essential contributors to the broader healthcare landscape."



Chief Executive Officer of the Canadian Chiropractic Association, Dr Ayla Azad

ACA advocates fight for patient access to care

Legislation championed by the American Chiropractic Association to increase Medicare coverage of chiropractic services is gaining traction in the U.S. House of Representatives and the U.S. Senate.

Medicare provides health insurance to U.S. citizens aged 63 and over and over 55 million Americans receive insurance through Medicare.

The Chiropractic Medicare Coverage Modernization Act, introduced earlier this year, would update the federal statute that governs Medicare by removing its arbitrary limit on chiropractic services.

Restricted now to coverage of just one service, Medicare beneficiaries under the updated language would have increased access to chiropractic's broad-based, non-drug approach to

pain management and health promotion, which includes not only manual manipulation of the spine and extremities, but also evaluation and management services, diagnostic imaging and other non-drug therapies.

"Giving Medicare beneficiaries more options for non-drug services to treat common musculoskeletal conditions such as back pain is critical in ongoing efforts to reduce opioid overuse," noted ACA President Michael Martin, DC.

"Chiropractic care is a part of the solution for many patients who seek to avoid or reduce their reliance on prescription pain medications."

As of Sept. 15, House bill H.R. 1610 has gained 107 cosponsors from 39 U.S. states and territories. Senate bill S. 799 has 8 cosponsors.



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Pioneer chiropractors sought for Bangladesh initiative

The Republic of Bangladesh is a nation of approximately 170 million people located in the northeast part of the Indian sub-continent. At the center lies Dhaka city, the capital, with a population of over 23 million, one of the top 10 most populated cities in the world. There are no chiropractors in the country.

Bangladeshi business people Ayman Karim and Saraf Anika Chowdhury want to change that.

Ayman's interest in chiropractic was stimulated by chronic lower back pain. He would fly out to Kuala Lumpur as often as he could to receive chiropractic treatment there.

Spine care services are scarce in Bangladesh. However, there is an increasing familiarity with chiropractic treatments due to the internet, and Ayman and Saraf have recognized the huge potential for chiropractic care that remained untapped formerly in Bangladesh.

This young power couple are keen to seize the country's healthcare potentials by starting a chiropractic clinic in Dhaka.

Richard Brown and Janet Sosna met Ayman and Saraf via Zoom in August 2022. They were impressed by their vision, as were senior officials at the country's health ministry, who showed keen interest to see this project materialize in the country.

Do you have the pioneer spark in you? If you are interested in building a profession in Bangladesh, contact Ayman at renovobd@gmail.com.

Oregon chiropractic physicians gain legislative recognition as "Mental Health Care Providers"

The Oregon Chiropractic Association (OCA) is excited to announce the passage of its opioid harm reduction law, House Bill 2395.

Chiropractic physicians will now utilize Fentanyl test strips as well as administer opioid antagonist medications such as Naloxone (Narcan) to individuals presenting in an acute opioid overdose emergency (non-prescribers and the lay public can also administer this medication).

The OCA is considering developing a curriculum to provide training for chiropractors to acquire greater clinical competency recognizing patients presenting with spinal pain and concomitant substance use disorder (SUD).

This training will include the principles of motivational interviewing and interpersonal communication skills, collaboration, and referral to local healthcare professionals who treat SUD. The proper administration of Fentanyl test strips as well as the administration of an opioid antagonist medication in an emergency will be reviewed.

Additionally, for chiropractic colleagues who wish to treat SUD and gain reimbursement, additional training requirements will be detailed in the OCA presentation, including requirements to become a "Certified Alcohol Drug Counselor – Associate Level 1" (CADC-1), registered with the "Addiction Counselor Certification Board of Oregon."

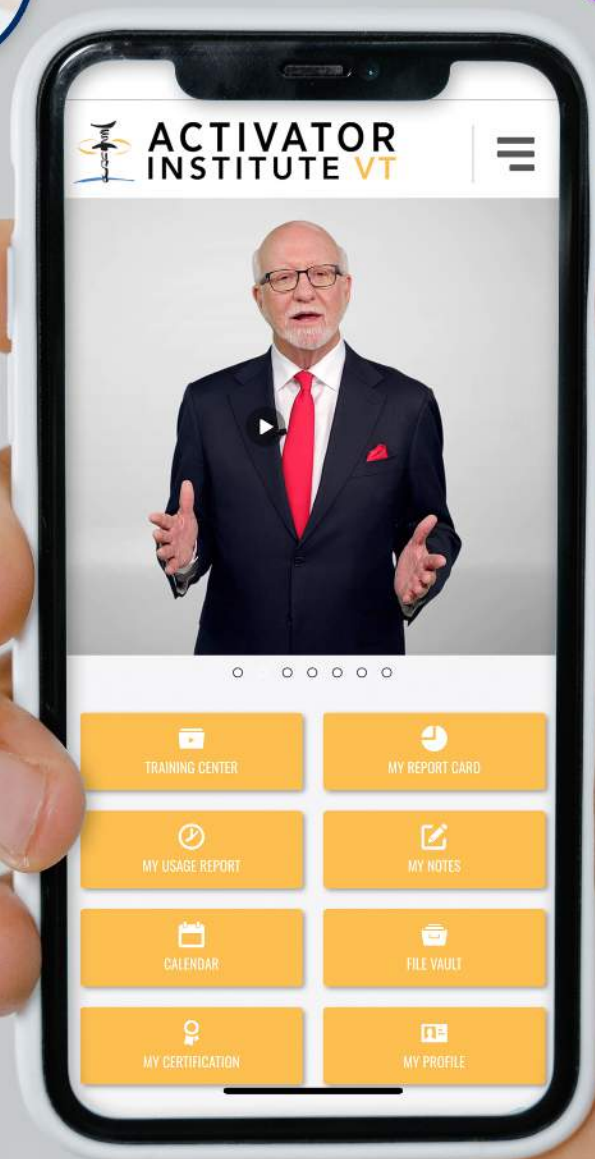
Accidental deaths and hospitalizations stemming from the use of opioids have dramatically increased since 2019. Illicitly manufactured Fentanyl has emerged as a key driving force behind this tragic increase in morbidity and mortality.



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Occupational public health focus for Australian Chiropractors Association campaign

In August 2022, the Australian Chiropractors Association (ACA) partnered with Insight Communications to successfully launch their inaugural public health initiative, Workspace Week. WorkSpace Week marked the first time Australian chiropractors stood together in unison to tackle spinal health and workspace ergonomics after the rollout of hybrid work setups.

In 2023 WorkSpace Week will shift its focus to informing Australians about the importance of WMSD prevention and early intervention to minimize deterioration, reduce the severity of musculoskeletal disorders and foster better spinal habits to improve the overall health of all working Australians – no matter their workspace location. This year's call to action? Sharper and more direct. "Work Well Anywhere".

Chair of the Public Engagement Committee, Ashley Dent says this year's campaign will focus on a variety of workspaces from healthcare to construction.

"While the 2022 WorkSpace Week was incredibly successful, a significant number of Australians are now shifting back to their traditional work settings. This year the campaign is pivoting away from a focus on ergonomics and workspace setups to provide a more holistic approach to reducing work related stress and spinal injuries in any work environment. The campaign highlights how an ACA chiropractor can be the go-to health professional to help prevent lifestyle-related issues encountered in the workspace."

The 2023 campaign strategy will shift to engage a wider range of workers across various skills in addition to those working from home or using a computer in their workspace.

WorkSpace Week 2023 will center its attention on addressing stress-related and spinal health injuries in the workspace, ensuring comprehensive



WorkSpace Week will take place October 4-8

coverage across all types of work settings. Specifically, the focus will be on injuries related to stress (headaches, shoulder pain, neck pain), lifting, and pulling, as well as prolonged periods of standing or sitting.

WorkSpaceWeek is centered on empowering Australians to create safe and ergonomic workspaces that foster positive spinal health habits and general well-being. National Safe Work Month falls in October and centers around parallel objectives of advocating for the building of safe and healthy workspaces that prioritizes the reduction of work-related injuries and that calls for workspaces to be free from physical and psychological harm.

By holding the 2023 campaign during National Workspace Month, the ACA can leverage off this health initiative and reach a much wider range of workers from an array of industries, and highlight chiropractic as the leading healthcare service for Australians suffering from spinal health issues and injuries acquired in the workspace. This year, WorkSpace Week will be officially held during 2-8 October.

Philippine chiropractic community health project: International Medical University and Intercare Chiropractic Centre Inc. collaborate to bring hope and healing to marginalized communities

Between August 27 and September 9, 2023, a groundbreaking health mission unfolded in the Philippines, thanks to a strategic collaboration between the International Medical University (IMU) and Intercare Chiropractic Centre Inc.

Celebrating its 30th anniversary, Intercare seized the occasion to enhance its community outreach. With the partnership of IMU, they launched the Philippine Chiropractic Community Health Project, targeting marginalized sectors across multiple Philippine cities.

Martin Camara, the CEO of Intercare, combined his center's three-decade expertise with IMU's academic and practical prowess. Leading the charge from IMU were faculty members, including Janice Chan Vey Lian, the Interim Director of Center for Complementary and Alternative Medicine (CCAM), and Wong Yi Kai, the Chiropractic Programme Director, along with four dedicated students, namely Chong Zen Haw, Tan Jia Quan, Tan Xin Yi, and Zhang Jun Ai. Among the participants was also an IMU alumna, Chew Hui Min, who has been working in the Philippines for more than 3 years. Their unified goal led them through Taguig, Pasig, Caloocan, and Greenbelt.

Janice Chan Vey Lian, the Interim Director of CCAM, remarked, "In collaboration with Intercare, we at IMU are honored to extend our hands of hope and healing to the marginalized communities of the Philippines. This opportunity isn't just service, it's a privilege."

Over a span of two weeks, the combined teams' efforts resulted in an impressive 700 individuals receiving chiropractic care. The outreach didn't go

unnoticed. The Taguig City Council showcased the project's success on its social media, amassing commendable community engagement with over 100 shares and over 700 likes.



IMU faculty Dr Yi Kai Wong treats a patient at Taguig

While the project was certainly a boon for the community, it also served as a unique learning experience for IMU students. On-field application of their academic knowledge intertwined with understanding real-world healthcare challenges, thus amplifying their professional growth.

During their time in the Philippines, the four IMU students, while coming from diverse backgrounds, uniformly felt the profound impact of their journey. Tan Xin Yi described her experience as "transformative", an enlightening transition from the classroom to the real-world application. Chong Zen Haw, borrowing a term from the local vernacular, referred to his experience as "masarap", capturing the deep sense of satisfaction he felt in serving the community. Zhang Jun Ai expressed being "grateful", a sentiment of appreciation for both

(continued)

Philippine chiropractic community health project: International Medical University and Intercare Chiropractic Centre Inc. collaborate to bring hope and healing to marginalized communities (continued)



The Philippines health mission took place as a consequence of a strategic collaboration between the International Medical University (IMU) and Intercare Chiropractic Centre Inc.

the opportunity to serve and the lessons learned. Lastly, Tan Jia Quan felt "fortunate", not only for being a part of this historic collaboration but also for the personal growth and connections made during the project. Their shared sentiments underscored the undeniably positive impact the Philippine Chiropractic Community Health Project had on both its beneficiaries and its participants.

Reflecting on the project's significance, Martin Camara stated, "As the director of the Philippine Chiropractic Community Health Program, I found this to be a validation not only of the necessity for community-level chiropractic

care but also of the profound fulfillment it brings to all members of the team. The multidisciplinary team of chiropractors, chiropractic interns, physiotherapists, and support staff all experienced the joy that comes from assisting those in need, and the gratitude expressed by the community was tangible."

Reiterating the project's dual impact, Yi Kai Wong commented, "The initiative not only benefited the community but also provided our students with an unparalleled opportunity to translate their theoretical knowledge into practical experience."

Intercare's commitment to

offering comprehensive, patient-specific healthcare shone brightly throughout the project. Embodying values like Passion, Integrity, and Compassion, the mission became a testament to their unwavering dedication over the last 30 years.

The Philippine Chiropractic Community Health Project sets a commendable example of how academic institutions and healthcare providers can collaborate for larger community benefits. As the journey continues, it leaves behind not just healthier individuals but also a template for future community healthcare projects.



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CDAHK Engages with China's National Health Commission to advance chiropractic care



Drs Eric Chu and Valerie Chu recently met with Deputy Director Cao Xuetao of the National Health Commission of the People's Republic of China (NHC). The meeting took place in Beijing and provided a platform for discussing the history and future of healthcare cooperation between Mainland China and Hong Kong.

Mr. Cao Xuetao elaborated on the past interactions and collaborations between the medical sectors of the two regions.

He also highlighted recent developments in China's healthcare landscape, expressing his aspiration for Hong Kong medical associations, including the CDAHK, to continue leveraging its professional expertise.

Mr Cao encouraged the CDAHK to spearhead Hong Kong's further integration into the overarching progression of national health, and to amplify Chinese voices on the international stage, thereby fostering a global community centered on health and wellness. He assured that the NHC will consistently extend robust support to our initiatives.

The CDAHK is eager to further deepen its exchanges and collaborations with industry, academia, and research institutions in mainland China. It is committed to utilizing its chiropractic knowledge and skills to advance the shared enhancement of healthcare standards in both regions.

The Healthy China 2030 blueprint is a pivotal strategy for China, aimed at improving overall health standards and promoting the development of healthcare services across the nation.

It serves as a roadmap for enhancing public health and establishing a comprehensive health service system.

The inclusion of the chiropractic profession in this blueprint is crucial. To advance chiropractic profession in China, the Chiropractic Doctors Association of Hong Kong (CDAHK) proposed to the Beijing government to have the inclusion of chiropractic care in the Healthy China Initiative 2030 and participated in a fruitful exchange with the Beijing government.



What is “right” regulation?

**Donna M. Liewer Cohen, Executive Director
International Chiropractic Regulatory Society**



Chiropractic regulatory authorities have a number of major ongoing responsibilities, two of which are centered on protecting the public:

- to assess and improve the regulatory framework
- to apply regulations in individual cases

In some ways, professional health care regulation is like a living organism. Its skeletal framework is the overarching legislation around public protection which gives it authority. Coursing through its system is life-giving communication with many parts: health practitioner performance, conduct and health, education, accreditation, examinations, students, teachers, candidates for licensure or registration, current and retired practitioners, those in government service. Everything is focused on the well-being of the very reason for its existence: the patient.

Regulation requires constant input and evaluation. It grows or it stagnates. As regulators, we look at how other regulators fulfill their responsibilities and explore the stressors brought on by changing social and economic awareness and norms. We weigh the possible benefit from doing things differently against the cost. We measure the actions of a few against the safety of the many.

One of the more interesting new perspectives on regulation comes from a recent article entitled “Finding space for kindness: public protection and health professional regulation.”^[1]

The authors, representing three countries, propose an additional consideration to the process of regulation to include the impact on those involved. They define kindness in regulation as “developing humane approaches that maintain a strong focus on risk and patient safety while considering practitioner well-being.”

In other words, protecting the public need not

require the regulatory system to abandon kindness.

They propose several strategies for regulatory agencies to move toward a more humane approach:

1. Differentiating among the various levels of risk of offenses, employing alternative dispute resolution where appropriate;
2. Prioritizing clarity of communications (non- legalese) and improved timelines; and
3. Addressing the implications of wider systems involvement in errors as well as shifting from a culture of blame to one of problem solving.

The authors go on to include examples of regulators moving in these directions and raise some challenges for discussion.

We urge readers to study this short and well-written perspective. This is the type of continuous conversation that regulators around the world are embracing as we seek to build systems that protect the public and also guide practitioners toward the delivery of safe, ethical, and skilled health care.

The International Chiropractic Regulatory Society is devoted to encouraging best practices in chiropractic regulation for the protection of the public. Please visit ICRS at www.chiroregulation.org

We look forward to engaging in discussion about this and other topics at the upcoming 17th Annual Congress of the WFC hosted by the Australian Chiropractors Association in October.

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[1] Biggar, S., Fletcher, M., Van Der Gaag, A., & Austin, Z. Finding space for kindness: public protection and health professional regulation. *International Society for Quality in Health Care*. Volume 34, Issue 3, 2022, mzac057, <https://doi.org/10.1093/intqhc/mzac057>

FLAQ Annual Assembly celebrates past, embraces future of chiropractic in Latin America

In August, the Latin American Chiropractic Federation (FLAQ) Annual Assembly took place at the facilities of UNEVE, México.

Juliana Piva, president of FLAQ, and Sira Borges, FLAQ Executive Director, presented an annual work report, with the financial report presented by Joao Seixas, emphasizing the need to build FLAQ's resources in order to further the profession across the region.

National association leaders from Argentina, Brazil, Chile,

Guatemala, México, Perú and Puerto Rico shared a brief summary of the current situation of the chiropractic profession in each country.

Participants reported that the opportunity to exchange ideas and perspectives was empowering and underscored the importance of the meeting.

Former FLAQ president, DC Sergio Saleh, from Chile, delivered a presentation titled *The Political History of Chiropractic*, which both looked

to the future whilst embracing the past.

At the conclusion of the Annual Assembly, special recognition was given to Dr Marco Orea, current president of CONALQ, for his service and commitment, with the award of Baluarte de la Quiropráctica 2023 given to Dr Sira Borges (both pictured below, front) for her dedication to FLAQ and to the wider chiropractic profession.

The annual meeting for next year 2024 will be held in Perú.



Spine Health Africa in appeal for international aid

Our story

Spine Health Africa (SHA) is a registered charity that was founded in 2017 by two young Zimbabwean chiropractors with a desire to give back to the underserved communities in Africa. We have chosen a rural community in Zimbabwe known as Gutu, a place with limited access to quality healthcare. Spinal related disorders are the leading cause of disability worldwide with people of lower income being the worst affected.

This work is urgent and compelling.

Our Impact

Since our inception, SHA has led two mission trips (in 2018 and 2019). Altogether we have delivered over 800 patient visits in Gutu, Zimbabwe. We



Poor communities are severely impacted by disability due to spine-related disorders

health care to those that need it most. We have set a budget of **USD5000** for medical equipment, on-the-ground transport, food and supplies for our trip to support this ambitious plan.

Partner with us

Your generous support will make all the difference.

Contact us:

Dr Mufudzi Chihambakwe

Email: spinehealthafrica@gmail.com



Gutu has very limited access to healthcare

accomplished this with a volunteer team of just two chiropractors and two physiotherapists over a two-week period each year.

2023 Mission

In November, 2023, we are going back to Gutu, Zimbabwe and this time we are hoping to provide hands-on support to approximately 2,000 patients. To ensure we have greater impact and meet the needs of the community, we are assembling a bigger multidisciplinary team – of 10 volunteer clinicians who will provide quality



FLCB elects new leadership team

The United States' Federation of Chiropractic Licensing Boards (FCLB) recently elected a new Board of Directors to take forward its agenda in the coming years

FCLB, established in 1926, is a non-profit organization that facilitates communication and coordination of the 50 U.S. state licensing boards. Its mission is to protect the public by promoting excellence in chiropractic regulation through service to our member boards. Eligible members of the FCLB include boards having jurisdiction to license or regulate the practice of chiropractic in the states, provinces, commonwealths or territories of the United States of America, Canada, Australia, Mexico, and other countries.



Newly appointed FCLB President, Dr Karen Campion

The Federation of Chiropractic Licensing Boards (FCLB) provides centralized information and services for chiropractic licensing boards. With programs that include model chiropractic regulatory language, continuing education oversight, a database of licensees with board actions, education for regulators, and more, the

FCLB strives to reduce member boards' workloads and protect the public.

Recently, member licensing boards elected new leadership to the FCLB, ensuring continuing responsible stewardship.

Replacing outgoing President, Dr Carol Winkle, newly appointed FCLP President is Dr Karen Campion. Dr. Campion's regulatory service began in 2011 when she was appointed to the Texas Board of Chiropractic. Since then, she has continued to participate in regulatory leadership, both with the NBCE test committees and on the FCLB Board of Directors.

Dr. Campion's vision for the FCLB includes expanding services to launch a voluntary oversight program for specialty councils, updating model regulatory language, and taking a closer look at post-Covid regulatory changes and how those inform approaches to online learning.

FCLB Vice-President is Dr Robert Daschner, a Minnesota chiropractor who has been in regulation for over 16 years. He has served as Board Chair, Chair of the FCLB's continuing education oversight program, and FCLB Treasurer.

Dr Lisa Kouzes serves as FCLB Treasurer. Dr. Kouzes brings a focus on making data clear and simple to understand. She came to the FCLB from the Oregon Board of Chiropractic Examiners. In addition to her regulatory experience, Dr. Kouzes has served on staff at the University of Western States in Portland, Oregon and as a Regional Medical Director of the CHP Group.

Other members of the FCLB Board are Drs Carol Winkler, Beth Ehlich, Heather Henrichs, Brian McIntyre, George Khory, Dionne McClain and Beth Kidd.

BCA launches Chiro Live conference program

Following the tremendous success of last year's conference, 'The Homecoming', the British Chiropractic Association (BCA) is back for another in-person event on 18 November - Chiro Live 2023.

The event is a chance for chiropractors, students, and the wider healthcare community to come together to discuss some of the most important issues facing the sector and celebrate the BCA's Mission – to be the home of chiropractors who put patients first.

The one-day conference will be jam-packed with BCA fun, including its new, interactive, TED-style afternoon sessions, *The Big Think*. Attendees will be able to enjoy a relaxed learning environment, kick back, and watch chiropractors speak in ways they've never seen before.

Further to this, the day will be full of industry respected guest speakers, including the Secretary-General of the World Federation of Chiropractic, Richard Brown as well as:

- Dr Chris van Tulleken – infectious disease doctor, TV star, double Bafta winner and Sunday Times bestseller
- Jake Cooke - current Chairman of the European Academy of Chiropractic's neurology special interest group
- Dr Kirren Schnack - Clinical Psychologist and author of the book, *10 Times Calmer* - the complete guide to overcoming anxiety problems
- Simon Billings - founder of the Academy of Chiropractic Nutrition
- Dr Kristan Bromley OLY - retired British Skeleton racer, sports engineer and Olympic sport Performance Director
- Jack Chew - founder of Chews Health and host of the Physio Matters Podcast

Chiro Live 2023 is not just an opportunity for members and chiropractors to connect, learn and celebrate the profession. Clinic staff is also invited!



This year's program will include a specialized Operation Excellence Masterclass for chiropractic clinic staff. The masterclass will be hosted by Rhiannon Oakley. As an executive coach and mentor, Rhiannon works with individuals, teams, and organizations around the world to enhance their equality, diversity and inclusion activities with a focus on improving person-centered communication skills.

The conference really offers something for everyone and is a chance to further unite the industry as we collaborate, innovate and fulfil our Vision for chiropractic to be integral to UK healthcare.

To see the full program , [click here](#)



**British
Chiropractic
Association**

Clinical Practice Guidelines for chiropractic in the Philippines

In 2019, the Philippines signed the Universal Health Care (UHC) Law with the intent of ensuring access to effective, efficient, affordable, and quality healthcare for all Filipinos. To ensure its effective implementation, a Healthcare Technology Assessment (HTA) subcommittee on traditional medicine was formed to facilitate the provision of financing and coverage by the Department of Health and the government insurance company PhilHealth.

For chiropractic care to qualify as an intervention to be funded by the government for low back pain or neck pain, international clinical practice guidelines and randomized controlled trials will be examined. Locally developed CPGs for chiropractic to address low back pain (LBP) and neck pain (NP) are being funded for development by the Philippine Institute of Traditional and Alternative Health Care (PITAHC), DOH head of Research and Development, Dr. Butch Ong.

Dr. Ong (pictured, below right) has had several meetings with the Association of Chiropractic

Professionals of the Philippines president, Dr. Martin Camara (pictured below left), regarding funding of a pilot study of chiropractic for community health. Dr. Ong obtained significant benefit from chronic neck and arm pain following a single adjustment during their meeting, which transformed him into a chiropractic advocate. He had this to say about his first treatment:

"I had a very good restful sleep. My neck didn't have the usual morning stiffness that I've had for about 10 years. During the manipulation, while I was seated, you were able to get the the far point which I couldn't get to with my self-neck stretching, and that was really a big big relief. Even my sinuses felt freer."

Dr. Ong represented the Philippines at the recent World Health Organization's launch of the Global Center for Traditional Medicine in India, where we reported his projects related to Traditional Medicine - Chiropractic for the Philippines. This message was well received by the global audience.





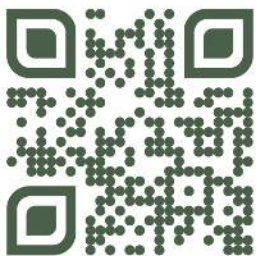
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DEVELOPMENT

WCCS announces Board of Directors 2023-24



TAMIA ABRAHAMS (President). Tamia is a student at the Durban University of Technology in Kwa-Zulu Natal, South Africa. She has had extensive involvement within the WCCS in her six year membership. She most recently had the opportunity to attend the World Health Assembly as part of the WFC delegation. Tamia is excited to serve her peers by leading the organization she is so passionate about.



CAROLANNE DION (Director of Finance). Carolanne Dion is a fifth year chiropractic student at Université du Québec à Trois-Rivières (UQTR) in Canada. This is her fourth year as a member of the WCCS and second term on the Board of Directors, which she is really excited to be a part of. She is proud to bring her French Canadian background to the committee.



DANIELLE TONKIN (Director of Secretariat). Danielle is a passionate chiropractic student studying for her master's degree at Macquarie University. Originally born and raised in Alaska, she comes from a diverse background of experiences in both life and employment. She has a strong background in IT, having worked in the industry.



EDITH SCALABRINI (Director of Internal Affairs). Edith Scalabrini DC graduated from the University of Quebec in Trois-Rivieres in April 2023. She currently works as a Chiropractor in the area of Quebec City. She has been a member of the UQTR chapter since her second year of studies. Edith previously was the America's Regional Coordinator for the 2022-2023 term



AMMAARAH EBRAHIM (Director of External Affairs). Ammaarah Ebrahim is a Chiropractic master's student at the University of Johannesburg in South Africa. Ammaarah has held many positions on the WCCS team of officials during her undergraduate years of study. Ammaarah is passionate about the progression and growth of chiropractic in Africa.



MICHELLE FONTANA (Director of Public Relations). Michelle Fontana is a 6th year Chiropractic student and is currently completing her master's degree in chiropractic medicine at the University of Zurich in Switzerland. Michelle has been involved with the organization since 2019. As her chapter's Vice Chair, she has helped create and shape the Zurich Chapter over the last four years.



BRIAN MILLER (Immediate Past President). Dr Brian Miller graduated in December 2022 from the McTimoney College of Chiropractic. Having previously held the position of President of the World Congress of Chiropractic Students (WCCS), Brian is honored to continue to represent the organization as Immediate Past President on the Board of Directors for the coming term.

Japan mourns passing of chiropractic giant

Hiroaki Takeyachi (1939 - 2023)

Hiroaki Takeyachi, former president of Tokyo College of Chiropractic (formerly RMIT University Chiropractic Unit-Japan) and former vice president and executive adviser of the Japanese Association of Chiropractors (JAC), passed away on Sunday, July 2, 2023, at the age of 83.

Hiroaki Takeyachi was born in Tokyo in 1939 as the eldest son of Japanese chiropractic pioneer Yoneo Takeyachi.

Hiroaki graduated from Nihon University School of Medicine in 1966, became an orthopedic surgeon in 1967, received his PhD in 1974, and graduated from the National College of Chiropractic (current National University of Health Sciences) in 1976.

Hiroaki was the seventh Japanese graduate of US chiropractic schools in the postwar period. In 1969, his younger brother, Kazuyoshi Takeyachi (1943-2012), the first postwar chiropractor to return to Japan, became the fourth president of the Japanese Chiropractic Association, laying the foundation for the profession over the next 19 years. Kazuyoshi took the initiative in establishing the Japanese Association of Chiropractors (JAC), which later joined the World Federation of Chiropractic (WFC) as a national member.

Hiroaki Takeyachi took over as the sixth president of the Japanese Chiropractic Association and was responsible for the only internationally accredited chiropractic training program in Japan. Serving for 22 years from 1995 to 2017 as president of RMIT University Chiropractic Unit-Japan and Tokyo College of Chiropractic, he contributed significantly to workforce development, producing 450 graduates. He also served as vice president of the Japanese Association of Chiropractors (JAC) for two years from 2001 to 2003, building a bridge to the younger generation of the Japanese profession.



Dr Hiroaki Takeyachi

He also treated approximately 300,000 people in his 40 years of practice. As both a physician and a chiropractor, he was frequently featured in the media and published articles in many magazines and newspapers. He gave oral presentations on chiropractic at medical conferences and was also interviewed by medical journals. He supervised the translation of 10 English-language books on chiropractic, as well as co-authoring four books on chiropractic with his brother Nobuyoshi Takeyachi. He contributed to the establishment of an educational foundation in Japan.

Due to ill health, he retired from his private practice in 2018 at the age of 79.

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Passing of Kinesio Tape inventor, Kenzo Kase, announced

The founder of the therapeutic taping technique, KinesioTape, has died.

Born in Japan in the 1940s, Dr. Kenzo Kase was a sickly child, plagued by pneumonia, tuberculosis, kidney infections and allergies. His physical fragility kept him from participating in physical education classes.

His early focus was on business, graduating with a degree in business administration and economics in 1964.

Dr. Kase learned the power of healing touch from his grandmother, a Japanese healer who used herbal remedies, acupuncture and moxibustion techniques. After graduating in 1974 from National University of Health Sciences in Chicago, he combined his education in mainstream and traditional medical techniques and philosophies.

Licensed in both chiropractic care and acupuncture, Dr. Kase combined a variety of styles of healing. For years, he took what is now referred to as an Integrative Medicine approach, working with surgeons, physiotherapists, and natural healers, and making connections between different treatment paradigms to help each concept advance.

Dr. Kase was a strong believer that there is no one-size-fits-all approach to healing. His work focused on wellness, health, and prevention through education with an emphasis on the patient-physician relationship as well as the treatment of the patient's mental, emotional and physical ailments as a whole.

In the 1970s, while treating elderly osteoarthritis patients, Dr. Kase became frustrated with the limited treatment methods available.

Dr. Kase tried to tape the joint into position. However, the tape available for medical use was stiff and rigid. Patients received some benefit from the taping, but it caused skin problems, rashes and other issues. He realized that the tapes available at the time didn't



Dr Kenzo Kase

work well with his Kinesio Taping® Method.

As a consequence, he invented his own tape, working with product engineers involving a long process of testing different tape qualities. Eventually, tape was created that was flexible enough to preserve range of motion but also lightweight and hypoallergenic to stay on the skin without causing a rash. The new tape imitated the thickness and resilience of human skin.

In the athletic world, Kinesio Taping® was first used with sumo wrestlers in Japan. Its benefits became recognized globally, with the brightly colored tape being seen at elite sporting events throughout the world.

Germany to launch new chiropractic education program

The German Chiropractors' Association has announced that, from October 2023 chiropractic education will be offered at university level in Germany.

Despite Germany being famed for its excessive bureaucracy, for decades there has been no mechanism for regulating the chiropractic profession in Germany. This has resulted in the proliferation of substandard courses and a need for those seeking quality chiropractic education to travel overseas.

In 2020, an initiative by the

German Chiropractors' Association (GCA) began work to establish the first ECCE-accredited program in Germany. Working with the European Chiropractors' Union and the European Council on Chiropractic Education, as well as investors, a range of options were considered.

The GCC has announced it will be partnering with Fresenius University and Health Campus Braunschweig GmbH. The Hochschule Fresenius is a well-established private university founded in 1848 that

offers 90 full-time courses and is very active in health-related subjects. Health Campus Braunschweig GmbH is the operating company set up by a team of private pro-chiropractic investors to run the course.

The course will be located in the city of Braunschweig, population 250,000, a city with the highest density of chiropractors in Germany.

Over twenty candidates have already applied to enroll this year with further interest being shown in a 2024 intake.



L>R: Timo Schmidt, Steffen Stumpp (GCA President), Katharina Karn and Josef Heinemeier

SPCE announces new UK chiropractic course at Coventry University

Another chiropractic degree program at a public university is set to launch in the United Kingdom.

The Society for Promoting Chiropractic Education (SPCE) is pleased to announce a significant milestone in its mission to increase the numbers

of chiropractors in the UK.

A new and innovative chiropractic course aimed at addressing the increasing need for skilled chiropractors to address the rising tide of musculoskeletal disorders will open soon. This is an exciting addition to the five UK

universities currently offering General Chiropractic Council (GCC) accredited undergraduate programs and promises to train students to become compassionate, knowledgeable chiropractors, ultimately contributing to a healthier, pain-free future for countless individuals.



SPCE announces new UK chiropractic course at Coventry University (continued)

The new undergraduate chiropractic program at Coventry University is expected to launch in 2024.

Coventry University enjoys an excellent reputation in the field of musculoskeletal health, boasting first-rate training and research facilities. It ranks 5th in health studies for UK universities [1]. Students will enjoy a wonderful all-round experience, benefiting from Coventry's excellent campus, teaching and research facilities.

The new Masters level (MChiro) course, subject to approval from the General Chiropractic Council, will be of immense benefit to students, especially in the Midlands area of the UK and will help improve access to chiropractic care in the region.

The Growing Need for Chiropractors

With an expanding ageing population, musculoskeletal disorders are becoming increasingly prevalent in the UK as elsewhere. The demand for chiropractic continues to rise and so does the need for well trained chiropractors to meet this demand.

Our Commitment to Excellence

Coventry University has a long-standing commitment to delivering high-quality healthcare education that equips students with the skills and knowledge needed to excel in their chosen fields.

The new chiropractic course is no exception. This program will be carefully crafted to provide students with a comprehensive understanding of EPIC chiropractic principles, techniques and patient care.

Key Highlights of the Chiropractic Course

The curriculum will be developed in collaboration with leading chiropractors and educators. It will cover a wide range of subjects, including anatomy, physiology, biomechanics, diagnostic imaging, chiropractic techniques, and patient communication to satisfy the latest GCC Education

Standards.

As part of the program, students will have the opportunity to apply their knowledge through hands-on training in supervised clinics by experienced chiropractors.

With other health disciplines, including medicine, delivered at Coventry University, this course encourages collaboration with other healthcare professionals to ensure that future chiropractors can work seamlessly as part of a larger healthcare team to provide the best possible care for their patients.

Research and Innovation

Coventry University is committed to staying at the forefront of research and innovation. Students will have access to cutting-edge resources and the opportunity to engage in research projects that advance the field.

In conclusion, SPCE and Coventry University are proud to introduce this groundbreaking chiropractic program, which will play a vital role in increasing the number of chiropractors in the UK. We look forward to further supporting Coventry University in developing the program to meet the aspirations of students, patients and the profession.

To find out more about their work and how you can contribute, go to [Society for Promoting Chiropractic Education](#).

[1] [Health Studies Rankings 2024](#)





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- **John Maltby, D.C.**
WFC President



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AECC University College achieves top results for supporting student success in Guardian university rankings

AECC University College has scored 10/10 for 'Value Add' due to its support of student achievement and success, ranking the highest of all UK Universities in the category of 'health professions' in the Guardian University Guide 2024.

The institution also ranked 37 out of the 100 UK Universities overall in the health professions category.

The 'Value Add' score compares students' degree results with their entry qualifications, reflecting the excellent learning environment provided which supports its students to reach their potential.

The following degrees at the specialist health sciences University are included in this category:

- Master of Chiropractic
- BSc (Hons) Radiography (Diagnostic Radiography)
- BSc (Hons) Radiography (Radiotherapy and Oncology)

The University ranks at joint fourth within this category for 'Career after 15 months', which refers to the percentage of graduates who find graduate-level jobs, or are in further study at professional or HE level, 15 months later.

The University also ranks at number 7 within this category for 'Continuation', which refers to the percentage of students continuing to second year.

Reflecting on these results, Vice-Chancellor of AECC University College, Professor Lesley Haig, said: "We are delighted to have performed so strongly in the health professions category of the Guardian University Guide.

"We are particularly proud of our 'Value Add' score, which is testament to the teaching that students experience from our dedicated staff, our incredible facilities and the tight-knit community the institution provides. One of our primary aims at AECC University College is to provide an outstanding student experience, and providing a supportive learning environment is a key part of that.



AECC University College is the longest-established provider of chiropractic training in Europe

"It is also very encouraging to see that we score highly for 'continuation' and 'career after 15 months'. As a specialist health sciences institution, we have a strong sense of community that offers a nurturing and welcoming environment.

"Our Student Services and Wellbeing team, and our academic staff, work hard to provide students with the support that they need in all aspects of their lives."

The Guardian University Guide is an established league table that assesses universities based on a number of important criteria, including student satisfaction and graduate employment prospects. It provides rankings for UK universities and is one of the most comprehensive overviews of higher education in Britain.

As a specialist health sciences institution, it offers education in the fields of chiropractic, radiology, rehabilitation, physiotherapy, sport and psychology, and more recently speech and language, podiatry, dietetics and occupational



Slices of PIE: key takeaways from Canadian EBP conference

Canadian Memorial Chiropractic College (CMCC) hosted the Process of Integrating Evidence (PIE) Conference for Complementary and Integrative Health Educators from July 13 to 15, 2023.

This biennial event is a focal point for training healthcare educators in effectively teaching Evidence-Based Practice (EBP) skills to students.

The aim is to empower educators in guiding students to develop strong EBP skills that they can utilize for practical clinical applications, ultimately enhancing patient care. Additionally, the conference assists administrators in integrating EBP skills into curricula.

Co-chaired by Drs Craig Jacobs and Tony Tibbles, this year's conference was led by a dedicated planning committee from a variety of chiropractic institutions.

This was the first time that the conference was hosted in Canada and is inspired by the model from McMaster University's foundational Evidence-Based Clinical Practice (EBCP) Workshop.

The conference drew a diverse crowd of 145 participants, including chiropractic educators and administrators from North American institutions, as well as attendees from afar.

A keynote address by Dr. Gordon Guyatt of McMaster University, among other presentations by experts from McMaster, CMCC, and Ontario Tech University, enriched the event.

Participants in the teaching track actively engaged in crafting learning modules for Evidence-Based Practice skills during small group sessions, amplifying their teaching prowess.

Dr. Alex Lee, one of the teaching track leads, emphasized the success of the conference in nurturing collaborative relationships through the focused structure of the PIE teaching track.

In her role as educational coordinator of CMCC's Simulation Lab, Dr. Sophia da Silva-Oolup builds



The PIE Conference is a biennial event for complementary and integrative health educators.

clinically relevant simulated cases for students within the clinical education and diagnosis courses. She had this to say about her experience at PIE:

"Attending the recent Process of Integrating Evidence (PIE) conference hosted by CMCC was intellectually invigorating.

"The conference facilitated engaging discussions and workshops - a comprehensive exploration of the latest trends, advancements, and debates on evidence-based medicine.

"I look forward to using the skills I learned to build evidence-based curriculum for the future generation of evidence conscious chiropractors."

The organizers of the conference wish to thank the NCMIC Foundation, the Canadian Chiropractic Association, the Canadian Chiropractic Protective Association, the World Federation of Chiropractic, and the Dr. Journal Club for their invaluable support of this event.



Palmer College receives historic \$4 million donation from Florida couple - largest in College history

Donation helps college smash goal of current fundraising campaign

Palmer College of Chiropractic, the first chiropractic college in the world, and the one with the most graduates practicing today, has received a historic \$4 million donation. The contribution comes from a Florida couple who wishes to remain anonymous. This is the largest gift from an individual or couple the college has received in its 126-year history.



Palmer College has raised over \$30m as part of its fundraising campaign.

The gift surpasses the college's goal of raising \$25 million through "Daring and Driven: The Campaign for Palmer College," the largest fundraising campaign ever undertaken by a chiropractic college. With this gift, \$29.8 million has been donated by alumni and friends of the college.

"This is truly remarkable. History is happening at Palmer College," said Dennis Marchiori, D.C., Ph.D., chancellor and CEO. "We knew our plans for the future of chiropractic education and this fundraising campaign were ambitious, but they were also crucial to educating the very best Doctors of Chiropractic in the world. I have had the chance to get to know the couple who made this \$4 million gift, and they not only believe in

Palmer, but also in the healing power of chiropractic. We are deeply grateful and humbled by their generosity."

"As friends and admirers of Palmer College and its Florida campus, our gift is an investment in an organization—truly an economic engine—that is elevating the well-being of the citizens of Volusia County and beyond," said the anonymous donors. "This gift will support the people who do the meaningful and important work of educating future chiropractors—the graduates who eventually go out into their communities and transform lives through their care."

The gift to Palmer College comes during a period of record-breaking enrollment growth on Palmer's campuses in Davenport, Iowa, and Port Orange, Florida.

Palmer's commitment to its students isn't just about new student learning spaces. The college is now offering more scholarships than ever before, with a goal of one day being able to offer a scholarship to every single student.

"As we conclude this fundraising campaign, we know our work is really just beginning," said Barbara Melbourne, J.D., vice chancellor for institutional advancement who has led the fundraising effort.

"There is more to do to ensure a chiropractic education is available to all who wish to pursue one, and in the years ahead, we will continue to ask for the support of alumni and friends to help us meet that goal.

"It is through philanthropy—through the generosity of people like this couple—that we will be able to graduate Doctors of Chiropractic who bring the possibility of health and healing across the globe."

Chiropractors and opioid settlement funding: an opportunity?

Settlements from lawsuits against some of the largest companies at the center of the opioid crisis will generate over \$50 billion. This money will be distributed among states, cities and municipalities to help address the catastrophic consequences of opioid misuse and abuse.

While efforts are being made to reduce opioid use, effective pain management remains elusive for patients with both acute and chronic pain. Chiropractors can play a key role in not only delivering non-pharmacological treatments for pain, but in creating awareness and access through advocacy.

New Recommendations from RAND

In August, RAND Corporation released “Alternatives to Opioids: A Missing Piece of the Strategy,” a paper outlining recommendations for opioid settlement funds to be directed toward strategies that decrease clinically unnecessary opioid use, specifically by better leveraging



Michele Maiers is a co-director at the RAND Corporation

evidence-based, non-pharmacological pain management.

Michele Maiers, DC, PhD, MPH, Executive Director of Research and Innovation at NWHHSU, is a co-author on the paper, and sees this as a real moment of opportunity for chiropractors to get engaged.

“Chiropractors deliver evidence-aligned interventions that serve as important, upstream alternatives to opioid initiation for pain.

“Settlement funding presents a unique opportunity for chiropractors to collaborate with community stakeholders and create innovative, local initiatives to improve pain care and increase access to their services.”

A Toolkit for Chiropractors and Stakeholders

Now is an important time for chiropractors (and other stakeholders) to advocate for funding to be used to increase access to chiropractic care and other evidence-based alternatives to opioids. However, it can be difficult to know where to start.

For that reason, Northwestern Health Sciences University released a toolkit that explains the RAND recommendations and outlines various strategies that can be used by both advocates and organizations to expand access to evidence-based alternatives to opioids. Dr. Maiers led a team in creating content that she hopes will provide the community with a tangible roadmap to navigating advocacy. “Our goal with this toolkit is to equip our community with resources needed to leverage this opportunity for the betterment of the communities they serve.”

You can find the toolkit at nwhealth.edu/FundNP. On the site you will also find a comment box: the team would love to hear about any success you’ve

(continued)

Chiropractors and opioid settlement funding: an opportunity? (continued)

had applying for funds.

Study Conducted at NWHSU Published in *Nutrients*

Northwestern Health Sciences University (NWHSU) was the site of a 4-week, blinded randomized controlled trial recently published in *Nutrients*. Michelle Norton Fleming, DC, CCSP, GFS (NWHSU Academic Clinics Department Chair, Faculty Clinician) and Carissa Marsh (NWHSU Clinic Operations Administrator) are co-authors of the article, which was a collaboration with colleagues from Standard Process, the Plants for Human Health Institute, the Department of Food, and Nutrition Sciences at North Carolina State University.

Dr. Norton Fleming explained the study, *Guided Metabolic Detoxification Program Supports Phase II Detoxification Enzymes and Antioxidant Balance in Healthy Participants*. “We worked with Standard Process looking at the effects of a detoxification program. Standard Process developed these products and wanted to determine the effects they have on a person’s health markers compared with those who haven’t used them but have changed their diet to a healthier one.”

The study demonstrated that four weeks of administration improved total plasma activity and oxidative stress in PBMCs in healthy participants. The work also featured the supplement’s capability of supporting the body’s endogenous detoxification pathways.

“It was interesting to see how the blood and urine markers changed from day one of the study to the end,” said Dr. Norton Fleming. “In the future, it would be great to see how the effects the person experiences continued a month, or six months, after the study.”

NWHSU Research Team Studies Chiropractic Care Delivery in FQHCs

The research team at Northwestern Health

Sciences University is studying chiropractic care delivery in Federally Qualified Health Centers (FQHC), through a grant from the NCMIC Foundation.

The project will last one year and aims to determine the extent of chiropractic services within FQHCs, doctor characteristics, and their practice environment, in addition to the experiences and perceptions of administrators toward chiropractic within FQHCs.

“We hope that this project will lead to greater access to the conservative, affordable care that chiropractic doctors provide to low-income patient populations served by community health centers,” explained Chuck Sawyer, DC, who serves as co-investigator on the project. “One factor motivating us to pursue this study was NWHSU’s successful relationship with Minnesota Community Care, the largest Federally Qualified Community Health Center in the state.”

The role of Doctors of Chiropractic (DCs) within FQHCs is largely unknown and the overall goal of the study is to perform a systematic assessment to determine the level of integration of DCs.

It will also explore the skills necessary for successful collaboration and present barriers to incorporating chiropractic services into FQHCs. Researchers hope that the study will provide background information for future studies on the impact of chiropractic care within FQHCs that will guide policy and implementation practices.

Dr. Sawyer joins Michele Maiers, DC, PhD, MPH, who is principal investigator on the project, and Andrea Albertson, DC, who will serve as project manager. Two student research assistants will also join the team.



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Parker Performance Institute grand opening celebrates breakthrough recovery and performance built around patient experience



Dr William Morgan (center) and other members of the the Parker University staff and Board.

On Thursday, August 3, 2023, Parker Performance Institute celebrated its new state-of-the-art performance clinic at The Star in Frisco during its exciting grand opening event!

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State-of-the-Art Technology

At Parker Performance Institute, experts focus on

(continued)

Parker Performance Institute grand opening celebrates breakthrough recovery and performance built around patient experience (continued)

providing the most innovative services available. The 10,000-square-foot facility houses tools not found in most practices, including virtual reality, 3D diagnostics, dynamic posturography, and more.

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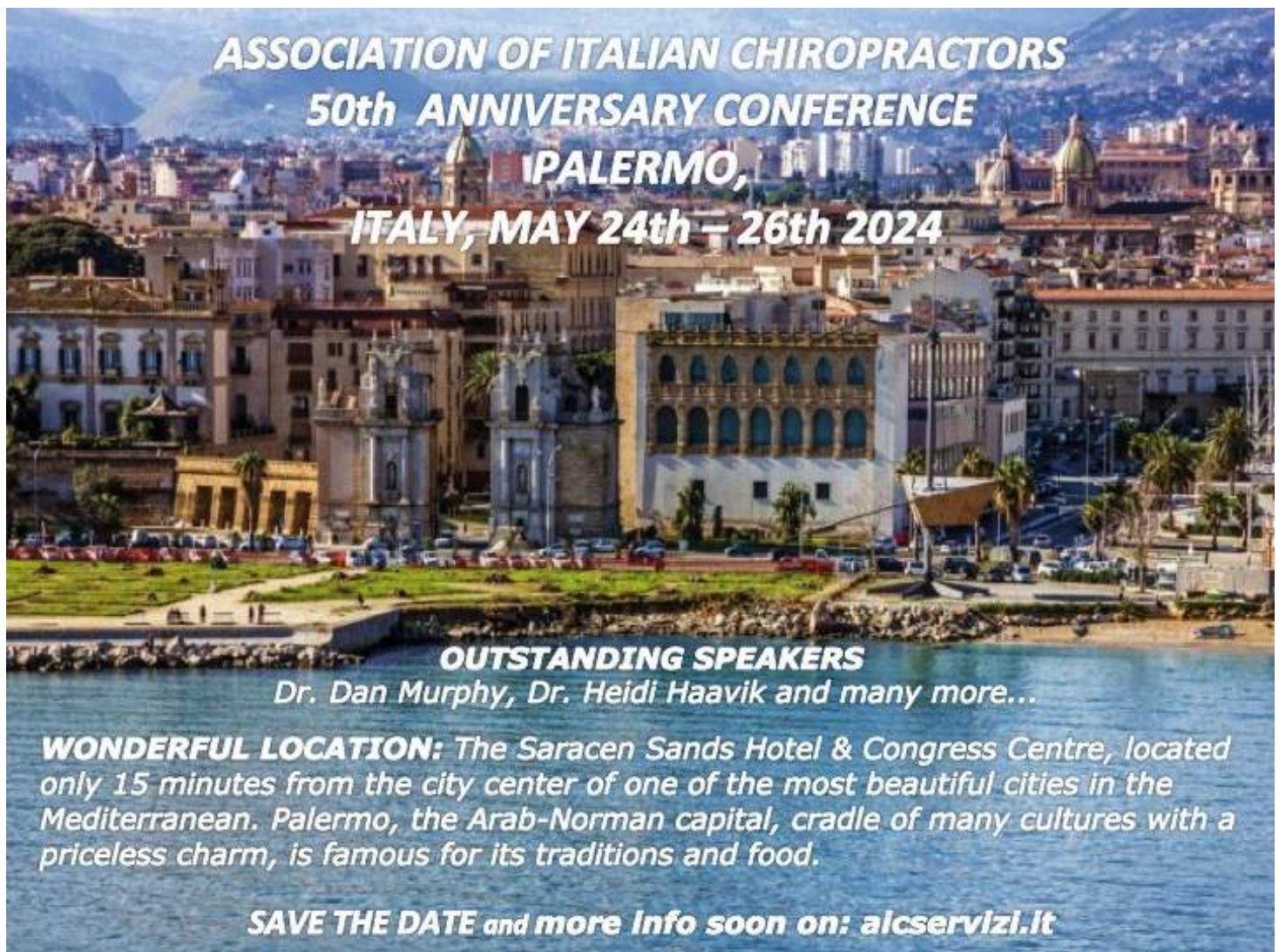
The Parker Performance

Institute team of professionals draws from diverse fields such as medical neurology, chiropractic, massage therapy, and nutrition to provide an exclusive client-centered approach to care.

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*Based on the total number of New York Medical Group stores and total revenue for the full year of 2021

Latin American accreditation workshop held in Mexico

On August 16, 2023, the first Informative Workshop on the Accreditation of Chiropractic Education Programs in Latin America (CCE-LA) took place at the facilities of Universidad del Valle de Ecatepec (UNEVE), México.

The workshop was organized by the Latin American Chiropractic Federation (FLAQ), managed and presented by members of the CCE-LA.

Participants included the rectors of the three universities in México in addition to the directors of the chiropractic programs of México and Chile.

The workshop was offered via teleconference facilities to enable directors of the programs in Brazil and other members of the CCE-LA to join virtually.

The main objective of the workshop was to introduce and explain the process, benefits, and preparation of accreditation across Latin America and to describe in more detail the educational and institutional standards the academic programs should meet in order to obtain accreditation.



Life University partners with ICA to celebrate chiropractic Founders Day

On September 18, Chiropractic Founder's Day, Life University partnered with the International Chiropractors Association to celebrate 128 years since the profession was established.

The partnership showcased the growth of the chiropractic profession and its role in the maintenance of optimal health.

Life University said, "As the profession of chiropractic continues to grow across the US and the world - paired with growing bodies of scientific evidence - Life U is pleased to continue collaborating with the ICA to increase growing chiropractic opportunities."

"Having such a high volume of patients is a huge positive, that's how you learn."
Dr. Nick Lehnert - Doctor of Chiropractic at The Joint

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THE JOINT
 chiropractic

New chiropractic program planned for French-speaking Switzerland to address looming undersupply

With an estimated one third of its 300 chiropractors targeting retirement in the next few years, Switzerland is facing a supply crisis.

Chiropractic care in Switzerland is well integrated into the health system and is one of the six recognized medical professions. In 2008, the department of Chiropractic Medicine of Balgrist in Zurich opened a chiropractic and a polyclinic curriculum in German.

The existence of this program allowed the extension to the University of Lausanne CHUV in 2019. The program was established to allow French-speaking students to pursue their education, with students attending their sixth year of pre-graduate training before taking the Swiss federal chiropractic exam.

Because the number of study places in German-speaking Switzerland is severely limited and in the absence of full chiropractic education



L>R: Beatrice Wettstein (President of ChiroSuisse, Pierre Alain Schnegg (Director of Health, Social Affairs and Integration, Canton of Berne) and Sabine Schläppi, CEO, ChiroSuisse)

for a program in French-speaking Switzerland.

To meet this challenge, it is hoped that a full French-speaking program can be established at the University of Lausanne.

This was recently discussed during a political forum last month at ChiroSuisse's Continuing Education Congress in Berne.

Philippe Roulet, Head of Chiropractic Services at the University in Lausanne CHUV, reported on the progress and further steps in this direction. Students' expectations of education and training in French-speaking Switzerland were also presented.

Those participating in discussions included Pierre Alain Schnegg, Government Councillor and Director of Health, Social Affairs and Integration of the Canton of Berne, who demonstrated clear support for chiropractic in Switzerland.

ChiroSuisse reports that together with its members it is confident that it will achieve the goal of establishing a second educational provision for chiropractic training in Switzerland.



Philippe Roulet, Head of Chiropractic Services at the University of Lausanne CHUV

in French-speaking Switzerland, the sustainable provision of chiropractors to meet demand in Switzerland cannot be guaranteed in the medium term.

Recognizing this challenge as far back as 2020, ChiroSuisse's strategic plan confirmed the need

Foot Levelers welcomes Christine Foss as Director of Education and Research

Foot Levelers is thrilled to announce the appointment of Dr Christine Foss, a recognized consultant for the US Olympic Team and director and lead instructor of the Northeast College of Health Sciences Certified Chiropractic Sports Physician program, as Director of Education and Research.

Dr Foss brings immense expertise to the role as an established sports chiropractor specializing in working with high-level athletes.

She holds multiple post-doctoral degrees in injury prevention, assessment, and care of the athlete.

In addition to owning her own practice, her career has taken her on the road with TEAM USA Track and Field as well as working exclusively for a time with Men's Gymnastics, Women's gymnastics, Austrian Bobsled team as well as many other sports and athletes.

She has worked the sidelines at many sporting events and for such prestigious organizations as the University of Notre Dame, World Games and the Olympic Training Camp and the International Federation of Sports Chiropractic to name a few.

Dr Foss has a passion for patient care and unpeeling the toughest of injuries to optimize performance.

"I am truly honored to be part of this distinguished organization, one that is not only making a profound impact on our profession but also providing invaluable support to chiropractic doctors in communities worldwide," Dr Foss remarks.

"Being able to contribute to the well-being of athletes and patients is a privilege, especially when working alongside Foot Levelers.



Dr Christine Foss

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Council on Chiropractic Education Latin America (CCE-LA) to join (CCEI)

The Councils on Chiropractic Education International (CCEI) has announced that the Council on Chiropractic Education Latin America (CCE-LA) has officially become an Associate Member of the CCEI.

After CCE-LA successfully demonstrated by mapping their Educational Standards to the CCEI Framework Standards, CCEI determined that CCE-LA's Standards are consistent with the Chiropractic Educational Standards internationally.

Associate membership does not include voting rights and therefore in order to offer CCE-LA this category of membership, the CCEI had to revise their Bylaws. These updated Bylaws are now available on the CCEI website.

CCEI has high expectations that CCE-LA will strive to become a full member of CCEI after one year of Associate Membership. CCEI looks forward to working with CCE-LA to promote and share good educational practices in the best interests of patients around the world.

CCEI is an organization of chiropractic accrediting bodies worldwide (Australasia, Canada, Europe, and Latin America). It is committed to excellence in chiropractic education and aims to define and promote consistent, high-quality standards for chiropractic educational programs worldwide.



Parker University presented with 2023 FICS Service Award

Parker University's Executive Vice President and Provost, Dr. Jayne Moschella, and Dr. Tammy Fogarty, the Dean of Health and Human Performance, traveled to Paris, France, to accept the 2023 Service Award at the International Federation of Sports Chiropractic/Fédération Internationale de Chiropratique du Sport (FICS) Global Symposium.



Executive Vice President and Provost, Dr. Jayne Moschella accepts the FICS service award on behalf of Parker University,

In a heartfelt speech made by Dr. Keith Overland before the award presentation, FICS recognized the outstanding work of Parker University President Dr. William E. Morgan, the university production team's role in the FICS online symposium, scholarships provided to FICS members for Parker University's Strength and Human Performance Master's program, and the school's continued support of FICS.

FICS is an organization with worldwide membership. As leaders in sports chiropractic, FICS strives to provide equitable access to sports chiropractic care, education, mentoring, and research to athletes and sports chiropractors regionally, nationally, and internationally.

Characteristics of Chiropractic Patients in the Veterans Health Administration During the COVID-19 Pandemic

This study evaluated whether patient characteristics were associated with face-to-face (F2F) and telehealth visits for those receiving chiropractic care for musculoskeletal conditions in the US Veterans Health Administration (VHA) during the COVID-19 pandemic.

The authors performed a retrospective cross-sectional analysis of all patients (veterans, dependents, and spouses) who received chiropractic care nationwide at the VHA from March 1, 2020, to February 28, 2021.

The total number of unique patients seen by chiropractors between March 2020 and February 2021 was 62 658.

Patients of non-White race and Hispanic or Latino ethnicity were more likely to attend both “TCC only” and “F2F and TCC” than “F2F only” visit types, even after adjusting for visit numbers and other patient characteristics. Positive associations in the use of “F2F and TCC” and “TCC only” care were also found in the other patient categories. There were also associations among patients of female sex, younger age, and non-White race.

This is the first study of its kind to describe associations of patient characteristics and telehealth visits for patients receiving non-pharmacological MSK care in a large national cross-section of patients. Results from this study may influence ongoing efforts to optimize telehealth delivery in VHA and inform efforts to determine what kinds of patients this care delivery modality may be most appropriate for.

The authors concluded “During the COVID-19 pandemic, VHA patients with musculoskeletal complaints using chiropractic telehealth were more ethnically and racially diverse than those using F2F care alone.”

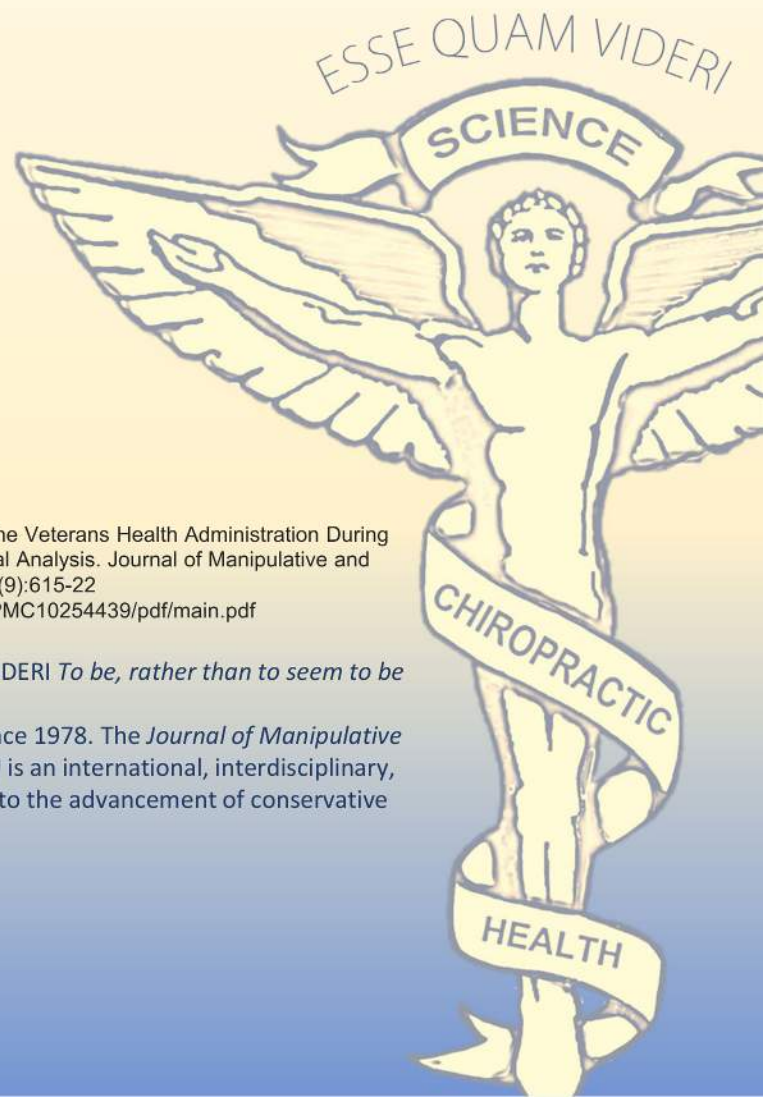
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Characteristics of Chiropractic Patients in the Veterans Health Administration During the COVID-19 Pandemic: A Cross-Sectional Analysis. *Journal of Manipulative and Physiological Therapeutics*. 2022 Nov 1;45(9):615-22
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10254439/pdf/main.pdf>

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IMU students visit CQU on historic study tour

A group of 15 International Medical University (IMU) Chiropractic Students recently had the privilege of visiting Central Queensland University (CQU) Brisbane. This enriching experience was made possible through a collaboration between IMU and CQU.

The study tour came about as part of a Memorandum of Understanding between CQU and IMU, with work ongoing to develop a formal articulation pathway that will involve IMU students transferring to CQU to complete their undergraduate studies before commencing their post-graduate studies.

IMU students had a comprehensive experience, dividing their time between practical sessions at CQU's renowned chiropractic clinic in Indooroopilly and engaging in skill-enhancing labs at their primary campus on Ann Street.

Dawn Dane, CQU's Head of Course for Chiropractic, shared her thoughts on the visit. "Hosting the students from IMU has been a great pleasure for the staff and students at CQU Chiropractic.

"The students from both institutions have had a fabulous time working together during in-class activities and getting to know each other in more social settings.

"Such cross-cultural interactions are invaluable for upcoming healthcare professionals. We're excited about future student exchanges."

During their stay, IMU students not only delved deep into academic pursuits but also embraced the local culture. They visited iconic places such as the Lone Pine Animal Sanctuary, Brisbane City Hall, and the Museum of Brisbane. They also had the unique opportunity to interact with CQU's chiropractic alumni, participate in a Chiropractic Australia Webinar, and even role-play as patients for CQU's fourth-year students' assessments.



During the visit, IMU students experienced local culture and met CQU staff and students

Furthermore, IMU students undertook CQU's BeDifferent First Nations Cultural Competency course, providing them with insights into cultural sensitivity. They also shared their knowledge about cultural practices in the Malaysian healthcare setting.

IMU Chiropractic Programme Director, Yi Kai Wong reflected on the experience, stating, "The primary goal of this visit was to provide our students with a multicultural learning environment. It's about immersing them in diverse settings and broadening their horizons beyond the regular classroom."

Northeast College exploring Long Island DC campus

Northeast College of Health Sciences is proud to announce it is working toward the establishment of an official Long Island branch campus at its current Levittown, N.Y., facility. As part of this transformation, the College is considering adding a future second cohort of its Doctor of Chiropractic (D.C.) program at the location. Throughout, the Levittown facility will continue to house the College's Levittown Health Center and Frank J. Nicchi School of Continuing Education.

This development marks a significant milestone in the College's history, demonstrating its unwavering commitment to delivering exceptional chiropractic education and addressing the evolving needs of the healthcare industry.



Northeast College leadership look forward to formally announcing a new program at Long Island

Since its establishment in 1919 in the Manhattan borough of New York City, Northeast College has maintained a strong connection to the New York metro area. By planning to reposition the Levittown facilities as a new campus and introduce a second branch of the D.C. program, the College aims to enhance accessibility to chiropractic education for a wide range of

individuals.

The New York metro region, known for its dense population, has experienced a notable increase in the demand for chiropractors. This expansion aligns with the growing job opportunities in the region while meeting the needs of future students.

The College hopes to offer one start date/cohort of the D.C. program per year at the Long Island campus, featuring the comprehensive chiropractic curriculum for which the College has become known. Pending approvals from the New York State Education Department (NYSED), the Council on Chiropractic Education (CCE), and the Middle States Commission on Higher Education (MSCHE), as well as the completion of necessary facility renovations, the Northeast D.C. program could be offered on Long Island as early as Fall 2024.

Dr. Michael Mestan, president of Northeast College of Health Sciences, expressed his enthusiasm for this transformative step: "This is a historic opportunity for our College, bringing us back to our roots while allowing us to grow and thrive, just as our founders envisioned. Northeast College is proud to embark on this next phase in our longstanding commitment to delivering excellence in every aspect of chiropractic and health sciences education."



Northeast
College of Health Sciences
FORMERLY NEW YORK CHIROPRACTIC COLLEGE

AIHM Fellowship recipient appreciates mutual professional respect

Earlier this year, the *QWR* reported on Dr Stephen Thompson's acceptance into the Academy of Integrative Health and Medicine Fellowship on a full scholarship.

The AIHM fellowship brings together health care practitioners from a variety of different medical disciplines and health care professions. Dr. Thompson revealed that in his cohort alone there are fellows from emergency medicine, acupuncture, infectious disease, naturopathy, oncology, general practice, himself, a chiropractor. The goal of the program is to converge eastern and western medical practitioners and philosophies, as well as palliative and preventative care. The AIHM fellowship is designed to introduce collaboration and new ways of thinking so

professionals can better serve their communities.

Now into the Fellowship, he shares, "The focus of the fellowship this far has focused on better understanding how our patients are coming to medical care with respect to concepts like social determinants of health, evidence-informed practices, motivational interviewing and nutrition therapy.

"Each module takes a deep dive into actionable strategies to improve patient care and reduce practitioner burnout.

"One of my favorite aspects of this fellowship is the mutual respect the fellows have for each other's professions".



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Memorial scholarship created to honor UWS Prof Emeritus

In fall 2023, the Dr. Steve Edward Oliver memorial scholarship will be established by his partner of 49 years, Ray Matlock Smythe, BA, MAT, to help ease the financial burden of future chiropractic physicians. This annual \$5,000 scholarship will be awarded fall term to one returning student enrolled in the University of Western States doctor of chiropractic program.

"When Steve was a senior at UWS, he spent an entire summer painting all the buildings on campus," said Smythe. "While he enjoyed it

and he made a positive difference, that on top of studying and all the reading he had to do, it really tired him out. The Dr. Steve Edward Oliver memorial scholarship was created not only to honor Steve and his legacy, but to help alleviate stress for a student, so they can focus more on their studies and rest mentally, physically and emotionally during their studies."

Dr. Oliver, UWS professor emeritus and alumnus (Class of 1975), passed on February 23, 2022. He was born and raised in

Portland, Oregon, and attended Jefferson High School, Portland State University, and University of Western States (then Western States Chiropractic College).

Dr. Oliver served as the academic dean of the UWS college of chiropractic, vice president of the university and chiropractic technique instructor. In 1978, at the age of 29, Dr. Oliver was named Chiropractor of the Year for the state of Oregon. He earned professor emeritus status in June 2012.

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Professional snowboarder becomes Parker University chiropractic student



Brolin Mawejje has competed at an elite level in snowboarding for his native country of Uganda.

Brolin Mawejje, a 31-year-old prospective Parker University Doctor of Chiropractic (DC) student born and raised in Kampala, Uganda, has relentlessly pursued his extreme passion for professional snowboarding for the past decade. Now, this athlete is ready to take his education and skillset to the next level with the help of Parker University.

After immigrating to Boston, Massachusetts, at the age of 11, Mr. Mawejje then made his way to the Teton Range mountains in Wyoming at 16 years old. It was there that he discovered his love and talent for snowboarding.

Over the years, Mr. Mawejje helped establish the

Uganda Snowboarding Federation, competed in the World Championships, and was invited to a World Cup event.

Mr. Mawejje sees representing Uganda by competing in the Olympics Games as the top level of competition to be achieved, challenging him to grow and fully prove his skillset. At the 28th Winter University Games in Kazakhstan, doctors discovered that he had arrhythmia, a potentially fatal heart condition. Following this, in 2022, illness sidelined Mr. Mawejje from the Olympic Games qualifier.

Mr. Mawejje still dreams and works toward competing in the Olympics. He shares, "My goal for competing in the Olympics has always been to represent not only myself, my coaches, and my country, but also my talents, my family, and my friends on one of the best competition stages!"

Mr. Mawejje, who has already attended medical school and earned a master's in epidemiology with a focus on sports and injury, now aspires to achieve his Doctor of Chiropractor degree with an emphasis on the nervous system and sports.

For Mr. Mawejje, snowboarding has brought community, stability, and self-discovery, allowing him to travel the world and meet amazing people along the way. "It has taught me grit and persistence, especially when setting goals and an attack plan on accomplishing them," he shares.

Regarding his future career goals, Mr. Mawejje wants to own and operate his own chiropractic practice in Utah. He also dreams of opening a practice in his homeland of Uganda. Mr. Mawejje wants to continue snowboarding professionally while helping his fellow competitors recover, maintain, and learn how to maximize the body's potential. "Knowing and understanding where I came from and how far I've come helps motivate me to achieve my goals," he comments.

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SDU graduates summer cohort of chiropractic students

The latest cohort of chiropractic students have just graduated from the University of Southern Denmark, boosting the population of chiropractors in Denmark to well over 600.

At the prestigious ceremony, Dean of the Faculty of Health Sciences, Ole Skøtt, congratulated the graduates and gave them an insight into their role in society and the Danish healthcare system. In his speech, he emphasized the unique skills acquired during their education.

After the Dean's presentation, certificates were handed to the graduates, after which two

representatives of the graduating class delivered the valediction speech, reflecting on their studies and their future as chiropractors.

The graduation speech was followed by cello and accordion music by students from the Southern Danish Academy of Music.

Professor Charlotte Leboeuf-Yde gave the celebratory speech. She spoke about the development of chiropractic from the early days to modern evidence-based treatment and the importance of musculoskeletal research. She touched on the various

trends in research over the years and emphasized the high level and reputation of Danish chiropractic training and research abroad. She ended her speech by congratulating the new chiropractors on completing their training.

The University of Southern Denmark, located in Odense, is Denmark's only training institution for chiropractors. The Head of Department is Dr Henrik Hein Lauridsen. The program is accredited nationally as well as by the European Council on Chiropractic Education.



The July 2023 chiropractic graduating class of the University of Southern Denmark

WFC RESEARCH COMMITTEE FEATURE

Study design: what does it mean and why does it matter?

Sidney Rubinstein DC, PhD, Chair, WFC Research Committee

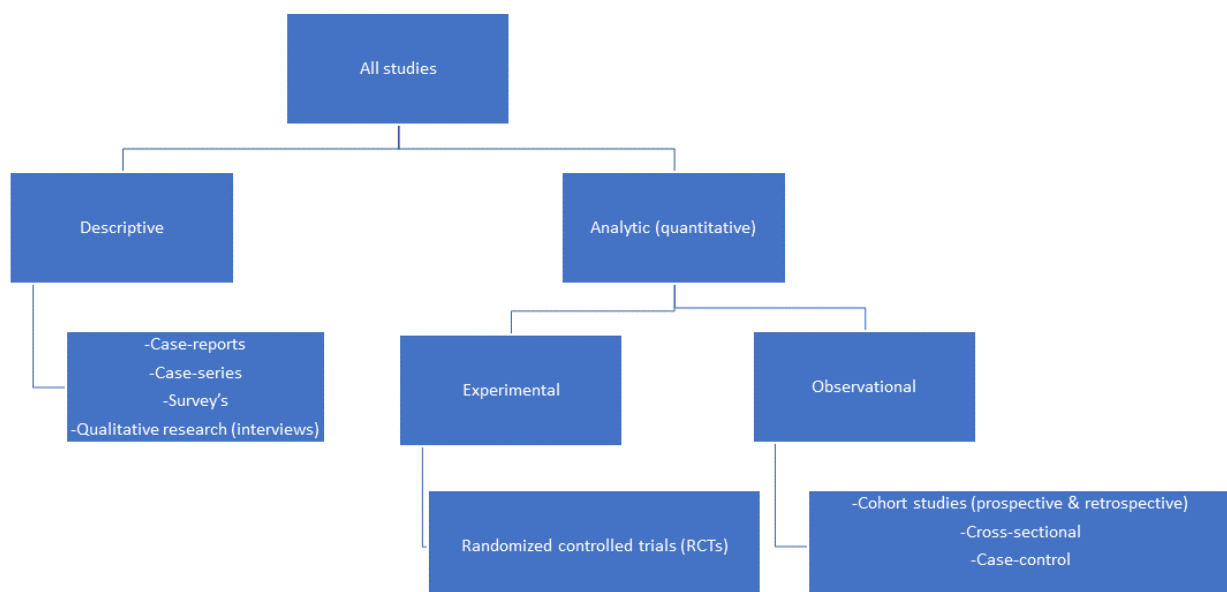
This article is the first in a series designed to address clinical issues, and to help you (the clinician) navigate the scientific world. The issues which we will present are designed to raise awareness only.

In this first edition, I want to start with a fundamental issue: study design. Study design should be seen as a framework in which a set of methods are applied in order to answer a specific question. Study designs consist of many types, and the choice is determined by the nature of question, the goal, and the availability of resources. Since design can affect the validity of results, it is important to understand the strengths and limitations of each, and what questions can be answered [1].

In short, designs can be divided into qualitative and quantitative (fig. 1, below). Qualitative



Sidney Rubinstein, Chair, WFC Research Committee



WFC RESEARCH COMMITTEE FEATURE

Study design: what does it mean and why does it matter?

research helps generate hypotheses and provides deeper insight into real-world problems by gathering data on participants' experiences, perceptions, and behavior. It answers the 'how's' and 'why's' instead of 'how many?' or 'how much?' [2].

Quantitative research, on the other hand, involves collecting and analyzing numerical data. It can be used to find patterns, make predictions, test causal relationships, and generalize results to broader populations [3]. This type of research can be further subdivided into experimental and observational studies.

Experimental studies means that the researcher actively influences the choice of a given treatment (or intervention) by participants. This could include, for example, administration of a drug or performance of a diagnostic or therapeutic procedure. Experimental studies involve randomization meaning participants are assigned to receive a treatment (based upon chance) for a specified duration, and the effect (or outcome) is subsequently assessed.

Observational studies involve documentation of a naturally occurring relationship between the exposure (or a treatment) and the outcome of interest (e.g. pain reduction, improvement in disability, recovery, or quality-of-life). The researcher does not influence the choice of an intervention in the individual, and the exposure is merely a reflection of a natural occurrence or a conscious choice by an individual. Examples include examining the incidence of lung cancer in smokers *versus* non-smokers, or comparing dietary habits of those with co-morbidities.

The key questions to study design have been nicely summarized by Ranganathan et al [1] as follows:

1. Does the study describe the characteristics of a sample or does it attempt to analyze

(or draw inferences about) the relationship between two variables? If no, then it is a descriptive study, and if yes, it is an analytical (inferential) study.

2. If analytical, did the investigator determine the exposure (or treatment)? If no, it is an observational study, and if yes, it is an experimental study.
3. If observational, when was the outcome determined? At the start of the study (case-control study), at the end of a period of follow-up (cohort study), or simultaneously (cross sectional).

In the next edition, I will explain specific aspects of quantitative research, namely RCTs. **SR**

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RESEARCH COMMITTEE

Effects of Spinal Manipulation on Blood Flow of the Vertebral and Carotid Arteries in Participants With Chronic Nonspecific Neck Pain

This study compared the hemodynamic effects of manual spinal manipulation (MSM) and instrumental spinal manipulation (ISM) on the vertebral artery (VA) and internal carotid artery (ICA) in participants with chronic nonspecific neck pain (NNP). Thirty volunteers aged 20 to 40 years old with NNP over 3 months duration were included. Participants were randomly divided into the following 2 groups: (1) MSM group (n = 15) and (2) ISM group (n = 15). Ipsilateral (intervention side) and contralateral (opposite side of intervention) VAs and ICAs were evaluated using spectral color Doppler ultrasound before and immediately after manipulation. Measurements were recorded by visualizing the ICA carotid sinus (C4 level) and the VA at the V3 segment (C1-C2 level). The blood flow parameters of peak systolic velocity (PSV), end-diastolic velocity, resistive index, and volume flow (only for VA) were evaluated.

The spinal segment, in which biomechanical aberrant movement was detected by palpation in the upper cervical spine, was manually manipulated in the MSM group. The same methodology was performed for the ISM group using an Activator V instrument (Activator Methods).

Intragroup analysis exhibited no statistically significant difference between the MSM and ISM groups in terms of PSV, end-diastolic velocity, resistive index of ipsilateral and contralateral ICA and VA, in addition to volume flow of both VAs preintervention and postintervention ($P > .05$). The authors concluded that "Manual and instrumental spinal manipulations applied to the upper cervical spine in participants with chronic NNP did not appear to alter blood flow parameters of the VAs and ICAs."

This article was published in the

JOURNAL of CHIROPRACTIC MEDICINE



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Effects of manual versus instrumental spinal manipulation on blood flow of the vertebral and internal carotid arteries in participants with chronic nonspecific neck pain: A single-blind, randomized study. *Journal of Chiropractic Medicine*. 2023 Mar 1;22(1):1-0. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9947994/>

The Journal of Chiropractic Medicine is a peer-reviewed journal devoted to providing a forum for the chiropractic profession to disseminate information dedicated to the developing primary care emphasis within the profession. The journal focuses on providing practical and applicable information for practicing chiropractors and other healthcare practitioners. Content is devoted to the presentation of cases from a wide variety of conditions, reviews of literature, and original data reports, all of which help keep the practitioner in the field up to date with the latest trends and interests in patient care. It is important to document the full scope of practice activities within chiropractic and adjunct therapies. There is an increasing emphasis upon scientific evidence with respect to treatment protocols, for reimbursement and, most importantly, for better patient care. The JCM provides a place for the profession to share and disseminate this information.

Radiculopathy paper recognized for excellence by CMT

A Danish paper on lumbar radiculopathy has been selected as "Article of the Quarter" for the 2nd quarter of 2023 by the editors of Chiropractic & Manual Therapy.

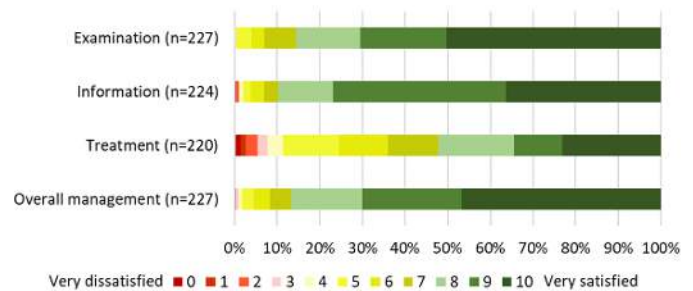
A study by researchers from the Chiropractic Knowledge Hub and the University of Southern Denmark investigated patient satisfaction and explored patient perspectives on these chiropractic care packages.

Danish chiropractors offer patients with lumbar radiculopathy treatment a standardized care package that provides a management structure and logistics for patient care including time-fixed follow-up sessions.

The study used a two-phased explanatory sequential mixed methods design. Phase one was a quantitative analysis based on a survey of a cohort of patients with lumbar radiculopathy who were included in a care package. Satisfaction with the examination, information, treatment effect, and overall management of their problem was rated on a scale of 0-10. In phase two, six semi-structured interviews were used to gain further explanatory insight into the findings from phase one. The quantitative and qualitative data were merged into a narrative joint display to obtain a deeper understanding of the overall results.

238 patients completed the survey. 80-90% were very satisfied ($\geq 8/10$) with the examination, information, and overall management, approx. 50% were very satisfied with the treatment effect. Four themes emerged from the qualitative analysis: 'Understanding the standardized care packages', 'Expectations of consultation and treatment effect', 'Information about diagnosis and prognosis', and 'Interdisciplinary collaboration'.

The joint display analysis showed that high patient satisfaction with the examination could be explained by the patients feeling that they had been carefully and thoroughly examined by the chiropractor and



by the referral to MRI. This gave patients confidence and reassurance about the diagnosis. Satisfaction was low if the examination was rushed or did not meet the patient's expectations for referral to imaging.

Patient education and information about variations in symptoms and the expected prognosis were considered reassuring, but patients were less satisfied if the information did not match their understanding of the disease. E.g., if information was given about staying active that did not match the patient's beliefs, it led to patient concern and distrust of the chiropractor.

Satisfaction with the chiropractor's coordination of care and referral to other health professionals was explained by patients' positive experiences of coordinated care and reduced responsibility on their shoulders.

Patients were highly satisfied with the standardized chiropractic care packages for lumbar radiculopathy. From the patient's perspective, a consultation should include a thorough examination, focus on communication and information about symptoms and prognosis and address and align expectations about treatment content and effectiveness. Chiropractors should coordinate interdisciplinary collaboration.

Reference: Jensen, R.K., Lillesø, S., Jensen, J.S., Stochkendahl MJ. Patient expectations and levels of satisfaction in chiropractic treatment for lumbar radiculopathy. A mixed methods study. Chiropr Man Therap 2023.

<https://chiromt.biomedcentral.com/articles/10.1186/s12998-023-00486-0>

CCRF inks dynamic partnership with Ontario soccer

Through its Partnership Committee (PC), the Canadian Chiropractic Research Foundation (CCRF) is committed to signing collaboration agreements with influential organizations to create the highest-impact research opportunities and expand our professional networks.

In 2023, the foundation has been enjoying significant success, having confirmed five new partnerships including the latest addition, Ontario Soccer.

While collaborations within the chiropractic and healthcare communities are a natural fit with CCRF's partnership goals, compelling alignment and opportunities can be developed with groups outside the profession as well.

Ontario Soccer is one of Canada's largest amateur sports organizations, representing approximately 400,000 members (players, referees, coaches, etc.). Historically driven by the importance of evidence-based decision-making, their board is now ready to formalize the concept of research into their day-to-day operations.

"When CCRF approached us with the idea of cooperating to enhance our research capacity, we were immediately interested" shares Johnny Misley, CEO.

"In fact, this became the spark to launch our new Research Program with a mandate to manage and finance soccer related studies to support the growth, safety and development of the sport."

"Ontario Soccer's Research Program will be guided by a five-person Advisory Committee, which will include a CCRF representative" adds Robert Harris, Executive Director.

"This will benefit our partner, as we're pleased to bring our administrative and management expertise to their team. In addition, it will ensure our profession has a clear voice when key topics, such as concussion research, are pursued."



Ontario Soccer is one of Canada's largest amateur sports organizations

There are more exciting benefits linked to this latest alliance. For example, it's a perfect complement to the existing CCRF relationship with the Foundation for the Royal College of Chiropractic Sport Sciences – Canada, as it will reveal fresh investigative avenues and create special funding channels.

The agreement also will introduce CCRF to a wider range of researchers residing at leading universities such as Queen's, Western and Wilfred Laurier.

Finally, it's expected that the Ontario Soccer association will create richer infrastructure to support the wide range of chiropractors who currently work closely with their local sports teams.

"Once again, the PC has done a terrific job uncovering outstanding opportunities to expand our work across Canada" notes Dr. Nadine Ellul, CCRF chair.

"We're very optimistic about this multifaceted collaboration, as we believe it will open up lucrative funding sources and create an exceptional platform for knowledge exchange."

Watch for further updates in 2024 when co-created plans will be announced along with the first Request for Proposal (RFP).

New analysis shines light on status of manual therapy research over past 20 years

The outcomes of a bibliographic analysis looking at manual therapy for the treatment of low back pain, published in the Journal of Pain Research, has reported a significant volume of papers published by chiropractic researchers.

The study examined 1643 papers from 61 countries, published over the past 23 years. Papers were screened using CiteSpace and VOXviewer, a bibliographic analysis software used for drawing knowledge maps.

The results showed an increasing trend in publications over the period 2020-2023. The largest proportion of publications (56%) came from the United States and Canada. In the order of number of institutions from which articles were published, the largest contributor was Canadian Memorial Chiropractic College.

An analysis of authors was also undertaken, with 174 authors each having at least 5 articles being included in the analysis. The top 12 authors included Cynthia Long (Palmer Center for Chiropractic Research), Christine Goertz (Duke University), Gert Bronfort (University of Minnesota), Greg Kawchuk (University of Alberta), Eric Hurwitz (Southern California University of Health Sciences) and WFC Research Committee Chair, Sidney Rubinstein (Vrije Universiteit).

Ranked according to citation, the Journal of Manipulative and Physiological Therapeutics (JMPT) was fourth highest, as well as having the highest number of publications (14.5% of all publications appeared in JMPT).

The study concluded that manual therapy was attracting increasing attention from scholars.

CARL II Fellow, Cecile receives PhD from University of Southern Denmark

A member of the second cohort of Chiropractic Academy of Research Leadership (CARL) has been awarded a PhD.

On June 15, chiropractor Cecilie Krage Øverås received her PhD from the University of Southern Denmark (SDU), after she competently defended her thesis 'Pain in the low back and elsewhere - prevalence, patterns and consequences'.



L>R: Lau Caspar Thygesen, Anne-Marie Nybo Andersen, Cecilie Krage Øverås, Jan Hartvigsen, Raymond Ostelo and Paul Jarle Mork

Family and friends had made the trip from Cecilie's home country of Norway to Odense to support and follow her PhD defense together with colleagues from SDU, the Chiropractic Knowledge Hub and Karolinska Institute in Sweden.

Cecilie Øverås is a researcher at the Department of Public Health and Nursing, at the Norwegian University of Science and Technology and the Norwegian research foundation ELiB.

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Parker University supports research dissemination with ACE program

Dissemination of research to practicing clinicians is often one of the largest hurdles a researcher faces. Conversely, a survey of attendees at the Parker Seminars in 2023 found resounding interest from clinicians in having research at clinically focused seminars/events, as well as the opportunity to interact with chiropractic researchers.

The Abstracts for Clinical Evidence (ACE) program is bridging this gap by bringing clinically relevant research directly to clinicians during the Parker Seminar's event. In February 2024, the 3rd annual ACE program will be hosted at Parker Seminars with a focus on Human Performance research. During the event, clinicians and human performance researchers will have lively discussions and networking opportunities, while interacting with the scientific posters displayed electronically.

The Parker University Research Center launched a novel Mentored Peer Review Training Program in association with post-graduates and residents ahead of the 2nd ACE program in February 2023. Training in peer-review is often limited to a relatively small number of graduate research

programs, which has led to a reduction in qualified peer reviewers. The Mentored Peer Review Training Program's goal is to help to fill this ongoing need by engaging chiropractic residents and graduate students in the peer-review process by reviewing scientific abstracts with mentorship from senior researchers. The first cohort in this training provided positive feedback and felt the training equipped them with skills to provide constructive feedback to research colleagues and helped to make the scientific posters displayed at the ACE program so impactful.

Parker University's Research Center is excited to continue these innovative initiatives and engage more clinicians at their February 2024 event hosted at Parker Seminars Las Vegas, especially with the engagement of world-renowned Human Performance researchers. Invitations are invited to participate as a scientific poster presenter, mentee in the Mentored Peer Review Training, mentor (if you have expertise in Human Performance research), or as an attendee to the 3rd annual ACE program.



How Thought-leaders Celebrate the Present and Envision the Future of Chiropractic: A Comprehensive Model for the Chiropractic Profession

This study collected and analyzed statements from thought-leaders about how to celebrate chiropractic in the present, such as for Chiropractic Day, and roles that chiropractors may fulfill in the future. Themes were analyzed for congruence between present and future statements, which resulted in a model about the chiropractic profession that captures its complex relationships that encompass its interactions within microsystem, mesosystem, exosystem, and macrosystem levels.

The resulting model shows an array of intrinsic values and provides the roles that chiropractors may provide to serve patients and the public.

Perceptions from a broad range of chiropractic thought leaders from various backgrounds, philosophies, diversity characteristics, and world regions, created a comprehensive model of the chiropractic profession. Thirty-two leaders participated, who represented 7 countries and had a median of 32 years of chiropractic experience, with a range of 5 to 51 years.

This study offers insights into the roles that future chiropractors may fulfill and how these are congruent with present day values. These core concepts and this novel model can be used during dialogs about identity, preparation for chiropractic inclusion in policy, practice, education, and research, and for building positive relationships and collaborations.



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Chiropractic Day 2023: A report and qualitative analysis of how thought leaders celebrate the present and envision the future of chiropractic. *Journal of Chiropractic Humanities*. 2023 Dec.



Journal of
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Up to \$150,000 in new funding dedicated to healthy ageing Research: CCRF issues Fall RFP

The Canadian Chiropractic Research Foundation (CCRF) has launched its Fall 2023 call for grant applications, which will focus on the care of older people.

Among older adults, the rate of persistent musculoskeletal pain ranges from 40% to 60%. Despite this, people in this group remain vastly under-represented in clinical research. This is something the CCRF is seeking to change by dedicating its newest Request for Proposals (RFP) to Healthy Ageing with up to \$150,000 in new grants available.

"The Silver Tsunami is here. Almost 40% of Canadians today are over 50 years of age," points out CCRF chair, Dr. Nadine Ellul, referring to the growing wave of senior adults who are reaching and surpassing mid-life. "Both the World Health Organization and the United Nations have named 2020-2030 the Decade of Healthy Ageing. Our goal through this call is to support this work by making investments that can bring exceptional value to mature patients and the healthcare professionals who serve them."

"The older our population gets, the more their suffering can increase due to the negative impacts magnified in this population. This, in turn, has a direct impact on their safety, mobility, pain management, their ability to enjoy life and

maintain independence," says Dr. Richard McIlmoyle, CCRF's Research Committee chair. "Through this RFP, we want to demonstrate our commitment to evidence-based research addressing social, economic and health issues by inviting proposals that address topics related to healthy ageing. Areas of interest include - but are not limited to - safety, rehabilitation, utilization, sports and ageing in place."

This substantial opportunity is open to researchers and clinicians of chiropractic and adjacent healthcare fields who meet the eligibility requirements and have developed proposals that reflect CCRF's commitment to excellence, impact and outstanding value.

For those with dynamic project ideas, the CCRF is inviting Letters of Inquiry by 11:59 pm, Tuesday, November 16th, 2023. For guidelines, submission details and FAQs, please visit www.CanadianChiropracticResearchFoundation.ca.

Grants for are made possible through the generous support of private donors, corporate partners and not-for-profit partners, the Canadian Chiropractic Association (CCA) and Provincial Associations, representing clinicians from across the country. Their commitment to evidence-based national research is greatly appreciated.

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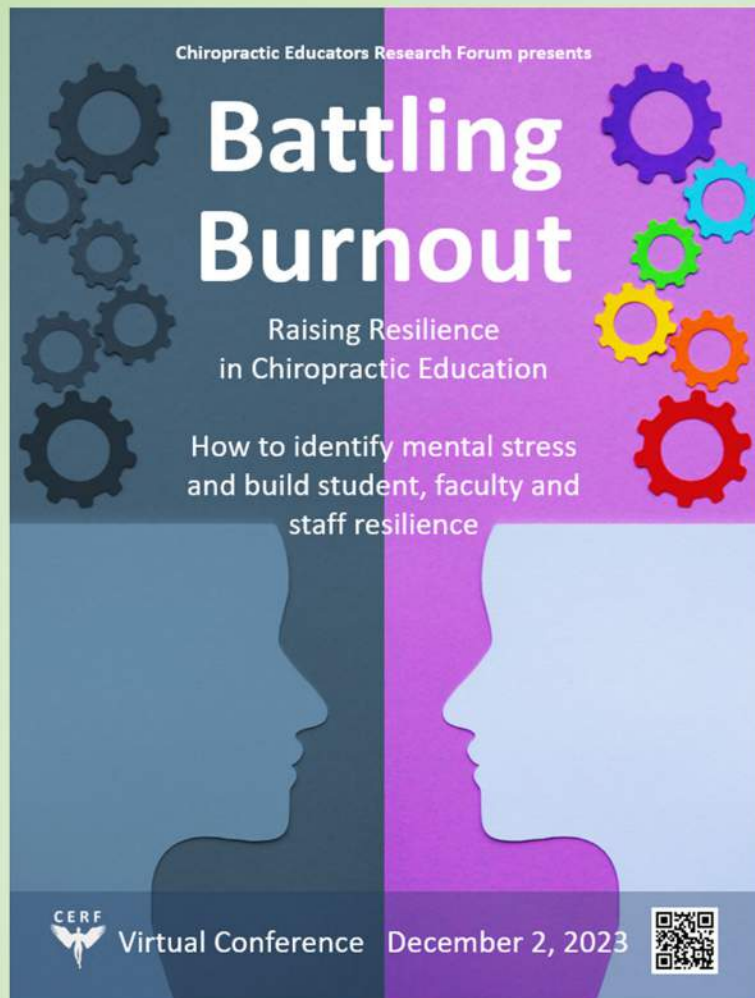


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Danish patient satisfaction hits 98% according to new research

The Danish chiropractors' quality unit, KviK – Kvalitet i Kiropraktorpraksis (Quality in Chiropractic Practice), recently conducted a large national study of patient perceived quality in chiropractic practice in Denmark. Patient-perceived quality includes patients' satisfaction, experiences, and assessments of contact with the healthcare system.

The purpose of the study was to shed light on patients' experiences of quality in chiropractic practice at national, regional and clinic level and to identify themes for patient-perceived quality development. It was conducted as an electronic questionnaire survey offered to all patients who were treated in chiropractic practice during the study period.

It is the first study of this scale of patient-perceived quality in chiropractic practice in

Denmark, possibly the world and it offers a lot of insight into the quality level in Danish chiropractic practice. It is a valuable tool for the Danish chiropractors which pinpoints areas where the quality is high and where it can be improved.

228 out of 250 chiropractic clinics participated in the study.

27,577 patients from chiropractic clinics received a questionnaire and 18,304 patients answered the questionnaire. The response rate for the survey was 66.4%.

The patients' overall satisfaction with the quality of chiropractic practice is very high, corresponding to an average score of 4.66 on a scale from Very low (1) to Very high (5), with 5 being the highest score.

The results of the study have been published in a national report titled Patient Perceived

Quality in Chiropractic Practice (POKK 23).

POKK 23 contains the results from the national survey of Patient Perceived Quality in Chiropractic Practice 2023. It has been distributed to all chiropractic clinics in Denmark. Furthermore, the national report was supplemented by individual clinic reports which have been sent to each participating chiropractic clinic in the study.

The study and the subsequent report were carried out as part of the collective agreement between the Danish Regions and the Danish chiropractors. It was carried out in collaboration with OPEN IT & Data management at OPEN, Open Patient data Explorative Network, Odense University Hospital, and the Chiropractic Knowledge Hub.



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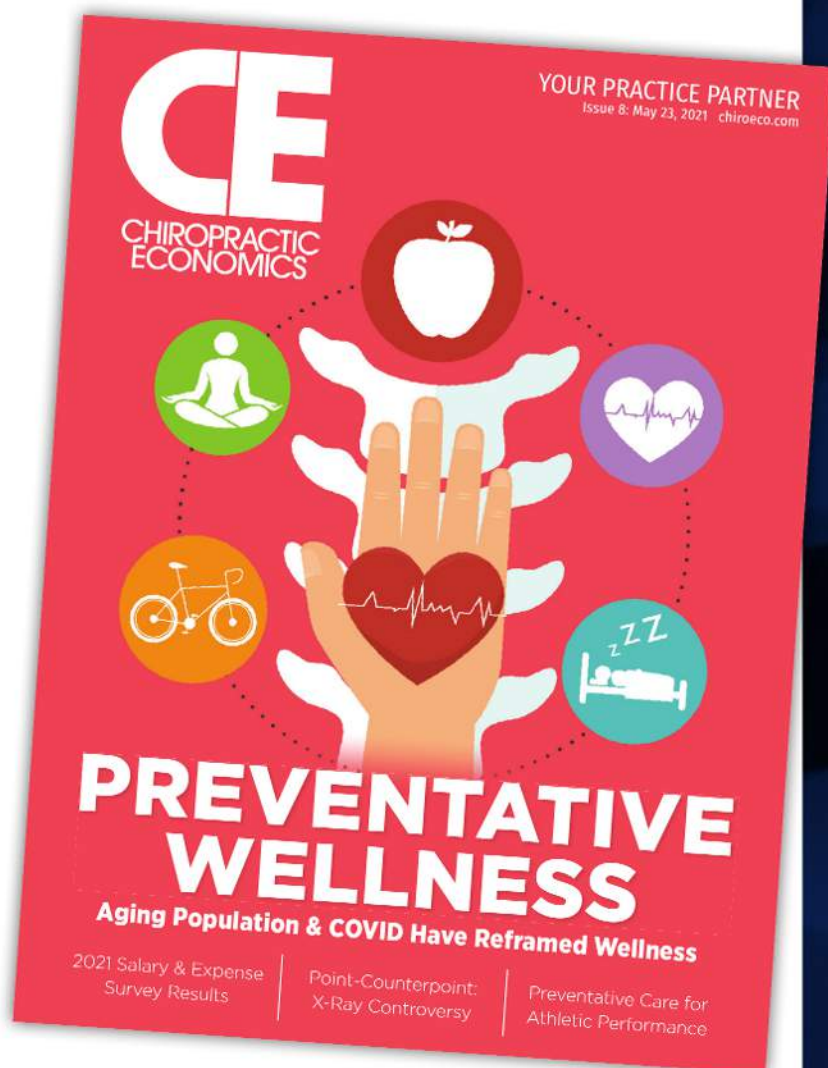
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