



Evidence-Based Chiropractic Practice within a Community Health Center

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- The passing of the Affordable Care Act has created an entirely new health care system that focuses on integrated, holistic, patient-centered and evidence-based primary care.



Health Care Reform



- This health care reform law highlights the need for more effective evaluation and management of acute and chronic pain.

Following a six-month pilot study, the Community Health Center, Inc. of Middletown, Connecticut accepted board-certified chiropractic specialists to the medical staff.



Community Health Center, Inc. (CHCI)

Federally
Qualified
Health Center
Patient-
Centered
Medical Home



Federally Qualified Health Center

- Health Resources and Services Association (HRSA) -supported health centers provide comprehensive, culturally competent, quality primary health care services to medically underserved communities and vulnerable populations.

Patient-Centered Medical Home

- The medical home is best described as a model or philosophy of primary care that is patient-centered, comprehensive, team-based, coordinated, accessible, and focused on quality and safety.

Patient-Centered Medical Home

- ... is not a final destination instead, it is a model for achieving primary care excellence so that care is received in the right place, at the right time, and in the manner that best suits a patient's needs.

Chiropractic Integration

- CHCI provides chiropractic services, chiropractic student rotations at seven primary care sites and the first chiropractic orthopedic residency with a subspecialty in neuromusculoskeletal medicine.
- This program was made possible by the Affordable Care Act.

Integration

- Chiropractic physicians were credentialed as members of the medical staff with evaluation and management privileges and specific chiropractic services.



Integration

- Full access and use of the electronic medical record



Integration

- Seamless referral process, which reduces stress for patients



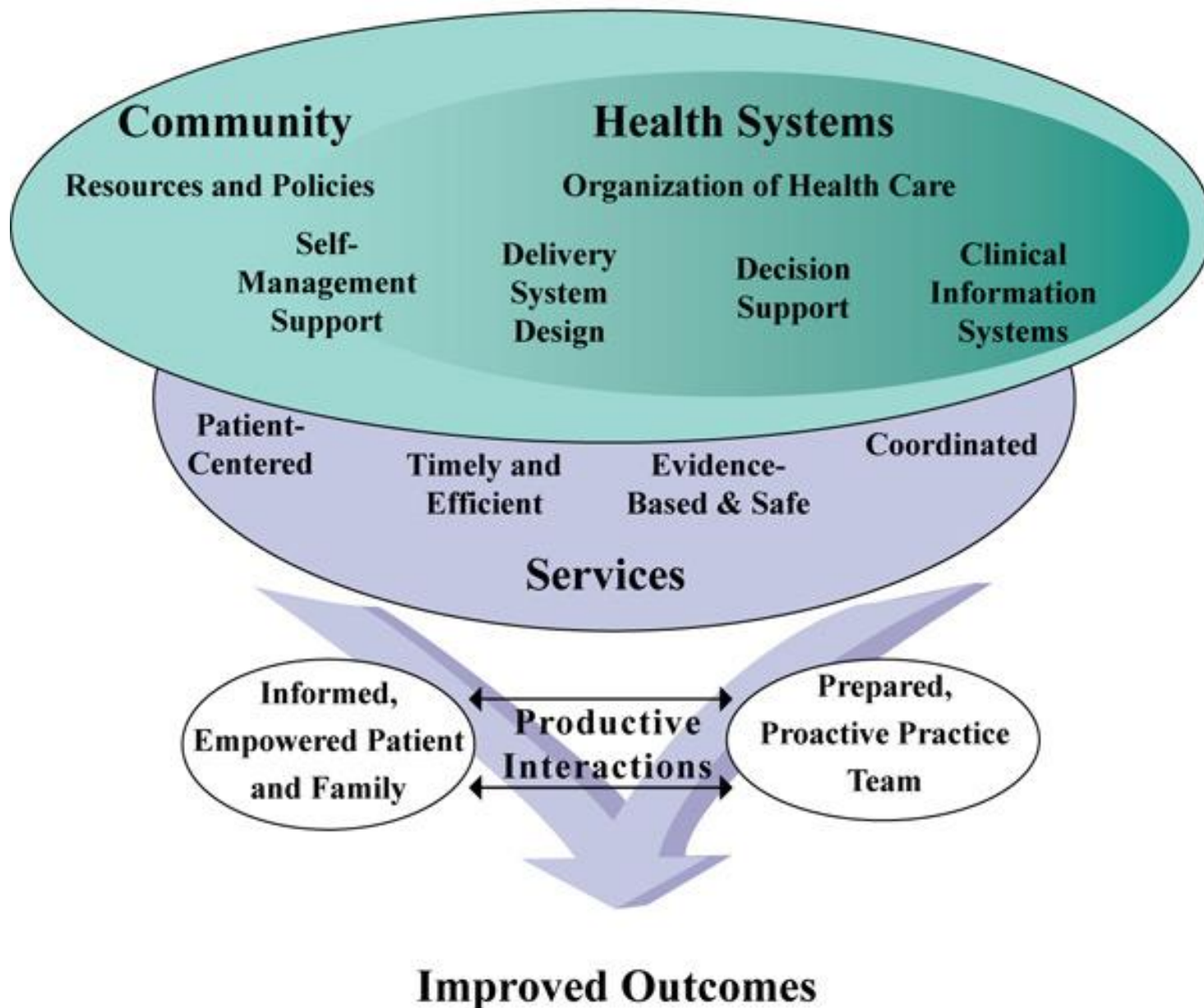
Integration

Improved level of cultural authority within a “Federally Qualified Health Center” and “Patient-Centered Medical Home.”

**Patient-
Centered
Medical
Home**



The Care Model



- “We have found that the integration of chiropractic services enabled our patients to experience less pain and promoted healthy living. Hopefully, other community health centers in Connecticut and across the country will use our model to reduce chronic pain and improve quality of life.”

Margaret Flinter, Ph.D.
Senior Vice President and Clinical Director
Community Health Center, Inc.

Chiropractic Integration Outcomes

- Increased referrals to chiropractic providers
- Reduced referrals to orthopedic surgeons
- Increased patient satisfaction
- Chronic pain patients experienced improved function
- Reduced use of opioids
- Allopathic provider satisfaction with chiropractic services

Economic Credentialing



- Expansion of Medicaid Benefits
- Value based payments for primary care
- Fee for service
- Salary
- Independent contractor

What does
evidence-
based
practice
mean to
you?



Evidence-Based Practice

- Involves complex and conscientious decision-making, based not only on the available evidence, but also on patient characteristics, situations and preferences. It recognizes that care is individualized and ever changing and involves uncertainties and probabilities.

McKibbin KA. Evidence-based practice. *Bull Med Libr Assoc.* 1998
Jul; 86(3):396-401



Evidence-Based Medicine

- ...is the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients. The practice of evidence-based medicine means integrating individual clinical expertise with the best available external clinical evidence from systematic research.

Sackett DL, Rosenberg WMC, Gray JAM, Haynes RB, Richardson WS. 1996. Evidence based medicine: what it is and what it isn't. *BMJ* 312: 71–2 [3]

Should Chiropractors Practice Evidence-Based Medicine?



Why Chiropractors Should Practice Evidence-Based Medicine

- Coordination of quality care
- Third party reimbursement
- Integration into primary care as a valuable service
- Become members of the health care team
- Scope of practice

The National Prevention Strategy

**AMERICA'S PLAN
FOR BETTER HEALTH
AND WELLNESS**

**Join the effort!
Spread the word!**
[Learn more](#)

National Prevention Strategy

- Published in June of 2011. It is proclaimed to be “America’s Plan for Better Health and Wellness.” The strategy has been charged with moving America from a system of sick care to one based on wellness and prevention.

National Prevention Strategy

- Integrated healthcare, defined as a coordinated system that integrates evidence-based CAM providers into healthcare delivery systems and primary care facilities within community health centers is expected to reduce pain and disability.

National Prevention Strategy

- Research will determine the effectiveness of chiropractic interventions and determine the best methods to integrate them into clinical environments to prevent disease and disability.

How Can Chiropractors Integrate a Coordinated Primary Care System?



Lovelace Health System Experience

During 1991-1993, a three year experiment demonstrated that 91% of primary care physicians were willing to welcome a competent, chiropractor as a member of the medical staff and refer patients for chiropractic services.

Pasternak DP, Lehman JJ, Smith HL, Piland NF. [Can medicine and chiropractic practice side-by-side? Implications for healthcare delivery.](#) *Hosp Top* 1999;77:8-17.



- A Call to Revolutionize Chronic Pain Care in America: An Opportunity in Health Care Reform

- The Mayday Fund 2009



- Most people in pain, including those with chronic symptoms, go to primary care providers or chiropractors seeking relief.



Chronic Pain Treatment

- -current systems of care do not adequately train or support internists, family physicians and pediatricians, the other health care providers who provide primary care in meeting the challenge of treating pain as a chronic illness.

**Treatment
of
Chronic Pain
With
Medications**



Coordination of Chronic Pain Care

- It is an unusual patient who has access to coordinated interdisciplinary therapy for ongoing pain symptoms.



Chronic Pain Care

- Instead of receiving effective relief, patients with persistent pain often find themselves in an endless cycle, seeing multiple health care providers, including many specialists in areas other than pain, who are not prepared to respond effectively.

Chronic Pain Care

- Primary care providers often receive little training in the assessment and treatment of complex chronic pain conditions.



Chronic Pain Care

- They tend to work under conditions that permit little time with each patient and few options for specialist referrals.



What is
missing in
both acute
and chronic
pain care?



Active Learning Task

- Form group of four
- Appoint a spokesperson
- Determine what is missing with chronic pain care in America (10 minutes)
- How would your group revolutionize chronic pain care?
- Present your answers and suggestions.

Identification of Painful Tissue is Missing

- History and symptoms
- Finger point by patient
- Palpation by clinician
- Posture
- Range of motion
- Provocative and palliative testing



Chiropractic Care is Missing...



Coordinated Care is Missing



"Bringing together the best talent, treatments and technologies"

COORDINATED CARE

We've assembled a team of experienced health care professionals supported by proven resources to enhance the health of our patients.

Chronic Pain

- The burden of chronic pain is greater than that of diabetes, heart disease and cancer combined.

- American Academy of Pain Medicine [Internet]. Glenview, IL: AAPM; Accessed 2009 Sept 28. Available from: <http://www.painmed.org/patient/facts.html>



Chronic Pain

- Poorly assessed, unrelieved chronic pain can rob individuals and family members of a high-quality life, and it profoundly burdens society as a whole.



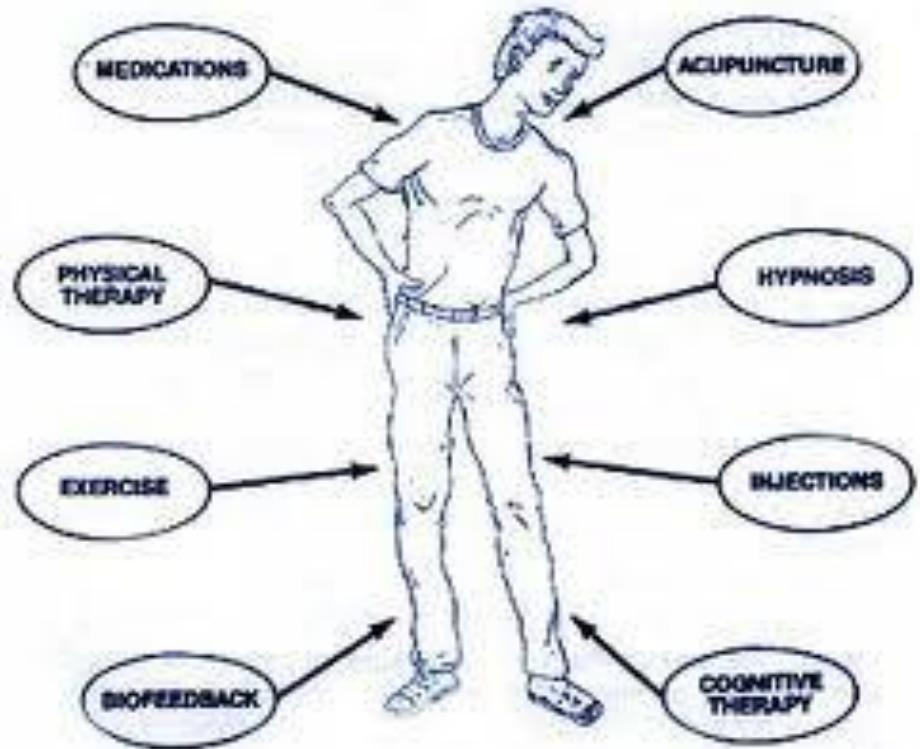
Chronic Pain

- A 1998 National Institutes of Health (NIH) report concluded that just the economic toll of chronic pain may be estimated at \$100 billion a year in the United States.
- Available from:
<http://grants.nih.gov/grants/guide/pa-files/PA-98-102.html>.



Chronic Pain

- -patients with persistent pain often find themselves in an endless cycle, seeing multiple health care providers, including many specialists in areas other than pain, who are not prepared to respond effectively.



Chronic Pain

- They often endure repeated tests and inadequate or unproven treatments. This may include unnecessary surgeries, injections or procedures that have no long-term impact on comfort and function.



Chronic Pain

- Patients with chronic pain have more hospital admissions, longer hospital stays, and unnecessary trips to the emergency department. Such inefficient and even wasteful treatment for pain is contributing to the rapid rise in health care costs in the United States.
- American Pain Foundation [Internet]. Pain resource guide: getting the help you need. 2009 June [cited on 2009 July 30]; pg 2. Available from: <http://www.painfoundation.org/learn/publications/files/PainResourceGuide2009.pdf>.

Chronic Pain

- Historically, the health care system has failed to recognize chronic pain as a legitimate condition. However, it is clear that persistent pain is a complex illness that has many causes and affects every part of life, and in the process, exacts enormous social costs.



Chronic Pain ICD 9 - 10

- 338.4, 2014 ICD-9-CM Diagnosis Code (Final Revision)
- 338.11, Acute pain due to trauma
- 338.21, Chronic pain due to trauma
- ICD-10-CM G89.4 Chronic pain syndrome (2014 October)

Chronic Pain

- Providers must recognize that acute pain needs prompt treatment as a measure to prevent the chronic illness.



Future of Chiropractic Medicine



- Chiropractic physicians must be integrated as valuable members of the primary care team within coordinated care organizations.

Are you able and willing to
change?



Thank
You