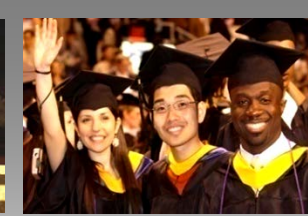


# Chiropractic Orthopedics and Neuromusculoskeletal Medicine

James J. Lehman, DC, MBA, FACO  
Director  
Health Sciences Postgraduate Education  
University of Bridgeport





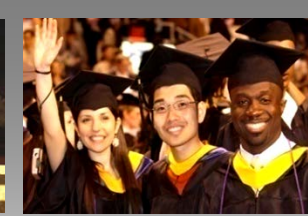
# Learning Objectives

Comprehend and practice “Evidence-based and patient-centered health care” in order to provide high quality patient care as a chiropractic specialist.

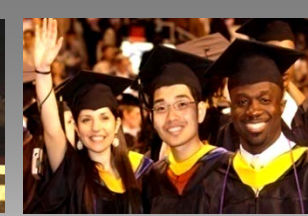
# You might be wondering...

- Why is the University of Bridgeport offering advanced clinical training in orthopedics and neuromusculoskeletal medicine to chiropractors?





The University of Bridgeport Health Sciences Postgraduate Education Department is dedicated to bringing continuing education opportunities to chiropractic physicians.



- Our newest offering, Advanced Clinical Training in Orthopedics and Neuromusculoskeletal Medicine, is designed specifically for practicing chiropractors interested in serving as primary care specialists.

- 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.

- “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.



- Community health centers and accountable care organizations across the country will be looking to integrate neuromusculoskeletal specialists into primary care facilities and create coordinated care teams.



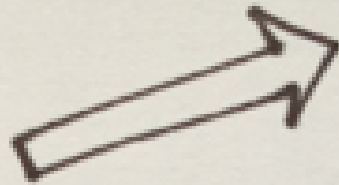
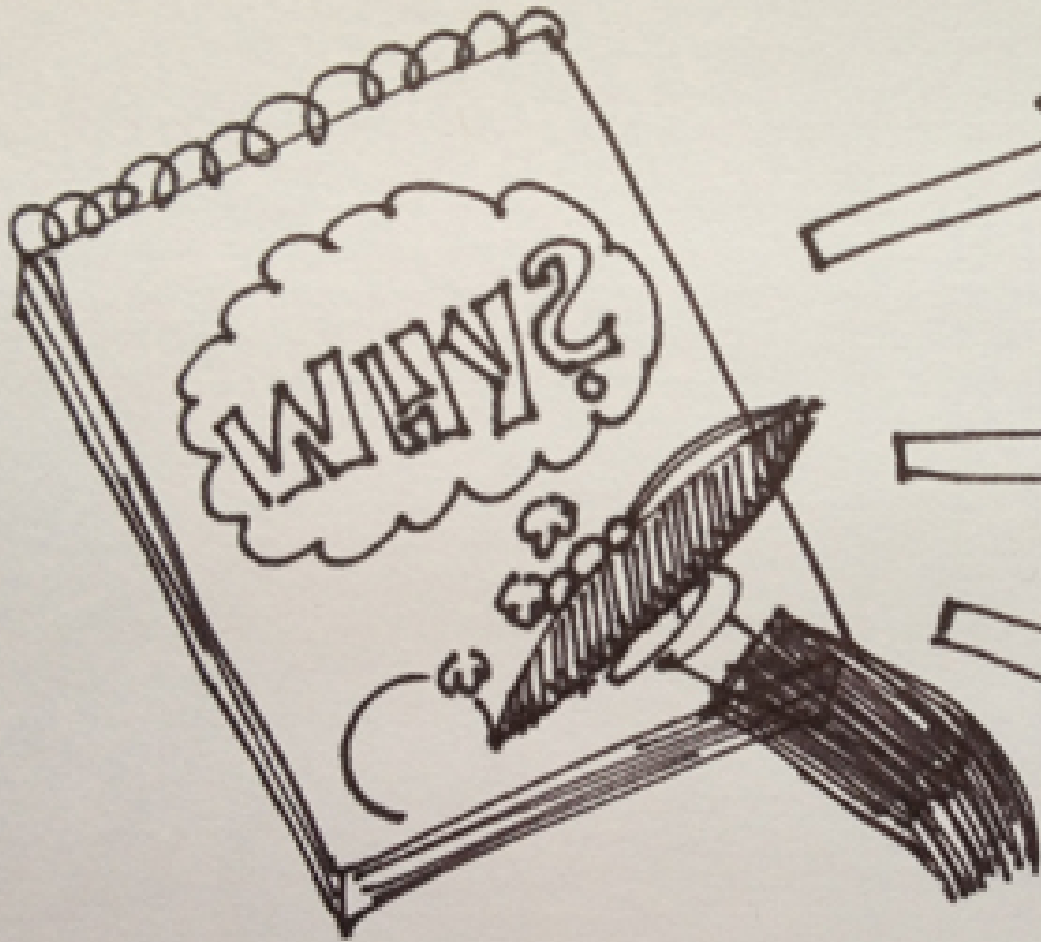
# What does this mean for chiropractors?

- This emphasis on coordinated care and the need for specialists to serve primary care providers opens a window of opportunity for credentialed chiropractors to become members of the primary care team.



Why should  
chiropractic physicians  
study chiropractic  
orthopedics and  
neuromusculoskeletal  
medicine to become  
board certified  
specialists?

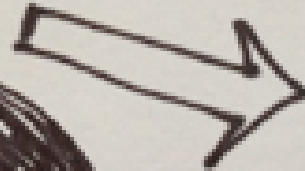




1.



2.



3.



***Physician  
Shortage***

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

- Chronic pain—commonly defined as pain persisting longer than six months—affects an estimated 70 million Americans and is a tragically overlooked public health problem. The burden of chronic pain is greater than that of diabetes, heart disease and cancer combined.

Primary care  
providers  
lack skills and  
training to  
effectively evaluate  
and manage pain  
and  
musculoskeletal  
conditions



# Academy of Chiropractic Orthopedists

- *Board certification demonstrates a doctor of chiropractic / chiropractic physician's exceptional efforts to improve skills in a specialty area of chiropractic practice.*
- <http://www.dcorthoacademy.com/certificationpurpose.php>







# Evidence-Based Practice and Patient-Centered Care

Dr. James J. Lehman  
Associate Professor of Clinical Sciences  
University of Bridgeport  
College of Chiropractic

**SURVEY**



What does  
evidence-  
based  
practice  
mean to  
you?



# Discussion





ACA  
Evidence-  
Based  
Practice  
article



# 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.

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



Are you an  
evidence-  
based  
practitioner?



# Discussion



# 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?



# Discussion



# 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

# HEALTH CARE REFORM



- *The Affordable Care Act permits chiropractors to function as members of the primary care team. The language in the bill ensures that doctors of chiropractic can be included on these patient-centered and holistic teams. The non-discrimination provision (Section 2706) lifts some of the burden imposed by unfair limitations of certain insurance companies.*



## The ACA nondiscrimination provision (Section 2706) states:

- *“A group health plan and a health insurance issuer offering group or individual health insurance coverage shall not discriminate with respect to participation under the plan or coverage against any health care provider who is acting within the scope of that provider’s license or certification under applicable State law.*”

# Section 2706

- *This section shall not require that a group health plan or health insurance issuer contract with any health care provider willing to abide by the terms and conditions for participation established by the plan or issuer. Nothing in this section shall be construed as preventing a group health plan, a health insurance issuer, or the Secretary from establishing varying reimbursement rates based on quality or performance measures.”*

# Affordable Care Act Mandates

- The Patient Protection and Affordable Care Act of 2011 mandates a national comparative outcomes research project agenda for pragmatic and clinical trials that provide optimal evidence-based medicine.
- *Otolaryngol Head Neck Surg* October 2011 vol. 145 no. 4 526-529

# Are Chiropractors Evidence-Based Health Care Providers?



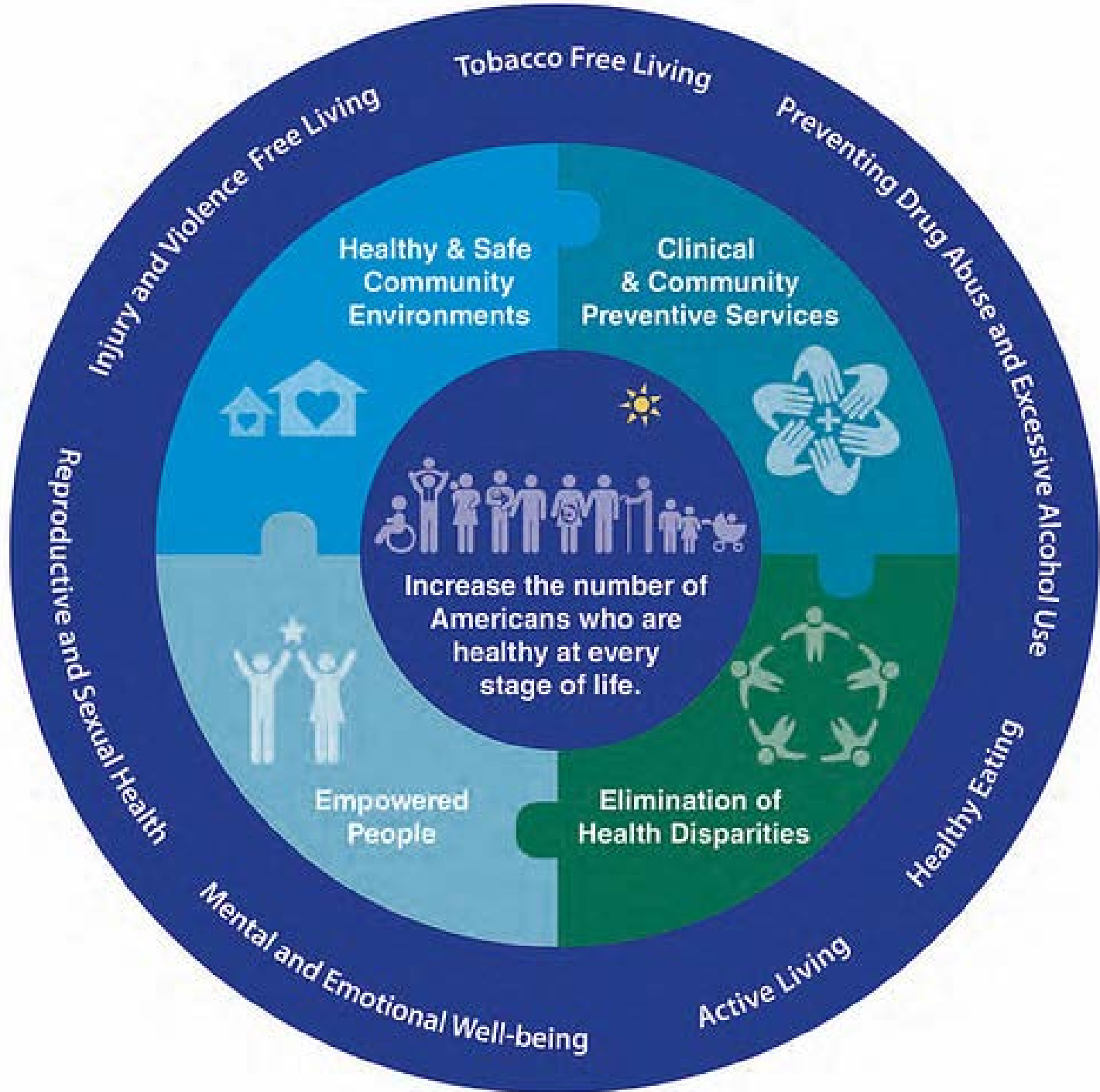
# Discussion



# 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 CAM interventions and determine the best methods to integrate them into clinical environments to prevent disease and disability.

# Can Chiropractors Integrate a Coordinated Primary Care System?



# Discussion



# 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.



**Community Health Center,  
Inc.**

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.**

This Federally Qualified Health Center, a Patient-Centered Medical Home now provides chiropractic services, chiropractic student rotations at six 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.





obrigado

Dank U

Merci

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спасибо

Grazie

Thank  
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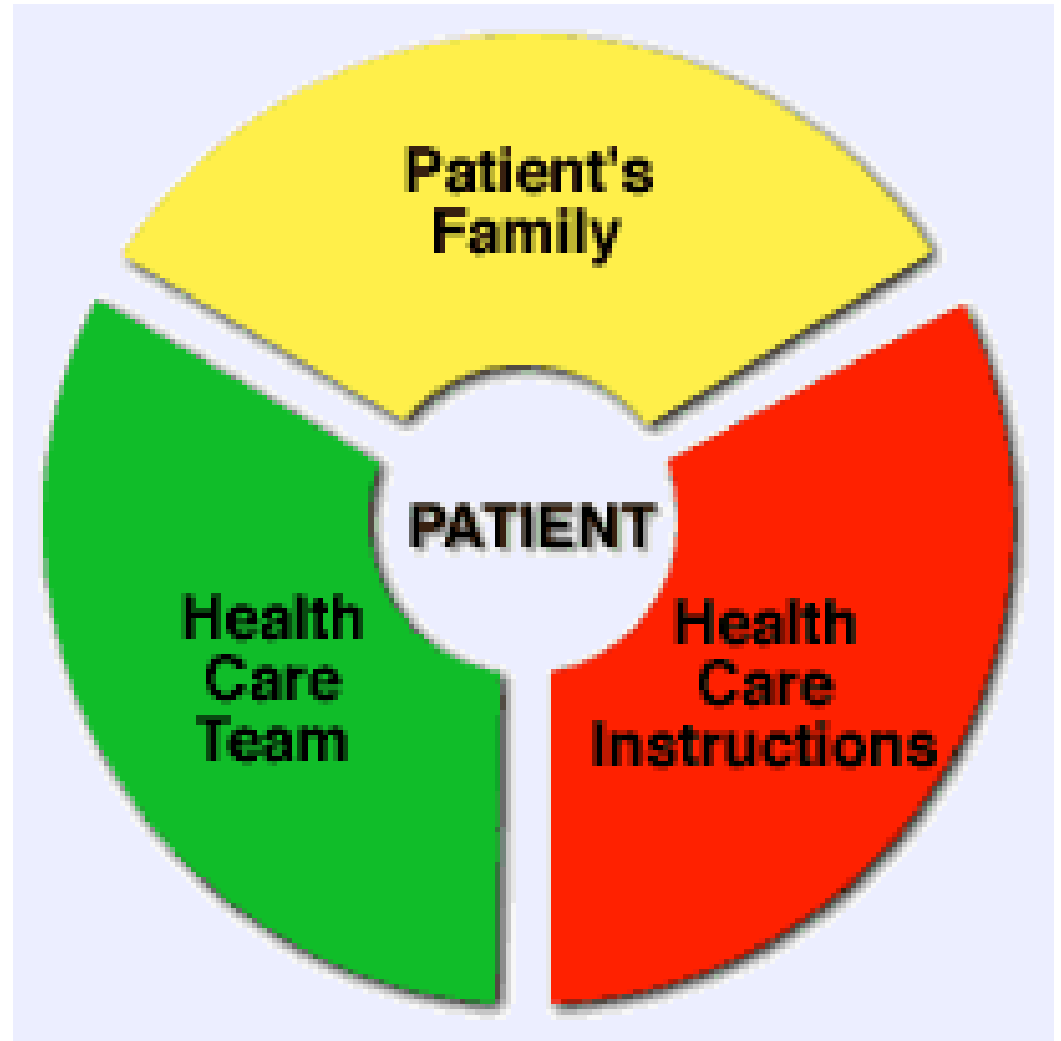
# Patient CENTERED Care



# Patient-Centered Care

- Patient-centered care is a method of care that relies upon effective communication, empathy, and a feeling of partnership between doctor and patient to improve patient care outcomes and satisfaction, to lessen patient symptoms, and to reduce unnecessary costs.

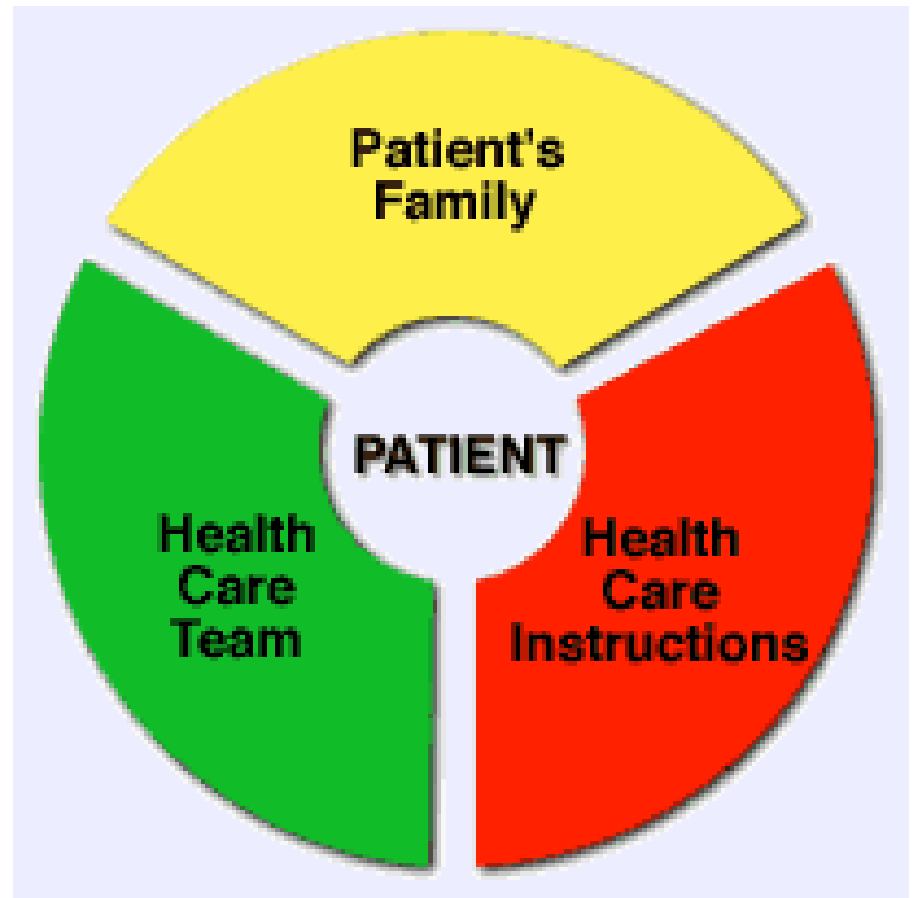
Patient-centered care replaces our current physician centered system with one that revolves around the patient.



The first step in understanding patient-centered care is an understanding that patients must be asked to rate or judge their health care; providers often believe that we know everything about our patients and their care, but we are simply unable to accurately assess our patients' perceptions of their care—what is important to them, how well we are delivering care, what factors in our patient care improve outcomes.

# Patient-Centered Medical Homes

- "The desire to achieve ... lower costs, improved population health, and improved patient experience is driving the evolution of state patient-centered medical home initiatives."
- M. Takach, "About Half of the States Are Implementing Patient-Centered Medical Homes for Their Medicaid Populations," *Health Affairs*, Nov. 2012 31(11):2432–40.



- Efforts to improve U.S. health care must include payment reforms that encourage greater efficiency and reduce waste. Over the past six years, 25 states have pursued changes in how their two major public insurance programs for low-income families—Medicaid and the Children’s Health Insurance Program—pay primary care practices.
- M. Takach, "About Half of the States Are Implementing Patient-Centered Medical Homes for Their Medicaid Populations," *Health Affairs*, Nov. 2012 31(11):2432–40.

- Patient-centered communication influences patients' health through perceptions that their visit was patient centered, and especially through perceptions that common ground was achieved with the physician. Patient-centered practice improved health status and increased the efficiency of care by reducing diagnostic tests and referrals.

*The impact of patient-centered care on outcomes.*

*J FAM Pract 2000 Sep;49(9):796-804.*

# Questions?

- Is all chiropractic care patient-centered?
- Give examples of chiropractic centric behavior
- Give examples of patient centric behavior
- What can we do to promote patient centric behavior by the chiropractic profession?



# My Message

- Integration of patient-centered and evidence-based chiropractic services into the health care system enhances patient safety and quality of care.



Patient centered care requires medical doctors and chiropractors to work side-by-side.



THANK  
YOU

