



Quarterly World Report

JULY 2023



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Realizing our vision and mission in real life

The vision of the WFC is “A world where people may enjoy universal access to chiropractic so that populations may thrive and reach their full potential.” Our mission is “To advance awareness, utilization, and integration of chiropractic internationally.”

Well, it is happening. So much has happened since I last wrote a message for the QWR, much of which will be covered in the following pages. However, I'd like to mention two areas of our work because of their profound impact on the implementation of our vision and mission.

In May, I was fortunate to attend the seventy-fifth World Health Assembly in Geneva, Switzerland. Ministers of Health and their teams from around the world attended and, as a non-state actor, WFC was also present. We had a number of meetings with key WHO officers discussing various projects and how the WFC could support WHO in several of its ongoing projects. The level of respect, encouragement and support from WHO was very encouraging and I look forward to our continuing positive relationships to advance chiropractic.

In June, our Secretary-General Richard Brown and I spent a week in Kigali, Rwanda. When I became President of the WFC, I stressed the importance of prioritizing the development of chiropractic in Africa. Following extensive research, Rwanda was the natural choice. To say the trip had a dramatic effect on my life would be an understatement. Let me tell you a little about this beautiful country.

When you mention Rwanda, most people immediately think of the genocide of 1994, where over a million Rwandans were slaughtered over the course of just 100 days. In fact, when I shared with people where I was going, many told me to be careful, still remembering the horrific images of that dreadful time.

However, the real story of Rwanda is how, instead of inflicting revenge, the people have rebuilt their country on the pillars of forgiveness and mercy to become one of the most safe, vibrant and beautiful nations in the world. In his book *“Beauty from Ashes”*, Callum Henderson shares how this approach was not easy, and took time, yet it has been one of the global success stories of our time.



Dr John Maltby, WFC President

Everywhere we went, there was a feeling of oneness that was very hard to explain. For me, visiting Rwanda was like visiting family. Everyone greeted us with open arms, excited to share with us the love for their country and their desire to make it better, not just for them, but for the entire region of east Africa.

Each meeting Richard and I had with top government officials, there was the desire to do one thing: to continue to make Rwanda better and provide for her people. Their response to learning about the chiropractic profession was to embrace the opportunity to embed it into the health system. We look forward to sharing news of the implementation of the plans to make chiropractic part of Rwanda's health system strengthening.

As a profession, we can learn a lot from Rwanda's example. Setting aside petty squabbles and working together to advance the WFC's vision and mission can achieve great things.

I cannot begin to tell you how grateful I am to be President of the WFC at this time in our history. I look forward to seeing you in Australia. **JM**

News from the boardroom

The second quarter meeting of the WFC Board of Directors took place on Tuesday, May 16. It was chaired by the President, Dr John Maltby. Directors from all 7 of the WFC world regions were in attendance.

The Board received a report on the outcomes of meetings held during the Parker Seminar in Las Vegas. Gratitude was expressed to Parker Seminars, which had provided complimentary registration for WFC staff.

The Board received a report from the Secretary-General, which provided an update on all activities, including those of the Toronto-based secretariat.

Directors provided regional updated and noted changes of leadership in a number of member national associations.

Having been given notice of his intention to step down in 2025, the Board was mindful of ensuring a robust strategy for succession planning for the current Secretary-General.

The Board was provided with an update in relation to strategic planning for the period 2023-2028.

The Board approved three new position statements relating to public health: healthy diet and nutrition; injury prevention; and smoking and tobacco use. The

position statements have been posted on the WFC website.

The Board was provided with a Financial Risk report that had previously been approved by the Finance Committee. This, and a review of the financial statements, confirmed that the WFC was in a stable position.

The Board received a report from the Research Committee and approved the establishment of a Global Patient Safety Task Force.

A report was also received from the Public Health Committee.

The next meeting of the Board will take place August 15, 2023.

OUR PEOPLE

WFC BOARD OF DIRECTORS (2022-24)

John Maltby (President)	North American Region
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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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Katie de Luca MAppSc, PhD (Chair) Australia

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Joining the dots on the map of success

Within the past couple of months, we have mourned the loss of George McAndrews. It is impossible to overstate the magnitude of his contribution to the success - and survival - of the chiropractic profession in the United States. As a child, he experienced humiliation, scorned as being the son of a quack. As a young lawyer, he experienced criticism from his peers for his choice to act for a chiropractor who had taken the decision to sue one of the most powerful organizations in America. As an advocate, he found himself facing a front line of some of the best, money-no-object legal minds in the land.

The odds were insurmountably stacked against McAndrews and his legal team. Yet with barely believable resilience and fortitude, a never-say-die attitude and repeated appeals to be heard in the Supreme Court, after 14 years fighting the AMA, he and his colleagues triumphed.

The story of George McAndrews' tireless campaign in the courts is reflected in the words of Abraham Lincoln: "Always bear in mind that your own resolution to succeed is more important than any other."

By their nature, chiropractors are resilient. They get knocked down, but get back up again. The story of Wilk v AMA has not played out in such prolonged or dramatic style, but around the world, pockets of persecution remain. The medical establishment still wields considerable power in many jurisdictions. Restrictions on scope and freedom to practice still exist.

Despite persisting injustice, as a profession we have learned what it takes to achieve success. The pages of the QWR are filled with stories of achievement by teams of chiropractors, practicing in all regions of the world, celebrating successes that our forefathers would never have dreamed of.

Working as part of the medical services team at the Olympic Games. Being credentialed in a children's

hospital. Having a seat at the table at the World Health Organization. Being part of international research teams at some of the most renowned universities in the world. Becoming embedded as a core service within the US Department of Veterans Affairs. Being not just listened to by governments but being welcomed to join the conversations.

These are just some of the successes we can report and of which we can be proud. But success is never accidental. Behind many of these achievements for the profession lie years of struggle. Years of knocking on doors. Years of patiently going back, time after time, and persuading those in power to give minutes of their valuable time. Just like George McAndrews, it is the spirit of never giving up that is eventually rewarded with a favorable outcome.

For the chiropractic profession, there are many dots to join on the map of success. The big ticket items are, unsurprisingly, the ones that are the hardest to get over the line: legislation, *continued*



Richard Brown, WFC Secretary-General

Joining the dots on the map of success (continued)

regulation, education and accreditation. Each of these components has multiple challenges embedded within them, which can consume years of effort on their own.

In this QWR, we tell the story of legislation on the island nation of Mauritius, which has been enacted in the past few months. Sadly, the pioneer of chiropractic in the country and architect of the profession's development, Dr Rajeshwar Roy, never lived to see his dream fulfilled, yet his memory will endure with the statutory framework of chiropractic legislation that is now in place.

Regulation is only effective if it is enforceable and enforced. We know that setting of standards, whether they be of education, conduct or practice are fundamental to chiropractic being trusted, accepted and integrated into health systems around the world.

A commitment to critical thinking, professionalism, research and evidence-based practice must be the hallmarks of any health profession, for it is these elements that contribute to continuous development and the safe and effective care of patients.

Like practice, chiropractic education must continuously evolve to keep pace with pedagogical developments and the learning needs, characteristics and preferences of students. This evolution must be centered upon educational and clinical research. A shift to a competency based model that is focused around an interprofessional, collaborative, biopsychosocial framework brings chiropractic into line with other health professions' education, and must be underpinned by accreditation and testing that reflect contemporary thinking.

Joining the dots on the map of chiropractic success may sound straightforward yet it is anything but. Just as it is said to take a village to raise a child, it will take the efforts of our entire global chiropractic community to sustainably develop our profession. The effort may need to be monumental, but the success is undoubtedly worth it. **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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Chiropractic represented at 76th World Health Assembly

WFC President, Dr John Maltby, leads non-state actor delegation

For the first time since before the pandemic, the WFC sent an in-person delegation to the World Health Assembly in Geneva, Switzerland.

With a mandated reduction in non-state actor representation, the WFC delegation comprised Dr John Maltby, Prof. Richard Brown, Dr Deborah Kopansky-Giles, Prof. Anthony Woolf (Global Alliance for Musculoskeletal Health), Dr Muhammed Tagari and Ms Tamia Abrahams (World Congress of Chiropractic Students).

The Assembly commenced on May 21 with a star-studded opening ceremony, which featured Director-General Dr Tedros Adenom Ghebreyesus, former New Zealand Prime Minister



The World Health Assembly takes place in the United Nations' Palais de Nations.



WHO Director-General Dr Tedros Ghebreyesus delivered a stirring address to the assembled delegates at WHA76

Jacinda Ardern and FIFA President Gianni Infantino.

This year, WHO celebrates its 75th anniversary and its achievements were celebrated. However, the attention of the Assembly was drawn to global emergencies, sustainable financing and the drive to achieve Universal Health Coverage.

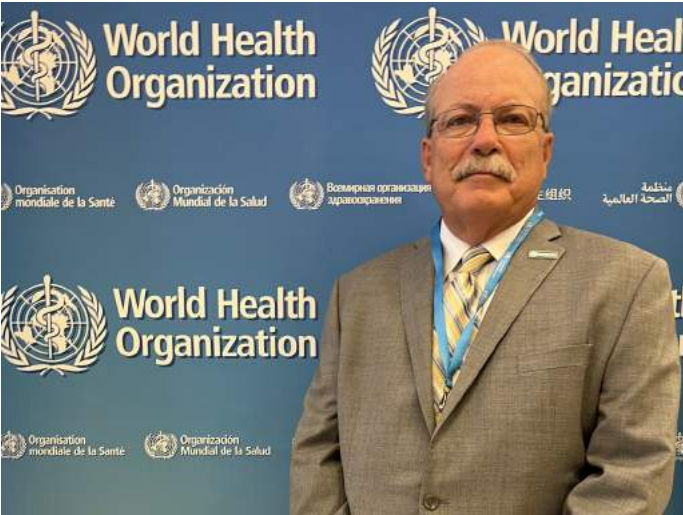
The World Health Assembly is the decision-making body of WHO, the UN agency responsible for public health.

During the week of the Assembly, the delegation attended sessions, which included the passing of the first-ever resolution on strengthening rehabilitation in health systems. The WFC co-hosted a side-event to celebrate the passing of the resolution, attended by ambassadors, diplomats and other non-state actors.

WFC delegates also met with WHO representatives from the Global Health Workforce, NCD, Violence and Injury, Healthy Ageing and Life Course and Traditional, Complementary and Integrative Medicine departments. Discussions were held regarding the Benchmarking for Training in Chiropractic project as well as expanding the chiropractic global health workforce and chiropractic's role in supporting healthy ageing

The WFC has been a non-state actor in official relations with WHO since 1997.

Chiropractic represented at 76th World Health Assembly (continued)





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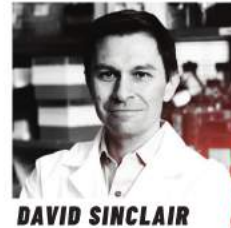
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WFC in Rwanda as part of plan to target workforce inequity

In June, WFC President Dr John Maltby and Secretary-General Prof. Richard Brown traveled to Rwanda to meet with government officials and Dr Noella Kanyabutembo, President of the Chiropractic Association of Rwanda. They were joined by Dr Mufudzi Chihambakwe, President of the African Chiropractic Federation.

The vision of the WFC is focused on a world where all people, of all ages, in all nations have access to chiropractic services. At the outset of his presidency, Dr Maltby declared his intention to promote greater chiropractic workforce equity,



The steel hand sculpture represents transparency in Rwanda

chiropractors in total.

With low back pain alone being the largest single cause of disability in the world, access to spine care experts is a serious concern in the wider African continent. Here, spinal pain and disability are not mere inconveniences. An inability to work due to spine disorders can lead to a loss of livelihood meaning that families can drop into poverty. In turn, this can also seriously impact productivity and community wellbeing.

With an identified global shortfall of health



Dr Noella Kanyabutembo with Dr Mufudzi Chihambakwe

particularly on the continent of Africa. As the second-largest continent by land mass, Africa comprises 54 countries with a population of 1.44bn.

Chiropractic in South Africa is well established. With 6-year programs of chiropractic education provided at two universities (University of Johannesburg and Durban University of Technology), longstanding legislation and a robust regulatory framework, South Africa has over 800 chiropractors. Yet it is estimated that in the rest of the continent of Africa there are fewer than 50



With Clare Akamanzi, CEO of the Rwanda Development Board

WFC in Rwanda as part of plan to target workforce inequity (continued)



Hon. Dr Yvan Butera (third from left), Minister of State at the Rwanda Ministry of Health

workers approaching 18 million, access to specialist providers of spine care services remains sparse in Africa. In many countries there are just single chiropractors and many national chiropractic associations have memberships in single digits.

Rwanda is a small, land-locked country in central Africa. It is bordered by Uganda, Burundi, Tanzania and the Congo. Remembered for the tragic genocide of 1994, where over a million



With Hon. Minister Fanfan Rwanyondo, Minister for Public Service and Labour

people, principally of the minority Tutsi tribe, were slaughtered over the course of 100 days, Rwanda has steadily rebuilt its infrastructure on the back of a policy of mercy and reconciliation. With a population approaching 14 million, this tiny country, in the heart of the Great Rift Valley, has achieved a remarkable recovery from the dark days of the mid-nineties.

The president of the Chiropractic Association of Rwanda, and its single chiropractor, is Dr Noella Kanyabutembo. A graduate of Parker University, Dr Kanyabutembo studied medicine for a number of years at the University of Rwanda before



With Dr Noella Bigirimana, Deputy Director of the Rwanda Biomedical Board

deciding on a change of career and moving to the United States. Upon graduation, she remained in the U.S. but a calling to serve her people led her to return in 2017. She works in a busy medical center on the outskirts of the capital, Kigali, where she practices alongside a range of medical practitioners providing evidence-based chiropractic services.

Following discussions with Dr Kanyabutembo, it was determined that Rwanda provided significant opportunities to develop spine and musculoskeletal care services in general, and

WFC in Rwanda as part of plan to target workforce inequity (continued)

chiropractic services in particular.

In the early hours of June 11, Drs Maltby and Brown landed into Kigali International Airport. Met by Dr Kanyabutembo and members of the Rwanda Convention Bureau (RCB) they were able to snatch a few hours of sleep before embarking on an intensive five days of meetings, which included Ministers of State from the departments of Health, Education and Public Service and Labour, government officials from the Ministry of Sport, Rwanda Social Security Board (RSSB), Rwanda Development Board and the public



With Hon. Claudette Irere, Minister of State at the Rwanda Ministry of Education

answer session followed, after which feedback in relation to the need for an expansion of the chiropractic workforce was expressed.

These views were mirrored by each of the Ministries visited by the delegation. With a vision grounded in the health and wellbeing of its citizens, the Rwandan government has become a hub for services on the African continent, with support and encouragement for entrepreneurship, health service provision and



With Regis Rugemanshuro, Director General of the Rwanda Social Security Board

health agency for Rwanda, the Rwanda Biomedical Centre. Further meetings took place with the governor of the Bank of Kigali and leaders from the University of Rwanda and the University of Global Health Equity.

Dr Kanyabutembo and Prof. Brown delivered a presentation on chiropractic's role in ergonomics and musculoskeletal disorders to the senior management board of RSSB, which has responsibility for state pensions, incapacity benefits, maternity leave and health insurance for the entire nation of Rwanda. A lively question and



With Zephania Niyonkuru, Permanent Secretary at the Rwanda Ministry of Sports

WFC in Rwanda as part of plan to target workforce inequity (continued)

information technology continuing at pace.

The safety of Rwanda (it is ranked the fourth-safest country in the world) makes it an attractive location to host conferences and events. Kigali was the host city for the meeting of Commonwealth leaders in 2022 and later in 2023 it will host the Women Deliver conference.

To increase awareness of chiropractic in Rwanda and the wider African region, it has been decided to hold the first Africa Spine Care Symposium in Kigali early in 2024. This event will principally target general medical practitioners and other



With Diane Karusisi, CEO of the Bank of Kigali

chiropractic workforce capacity. This means bringing qualified chiropractors to underserved areas, upskilling existing health professionals to become chiropractors and developing a sustainable model for expanding numbers with university-based, full time programs of chiropractic education.

"We are excited about the opportunities in Rwanda and see the country as a great hub from which to launch our plans for workforce growth across Africa."



At the site of the new IRCAD healthcare training hub, Kigali

health providers with a view to showcasing the role that chiropractors can play as evidence-based, people-centered, interprofessional and collaborative spine and musculoskeletal experts.

Speaking after the trip, Secretary-General Richard Brown said: "Africa is terribly underserved when it comes to the provision of a skilled spine care workforce.

"If we are to tackle the global burden of disability in a meaningful way, we must develop short-, medium- and long-term strategies to build the



Visiting Norrskan, innovation and entrepreneur hub, Kigali

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Katie de Luca confirmed as new Disability and Rehabilitation Committee Chair

The World Federation of Chiropractic (WFC) is pleased to announce the appointment of Dr Katie de Luca BAppSc, MChiro, PhD as the new chair of its Disability and Rehabilitation Committee (DARC).

Dr de Luca is a senior lecturer at the Brisbane Campus of Central Queensland University (CQU) in Australia. A 2008 graduate of Macquarie University, she is an accomplished researcher, with over 60 peer-reviewed journal publications and over 50 conference presentations, which include several invited keynote presentations on back pain in older adults, women's health conditions and sports chiropractic. She continues to work in private practice in the seaside town of South West Rocks in New South Wales.

Since obtaining her PhD in 2016 in gerontology, musculoskeletal conditions and women's health from the School of Medicine and Public Health, University of Newcastle in Australia, Dr de Luca worked as a post-doctoral research fellow at Macquarie University in Sydney before transferring to CQU. She chairs the Chiropractic Australia Research Foundation and is the Research Chair for Sports Chiropractic Australia.

Dr de Luca has received competitive research funding in excess of AUD\$3.4m. She is the Australian chiropractic lead on the international longitudinal study on Back Care in the Elderly (BACE). She was a lead author in the recently published systematic analysis of the Global Burden of Disease Study 2021, examining the global regional and national burden of low back pain.

A member of the editorial board of *Chiropractic and Manual Therapies* and the women's health section editor of the *Journal of Manipulative and Physiological Therapeutics*, Dr de Luca joins the DARC at an important time. Following the unanimous approval of the first resolution on



Dr Katie de Luca

strengthening rehabilitation in health systems at the 76th World Health Assembly, held last month in Geneva, Switzerland, rehabilitation is at the forefront of global healthcare. The WFC is a founding member of the World Rehabilitation Alliance, a WHO-led initiative.

Speaking after her appointment by the WFC Board, Dr de Luca commented, "I am very excited to Chair the WFC Disability and Rehabilitation Committee. I look forward to working with the new committee, to represent the chiropractic profession globally and to ensure evidence-based care is at the forefront of chiropractic practice.

"We will continue the work of the previous committee, in advocating for chiropractic as a key stakeholder in decreasing the burden of musculoskeletal diseases through the delivery of high value care."

WFC RC launches new Global Patient Safety Task Force

The WFC's Research Committee has launched a new Global Patient Safety (GPS) initiative, aimed at reducing incidents and improving the safety culture across the chiropractic profession.

Unanimously approved by the WFC Board at its May meeting, the project will be overseen by the Research Committee and involve the establishment of an expert task force. Planned projects will include a scoping review, identification of best practices in incident reporting and learning, risk management in chiropractic practice and knowledge translation activities.

In recent years, patient safety has increasingly been in the spotlight as health systems strive to reduce unnecessary incidents and iatrogenic injury.

"With adverse events having the potential to impact trust and confidence in the chiropractic profession, it is important that we do as much as possible to inform ourselves in relation to the risks and benefits of chiropractic treatments and related activities," said Prof. Richard Brown DC, LL.M, WFC Secretary- General.

"While we know that serious adverse events are rare, patients with multiple co-morbidities and known risk factors require special attention. The WFC GPS Task Force will highlight key areas of patient safety to support chiropractors, build and strengthen the existing safety culture and help to meet the expectations of patients and the public."

Chiropractors use a package of interventions in their treatment of patients, including hands-on care, adjunct therapies, health promotion, advice and exercise prescription. The process of shared decision-making involves a consideration by the chiropractor of the suitability and safety of each intervention. In addition to direct patient care, chiropractors also have a duty to consider the safety of their offices and clinics.

A WHO resolution on patient safety, passed in 2019 at the World Health Assembly, made a commitment to take global action in tackling avoidable harm. Its subsequent publication, Global Action on Patient Safety, set out goals and targets to reduce morbidity from healthcare related incidents.

Chair of the Task Force and Research Committee vice-chair, Dr Katie Pohlman DC, PhD, said: "With the current global focus on patient safety, I'm



RC Vice Chair Dr Katie Pohlman will chair the new GPS Task Force

proud to be leading this WFC Task Force, which will support the chiropractic profession but, most importantly, work to minimize adverse events and protect patients.

"The creation of an open, transparent culture of patient safety is key to maintaining trust and credibility. The Task Force is looking forward to adding to the body of knowledge and advancing safe, evidence-based, people-centered practice."

WFC visits advance health and wellbeing center of excellence

In June 2023, WFC Secretary General Richard Brown, was invited by Faye Deane, WFC Public Health committee member and a Senior Lecturer at Teesside University, to the Advanced Wellbeing Research Centre (AWRC), a world-renowned facility based at Sheffield Hallam University. The visit served to establish new relationships among



L>R: Jeff Breckon, Brian Deane, Faye Deane, Richard Brown Richard Caborn, Jason Brennan, and Daniel Moore

organizations sharing the common goal of improving population health through physical activity.

The AWRC's mission is to improve health and wellbeing by addressing the social, behavioral and economic determinants of health, to reduce health inequalities in underserved local communities, and to focus on prevention of disease through the adoption of a healthy and active lifestyle.

The 2022/3 WFC Public Health campaign promoting physical activity is aligned with WHO's 2018-2030 Global Action Plan on Physical Activity (GAPPA). GAPPA encourages stakeholders across all sectors, at global, regional and local levels, to provide safe environments and opportunities to help support people increase their levels of physical activity whilst simultaneously reducing sedentary behavior.

The AWRC is a unique organization which delivers just that through meaningful partnerships with charities, local authorities, health and technology sectors. Through collaborations with world-leading experts in academia, sports and health and wellbeing, the AWRC has co-produced innovations which aid independent movement for children with special needs, strengthen the aging population burdened with neurological and cardiovascular issues and facilitate exercise programs designed to help people with cancer prepare for and recover from treatment.

As a fundamental part of the London 2012 Olympic legacy, increasing participation in sport at all levels has been a key objective at the AWRC. It is one where they have excelled, offering over 60 sports which can be played within one of the various sporting venues at the center. This includes a football stadium, the English Institute of Sport Sheffield and IceSheffield, catering to both the elite athlete and the local community alike.

Centers of excellence such as the AWRC are crucial in supporting and achieving the WHO mission to reduce the burden of physical inactivity, ensuring health needs of communities narrow rather than widen. In support of the 2022/23 WFC Public Health campaign, the AWRC has agreed to support World Spine Day on October 16, 2023.

WFC Public Health Committee member, Dr Faye Deane, commented: "We thank the AWRC for its continued dedication to proving accessible, community-based physical activity initiatives to all. As chiropractors, we all have a duty of care to educate our patients on the risks associated with physical inactivity and to signpost our patients accordingly to local groups, organizations or charities who promote physical activity through accessible initiatives."

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WFC at GCC for meeting of regulators

In April, the WFC was part of a group of stakeholders that convened at the London offices of the General Chiropractic Council, the statutory regulator for the UK chiropractic profession.

As well as the GCC executive and Council, Dr Tim Cooper (Chair) and Ms Glynis Sharman (Executive Director) of the New Zealand Chiropractic Board were also present.



Those present included UK and New Zealand regulators

Those assembled for the meeting, which included program leaders from UK educational institutions and the Royal College of Chiropractors, heard from the respective regulators about their current work and strategic objectives before a wide-ranging round table discussion.

All were agreed on the value of regulation in order to maintain high standards within the chiropractic profession.

Secretary-General Richard Brown spoke on behalf of the WFC, whose 20 Principles (www.wfc.org/principles) include strong support for enforceable regulation in upholding good conduct and practice.

WFC President showcases activity at ICA conference

WFC President Dr John Maltby was in Las Vegas in April at the annual conference of the International Chiropractors Association (ICA), where he addressed the membership on WFC activities around the world.

Dr Maltby, a past president of the ICA, described the current work of the WFC including the support of member associations around the world, empowerment of emerging leaders, promotion of high standards of chiropractic education and advancement of awareness, utilization and integration of chiropractic internationally.

The ICA is one of the founding members of the WFC and is one of the oldest national chiropractic associations globally.



ICA Board Member Dr Joseph Betz with WFC President Dr John Maltby at the 2023 ICA Conference

WFC co-sponsors rehabilitation side event during WHA

In May, the WFC worked with a range of partners to co-sponsor a side event in Geneva, Switzerland during the 76th World Health Assembly. The event was organized to support the passing of the first ever WHO resolution on strengthening rehabilitation in health systems.

WHO defines rehabilitation as ‘a set of interventions designed to optimize functioning and reduce disability in individuals with health conditions in their interaction with their environment.’

This is the first time the WFC has been involved in an event of this nature, and it collaborated with organizations including the International Society for Physical and Rehabilitation Medicine, World Physiotherapy, Humanity and Inclusion International, the World Federation of Occupational Therapy and others. The event was also officially supported by Cochrane Rehabilitation and the countries of Israel, Brazil, Croatia, Colombia and Brazil.

The meeting was attended by ambassadors and diplomats as well as world leaders from the rehabilitation community, who heard a panel of speakers, including the WHO’s Professor Alarcos Cieza and Canadian Memorial Chiropractic College’s Professor Pierre Côté describe the global



Professor Alarcos Cieza, WHO Unit Head, Non-communicable Diseases, Blindness and Deafness



The side event took place during the 76th World Health Assembly

need and significance of rehabilitation around the world.

WFC Secretary-General and WHO designated focal point Richard Brown said: “Chiropractors are highly trained and competent to deliver evidence-based rehabilitation using a range of interventions for persons with spine and joint disorders. Throughout the history of the profession, chiropractors have focused on improving function to prevent disability and support persons with disabilities. With low back pain being the largest single cause of years lived with disability on the planet, chiropractors are well placed to work interprofessionally and collaboratively to create happier, healthier and more active lives.

“We must embed rehabilitation as a core competency in chiropractic training and ensure that the chiropractors of tomorrow fully understand the role they can play in this area. Competency-based, biopsychosocial health professions education is now recognized by WHO as the gold standard. Chiropractic can play a key role in addressing the world’s enormous unmet rehabilitation needs.”

The WFC is a founding member of the World Rehabilitation Alliance, a WHO-led initiative whose role is to advocate for increased access to rehabilitation globally.

Why chiropractors should care if their patients smoke or use tobacco

Claire Johnson, PHC Chair

Chiropractors perform an important role as primary contact health care providers. They have the opportunity to support and promote healthy behaviors for prevention and cessation of tobacco and nicotine product use for their patients and to advocate for public health efforts in their communities. The World Federation of Chiropractic has supported the World Health Organization's efforts against the deadly and harmful effects of tobacco and nicotine for over two decades. It has recently affirmed a new position statement on tobacco and nicotine use www.wfc.org/posn_tobacco

Here are five reasons why chiropractors should care about patients using tobacco:

1. Public health importance. Tobacco use is one of the biggest preventable causes of death in the world. It is estimated that 5.4 million people each year die from the effects of tobacco use.

Non-users are also exposed through secondhand smoke or tobacco product residue. And, harms from vaping and e-cigarettes are resulting in additional warnings and bans.

2. Significance for chiropractic patients.

People with back pain seek out chiropractors for preventive care, palliative care, and advice. In addition to general health issues, there is evidence that there is an association between smoking and back pain and that smoking has a negative effect on spinal health.

3. Congruency with chiropractic principles.

Concern with tobacco use fits within the chiropractic principles that include drug-free approach to life and health promotion. Chiropractors should educate patients who smoke and those who may be considering smoking, such as children and teens, about the negative influence that smoking has on health.

4. Duty as primary health care practitioners.

Our duty as chiropractors includes educating our patients about the harmful effects of smoking and tobacco use. We can use the clinical encounter as an opportunity to educate patients about the negative effects of smoking on spinal health and the benefits of quitting.

5. Enhancing doctor/patient relationship.

Chiropractors have a responsibility to educate patients about the dangers of tobacco and smoking and to connect them with smoking cessation programs. When patients hear a message from multiple sources, including chiropractors, they are more likely to take positive action, which benefits their health and the health of the public.

The WFC Public Health Committee encourages all chiropractors to use WHO resources and to share the quitting toolkit with patients.



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

The Chiropractic Educators Research Forum (CERF) is an online forum where chiropractic educators share their insights and learn new information about research and scholarship. It is a place for chiropractic educators to engage in research and the scholarship of discovery, integration, application, teaching, and engagement.



Chiropractic
Educators
Research
Forum

Our Mission: To build scholarship and research capacity for chiropractic educators throughout the world.

Upcoming CERF conferences [CERFweb.org](https://www.cerfweb.org)

**Battling Burnout:
Raising Resilience
in Education**

December 2, 2023

Identifying burnout
and building resilience
in the psychosocial domain

Battling Burnout: Raising Resilience in Education

Abstracts due **September 18, 2023**

Burnout is a “syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed” (WHO) and interferes with daily activities. *Resilience* is “the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.” (APA). This conference gives chiropractic educators an opportunity to present what is being done to diminish burnout and build resiliency in the psychosocial domain. Abstracts may include projects related to measuring or abating burnout, or building resilience for faculty, staff, and/or students.

**Technology in Education:
Riding the Wave of the Future**

June 22, 2024

Collaboration in Education and Research: Stronger Together

December 7, 2024



Technology in Education: Riding the Wave of the Future

Abstracts due **March 7, 2024**
For this conference, we will take an in depth look at collaboration related to education and research, including interprofessional collaboration, collaboration between education programs, and other collaborations.

Collaboration in Education and Research: Stronger Together

Abstracts due **September 18, 2024**
For this conference, we will take an in depth look at technology in education.

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Time to book your place at the international chiropractic event of 2023

With a little over 3 months to go, anticipation is building for the 17th WFC Biennial Congress, which takes place October 11-14 in Gold Coast, Australia.

This year's Congress promises to be the best ever, with over 60 speakers from around the world having confirmed their attendance.

The Congress, which takes place at the prestigious Gold Coast Conference and Exhibition Centre, offers state of the art facilities, being just a short walk from the preferred congress hotels.

Our Congress theme of 'Let's Start With The Patient' reflects the need to be people-centered and acknowledges the central role that this plays in the provision of chiropractic care, regardless of the part of the world or environment in which that care is being delivered.

The spectacular Gold Coast Conference and Exhibition Centre will play host to the 17th WFC Biennial Congress. This state of the art facility is located in the upscale Broadbeach area of Gold Coast, close to our recommended hotels and within easy reach of the world famous, sun-kissed beaches.

Over the course of three packed days, our academic program will take attendees on a journey covering various facets of people-centered care. These include equity, diversity and inclusion, the patient experience, contextual factors, personalized packages of care, delivery of care across the life course, patient safety, communication and social determinants of care.

Our opening speaker will be Dr Dinesh Palipana. Dr Palipana is a spinal cord injured paraplegic emergency doctor at Gold Coast University Hospital. He has spoken and written extensively



about his experience both as a patient and a health care professional, and will share his thoughts on people-centered care seen through different lenses.

Dr Mufudzi Chihambakwe, president of the African Chiropractic Federation, will speak on providing chiropractic care to underserved communities, and Professor Andrew Briggs, consultant to the World Health Organization, will describe the global strategy for the provision of musculoskeletal care.

We will hear the perspectives of truly international panel members who will discuss and debate factors related to people-centered chiropractic care.

continued

Time to book your place at the international chiropractic event of 2023 (continued)

The WFC's commitment to evidence-based, people-centered, interprofessional and collaborative care - the pillars of our #BeEPIC campaign - will be front and center throughout the Congress. We will be showcasing both original and published research and awarding prizes to the best submissions in our research competition.

We have a range of workshops that provide something for everyone, with topics including pediatrics, women's health, sports chiropractic, neurology, rehabilitation, clinical

biomechanics, business and management, and public health. Technique masterclasses will also be included in the program for those wanting a hands-on experience.

Our Congresses would not be the same without a vibrant social program and our 2023 event is no exception. As well as our opening night cocktail and canape welcome reception, we are hosting a traditional Aussie Night at Gold Coast's Sea World resort and a Gala and Awards Dinner on the final night.

Gold Coast is located on the east

coast of Australia, 66km (41 miles) south of Brisbane, where the main international airport is located. Famous for its long sandy beaches, surfing spots and elaborate system of inland waterways, there are endless activities such as hiking, water sports and theme parks.

The 17th WFC Biennial Congress promises to be an unforgettable experience and a once-in-a-lifetime opportunity to share in the excitement of a global chiropractic event at an iconic location. We look forward to seeing you there!

17TH WFC CONGRESS
Gold Coast
Australia 11-14 OCTOBER 2023

REGISTER NOW AT
wfccongress2023.org.au

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ACA
AUSTRALIAN CHIROPRACTORS ASSOCIATION

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IT'S LIVE!
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'Let's Start With The Patient' offers unmissable range of top international speakers



Dr Dinesh Palipana OAM is a remarkable human being. A doctor, lawyer, scientist and disability advocate, he was the first quadriplegic medical intern in Queensland. He was the first person to graduate as a doctor with a spinal cord injury.

Dr Palipana is the opening keynote speaker at the 17th WFC Biennial Congress. He sees health care through the unique lens of having been the victim of a catastrophic injury, patient, doctor and advocate for equity, diversity and inclusion. He will speak at the first session of the Congress.

Dinesh Palipana



Matthew Antonucci



Elise Hewitt



William Morgan



Mark Charrette



Michele Maiers



Ayla Azad



Ricardo Fujikawa



Andreas Eklund



Martha Funabashi



Michael Schneider



Jeb McAviney



Alice Cade



Rebekah Wilks



Eric Chu



Henrik Wulff Christensen

'Let's Start With the Patient' offers unmissable range of top international speakers (continued)



Bill Hayward



Deed Harrison



Martin Camara



Andrew Briggs



Cassandra Fairest



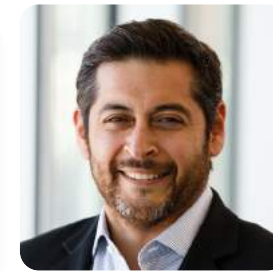
Lise Hestbaek



Lyndon Amorin-Woods



Imran Khan Niazi



Matt Fernandez



Mufudzi Chihambakwe



Mark Gurden



David Cahill



Katie de Luca



Faye Deane



Claire Johnson



Genevieve Keating



Kendrah da Silva



Luana Nyiro



Deborah Kopansky-Giles



Luke Nelson



Jason Jaeger



Dawn Dane



Amy Miller



Arantxa Ortega



John Maltby

'Let's Start With the Patient' offers unmissable range of top international speakers (continued)



Kenneth Young



Sidney Rubinstein



Wayne Minter



Catherine Quinn



Stacie Salsbury



Pete Garbutt



Steven Passmore



Katie Pohlman



Peter McGlynn



Christopher Yelverton

The Congress will feature the strongest and most diverse speaker faculty ever assembled. With a theme of 'Let's Start With The Patient', the Congress will focus on elements of patient-centered care, a subject that has compelling relevance to the entire chiropractic profession.

The Congress will take place in the exceptional Gold Coast Convention and Exhibition Centre in the upmarket Broadbeach area of Gold Coast. Its modern, state-of-the-art facilities will provide the perfect backdrop for this global event, which will attract attendees from each of the WFC's 7 world regions.

Sessions will include equity, diversity and inclusion,

indigenous care, patient experience, maintenance care, care through the life course, and patient safety.

The program also includes compelling panel discussions, ground-breaking research presentations and innovative workshops on topics such as pediatric care, rehabilitation, orthopedics, concussion management, sports chiropractic and business. Technique primers will also be featured on the workshop program.

Networking is always a key element of the learning experience at WFC Congresses and there will be ample time to visit vendors at the Expo area, meet with researchers at the poster exhibition, reconnect

with old friends and make new ones during the generous refreshment breaks.

The social program kicks off on Wednesday evening (October 11) with our welcome reception. A traditional Aussie night will be held at the Sea World resort on Thursday (October 12), while a glittering gala banquet will close off the 17th WFC Biennial Congress on Saturday, October 14.

This is a once-in-a-lifetime opportunity to attend a chiropractic event of this magnitude in one of the world's most iconic locations. To find out more and to book your place at the 17th WFC Biennial Congress, go to the website at wfccongress2023.org.au.

REGISTER NOW

wfccongress2023.org.au

ACADEMIC PROGRAMME NOW ONLINE!

17th World Federation of Chiropractic Biennial Congress

in association with the

Australian Chiropractors Association

Gold Coast Convention & Exhibition Centre, Gold Coast, Queensland, Australia

11-14 October 2023



ARE YOU A HEALTH PROFESSIONAL WHO USES ONLINE NETWORKS OR PLATFORMS?

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Complete our survey (15 minutes) to share your experiences.

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Clinical and rehabilitation services at AECC University College support NHS with triaging service for lower limb patients

Clinical and Rehabilitation Services at AECC University College is pleased to be working with Dorset Musculoskeletal (MSK) Service to provide a triage service in its on-site Clinics.

A multidisciplinary team of chiropractic clinicians and physiotherapists based at the University College is assisting the NHS by triaging a caseload of 700 patients who are experiencing lower limb pain or discomfort.



The Integrated Rehabilitation Centre at AECC UC

Chiropractic Clinic Lead at AECC University College, Daniel Heritage explains:

“We are running a Pilot Study with 700 NHS patients. It’s a multidisciplinary service: we have a team of four chiropractors and three physiotherapists working together to triage patients.

“This is uniquely collaborative across MSK services: the focus for us is on competency, rather than profession. Our focus is on giving patients the best outcome from the assessments that we are undertaking.

“Running this service offers our students a fantastic opportunity to observe and learn from the patient care taking place.

“We’ve had a partnership with Dorset MSK for the past two years: the team runs a clinic from four rooms in our on-site Chiropractic Clinic. This gives our student chiropractors the opportunity to spend time with the clinicians and observe and learn.

“Patients are also able to access our on-site imaging service if needed to determine the best care for that patient. The range of rehabilitation services that we have on site makes us very well-placed to offer a service like this.”

Director of Clinical and Rehabilitation Services at AECC University College, Dr. Neil Langridge, said: “Our clinical service aims to represent a gold standard for collaboration between services. We’re a forward-thinking organization that prioritizes collaboration to help patients reach their potential.

“We’re bringing professions together in a community of practice, based on competency, safety and capability. With different services working together in this way, we can create something really exciting and unique that will enable our patients to reach their potential. This new triaging service is a great example of this.”

Students at AECC University College also benefit from the specialist Paediatric and Sports Chiropractic Clinics on-site, with final year placements now available for students in both specialisms.

Head of the School of Chiropractic, Philip Dewhurst, explains: “Undertaking observation and having access to placements in these specialist Clinics gives students a greater breadth of experience. This collaboration helps to break down any misunderstanding that exists between professions, because we’re all working together to help patients and that is our common goal.”

Malaysia's IMU awarded accreditation until 2026

The International Medical University (IMU), based in Kuala Lumpur, Malaysia, recently announced that its chiropractic program has been granted re-accreditation by the Council on Chiropractic Education Australasia (CCEA) until April 2026.

This notable achievement signifies the program's commitment to delivering high-quality chiropractic education and meeting international standards consistently.

The CCEA, an internationally recognized accrediting body, evaluates chiropractic programs to ensure they meet stringent quality standards. Their accreditation process involves a comprehensive assessment of various aspects, including curriculum design, faculty qualifications, clinical training, research opportunities, and institutional support. By obtaining re-accreditation from CCEA, IMU's chiropractic program has demonstrated its compliance with these rigorous standards.

Since its initial accreditation in 2013, the IMU Chiropractic program has maintained its dedication to excellence, ensuring continuous adherence to rigorous quality standards. The re-accreditation by CCEA validates the program's ongoing efforts in providing exceptional chiropractic education.

The international recognition garnered through CCEA accreditation has significantly benefited graduates of IMU's Chiropractic program. The program's strong reputation and compliance with international standards have opened up numerous career opportunities for graduates both locally and internationally.

In terms of employment prospects, a substantial percentage of IMU Chiropractic graduates have secured positions in the field. Locally, many graduates have joined reputable chiropractic centers, hospitals, and wellness centers, contributing to the advancement of healthcare in



CCEA evaluation team with academic leaders from IMU

Malaysia. These graduates have been able to apply their knowledge and skills gained from the program to provide non-invasive and holistic care to patients, positively impacting their well-being.

Internationally, IMU's CCEA-accredited chiropractic program has enabled graduates to pursue careers around the world. Graduates have found employment in various countries, including Australia, New Zealand, United Kingdom, Philippines, Hong Kong, Singapore, etc. This global recognition has not only enhanced their professional prospects but has also allowed them to experience diverse healthcare systems and contribute to the advancement of chiropractic care on an international scale.

The continuous recognition and re-accreditation of IMU's Chiropractic program by CCEA demonstrate its unwavering commitment to producing highly skilled chiropractors who contribute to the global healthcare landscape. As the program continues to thrive with its renewed accreditation, IMU remains dedicated to nurturing future chiropractic professionals who will shape the future of chiropractic care, improve patient outcomes, and contribute to the advancement of healthcare worldwide.

EDI advocate named as new LSBU Course Director

One of the chiropractic profession's strongest advocates for equity, diversity and inclusion has been named as the new Course Director of the chiropractic program at London South Bank University (LSBU). Dr Sumaya Ahmed is a 2016 graduate of the Welsh Institute of Chiropractic, University of South Wales and has worked in chiropractic education since March 2020.



Dr Sumaya Ahmed is the course director at LSBU

In being appointed to this new role, Dr Ahmed feels she has fulfilled her destiny. "It seemed that becoming an educator was inevitable, seeing as both of my parents were teachers. However, at school I was often in trouble, and didn't have the best experience.

"At seventeen, I learned about chiropractic through a friend at school who was going to university to study. After connecting with a local chiropractor in Bristol, I applied to university and was offered a place on the foundation year program. I graduated from the Welsh institute of Chiropractic five years later."

On graduating from WIOC, Dr Ahmed went into private practice. However, after a couple of years working in chiropractic clinics, she felt she wanted to look at other career opportunities.

In 2018, she moved to London and began a post-graduate diploma in education (PGDE) through Teach First. On qualifying, as well as working full time as a science teacher, she practiced as a chiropractor during weekends and school holidays to ensure she retained her skills.

She became aware of the need for equity, diversity and inclusion (EDI) advocacy during her early teaching career. "It was in secondary schools that I knew my presence as a South Asian woman was valued by my students. I set out to inspire students who could relate to me, knowing I never had the same experience when I was at school and university."

In 2020, Dr Ahmed joined London South Bank University as a lecturer on the chiropractic Masters degree program.

She says: "As the only staff member from a minoritized ethnic background, I quickly saw how my lived experience would aid our chiropractic students through their journey. Earlier this year, I was promoted to Senior Lecturer and am delighted to have become the course director for the chiropractic program. I hope to continue to use my presence to influence not only our student body, but also the profession."

Pioneering progress at Campbellsville

Located in the heartland of America, Kentucky boasts a rich heritage of pioneering spirit and a deep appreciation for holistic healthcare.

It is within this dynamic landscape that the visionaries behind Campbellsville University's new chiropractic college have recognized an extraordinary opportunity to cultivate a new generation of chiropractors armed with knowledge, skills, and compassion.

By offering a comprehensive curriculum that integrates technology, hands-on training, a patient-centered approach, and a sharp business acumen, this institution aspires to elevate chiropractic in the state.

Since the campus opened, three cohorts have been admitted. Being a new program, the first cohort consisted of only nine specially chosen students, but the number of students for each subsequent trimester has grown rapidly. Students are mostly from Kentucky, with others from out of state, including Pennsylvania, Indiana, and Tennessee. The first cohort students included a high school teacher, a cook, a speech pathologist, several basic science and health-related majors, an engineer and several small business owners.

At the core of this new college lies a profound belief in the power of chiropractic care to transform lives. As the demand for non-invasive, drug-free therapies continues to grow, the need for highly skilled and compassionate chiropractors becomes increasingly relevant.

This new endeavor is not only a testament to the pioneering spirit of Kentucky but also a testament to the collaborative nature of healthcare.

By forging strategic partnerships with local hospitals, clinics, and healthcare organizations, the college seeks to create a robust network that will offer unparalleled clinical experiences for its students.

The faculty also provide a diverse perspective, having previously served as faculty at a number of different institutions, including LACC, National, Texas Chiropractic College, NYCC, Palmer, Palmer West, and Logan. Some of the faculty have been involved in academia for decades, and others have transitioned to academia after a number of years of successful practice. Two faculty members have over thirty years of experience in clinical practice.

Beyond the classroom and clinical settings, the new chiropractic college envisions a vibrant hub of research and innovation.

By fostering a culture of inquiry and providing resources, the institution aims to push the boundaries of chiropractic knowledge, pioneering new treatment options and protocols. Through interdisciplinary collaborations and a commitment to evidence-based practice, this college aspires to make significant contributions to the scientific understanding and advancement of chiropractic care.

The establishment of a new chiropractic college in Kentucky not only reflects the growing recognition of chiropractic medicine but also serves as a beacon of hope for the communities it will serve.



Campbellsville University School of Chiropractic holds its first white coat ceremony

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.

Join the Chiropractic Leading Team

New York Medical Group

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EC Healthcare is Hong Kong's largest non-hospital medical service provider, leveraging the businesses of preventive and precision medicine. The Group is a constituent stock of the Hang Seng Composite Index. New York Medical Group (NYMG), the member of EC Healthcare, provides chiropractic services with professionalism with medical artificial intelligence by integrating its multi-disciplinary medical services across 35 medical disciplines. The Group currently operates 154 service points, providing one-stop medical and healthcare services. The total GFA is around 557,000 sqft.



ACA holds faculty symposium at Keiser University

The American Chiropractic Association held its third annual Faculty Symposium last month, hosted by Keiser University in West Palm Beach, Florida. The gathering was the first in-person event that the Faculty American Chiropractic Association (FACA) has hosted, and it provided an opportunity for chiropractic faculty from around the country to gather for a day of presentations and networking.

Seven faculty experts presented throughout the day, giving attendees the opportunity to earn six continuing education credits on site. These presentations covered a range of topics, but all offered insights and techniques that FACA members can take directly back to their classrooms.

“Exceptional Faculty Symposium by the ACA at Keiser University. The astounding speaker group shared relevant clinical pearls and new research updates. The presentations were diverse, and evidence based,” noted participant Mina Mikhail, DC, CCSP, CIR.

Karen-Ann Gordon, DC, RDH, started the day off with “Brain-Body Connection: Let’s Connect the Dots,” sharing information about the connection between musculoskeletal pelvic dysfunction and temporomandibular joint dysfunction.

This was followed by presentations from William Lauretti, DC, and Jennifer Illes, DC, MSACP, RN, MSN — both former FACA leaders who also functioned as the event’s MCs. Dr. Lauretti presented about teaching side-posture lumbar and pelvic adjustments, and Dr. Illes discussed foot orthotics, adjustments, and the importance of lower-extremity evaluation. “This was my favorite class,” fellow presenter James Lehman, DC, DIANM, said of Dr. Illes’ presentation. “Dr. Illes stressed the value of the flexibility of the large toe with sprinters and running athletes. It was basic advice with valuable information.”

Presenter Tatiana Habanova, DC, DACNB, discussed the ways that the foundational Pilates rehabilitative



Attendees at the ACA Faculty Symposium, held at Keiser University

concepts can enhance chiropractic clinical outcomes in “Pilates Rehabilitation Meets Chiropractic Practice.” In his “Effects of Posture” presentation, Nathan Schilaty, DC, PhD, taught attendees about an ongoing study into the effects of posture on mental health, frailty, and physical function. “Dr. Habanova got me to sit up straight and breathe properly, and Dr. Schilaty supported Dr. Habanova’s comments with research data, which was a nice follow up,” noted Dr. Lehman, who then presented his own session about his experiences developing a full-time chiropractic residency program.

To close out the day, Geoffrey Gerow, DC, DIANM, shared “Correlative Synergy in the PI Practice through Published Case Studies.”

Foot Levelers CEO awarded honorary degree by Logan University

Kent S. Greenawalt, chairman and CEO, Foot Levelers, was conferred an honorary degree, Doctor of Chiropractic Humanities with Honoris Causa, by Logan University at their



L>R Clay McDonald (Logan University President), Kent Greenawalt (CEO, Foot Levelers) and Donald Altman (Logan Board Chair)

commencement ceremony held on the university's campus in Chesterfield, Missouri on Saturday, April 22nd.

"With his vision and dedication, Kent promotes and inspires chiropractors worldwide," said Clay McDonald, DC, MBA, JD, president, Logan University. "It is with our gratitude that Logan confers this honorary degree on Kent Greenawalt in recognition of his generosity and dedication to our profession."

As he accepted the degree and congratulated the Logan graduating class of 2023, Greenawalt reflected, "It is truly humbling to receive this honorary degree and address the future of the chiropractic profession. Foot Levelers has been committed to Logan and the chiropractic profession at large for decades and will remain steadfast into the future. Quality education and research are the backbone of our field."

New President-Elect announced at Texas Chiropractic College

Sandra Hughes DC, FICC has been appointed as President -Elect of Texas Chiropractic College after it was announced that current president Steven Foster DC, FICC would be stepping down.

Dr Foster, who has served as TCC President since 2016, said: "It has been an honor to serve as President of Texas Chiropractic College. I am proud of where Texas Chiropractic College stands today and I know the best is yet to come."

Dr. Hughes will be the first female President of Texas Chiropractic College. The 1994 TCC graduate has served as Executive Vice President since 2020.

Hughes embraces the future as TCC president. "I affirm my commitment to the students, faculty,



Sandra Hughes DC, MEd, FICC will become the 16th TCC President

staff, alumni, and supporters of TCC. We will invest in opportunities that inspire and empower every life TCC touches," she said on being named President-Elect.

FCLB recognises CCE-LA President for service

During the recent Annual Meeting of the Federation of Chiropractic Licensing Boards (FCLB) held in West Palm Beach, Florida, Dr. Joseph Busch, President of the Chiropractic Council of Education in Latin America (CCE-LA) presented the project of accreditation of Chiropractic Programs in Latin America as a collaboration project with the Latin American Chiropractic Federation (FLAQ).

The attendance was supportive and excited about the project and expressed its willingness to contribute to the continued development of the chiropractic profession and support the talented members of the CCL-LA, their vision and interests in supporting their funding needs.

In addition, Dr. Joseph Busch received an award from the FCLB president Dr. Carol Winkler to recognize the effort put into the CCE-LA project.



Dr Joseph Busch, President of CCE-LA, received an award in recognition of his service from Carol Winkler, President of FCLB.





SEGUNDO CONGRESO LATINOAMERICANO
 UNEVE - FLAQ - CONALQ

1er. ENCUENTRO *Grandes Quiroprácticas*

[Flags: Italy, Belgium, Brazil, Cuba, Dominican Republic, USA, Chile, France, Mexico]

CCA director Parmar named 2022 UWS Alumnus of the Year

Jaipaul Parmar, DC, 2010 graduate of University of Western States (UWS) was recently honored at the UWS alumni of the year reception in April as the 2022 UWS Alumnus of the Year.

This distinction honors the accomplishments of outstanding UWS graduates as they advance the science and art of integrated health care.

Dr. Parmar's professional work has demonstrated exemplary leadership and commitment to the UWS motto, "for the good of the patient" in addition to embodying the core values of UWS – student focus, best practices, curiosity, inclusiveness, professionalism and whole-person health.

Shortly after receiving his license, Dr. Parmar began serving as a member of the British Columbia Chiropractic Association (BCCA) and the Canadian Chiropractic Association (CCA). In 2022, he was nominated to sit on the CCA Board of Directors.

"Since graduating from UWS in 2010, Dr. Jaipaul Parmar's contribution to the BC chiropractic community and the university has been



Jaipaul Parmar receives his award from UWS President, Joseph Brimhall

significant," said UWS President and CEO Dr. Joseph Brimhall. "Dr. Parmar's clear passion for the profession goes beyond boards and public service but is also evident on an individual level as a mentor to UWS student interns.

Northeast celebrates winter convocation

Twenty-nine new doctors of chiropractic received their diplomas during Northeast College of Health Sciences Winter 2023 Commencement Ceremony. This degree is earned after 10 trimesters of study, which includes courses in areas like biochemistry, gross anatomy, neuroscience, nutrition and business management, as well as extensive hands-on clinical experience and research.

Dr. Gary Tarola, board member of NCMIC, was the Winter 2023 Commencement speaker. During his address to the graduating new doctors and other guests, Tarola reminded them of what it takes to achieve and succeed.



Northeast College graduates take their chiropractic pledge.

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CERF continues to build education research capacity

CERF is an independent, volunteer run organization created for chiropractic program faculty, staff, and administrators to build education research capacity and to develop and advance academic scholarship.

CERF membership continues to grow and now exceeds 450.

Members represent the international chiropractic teaching community from Australia, Brazil, Canada, Chile, Denmark, Israel, Malaysia, Mexico, New Zealand, Puerto Rico, South Africa, Spain, Sweden, Switzerland, United Kingdom, United States.

Led by volunteer administrators, Dr Claire Johnson and Dr Bart Green, CERF Board members support rigorous education research and scholarship to advance the chiropractic profession.

The CERF Board embodies diversity, equity, and inclusion, representing diverse philosophical chiropractic paradigms and world regions as well as other traditional diversity traits.

In June, CERF held its latest online conference, "Keeping It Real: Practice Relevant Education," attended by over 80 chiropractic educators from around the world.

The upcoming CERF December 2023 virtual conference is *Battling Burnout: Raising Resilience in Education*.

This conference will focus on what chiropractic programs are doing to diminish burnout and build resiliency and will look at measuring or abating burnout, and building resilience for faculty, staff, and students.

WHO defines burnout as a "syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed" and interferes with daily activities.

Abstract submissions are due September 18, 2023. Visit <https://cerfweb.org> for details.

CERF thanks and recognizes WFC for its sponsorship.

CERF Board Membership 2023

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- The administrative track is for curriculum support personnel who will benefit from a blend of basic EBP education and strategy development, focusing on institutional initiatives and cultural change resources.

Both tracks will attend keynote, plenary and interactive workshops led by international leaders in EBP education.



Stipend Application - Closes April 3

Event Registration - Closes May 15

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Palmer College celebrates \$3m donation by alumnus

The largest single gift from a living alumnus has been received by Palmer College of Chiropractic.



Dr William Kiernan, centre, cuts the ribbon at the opening of the centre named in his honor

Palmer's new Experiential Learning Center has been renamed the William J. and Mary A. Kiernan Hall - Anatomy and Technique Center in honor of William Kiernan DC for his \$3m gift to the college, based in Davenport, Iowa. Dr Kiernan graduated from Palmer College of Chiropractic in 1951.

The newly-renovated building opened in March 2022. The anatomy and technique courses taught in this space sit at the heart of Palmer's internationally recognized curriculum, where students learn hands-on technique fundamental to their successful careers as Doctors of Chiropractic. The new space features five technique labs and four anatomy labs.

Chancellor, Dr Dennis Marchiori DC, PhD, said "Dr Kiernan embodies the dedication our alumni have to supporting the continued growth and advancement not only of Palmer College and the students and patients we serve, but also the chiropractic profession.

"This significant gift advances our vision to create a student learning experience that can't be replicated anywhere else."

NWHSU faculty member recognized for leadership

Northwestern Health Sciences University faculty member, Stephen Thompson, DC, DACM, LAc, CNT, BCTMB, has been recognized for his leadership and dedication to health and wellness.

Dr. Thompson has accepted a full scholarship and a place in the 14th cohort of integrative medicine fellows in the Academy of Integrative Health and Medicine (AIHM) program.

Dr. Thompson also received the Bloomington Pioneers and Changemakers award, an award that features Black leaders with a connection to Bloomington, who have worked to advance civil rights and equity in the fields of education, government, housing, law, medicine, and more.



Dr Stephen Thompson is a faculty member at NWHSU

Dr. Thompson commented, "It is always appreciated when being acknowledged for the work you do in a particular space. I applaud and thank the City of Bloomington for recognizing community members dedicated to the betterment of the city and the fight for diversity, equity and inclusion."

Life West opens new Nebraska campus

Life Chiropractic College West (LCCW) has announced the opening of a campus located at Bellevue University in Bellevue, Nebraska. In March, the Nebraska Post-Secondary Coordinating Commission approved Life Chiropractic College West's application for the Doctor of Chiropractic program to be delivered in Nebraska.

Bellevue University sits on a 46-acre campus located in the heart of the Omaha metropolitan area, home to more than a million people and a thriving health care industry.

The Doctor of Chiropractic program offered at Bellevue will be identical to the program offered at Life Chiropractic College West's campus in Hayward, California.

Opening in the fall of 2023, students will have access to state-of-the-art facilities, highly trained faculty, and an inspired learning environment that produces practice-ready chiropractors.

Life West president Ron Oberstein said "We know that increasing the population of chiropractic doctors creates the potential to transform lives and communities, and by expanding our reach and providing more students with greater access to chiropractic education, we are helping to ensure that the future of chiropractic is brighter than ever."

President of Bellevue University, Dr. Mary Hawkins, is excited with Life Chiropractic College West's expansion because of the access it creates.

"This relationship allows Bellevue University to provide students in the region with educational choices that simply weren't available to them previously," she said. "Individual learners and communities across the country will benefit thanks to Life Chiropractic College West's presence in the Midwest."

Palmer Florida names new campus president

Palmer College of Chiropractic has named William Sherrier DC, MA, campus president of Palmer Florida, located in Port Orange, Florida. Dr Sherrier assumed his new role on June 19. He replaces Dr



Dr William Sherrier, campus president at Palmer Florida

Peter Martin DC, who retired on June 30.

Dr Sherrier, who has served as Palmer Florida Dean of Academic Affairs for the past two years, is only the second person to hold the Palmer Florida campus president post since the campus opened in 2002.

"The campus president position presents a compelling opportunity for the right candidate. I feel that Bill is perfectly suited to this role," said Dr Dennis Marchiori, Chancellor and CEO of Palmer College of Chiropractic.

"It was especially gratifying to find our lead candidate among our ranks."

Canadian Chiropractic Research Foundation

The Power of Partnership

Part 2 of a 4-part series

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At the Canadian Chiropractic Research Foundation (CCRF), our mission is to create a perpetual source of funding to improve musculoskeletal health and related areas of well-being. In the last issue of the *WFC Quarterly World Report*, we showed how sharing goals and resources through partnerships can be leveraged to expand our impact with potential funders inside and outside the profession. We're now pleased to share even more about how collaboration is a dynamic way to achieve success.

"Our profession has always said the key to advancement is to have a seat at the table" says CCRF chair, Dr. Nadine Ellul. "And we're finding there are plenty of tables, ranging from community healthcare clinics and PRNS, to system navigators, insurers, policy advisors, universities, corporations and more. Partnerships began as a way to expand revenue generation, and we've been pleased to see that, along with extra cash flow, there are other important benefits as well. With each new signing we're tapping into new networks, resources and knowledge – while offering our allied organizations similar advantages."

"It's like not only having a seat at the table but bringing your own chair," shares Partnership Committee chair Dr. Sasha Hamid. "This has helped us to recognize a couple of different approaches we can take, simply described as Project-Based and Strategy-Based."

Project-based partnerships begin with a commitment to align resources to address a clear need. A good example is CCRF's current collaboration with the Canadian Memorial Chiropractic College (CMCC) and the University of Toronto (U of T). In this case, the shared goal of all parties was to attract additional research funding in the area of Equity, Diversity and Inclusion (EDI)

while activating effective prior research.

The Canadian Memorial Chiropractic College (CMCC) is home to many leading researchers, including Dr. Carlo Ammendolia, who is also the Director of a Spinal Stenosis Program at a major Ontario hospital and holds a Professorship in Spine, Department of Surgery, U of T. The partners worked together to extend Dr. Ammendolia's very well-regarded Spinal Stenosis Bootcamp study to patients at an inner-city clinic in Toronto which serves seniors, new Canadians and the LGBTQ+ community.

Each participant brought different capabilities. CMCC's infrastructure, clinical support and grant writing complemented CCRF's marketing outreach and brand heft as Canada's national research foundation. U of T then offered expert fundraising personnel and academic integrity to add further weight to our proposal. This resulted in a strong pipeline of potential project funders and we expect to have an announcement about the status of this initiative this fall.

Turning our attention to the strategy-based model, an excellent example is the recent co-sponsored Request for Proposal (RFP) between CCRF and The Foundation for the Royal Canadian College of Sports Sciences (Canada) – or THE FOUNDATION for short. By teaming up, each charity was able to bring financing to a funding pool, which then created opportunities for researchers with sports-related projects to apply for grants. Dr. Eric Helson, President of THE



Partnerships are key to the success and development of the Canadian Chiropractic Research Foundation.

The Power of Partnership (continued)

FOUNDATION, put the value of this alliance into context. "Chiropractic is an integral part of high-level athletics and strongly embedded within the sports performance community. At the same time, many conditions suffered by athletes – like repetitive stress, concussions, and poor ergonomics - are seen in the general public, making research in this area valuable to both audiences." Dr. Helson added "We have an extensive international network of sports chiropractors, a practice-based research network (PBRN). These aspects were valuable to CCRF, who already holds semiannual requests for proposals (RFPs)

and has exceptionally effective project administration and marketing programs."

All of this enabled THE FOUNDATION to direct more funds toward sports-related research and gain access to a much larger audience without having to shoulder the cost of a large RFP. In turn, CCRF expanded its research network and created a pathway to increase trust with sports organizations. "This test case for a co-sponsored RFP worked well", indicated Mr. Robert Harris, Executive Director, CCRF. "We elevated awareness for both organizations, provided over \$75,000 in funding for four

(4) high-impact studies and set the stage for more foundation-to-foundation cooperation in the future."

"Whether it's building relationships through projects or strategic planning, it's all part of the same goal," concludes Dr. Hamid. "We're proving partnerships are a powerful key to increase funding, establish long-term relationships and, ultimately, advancing evidence-based research to better serve our patients and the profession."

Watch for more exciting CCRF partnership news coming soon in the Fall Edition of Quarterly World Report!

Former RC Chair calls for rethink on back pain treatment

Past Chair of the WFC Research Committee, Professor Christine Goertz, has called for a dramatic change in how back pain is medically managed.

In an article published in MedPage Today, Prof. Goertz highlighted that many interventions currently used for the treatment of spinal pain and disability are unsupported by sound evidence. In her article, published in April, she stated that the treatment of back pain had been over-medicalized, with approaches causing more harm than benefit.

In her article, she took aim at the overuse of diagnostic imaging and said that prescription medications often did more harm than good, with risks outweighing the benefits. She alleged that

many of the approaches that are still being used cause people to transition from acute to chronic sufferers .

The problem, says Goertz, is not the lack of evidence. She points to guidelines advocating to non-pharmaceutical, non-surgical approaches to spinal pain, with exercise, education, self-care options, spinal manipulation, acupuncture and massage all forming part of the best care recommendations. "Part of the issue", she says, "are that these interventions are not in the financial interests of health systems drivers. Current payment policies do not help."

Goertz says that one solution may lie with better clinician education and familiarity with the evidence.

Vigorous activity lowers chances of severe LBP, says study

The more time you spend on moderate to vigorous physical activity, the less likely you are to have persistent, severe lower back pain. There can be two reasons for this: (1) physical activity protects against developing severe back pain; (2) people at risk of severe back pain have low physical activity because they have had back pain before.

Therefore, clinicians should encourage patients with low back pain to be physically active at a high level and help them find ways to be active.

The probability of a patient's low back pain developing into severe pain over the course of a year decreases by 2.8% for every minute the patient increases their physical activity level, especially if the intensity of the activity level is moderate to high. Regular activity or sedentary activity seems to have no influence on the development of low back pain. This is shown by a new study carried out by researchers from Australia and Denmark, which supports recommendations for physical activity that is adapted to the individual patient.

The researchers base their conclusion on an analysis of data from 329 participants aged 18 or over from the Australian AUTBACK (Australian Twin low BACK pain) registry.

They conducted the study because some previous studies have shown that differences in amount and intensity of physical activity affect low back pain differently. Other studies have shown that sedentary activity is associated with a threefold increase in the risk of having recurrent nonspecific low back pain.

Although this study indicates that more is better, it is important that patients know that even very short-term high-intensity activity has positive effects on health. A very large study from the UK has recently shown that just three short (1-2 minute) "sprint activities" during the day significantly reduce the risk of mortality.

Reference: Stamatakis, E., Ahmadi, M. N., Gill, J. M. R., Thøgersen-Ntoumani, C., Gibala, M. J., Doherty, A., & Hamer, M. (2022). Association of wearable device-measured vigorous intermittent lifestyle physical activity with mortality. *Nature Medicine*, 28, 2521-2529.

<https://doi.org/10.1038/s41591-022-02100-x>



Australia publishes clinical care standard for LBP

A team of Australian experts, including chiropractors, have introduced the 2022 Australian Committee on Safety and Quality in Health Care Low Back Pain Clinical Care Standard. Endorsed by 19 professional associations, the standard covers the early management of people who present with acute low back pain.

The Standard calls for a change

in clinicians' behavior, including stopping or reducing some traditionally used interventions.

The Standard sets out 8 quality statements covering assessment, management and review/refer.

These include reserving imaging for suspected serious pathology only, assessment for psychosocial factors and the provision of self-help and

exercise advice. It recommends only judicious use of pain medications and avoidance of benzodiazepines, anticonvulsants and antidepressants.

Finally, the Standard calls for an updating of curricula relevant to low back pain to reflect best evidence.

Councils on Chiropractic Education International (CCEI) framework standards

The Councils on Chiropractic Education International (CCEI) was established in 2001. It is made of member agencies that combine their efforts to collaborate, assure excellence, and guide consistent quality improvement in chiropractic education through accreditation. The CCEI established the International Framework for Chiropractic Education Accreditation consisting of 3 parts: (1) program standards, (2) competencies, and (3) policies and procedures for accreditation. The purposes of these documents include: (1) facilitate compliance of member agencies in meeting the agreed CCEI framework criteria, (2) use them as models for newly established accrediting bodies to develop their accreditation documents, and (3) facilitate international mobility of graduates and faculty. A project was implemented to investigate and report the outcomes of how well each member agency's standards complied with the CCEI framework program standards.

Each of the CCEI member agencies were provided with a mapping template that was approved by all representatives. A representative from each agency independently mapped their agency's standards to the CCEI framework standards using the template document.

There were 12 sections containing 30 standards within the CCEI framework standards. The products that were created were an executive summary of our findings and a detailed map showing similarities for each of the member agencies.

This mapping project demonstrated the similarities of the CCEI member agency standards and that these standards focused on outcomes-based chiropractic education. This quality improvement project resulted in useful dialogue among the member agencies during this project, which clarified areas of difference.

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Peterson CK, Randhawa K, Shaw L, Shobbrook M, Moss J, Edmunds LV, Potter D, Pallister S, Webster M. The Councils on Chiropractic Education International Mapping Project: Comparison of Member Organizations' Educational Standards to the Councils on Chiropractic Education International Framework Document. *Journal of Chiropractic Humanities*. 2022 Dec 1;29:1-6.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9294650/pdf/main.pdf>



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Strong patient-provider alliance may be the single most important predictor of clinical outcomes, say experts



Adoption of a biopsychosocial model and empowering patients to take responsibility for their condition can play a significant role in modern management of spinal pain and disability.

People suffering with musculoskeletal conditions, including back pain, must play a far greater role in self-care, conclude the authors of a new commentary published in *Chiropractic and Manual Therapies* [1].

Julie Fritz and Alice Kongsted, recognized global experts in low back pain, state that interactions with health care systems often exacerbate rather than alleviate concerns, suggesting that a shift away from clinician-led management may be required. The authors point to contextual factors in healthcare as being highly relevant, consistent with the biopsychosocial model of

care and a focus on patient centeredness.

As well as the structural, biomechanical role that exercise and manual therapies have on patients, their contribution to promoting patient self-efficacy and positive expectancy are also proposed as being of importance. The manner of delivery of interventions, say Fritz and Kongsted, may be as important as the interventions themselves. Communication, the setting of expectations and provision of feedback all serve to build the working alliance with patients.

The paper calls for more

evidence as to how the patient-provider alliance should be built and sustained, with future research incorporating the perspectives of both patients and providers. Coping strategies and patient empowerment strategies are recognized but not currently well described in the literature. The authors warn that the challenges required in such a shift should not be under-estimated.

Reference: [1] Fritz JM, Kongsted A. A new paradigm for musculoskeletal pain care: moving beyond structural impairments. Conclusion of a chiropractic and manual therapies thematic series. *Chiropr Man Therap.* 2023 Jun 1;31(1):15.

Japanese chiropractic science conference hailed as success by organizers

The research division of the Japanese Association of Chiropractors (JAC), the Japanese Society of Chiropractic Science, recently held its 14th annual conference in an online format.

This year, the conference chair was Dr Yasunobu Takeyachi MD, DC, a graduate of National University of Health Sciences and qualified as both a chiropractor and an orthopaedic surgeon. Dr Takeyachi's father, Kazuyoshi Takeyachi, was the first Japanese to have graduated from US chiropractic school after World War II in 1968.

The theme of the 2023 conference was "Integrative Healthcare in Rehabilitation".

Prof. Richard Brown, WFC Secretary-General gave a keynote address on the role of chiropractors in strengthening the provision of rehabilitation. With the WFC being a founding member of the World Rehabilitation Alliance and involved in the Rehabilitation 2030 initiative since its inception in 2017, it is a strong advocate for rehabilitation in chiropractic practice.

In April 2022, Integrative Medicine Program was established in Graduate School of Kanagawa Dental University, as the first integrative medical education in Japanese higher institutes. Professor Akira Kawashima, based at the university, is one of local pioneers of integrative medicine.

He presented on the impact of artificial intelligence on integrative, complementary and alternative medicine. He stressed that with an increase in chronic diseases and the expansion of home care, integrated medicine is best suited and widely used.

Mr Makoto Ohama, chairman of the Japan Spinal Cord Foundation who had a spinal cord



The 2023 JSCS conference was held in an online format

injury while playing rugby, presented about regenerative medicine and rehabilitation, and explained how in regenerative medicine in spinal cord injury, various stem cells are transplanted into the spinal cord to repair the neural circuits of the spinal cord. As a consequence of neuronal plasticity, rehabilitation is a critical element in recovery.

Dr Takayuki Tomohiro who is a graduate of Los Angeles College of Chiropractic and a former intern trainer of Los Angeles Dodgers (Major League Baseball), presented a workshop of rehabilitation used in chiropractic practice on the basis of Dr. Vladimir Janda's approach.

For more information, visit the Japanese Society of Chiropractic Science at

<https://www.chiropractic.or.jp/english/>

New DRC Chair co-authors GBD report on impact of low back pain

A new Global Burden of Disease (GBD) 2021 study estimates there will be over 800 million cases of low back pain in 2050, a 36 percent increase from 2020. With an ageing population, researchers say we must ‘put the brakes’ on low back pain cases before the burden becomes too great for our healthcare system.

This is the most comprehensive and up-to-date available data that includes for the first time global projections and the contribution of GBD risk factors to low back pain. The work was made possible by the joint efforts of lead author, Professor Manuela Ferreira from Sydney Musculoskeletal Health at the University of Sydney, the Institute for Health Metrics and Evaluation (IHME) at the University of Washington’s School of Medicine (healthdata.org), IHME’s international collaborators, and the Global Alliance for Musculoskeletal Health (gmusc.com). New WFC Disability and Rehabilitation Committee Chair, Dr. Katie de Luca, from CQUniversity was appointed as the lead, early career researcher on the low back pain systematic analysis, with Professor Jan Hartvigsen also a contributing author.

The findings are published in the [Lancet Rheumatology](#).

Analysis of over 30 years of the GBD data has shown the number of cases of low back pain is growing, with modeling suggesting that by 2050,

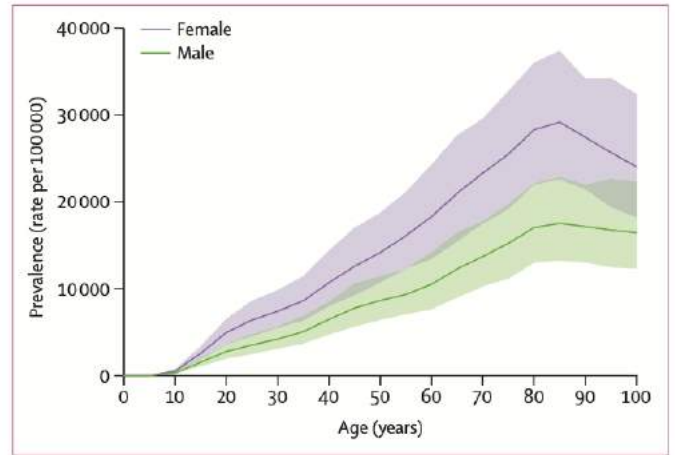


Figure 2: Global prevalence of low back pain by age and sex in 2020
Shaded areas represent 95% uncertainty intervals.

843 million people will be affected by the condition, largely due to population increases and ageing of populations.

The continued lack of a consistent approach on back pain treatment and limited treatment options have researchers concerned that this will lead to a healthcare crisis, as low back pain is the leading cause of disability in the world.

In Australia, there will be a nearly 50 percent increase in cases by 2050. The landscape of back pain cases is set to shift, with the biggest increases to be in Asia and Africa.

The study reveals several milestones in back pain cases. Since 2017, the number of low back pain cases has ticked over to more than half a billion people. And at least one third of the disability burden associated with back pain was attributable to occupational factors, smoking and being overweight.

A widespread misconception is that low back pain mostly affects adults of working age. But researchers say this study has confirmed that low back pain is more common among older people. Low back pain cases were also higher among females compared to males.

	Age-standardised prevalence (%)			Cases (millions)		
	2020	2040	2050	2020	2040	2050
Global	7.31% (6.52-8.21)	7.12% (6.38-8.08)	7.08% (6.28-7.99)	707 (628-788)	785 (710-872)	843 (759-933)
Andean Latin America	5.68% (5.10-6.38)	5.40% (5.02-6.38)	5.53% (4.98-6.24)	4.17 (3.90-4.89)	5.11 (4.50-5.73)	5.74 (4.99-6.52)
Australia	33.0% (30.95-33.5)	30.9% (29.58-32.4)	30.9% (29.50-32.4)	4.81 (4.61-5.38)	5.09 (4.53-5.70)	5.49 (4.83-6.23)
Caribbean	5.86% (5.20-6.52)	5.76% (5.10-6.41)	5.66% (4.99-6.32)	3.38 (3.04-3.71)	3.65 (3.19-4.00)	3.80 (3.30-4.23)
Central Asia	9.05% (8.01-10.1)	8.96% (7.92-10.1)	8.88% (7.84-9.98)	9.45 (8.40-10.6)	10.6 (9.45-11.9)	11.6 (10.3-13.0)
Central Europe	12.7% (11.4-14.3)	12.8% (11.3-14.2)	12.9% (11.2-14.1)	20.4 (17.9-22.2)	19.2 (17.4-21.3)	18.0 (16.3-20.0)
Central Latin America	7.31% (6.54-8.36)	7.27% (6.49-8.33)	7.17% (6.38-8.11)	23.4 (20.0-25.1)	24.9 (22.3-27.9)	26.5 (23.6-29.8)
Central sub-Saharan Africa	7.31% (6.51-8.23)	7.06% (6.36-8.08)	7.04% (6.24-7.96)	8.84 (7.80-9.82)	11.7 (10.0-13.2)	14.9 (13.0-16.7)
East Asia	5.33% (4.77-5.91)	5.25% (4.68-5.83)	5.18% (4.58-5.84)	116 (104-128)	130 (118-143)	146 (130-161)
Eastern Europe	12.1% (10.95-13.4)	12.4% (10.8-13.3)	12.9% (11.74-13.2)	12.1 (10.9-13.2)	12.1 (10.8-13.6)	13.1 (12.1-14.2)
Eastern sub-Saharan Africa	7.44% (6.63-8.28)	7.30% (6.48-8.44)	7.38% (6.56-8.43)	27.7 (24.6-30.7)	37.1 (33.4-41.4)	48.2 (42.5-54.3)
High income Asia Pacific	9.57% (8.45-10.8)	9.46% (8.34-10.7)	9.38% (8.24-10.6)	26.4 (23.8-29.4)	25.7 (23.0-28.4)	24.0 (21.6-26.4)
High income North America	10.4% (9.83-11.3)	10.4% (9.76-11.0)	10.3% (9.68-11.0)	33.7 (30.7-36.3)	35.8 (32.5-39.7)	37.0 (34.4-40.4)
North Africa and Middle East	8.55% (7.50-9.46)	8.38% (7.41-9.43)	8.25% (7.28-9.29)	61.4 (54.7-69.4)	72.4 (64.7-81.0)	81.8 (72.1-91.9)
Oceania	6.25% (5.40-7.04)	6.12% (5.33-6.91)	5.98% (5.19-6.79)	0.848 (0.738-0.954)	1.08 (0.934-1.21)	1.34 (1.14-1.53)
South Asia	0.82% (0.64-1.0)	0.70% (0.51-0.86)	0.61% (0.43-0.77)	138 (123-153)	159 (143-175)	176 (158-193)
Southeast Asia	3.78% (3.13-4.53)	3.49% (2.94-4.03)	3.59% (2.95-4.34)	49.1 (44.1-53.1)	35.6 (31.1-40.7)	61.9 (53.5-69.4)
Southern Latin America	9.22% (8.17-10.4)	9.23% (8.10-10.1)	9.06% (8.03-10.2)	7.80 (6.98-8.71)	8.34 (7.49-9.29)	8.63 (7.72-9.58)
Southern sub-Saharan Africa	6.45% (5.73-7.28)	6.40% (5.67-7.23)	6.30% (5.63-7.26)	5.48 (4.90-6.31)	5.90 (5.32-7.27)	7.49 (6.71-8.40)
Tropical Latin America	6.00% (5.01-6.93)	5.85% (4.98-6.91)	5.80% (4.99-6.88)	35.1 (31.6-38.5)	37.3 (33.4-40.5)	38.2 (35.3-41.3)
Western Europe	9.44% (8.41-10.6)	9.30% (8.34-10.6)	9.34% (8.28-10.5)	60.4 (53.3-64.8)	61.7 (54.8-68.2)	61.4 (54.4-67.7)
Western sub-Saharan Africa	6.73% (5.87-7.55)	6.70% (5.80-7.38)	6.45% (5.56-7.15)	28.4 (25.2-31.0)	38.3 (33.6-42.9)	50.1 (44.1-56.0)

Data is presented as an 95% uncertainty interval. Region numbers do not sum to the global prevalence due to rounding.

Table 2: Age-standardised prevalence and cases of low back pain projections to 2020, 2040, and 2050, globally and by region, male and female sexes combined

New DRC Chair co-authors GBD report on impact of low back pain (continued)

The analysis paints a picture of growing low back pain cases globally, putting enormous pressure on our healthcare system. There is a need to establish nationally, consistent approaches to managing low back pain that is informed by research. “Currently, how we have been responding to back pain has been reactive. Australia is a global leader in back pain research; we can be proactive and lead by example on back pain prevention”, said Professor Ferreira who is based at Sydney’s Kolling Institute.

Most available data come from high-income countries, making it sometimes hard to interpret these results for low to mid-income countries. There is an urgent need for more population-based back pain and musculoskeletal data from countries of low to mid-income. Dr. de Luca continues this work through a New Colombo grant at CQUniversity with collaborators Dr. Matthew Fernandez and Dr. Dawn Dane. In November, they will take a cohort of coursework research students to Amrita University in India to collect musculoskeletal data.

“Health systems need to respond to this enormous and rising burden of low back pain that is affecting people globally. Much more needs to be done to prevent low back pain and ensure timely access to care, as there are effective ways of

helping people in pain” said Prof Anthony Woolf, co-chair of the Global Alliance for Musculoskeletal Health which is calling for priority to be given to addressing the growing burden of musculoskeletal conditions.

“Ministries of health cannot continue ignoring the high prevalence of musculoskeletal conditions including low back pain. These conditions have important social and economic consequences, especially considering the cost of care. Now is the time to learn about effective strategies to address the high burden and to act” said Dr Alarcos Cieza, Unit Head, World Health Organization, Headquarters, Geneva.

The study analyzed GBD data from 1990 to 2020 from over 204 countries and territories to map the landscape of back pain cases over time. The GBD is the most comprehensive picture of mortality and disability across countries, time, age, and sex. It is also the first study to be used for modeling the future prevalence of back pain cases.

Common treatments recommended for low back pain have been found to have unknown effectiveness or to be ineffective – this includes some surgeries and opioids. Professor Ferreira says there is a lack of consistency in how health professionals manage back pain cases and how the healthcare

system needs to adapt.

“It may come as a surprise to some that current clinical guidelines for back pain treatment and management do not provide specific recommendations for older people.”

“Older people have more complex medical histories and are more likely to be prescribed strong medication, including opioids for back pain management, compared to younger adults. But this is not ideal and can have a negative impact on their function and quality of life, especially as these analgesics may interfere with their other existing medications. This is just one example of why we need to update clinical guidelines to support our health professionals.”

Co-author [Dr Katie de Luca](#) said if the right action is not taken, low back pain can become a precursor to chronic health conditions such as diabetes, cardiovascular disease and mental health conditions, invasive medical procedures, and significant disability.

“Low back pain continues to be the greatest cause of disability burden worldwide. There are substantial socio-economic consequences of this condition, and the physical and personal impact directly threatens healthy ageing.”

NCMIC announces \$100k NBCE gift to McAndrews research fund

NCMIC recently announced that the National Board of Chiropractic Examiners (NBCE) had made a \$100,000 contribution to the NCMIC Foundation's George P. and Jerome F. McAndrews Memorial Research Award Fund.

The NBCE's generosity comes just weeks after the death of George P. McAndrews, trial attorney and lead counsel for the chiropractic plaintiffs in the landmark 14-year antitrust case *Wilk, et al., v AMA, et al.* George passed away April 7, 2023 at the age of 87.

The award, originally named the Jerome F. McAndrews Memorial Research Award Fund, was established in 2008 to support the scientific and practical advancement of the study of chiropractic. It was renamed after George McAndrews' passing.

"The NBCE couldn't be more pleased to make this gift honoring the legacy of George McAndrews," said Dr. Norman Ouzts, CEO of the NBCE. "We are practicing chiropractic today because of George's tenacity and commitment to the profession. I can't think of a better way to recognize his contribution than to support the future of chiropractic through the NCMIC Foundation."

"In every century, leaders emerge who are consequential in their contributions to humanity. We of this century, are blessed such a leader arose in George McAndrews," said Dr. Karlos Boghosian, NBCE President and At-Large Director. "The health of millions of patients has been transformed because of his courageous dedication to our beloved profession. He was truly a hero to chiropractic."

Dr. Louis Sportelli, president of the NCMIC Foundation, said the NBCE's contribution not only honors George and Jerry but also supports the Foundation's mission "to invest in the advanced education of chiropractic research experts and to fund ongoing research projects that demonstrate the cost effectiveness, safety and cost efficiency of chiropractic and alternative health care."

"Both George and Jerry spent their careers serving the chiropractic profession," said Dr. Sportelli. "The grant from the NBCE will help recognize their contributions, providing money for research and student opportunities, as well as enhancing chiropractic colleges. So much good will come from the NBCE's support and we are grateful for it."

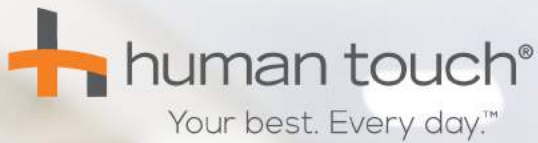
Researchers find no difference in outcomes in hip and knee treatment with or without concurrent LSS

Researchers from Denmark and Canada have concluded that lumbar spine stenosis is unlikely to be a barrier to responding favorably to evidence-based hip and knee treatment.

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scores were assessed at 3 and 12 months.

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New CCA Chief Executive: an interview with Ayla Azad

In April, the Canadian Chiropractic Association (CCA) announced the appointment of its new Chief Executive Officer. The QWR sat down with Dr Ayla Azad to learn more about her and how the CCA is advocating for chiropractic across Canada.



Dr Ayla Azad was appointed CCA CEO in April 2023

Sitting down with Ayla Azad in the Toronto offices of the CCA, you immediately sense the quiet determination of someone who wants to get on with the job.

As the new CEO at the CCA, Dr Azad took over at the helm in an interim capacity in November 2022, when the world was still adjusting to normality after the challenging years of the pandemic. A six month stint in this role resulted in her being offered the position on a permanent basis in April.

The story of Dr Azad's ascendancy to one of the top leadership positions in the chiropractic profession is unconventional. Born in Pakistan, she grew up in the UAE before deciding on a career in chiropractic.

Dr Azad graduated from Palmer College of Chiropractic in 1995. Her student visa allowed her to work for two years in the United States and she stayed on at Palmer, working at its research center. There, she worked with luminaries including Bill Meeker, Lisa Killinger and Cheryl Hawk and was involved in the first chiropractic NIH grant submission. However, while she valued her time as a researcher, she discovered that a career spent in research was not for her.

After two years, and with her visa coming to an end, it was time to decide what to do next. She says, "I knew that I had to develop a plan and the US authorities were going to be asking me questions about my intentions. Bill (Meeker) offered to arrange sponsorship to allow me to remain at Palmer, which I deeply appreciated - the only thing was, I wanted to develop my career beyond research.

"In the meantime, my mother had moved to Canada. I knew very little about the country beyond having visited briefly as a tourist, but found out I could be accepted as a dependent on her immigration papers. So, in 1998, I loaded up a U-Haul truck, crossed over the border and started my new life in Toronto."

The first work requirement for Dr Azad was to take her Canadian Board exams. Having been out of education for some years by that point, the thought of doing exams again was daunting, but she characteristically took them in her stride and was duly licensed in the province of Ontario in the Summer of 1999.

continued

New CCA Chief Executive: an interview with Ayla Azad (continued)

A number of locum jobs followed, before Dr Azad was contacted by a medical doctor from the town of Ajax, just outside Toronto, who was looking to take on a chiropractor to work at his clinic.

Dr Azad recalls, "At that time, my only understanding of Ajax was that it was a bleach cleaning product! I remember going for the interview and the first question being, 'You had better be able to work with other health care providers. Can you do that?'"

"I liked the interprofessional, balanced approach and accepted the offer, moved into a 10x10 room, inherited an old Elite adjusting table, and started my practice."

Hungry to seize every opportunity, shortly after this, Dr Azad took on an additional role as a part-time technique tutor at Canadian Memorial Chiropractic College. She thrived there and gradually expanded her teaching portfolio, while still building her client base at Total Rehab. As the only Thompson Technique practitioner in the area, her reputation quickly established a booming practice.

However, after almost 22 years of clinical practice, the physical stress of being a chiropractor in a busy practice began to take its toll. By this time, she had been serving on the board of the Ontario Chiropractic Association for some years, including holding the office of President, and had developed a love of association administration and leadership. She was also serving as an appointed CCA representative on the board of the WFC.

She reflects, "I was at a point in my career where I had developed a great deal of teaching experience, had served on boards and was still a practicing chiropractor. But I still felt that there was more for me to achieve. I wanted to continue giving back and develop a legacy of having done

something that truly made a difference.

"I spoke with a friend and mentor, Bob Haig, who had served as the CEO of the Ontario Chiropractic Association and asked him what I should do. Without hesitation, he advised me that I needed to gain an additional qualification and recommended that I study for an MBA.

"So that's exactly what I did. I enrolled at Athabasca University in Alberta, which had a strong reputation for online MBAs, and provided the flexibility I needed for a full time working Mom of two children. After two-and-a-half years, I



Dr Ayla Azad (second left) with members of the CCA Board of Directors and staff.

graduated and began to look for opportunities to use my newly acquired skills."

In March 2020, Dr Azad was recruited by the CCA as Director of Professional Practice. Around this time, the COVID19 pandemic had been declared a public health emergency of international concern.

"It was a crazy time to be onboarded," says Dr Azad. "I had to navigate myself through taking on a new role while supporting the thousands of

continued

New CCA Chief Executive: an interview with Ayla Azad (continued)

CCA members who were facing uncertainty and fear during COVID. I met a huge number of CCA members during this time, but none of them in person!"

A promotion to Chief Experience Officer at the CCA quickly followed, with responsibility for membership, member programs, establishing connections and dealing with all matters relevant to how members and stakeholders interacted with the CCA.

In November 2022, following the unexpected departure of the former chief executive, Dr Azad stepped in as Interim CEO, and in April 2023 she was confirmed as the permanent replacement.

"I'm grateful for the confidence of the CCA board and the trust they have placed in me. I'm also grateful to the many stakeholders, including the WFC, provincial associations, Canadian Chiropractic Protective Association, CMCC and UQTR for their many words of encouragement and support," says Dr Azad.



Dr Ayla Azad is a strong advocate for equity, diversity and inclusion

Taking on the new role led to a number of mixed emotions.

"Alison (Dantas) had been a valued mentor to me at the CCA, so taking on the position she had held

for years felt strange. But at the same time, this is the type of role I've been planning for many years and I'm looking forward to continuing my service within the chiropractic profession. I've always reminded myself of Oprah Winfrey's quote: 'I don't believe in luck. Luck is just hard work meeting opportunity.'

Speaking of the benefits of her MBA, Dr Azad comments, "I use my MBA every day in my work. It helps me to manage my amazing team and my budgets. It helps me to be a motivator and a leader, so that I can make inroads where they really count. And it has been invaluable when it comes to innovation and strategy."

Dr Azad is candid in talking about the challenging areas of the role of CEO. "When I took on the role, I was told that at times I would feel lonely. I wondered how this could be the case being surrounded by so many people. But I have understood what they meant.

"Being the CEO, where the buck stops with you, can feel isolating. But where I've found solace has been within the global chiropractic CEO community. Being able to pick up the phone and speak with colleagues who truly understand the issues has been tremendously comforting."

The CCA is engaged in a range of priority projects, all of which require Dr Azad's close attention. These include working to facilitate access to chiropractic within the armed forces, involvement with the department of Veterans Affairs, advocating for student loan forgiveness programs and fighting for an overhaul of the current insurance coverage framework for chiropractic services. The CCA is also working to continuously develop member services, ensuring value is both delivered and communicated to members.

continued

New CCA Chief Executive: an interview with Ayla Azad (continued)

Dr Azad sees chiropractic as being of enormous value to society. She says, "This is undoubtedly our greatest strength. Chiropractors have the skills and expertise to deliver evidence-based solutions to the greatest single burden of years lived with disability in the world. We have an unrivaled opportunity to be agents of change and both implement and leverage programs of spine and musculoskeletal care for patients and communities."



Dr Azad speaks to an audience in Winnipeg, Manitoba

"We need to stop talking about things that no longer have relevance for patients or the rest of the world. We have internal arguments about our language, which patients do not care about. Sufferers of spine and joint pain, policymakers and others around the world are waiting for what we have to offer. Our identity has been set by the patients who flock to see us in their droves. Why seek to change that?"

"I strongly believe that we have a clear model in the WFC's EPIC pillars - evidence-based, people-centered, interprofessional and collaborative - and we continue to advocate for these in our communications and collaborations."

Dr Azad is unequivocal about the advice she would give to anyone thinking of going into a leadership position within the chiropractic profession.

"It's quite simple," she says. "No investment, no reward! Be prepared to invest in personal development and learn not to take criticism personally. It's also important to surround yourself with people who are brighter than you: it's the only way to grow intellectually and professionally."

Outside work, Dr Azad is dedicated to her family. Married to Sanjay and with two children, she is conscious of the need to maintain a balance of life and work. She is a huge fan of American Football, following the New England Patriots and Kansas City Chiefs. Her Pakistani heritage is also reflected in her membership of the Toronto Cricket Club.

The CCA undoubtedly has a formidable presence at the head of the organization. In



Dr Azad advocates for chiropractic to government bodies

Ayla Azad, the profession has a leader who is dedicated to effect major changes and see chiropractic achieve its true potential. The WFC wishes her every success in her new role.

Ayla Azad was talking to Richard Brown

European Chiropractors' Union names Vivian Kil as new president

Following its recent General Council meeting, held in the Icelandic capital city of Reykjavik, Dr Vivian Kil has been unanimously elected as President of the European Chiropractors' Union (ECU).

As a trailblazer in the profession, Dr Kil served for 6 years on the WFC Board and was the first of two women in the history of the WFC to hold a place on the Executive Committee, including being the



Vivian Kil was elected ECU President in May 2023

first woman ever to have become president. She ascended to this role having first become interim president in 2019.

As a student at AECC University College in the United Kingdom she participated in several official committees and work groups as a student representative and served as a board member of the Students Union.

After graduating in 2007 and moving back to the Netherlands, Dr Kil served in several positions within the Netherlands Chiropractors Association

(the WFC constituent member association for the Netherlands) including as national President.

As NCA President, for 3 years Dr Kil held a seat on the General Council of the European Chiropractors Union (ECU) and served a further 4 years on the Executive Council as Vice-President.

Dr Kil's motivations for pursuing a career in chiropractic leadership positions include a passion for the advancement of the chiropractic profession and for promoting health and access to appropriate healthcare across the globe. This, combined with her power to inspire others and a lifelong sense of curiosity, honesty, and sensitivity to cultural diversity underpinning global strategic thinking, made her well-qualified for the ECU presidency.

Vivian is a big supporter of the WFC's EPIC principles: Evidence-based, People-centered, Inter-professional and Collaborative chiropractic care, and follows these principles as a practitioner, clinic owner, chiropractic leader, and even, where appropriate, as a general principle in day-to-day life. She is committed to furthering these principles as ECU President.

On her appointment, Vivian commented, "I am honored to have been given the opportunity to serve in this position and am excited for all the opportunities we have in Europe.

"Together with the other (new) members of the board we will continue promoting high standards of education and excellence in conduct and practice, and there will be a renewed focus on representing the interests of the profession at a European level, advocating the inclusion of chiropractic within health policies and health programs."

The WFC congratulates Dr Kil on her new appointment.

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Science beneath the surface: Parker president becomes an aquanaut

“Dr. Deep Sea” Joseph Dituri, Ph.D., is a legend in diving, human space performance, military special operations, and therapeutic hyperbaric chambers. The university professor, researcher, and retired Navy deep-sea diver recently spent 100 days submerged undersea (at pressure*), discovering the effects prolonged hyperbaric (increased pressure) and increased oxygen consumption have on the human body.

On March 31, 2023, Parker University President Dr. William E. Morgan joined Dr. Dituri in an undersea habitat in Key Largo, Florida, for 24 hours of his 2,400-hour quest. In doing so, Dr. Morgan became an “aquanaut,” the undersea counterpart to an astronaut!

Dr. Morgan, can you discuss the physiological changes noted by Dr. Dituri’s time under pressure?

Dr. Dituri experienced a loss of height and body weight, reduced cholesterol, a 20% increase in



telomere length, a 1,000% increase in stem cell count, increased quality sleep, and inflammatory marker reductions. For a 55-year-old, a 20% increase in telomere length is like reverse aging equaling 10 years. Dr. Dituri’s telomere length is now that of a 45-year-old. Human and animal studies show



that telomere length increases with hyperbaric exposure.

While hyperbaric treatment positively affects the body, it can cause harm. Oxygen at depth becomes toxic and causes CNS and pulmonary injury. Decompression sickness, air embolisms, and nitrogen narcosis are associated with hyperbaric exposure. Avascular necrosis of the bone (dysbaric osteonecrosis) happens with deep sea divers and is becoming common in recreational divers due to technology allowing divers access to deeper depths.

Why did you join Dr. Dituri underwater for 24 hours?

As a Navy diver and qualified Special Operations Technician (diving medicine technician/combat diver), I have been familiar with hyperbarics after diving for 51 years. I have concerns about hyperbaric therapy, as the chiropractic industry has inconsistent applications.

Years ago, we wanted someone to explain hyperbaric chamber therapy at a seminar. My Navy dive contacts suggested Dr. Dituri, now a frequent Parker Seminars speaker. After visiting his hyperbaric clinic, I learned he was spending 100 days underwater. I wanted to be involved!

Science beneath the surface: Parker president becomes an aquanaut (continued)

What did you gain from your experience?

I conceptualize the struggles space travelers undergo during deep space missions. Hundreds of days in a spaceship can impact an astronaut. In extreme environments, we see how humans adapt and mitigate effects. When humans are exposed to weightless environments, they can develop osteopenia and sarcopenia. Future space travel may be in pressurized capsules equivalent to the marine lab to prevent bone and muscle loss. I have treated astronauts and Navy deep sea divers and visited

NASA's Human Performance Center. I see why chiropractors should be familiar with the physiology of extreme environments.

I had 24 hours with Dr. Diture and participated in dives from the habitat. One unique experience occurred when a volunteer dove down with pizza in a waterproof container for us!

Are there other clinically significant concepts for the chiropractic community?

To use hyperbaric treatment, become well-trained and certified. Increased air pressure and increased concentrations

and pressures of oxygen affect the human body.

Studies show small doses of hyperbarics influence cell health and are associated with increased telomere length, impacting cell reproduction and longevity.

Chambers are used in limb salvage, treatment of osteoporosis, sarcopenia, carbon monoxide poisoning, hypoxic brain injury, and secondary effects of COVID-19. Oxygen is toxic at pressure and in high concentrations. Diving injuries can occur in a hyperbaric chamber.



Science beneath the surface: Parker president becomes an aquanaut (continued)

Hyperbaric physiologists offer information about the 'pop' during an adjustment when gas bubbles in joints are released from fluid (tribonucleation) during an adjustment.

Diving physiologists study this to understand decompression sickness and air embolisms. Outside of diving injury research, we learn about the mechanical effects of an adjustment from tribonucleation data from diving physiologists.

Can you describe the marine habitat?

Jules' Undersea Lodge, a 50-year-old marine undersea habitat formerly used for research off Puerto Rico, now relocated to Key Largo, Florida, features two three-meter-wide tubes (six meters long), a wet room containing the undersea entry port, dive gear storage, a shower, and a commode.

We had surface-supplied air, water, and Wi-Fi! It is not too deep, helping to avoid hours of decompression upon returning to the surface.

Will this experience impact Parker University?

Parker University strives to improve human performance and remove barriers to surviving extreme environments like space and undersea habitats.

NASA's Human Performance Institute, the Olympic Training Center, the Ultimate Fighting Championship (UFC) Performance Center, the Apple Campus, Harvard University, medical schools, and others welcome us! We see value in combining chiropractic and Master of Science degrees, like Functional Nutrition, Clinical Neurology, Strength and Human Performance, MSK Pediatrics, and Research Methods.

**Navy submariners spend more than 100 days submerged but remain at the same pressure as on the surface.*



Malaysian sports chiropractors on hand to support international Ju Jitsu event

The JJIF Grand Prix – Thailand Open 2023 saw the active involvement of two members from the Sports Chiropractic Council Malaysia (SCCM). Dr Thomas S Halyk, Chairperson of SCCM, and Dr Sunshine Lau Siew Qin, traveled from Malaysia to provide sports chiropractic care at this event. Held May 19-21 at Rangsit University in Bangkok, Thailand, the Ju-Jitsu International Federation (JJIF) event was organized by the Ju-Jitsu Association of Thailand.

Team Leader Dr Halyk and Dr Lau, participating in her first international event after recently completing her International Certificate in Sports Chiropractic (ICSC) certification with the Federation Internationale de Chiropractique du Sport (FICS), made significant contributions throughout the weekend and treated numerous athletes from Asia and Europe.

Sports chiropractic is an emerging specialty in Southeast Asia, and the SCCM and its members strive to further its recognition and perception among athletes, coaches, and the general public. By actively participating in sporting events locally and regionally, they aim to promote the importance and benefits of sports chiropractic. Their presence at the JJIF Grand Prix – Thailand Open 2023 served as an excellent opportunity to engage with a diverse range of athletes and raise awareness about the role of chiropractic care in optimizing sports performance and overall well-being.

The commitment demonstrated by Dr. Halyk and Dr. Lau reflects the dedication of the SCCM to advancing sports chiropractic in Malaysia and the wider region. As it continues to actively engage with athletes, coaches, and the general public, SCCM envisions a future where sports chiropractic becomes an integral part of athletes' preparation, performance, and recovery processes.



Above: Thomas Halyk and Sunshine Lau are both FICS members

The successful involvement of the SCCM representatives at the JJIF Grand Prix – Thailand Open 2023 highlights their valuable contributions and sets a positive precedent for further collaboration between sports chiropractors and sporting events in the future. With its expertise and commitment, SCCM aims to continue elevating the field of sports chiropractic and enhancing its impact on the athletic community.



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Chiropractic regulated in Mauritius following enactment of legislation

More than 20 years ago, the late Dr. Raj Roy, the first Mauritian chiropractor, worked towards the regulation of the chiropractic profession in Mauritius. His vision became a reality after the Allied Health Professions Council Act (AHPC) was passed in late 2017 and was enacted in 2023. This year, for the first time in Mauritius, chiropractors are subject to statutory registration with the AHPC and mandated to comply with a Code of Practice, setting out standards of conduct, performance and ethics for chiropractors.

Dr. Cyril Fischhoff, chiropractor and president of the Mauritian Chiropractic Association, is the first elected Chairperson of the AHPC. The Council regulates 18 healthcare professions in Mauritius, including psychologists, osteopaths, physiotherapists, clinical scientists, and others.

In February 2023, the Code of Practice (COP) for Chiropractors, adopted by the AHPC, was officially published as a regulation under the provisions of the 2017 legislation. One of the immediate outcomes of the publication of the COP was the reinstatement of insurance coverage for chiropractic consultations by major insurance carriers.

Prior to the COP, reimbursement by private insurance companies had ceased as a consequence of poor behavior being exhibited by a minority of practitioners. The introduction of the COP, outlawing unprofessional, unethical practice represents a significant step forward for the profession and, most importantly, protects patients and the public.

The new regulations now mean that any practice that is driven by commercial gain rather than patient need, is unsupported by evidence and is held as being based on mystical, unscientific concepts is now classified as malpractice.



Dr Cyril Fischhoff is the President of the Mauritian Chiropractic Association

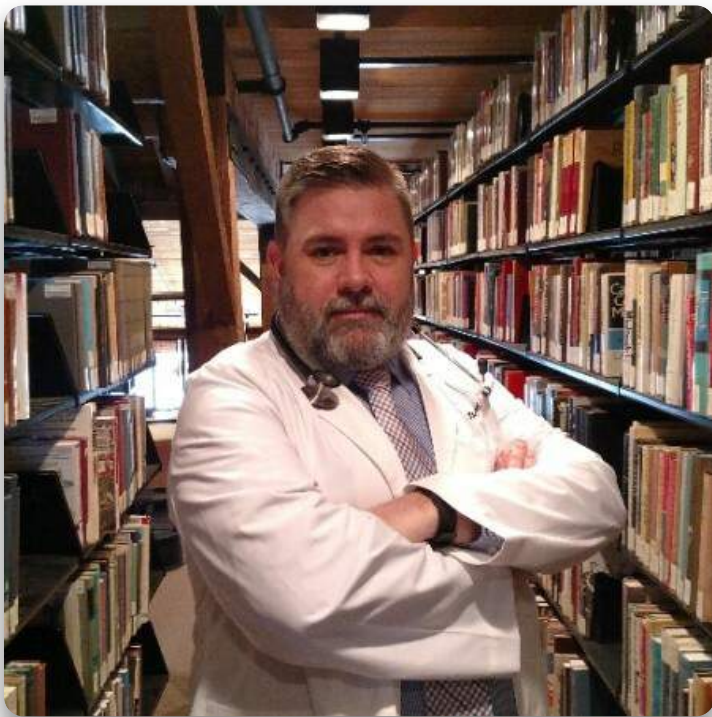
Dr Fischhoff commented, "Regulation of chiropractic in Mauritius has been welcomed both by the profession and the public. We are confident that it will raise the bar, by holding all chiropractors accountable for their actions and subject to sanction where their conduct or practice falls seriously short of what is expected of a registered chiropractor.

"With this regulation, the chiropractic profession is free of internal and external nuisances, and now moving towards greater integration into the Mauritian healthcare system."

ACA hosts EDI continuing education series

In May, the American Chiropractic Association (ACA) hosted a 3-part series on the topic of equity, diversity and inclusion relative to the provision of chiropractic services.

The series sought to engage clinicians to evaluate their practices and to make relevant adjustments to ensure that health disparities are reduced and that the care provided is both inclusive and people-centered.



The EDI series was moderated by Dr Beau Foshee

The principal objective of the program was to create chiropractors who are better prepared to meet patients where they are and assist in understanding racial bias and the social determinants of health that impact patients. By developing a supportive environment, the ability to reach out to diverse groups and deliver high quality care was showcased.

The event was moderated by Dr William 'Beau' Foshee who serves as the chair of the ACA Committee on Equity, Diversity and Inclusion as well

as serving the ACA in a range of other capacities. He is a graduate of Northwestern Health Sciences University, where he served as a Diversity Leadership Scholar. He has also been named a Philanthropy Scholar in recognition of his leadership and service to the LGBTQIA community. He works to improve the culturally competent delivery of chiropractic care.

Presentations during the lecture series included implicit bias in healthcare and clinically competent clinical encounters.

By the end of the session, attendees had been exposed to a range of learning that enabled them to recognize patient challenges in receiving culturally responsive healthcare, assessing and analyzing current clinical practices for the reduction in health disparities and the development of a blueprint for in-office procedures and standards.

Other presents during the lecture series included Dr Katie Benson. Dr Benson, a graduate of Cleveland University Kansas City, served extensively with the Student ACA (SACA). She is active within the Kansas Chiropractic Association and has previously been recognized by the KCA as its Young Doctor of the Year.



Chiropractic leads rehabilitation efforts in Bahrain

A leading chiropractor in the middle east is celebrating the award of new contracts to deliver services to the armed forces.



Dr Amy Bowzaylo, who operates a clinic in the kingdom of Bahrain, has been retained by the Bahrain military to provide physical medicine and rehabilitation services at three hospitals, as well as establishing a sports medicine service for military and national team athletes.

While the primary focus will be on the care of serving military personnel, the new provision will also provide care for hospital staff and the families of serving military.

Care will be provided on both an inpatient and outpatient basis and a bespoke clinical outcomes protocol will be developed.

Dr Bowzaylo already treats many members of the Bahrain military in a private capacity, but this new initiative will be hospital-based and delivered within the military setting.

Dr Bowzaylo's existing facility in Bahrain employs a team of 32, including 2 chiropractors. She is seeking high quality practitioners to boost her clinical team.

She serves as the Head of Sporting Events for the Bahrain Sports Medicine Society and contributes to the development of competencies and protocols for pitchside care. She was recently in Paris to participate in the FICS conference.

Rehabilitation is a significant component of the care offered by Dr Bowzaylo, with dedicated Bahraini staff members, recruited from the Bahrain Olympic Committee, receiving a 2-year program of training as evidence-based rehabilitation assistants.

Dr Bowzaylo explains that there are currently 5 chiropractors practicing in Bahrain, with the first native Bahraini chiropractor graduating from AECC University College. She hopes that in due course a dedicated chiropractic education program may be established in Bahrain.



Amy Bowzaylo works on an elite Bahraini athlete.

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Source: British Journal of Sports Medicine

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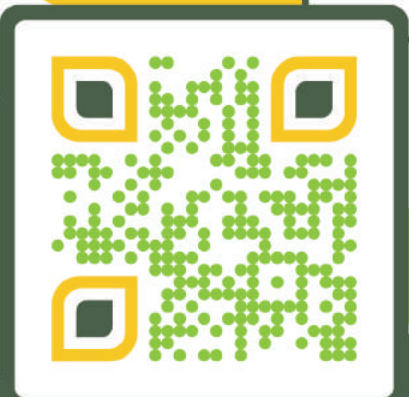
Dr. Johnson has been a licensed chiropractor since 1997. Since 2004 he has been enhancing optimal health and wellness with his patients at his clinic in Cheektowaga, NY. As a chiropractor Dr. Jones is committed to promoting the ideals of healthy sustainable living.

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DEVELOPMENT

Unprecedented growth and collaboration in Hong Kong chiropractic community

Hong Kong's chiropractic community is experiencing a period of unprecedented collaboration and growth, with numerous international leaders visiting the city to discuss groundbreaking research, education, and practice initiatives. As global experts and local professionals come together, the Chiropractic Doctors Association of Hong Kong (CDAHK) is pushing for greater integration of chiropractic care into Hong Kong's healthcare system and sports industry.



Dr Heidi Haavik and Dr Eric Chu

Among the distinguished guests visiting Hong Kong were Dr. Richard Brown, Secretary General of the World Federation of Chiropractic, and Prof. Christina Cunliffe, Principal of the McTimoney College of Chiropractic. They attended the CDAHK's March Annual AGM, where the establishment of the McTimoney College of Chiropractic in Hong Kong was announced. This new institution, founded by Dr. Eric Chu, marks the first chiropractic college in Hong Kong, offering a world-class education that addresses the region's growing demand for sustainable, high-quality healthcare services.

Drs. Heidi Haavik and Kelly Holt, leading experts



AEEC University College Leaders Visit CDAHK Clinics to Strengthen Ties and Discuss Collaborations in Chiropractic Education

in human neurophysiology and the president of the New Zealand Chiropractic College, recently visited CDAHK clinics to discuss network practice research and explore potential collaborations.

Dr. Haavik's research indicates that chiropractic adjustments can significantly impact the function of the prefrontal cortex, the area of the brain responsible for higher learning and cognition. During their visit, Drs. Haavik and Holt met with professors from the Poly University Rehabilitation Department, cardiologists, and ophthalmologists in Hong Kong, aiming to design research projects with Hong Kong chiropractors that are clinically relevant to their practice. These collaborations have the potential to propel both the chiropractic profession and our understanding of human neurophysiology forward. Their visit to Hong Kong is a testament to the power of collaboration and the potential for groundbreaking discoveries

Unprecedented growth and collaboration in Hong Kong chiropractic community (continued)

that can emerge from the meeting of minds.

Dr. Lesley Haig, Vice Chancellor of AECC University College, along with Drs. Claire Wilkinson and Philip Dewhurst, recently visited CDAHK clinic as part of a delegation of international leaders. The purpose of their visit was to discuss potential collaborations that would benefit chiropractic students in both Hong Kong and the United Kingdom, and to strengthen ties between the two institutions. AECC University College has a long history with Hong Kong's

chiropractic profession, as many of the city's oldest chiropractors are graduates of the esteemed institution. These meetings serve to highlight the importance of fostering strong relationships between institutions and professionals within the chiropractic community, enabling the sharing of knowledge, resources, and expertise.

Dr. Haig and her team's visit demonstrates the commitment of both institutions to providing the highest quality education for chiropractic students. By

working together, AECC University College and CDAHK can explore innovative approaches to the chiropractic profession and identify opportunities for joint research projects, student exchanges, and faculty collaborations. Such initiatives will not only enrich the experiences of students but also contribute to the development of the chiropractic profession at large. As the chiropractic profession continues to evolve in Asia, fostering strong connections between institutions will be crucial for its success.

Saudi chiropractors come together to advance profession

The population of Saudi Arabia, a kingdom in the WFC's Eastern Mediterranean region, is approximately 36 million. The global burden of musculoskeletal disorders in Saudi Arabia ranks only second to cardiovascular disease. However, there are few chiropractors in the country, with an estimated one chiropractor for every 3 million people.

Recently, a meeting took place between a group of chiropractors working in Saudi Arabia with a view to reactivating the national association and advancing the profession.

This involved the establishment of a social media platform in order to advance communication, share best practices and collaborate.

The group has undertaken to meet regularly to share their plans on the development of chiropractic in the kingdom.



ACA introduces Spanish language resources

The American Chiropractic Association (ACA) has expanded its consumer outreach to include Spanish language resources, enabling doctors of chiropractic to educate new audiences about chiropractic's non-drug, holistic approach to pain relief, injury prevention, and health and wellness.

Spanish is the most common non-English language spoken in the United States with more than 37 million speakers, and it is also the fastest growing language in the country.

To help chiropractors more effectively reach Spanish speakers with information on musculoskeletal (MSK) health and the benefits of chiropractic care, ACA launched a project this past year to translate 11 of its most popular patient handouts into Spanish.

ACA is excited to share more tools to help doctors of chiropractic educate their communities about MSK health and injury prevention. Through this project and others, the association is committed to promoting diversity and inclusion in the chiropractic profession.

In 2018, the ACA published a statement on diversity, acknowledging the importance of cultural agility as a foundation for competent healthcare delivery, and later established a Committee on Equity, Diversity and Inclusion to spearhead additional initiatives.

For more information about the ACA's initiatives, visit its website at <https://www.acatoday.org>.



BCA promotes sports chiropractic at LSBU

Leaders from the British Chiropractic Association (BCA) visited the campus of London South Bank University in April.



L>R: Emma Kenton, Sumaya Ahmed, Rob Crowley, Catherine Quinn, Tim Button and Mark Thomas.

During the visit, BCA President Catherine Quinn and Vice-President Tim Button spoke to students about opportunities in the chiropractic profession, in particular as sports chiropractors.

In addressing students, Drs Quinn and Button spoke about the advantages of British Chiropractic Association membership and the BCA's commitment to people-centered care.

During their visit, the BCA leaders presented the team at LSBU with a plaque to commemorate the opening of the university's outpatient clinic.

The clinic serves the diverse community of Croydon, south London and features first class facilities for student clinicians to provide care and support the well-being of their patients.

LSBU is one of five chiropractic educational providers in the United Kingdom and the only one to be based in the capital.

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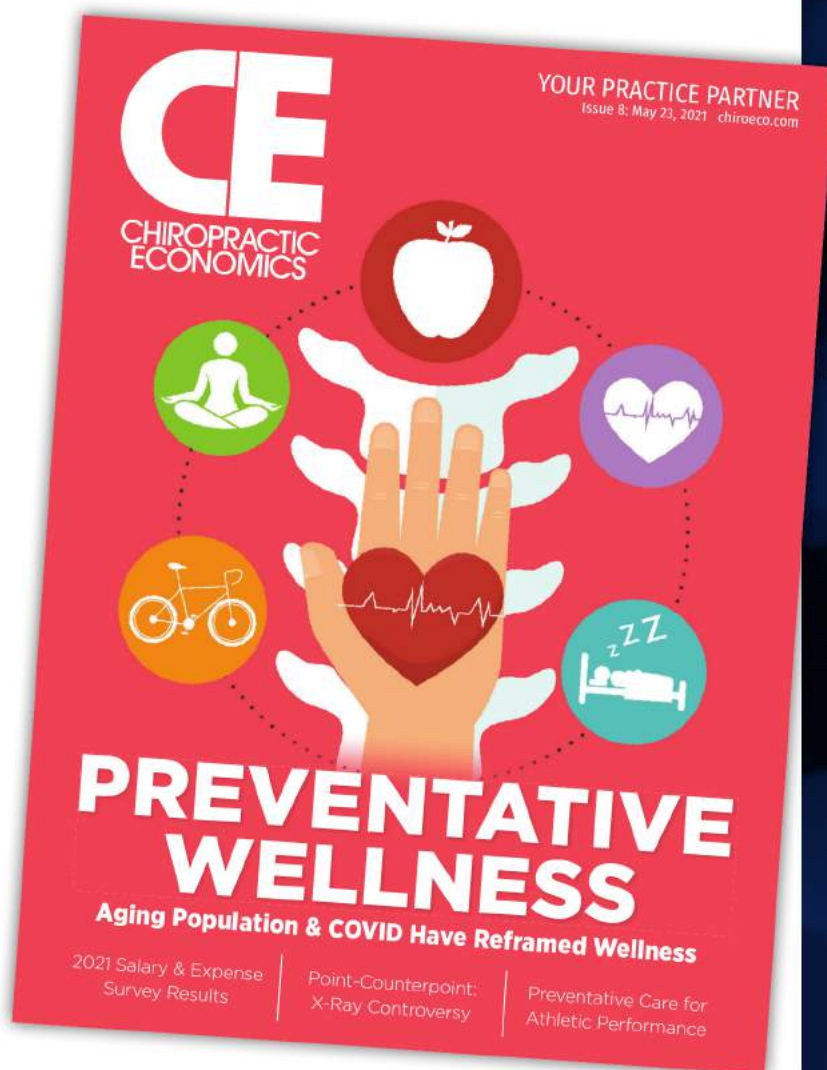
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New president elected to lead Swiss association

Chirosuisse, the Swiss Chiropractors' Association, has elected a new president.

On 4 May, Dr. Beatrice Wettstein (59) was elected as the new President of the Association by the General Assembly of

ChiroSuisse. Since 1995 she has operated her own chiropractic practice in Wädenswil and has many years of professional as well as political experience.

On being elected, Dr Wettstein commented, "I am very pleased

to have the opportunity to actively represent the interests of Swiss chiropractors as President. I would like to thank the General Assembly for the trust they have placed in me. It is my intention to further establish our profession and to



Dr Beatrice Wettstein

achieve our goals, namely to strengthen the relevance of chiropractic in the health care system and to establish chiropractic education in Western Switzerland."

Beatrice Wettstein was a member of the Board of Directors of the Chiropractors

Society for thirteen years, mainly responsible for the Education Department, and Vice President for three years. She was also a Board Member of the Foundation Academy for Continuing and Advanced Education of Chiropractors and a member of the MEBEKO for

Postgraduate Education.

Dr Wettstein succeeds Dr Thomas Thurnherr, who took office in May 2019 and had a strong influence on ChiroSuisse. ChiroSuisse acknowledged Dr Thurnherr for his great commitment and service to Swiss chiropractic.

WFC Secretary-General to speak at BCA Conference

WFC Secretary-General Richard Brown has been announced as part of the speaker line-up for the 2023 British Chiropractic Association Annual Conference.

The event, which will take place on November 18 at The Vox in the city of Birmingham, UK, is titled Chiro Live 2023.

Chiro Live 2023 will be the biggest event in the BCA's event calendar. It provides an unrivaled opportunity for chiropractors, students and the MSK and 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 for chiropractors who put patients first.

Richard Brown will be taking part in a series of afternoon TED-style talks that will inspire and challenge the audience in equal measure.

Tickets to the event can be purchased on the BCA website.

Kaptein elected new Netherlands president



Karin Kaptein is the new president of the NCA

Dr Karin Kaptein has been elected as the new president of the Netherlands Chiropractic Association, taking over from longstanding incumbent Dr Gitte Tønner.

Dr Kaptein practices in the southern Holland municipality of Wassenaar, where she has a particular interest in wellness and prevention.

She is a 1995 graduate of AECC University College in the UK and worked in several locations in the Netherlands before establishing her own clinic.

Founded in 1975 with just 9 chiropractors, the Netherlands Chiropractic Association now boasts over 300 members, serving the over two million people in the Dutch population who suffer with back and neck pain.

The NCA is the representative member for the Netherlands to both the WFC and the European Chiropractors' Union.



CCA shines in advocacy activity on the Hill in Ottawa

As part of the Canadian Chiropractic Association's continued advocacy efforts, this past spring CEO Dr. Ayla Azad, members of the CCA's Board of Directors, and members of the Public Affairs team hosted their Spring Day on the Hill in Canada's capital, Ottawa, in Ontario.

The events kicked off with a reception sponsored by Member of Parliament Sean Casey, Chair of the House of Commons Health Committee, for the CCA's Ottawa-area members, parliamentarians, and government staff.

Member of Parliament Adam van Koeverden, who is the Parliamentary Secretary to the Minister of Health and Sport, delivered welcome remarks on the importance of streamlining access to care. Mr van Koeverden is a former Olympic paddler and has relied on chiropractic care during and following his athletic career and was reunited with his chiropractor at the event.



CCA CEO Dr Ayla Azad presents to the Ottawa legislature.

The following day, the CCA had very constructive meetings about the inclusion of chiropractors in government programs aimed to support students, Canadians living in rural areas, refugees and asylum seekers, and Indigenous communities.

A particular focus has been on improving access to care for Canadian Armed Forces (CAF) members and Canadian veterans.

In Canada, musculoskeletal conditions are the



CCA President, Dr Judi Forrester, with Board members and staff

leading cause of medical discharges from the military, and so the CCA continues to advocate for improved access to chiropractic care for Canadian Armed Forces members.

This past June, Dr. Azad was invited to appear before the House of Commons Standing Committee on National Defense as an expert witness on their study of Canadian Armed Forces Health and Transitional Services.

She spoke of the benefits of chiropractic care for CAF members, and advocated to see the Government of Canada eliminate the barriers CAF members face to access chiropractic care, including removing the requirement to obtain a physician's referral, and the current cap on the number of chiropractic visits for which CAF members are eligible.

A physician's referral is not required in any provincial or national health regulation and is thankfully no longer best practice in the health insurance industry.

In comparison, Canadian veterans are eligible for 20 visits to a chiropractor without a medical referral, and the CCA would like to see greater

continued

CCA shines in advocacy activity on the Hill in Ottawa (continued)

alignment between those two programs.

To reinforce the case for support, the CCA pointed to the example of chiropractic care being well integrated into the US military and Veterans Administration. The US Department of Defense has demonstrated that adding chiropractic care to standard medical care was cost effective and led to decreased pain and

disability rates, while increasing satisfaction for active-duty soldiers.

The CCA continues to advocate year-round on several issues through meetings, consultations, and submissions.

It is important that Canada's Doctors of Chiropractic have a voice at the table as an integral part of healthcare teams and are seen as a valuable partner in finding solutions for the health

outcomes of all Canadians.

The CCA is the largest member national chiropractic association in the WFC, representing almost 9000 members.

The current president is Dr Judy Forrester, who has held the office since 2022.

The CCA is headquartered in the city of Toronto, Ontario, where the secretariat is led by CEO, Dr Ayla Azad.

F4CP announces latest podcast and launches

The Foundation for Chiropractic Progress (F4CP) has concluded its fifth season of its Adjusted Reality Podcast, featuring new celebrities, thought leaders and experts.

Ultramarathoner, adventurer, author and speaker, Marshall Ulrich, is featured in a recent episode available for you to share with your patients.

Called the "Endurance King" by *Outside* magazine, Ulrich has finished over 130 ultra marathons averaging over 125 miles each; climbed to the top of the highest mountain on every continent; and completed 13 expedition-length adventure races.

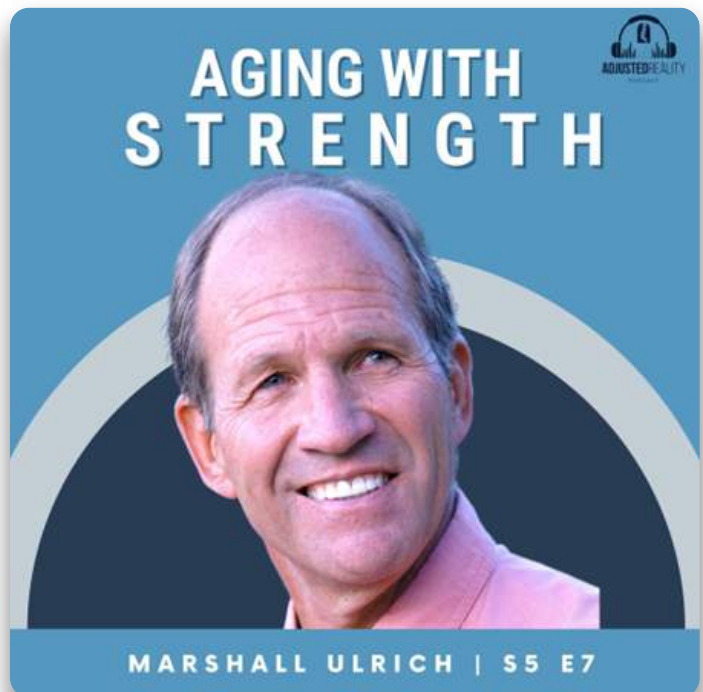
You can also tune in to past episodes on Buzzsprout, Spotify, Apple Podcasts and any major streaming platform.

Speaking of endurance, F4CP has unveiled the **Next Step Community Program** – an opportunity for you to easily host a running or walking program in your neighborhood as a way to connect with patients, other healthcare providers and community members.

Becoming a Next Step Community Leader will grant you access to a Next Step Community Toolkit

featuring all of the resources needed to successfully implement this program in your clinic.

F4CP members have the opportunity to become a Next Step Community Leader as part of their membership. Download the toolkit and get started by visiting: f4cp.org/nextstep.



Diagnostic Imaging in Chiropractic Practice: A Survey of Opinions and Self-Reported Guideline Adherence of Dutch and Belgian Chiropractors

Chiropractors in Belgium and The Netherlands use clinical reasoning to decide whether diagnostic imaging is necessary before starting the treatment. Chiropractic in these countries is small by numbers and relatively unknown, and the profession strives for legalization, thus it is important to provide an insight into chiropractic practice and study the chiropractors' views on diagnostic imaging. The purpose of this study included: (1) describe diagnostic imaging in Dutch and Belgian chiropractic practice in general, (2) estimate adherence to the diagnostic imaging guidelines for patients with low back pain (LBP) via vignettes, and (3) evaluate factors associated with diagnostic imaging and adherence to the guidelines.

The majority of chiropractors (71%) were familiar with imaging guidelines. Adherence to the imaging guidelines for LBP based upon the vignettes was 66%. Dutch chiropractors and chiropractors with less than 10 years in practice demonstrated better adherence to guidelines and imaging use as compared with Belgian and those with more than 10 years of experience. Most Dutch and Belgian chiropractors reported that imaging in general was important in chiropractic practice. Self-reported indications for ordering diagnostic imaging were in line with the imaging guidelines in the majority of cases. We found some variances between Belgian and Dutch chiropractors and years of experience related to guideline adherence.



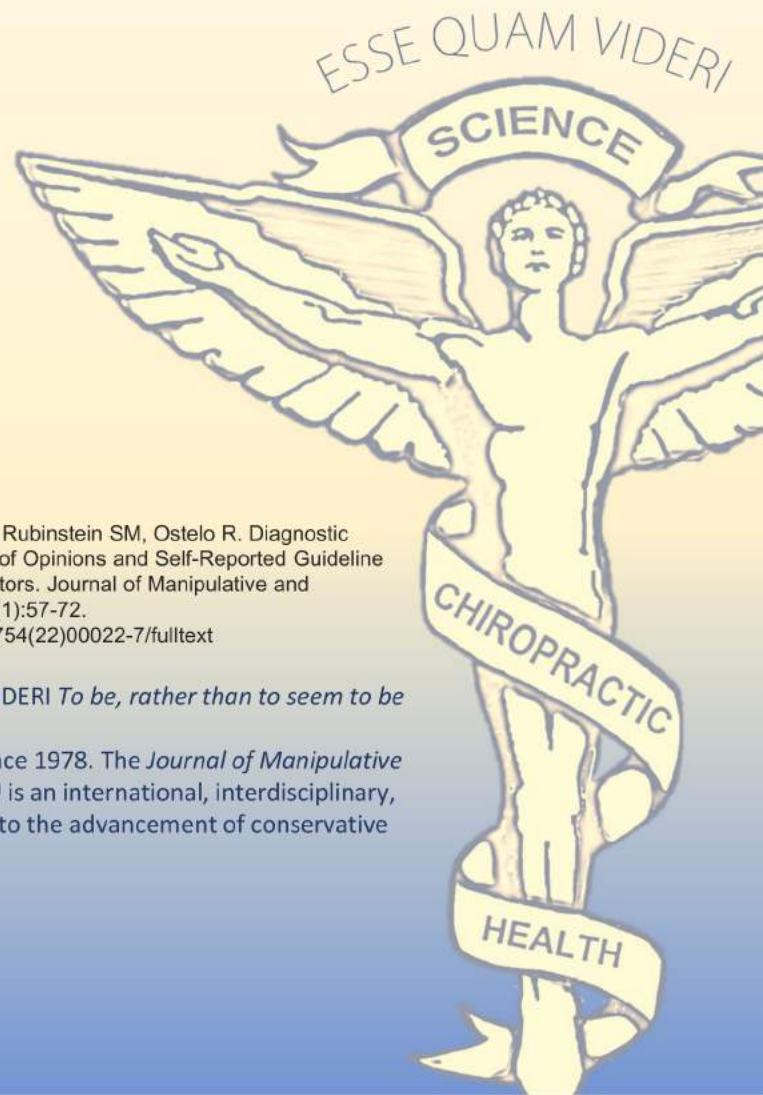
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De Zoete A, De Boer MR, Van Tulder MW, Rubinstein SM, Ostelo R. Diagnostic Imaging in Chiropractic Practice: A Survey of Opinions and Self-Reported Guideline Adherence of Dutch and Belgian Chiropractors. *Journal of Manipulative and Physiological Therapeutics*. 2022 Jan 1;45(1):57-72. [https://www.jmptonline.org/article/S0161-4754\(22\)00022-7/fulltext](https://www.jmptonline.org/article/S0161-4754(22)00022-7/fulltext)

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Mobility and Chiropractic: are you covered for temporary practice?



Would you like to support your country's athletes at the next World Games or Olympics? Would you like to teach a seminar in a country other than where you are registered / licensed? Are you interested in providing mission care? Chiropractors are mobile. But oftentimes, their practice credentials are less so.

Patients deserve to expect that those who provide health care are duly credentialed, and if required, fulfil all the requirements for chiropractic registration in the country of temporary practice. But what does that mean?

How do well-meaning chiropractors comply with the legal conditions where they are temporarily practicing? What reasonable requirements should regulators adopt for visiting chiropractors?

The most recent Zoom-based Forum of the International Chiropractic Regulatory Society invited those interested in temporary practice to discuss treating athletes, teaching seminars, providing care during disasters, mission trips, research, and telemedicine.

Following updates on the current requirements by ICRS regulatory members from Australia, Canada, the United Kingdom, and New Zealand, the meeting zeroed in on treating athletes.

Dr Keith Overland, Secretary-General of FICS, Fédération Internationale de Chiropratique du Sport (International Federation of Sports Chiropractic), outlined both the challenges and successes that FICS has encountered. Two efforts in particular have yielded positive results:

FICS offers the International Certificate in Sports Chiropractic (ICSC) that requires the completion of 10 modules (approximately 100 hours) or equivalent. The ICSC is required to be selected for a FICS team working at international games and assures consistent training.

Another approach undertaken by FICS in conjunction

with other sporting organizations has been to adopt temporary legislation in Alabama for the 2022 World Games. This enabled chiropractors from around the world to legally treat their own teams and FICS-credentialed doctors to treat all athletes.

Creating and adopting event-specific legislation is time and resource intensive, and probably impractical for all but the most major events. On a broader scale, the United States government passed the 2018 *Sports Medicine Licensure Clarity Act*. This extends liability insurance coverage and satisfies licensure requirements for US chiropractors and other sports medicine providers to travel with their teams for certain categories of events. But this federal legislation does not apply to treating all athletes, nor does it extend beyond US borders.

Requirements for temporary practice vary greatly among the regulated jurisdictions throughout the world. Does the board have authority over the practice of chiropractic by anyone within its borders? Does it retain jurisdiction over its own licensees / registrants who travel outside the state or country?

The first step for ICRS, with help from stakeholders, will be to create a reference database of existing requirements. Future steps will include identifying core components (not model language) of what should be included in patient intake and report of care. The foundation for the entire project will be the public interest.

A summary of the *Forum on Temporary Practice* and a draft of *Patient Rights and Responsibilities* are available on the ICRS website, www.chiroregulation.org.

Chiropractor credentialed at Children's Wisconsin

The Advanced Innovative Multidisciplinary (AIM) Spine Center at Children's Wisconsin has credentialed Jeffrey King, DC, MS. Dr. King represents the first chiropractor on staff at the hospital, and one of the first in the United States at a pediatric facility.

One of the nation's top pediatric facilities, Children's Wisconsin partners with the Medical College of Wisconsin (MCW), where Dr. King also is an associate professor.

"For so long, chiropractic care has been overlooked in the pediatric environment," said Dr. King. "This is an exciting opportunity to expand upon our strong history of chiropractic care at MCW and bring that same exceptional care to patients at Children's Wisconsin, where it has the potential to open new doors for research, as well."

In his new role, Dr. King will treat patients ages 10 and up.

"The AIM Spine Center provides

comprehensive care to the children of Wisconsin for all spine-related disorders. As such, we felt it was important to include evidence-based chiropractic care amongst the treatment options available to our adolescent patients," said Sean Lew, MD, FAANS, Mardak/Vandenberg Family Chair of Pediatric Neurosurgery at Children's Wisconsin, and a professor at MCW. "We welcome the wealth of experience and expertise Dr. King brings to our team."



At the AIM Spine Center at Children's Wisconsin, pediatric spine specialists work together to provide outstanding and compassionate care for even the most complex spinal disorders and spine trauma in infants, children and teens.

CDAHK pushes for inclusion of chiropractic as part of expansion of global health workforce

The Chiropractic Doctors Association of Hong Kong (CDAHK) recently published a paper titled "*Meeting Future Demand for Chiropractic Services in Hong Kong: A Strategic Manpower Planning Approach*."

The paper highlights the effectiveness of chiropractic treatment in cases where traditional therapies have failed, with minimal associated adverse events.

With the growing ageing population, prevalence of disabilities, and an increase in musculoskeletal conditions, the demand for rehabilitation services, including chiropractic care, has been on the rise. Over the past few years, the chiropractic profession has successfully raised awareness of the benefits of chiropractic treatment. The paper identifies key factors influencing the chiropractic workforce's ability to meet the population's health needs, including high-quality training and education, licensing and regulation, interprofessional collaboration, increased accessibility, and research.

To achieve the number of chiropractors required by Hong Kong for adequate service according to international standards, the paper makes a number of proposals, including increasing efficiency in licensing and registration procedures,

expanding coverage of public and private insurance for chiropractic services, enhancing system integration and interprofessional collaboration between chiropractors and other healthcare providers, promoting public education on the benefits of chiropractic care; and encouraging local research to build evidence and support workforce growth and acceptance.

By addressing these factors, Hong Kong can ensure that it meets future demand for chiropractic services and provides its population with the highest quality care. The paper's strategic manpower planning approach serves as a roadmap for achieving this goal and supporting the growth and acceptance of the chiropractic profession in Hong Kong.

The CDAHK has also published a paper titled "*Prevention-Focused Care: The Potential Role of Chiropractors in Hong Kong's Primary Healthcare Transformation*." The paper discusses the shift in Hong Kong's healthcare system towards preventive and primary care to address the complex demands of the aging population. Chiropractic professionals are in a unique position to support a prevention-focused strategy by identifying musculoskeletal

problems early, reducing risks, and promoting healthy lifestyles.

The paper argues that chiropractors should be involved in public health initiatives as well as policymakers' efforts to create a sustainable healthcare system that meets the long-term healthcare needs of the region.

Lastly, CDAHK has published a paper titled "*Recognizing Hong Kong Chiropractors' Sick Leave Authority: Valuing a Conservative Approach to Workers' Compensation*."

The paper addresses the issue of chiropractors' current inability to certify sick leave under Hong Kong's legislative framework, despite being registered healthcare practitioners. This limitation restricts the effectiveness of chiropractic services for patients with musculoskeletal issues that may require time away from work.

The paper provides an in-depth exploration of the evolution of chiropractic regulation in Hong Kong, the growth of the profession, and the delayed recognition of chiropractors' authority to issue sick leave certificates. The chiropractic profession and its patients have long lobbied for this authority, but the government's response has been slow.

For more information about these initiatives, see cda.org.hk.

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Demographic Factors Associated With Public Awareness of Chiropractic in Malaysia

Although the chiropractic profession is growing worldwide, including in Malaysia, the awareness of chiropractic is not well understood. In this context, awareness may be defined as the knowledge and understanding of chiropractic by the public. The purposes of this study were to determine the public awareness of chiropractic in Klang Valley and to identify sociodemographic factors associated with this awareness.

A cross-sectional study with a total of 440 respondents was conducted in medical, chiropractic, pharmacy, and dental health care facilities in Klang Valley. The variables in this study were age, ethnicity, sex, education level, marital status, nationality, employment status, and health status along with awareness of chiropractic.

In this study, good awareness of chiropractic was found to be 50.2%, and most of the respondents were aware that chiropractic can help neck pain and back pain. The level of awareness of traditional and complementary medicine has been shown to be an attributing factor to use.

Members of the Association of Chiropractic Malaysia have been presenting talks and participating in exhibitions to increase the public awareness of chiropractic. Members also have started to organize and celebrate annual World Spine Day events in Malaysia, which includes government officials, the media, and the public. This event is celebrated worldwide on October 16 every year. By celebrating World Spine Day with the communities in Malaysia, the awareness of chiropractic and spinal health can be increased greatly.

This article was published in the

JCM
JOURNAL of
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Wong YK, Tan KL, Haneline MT. Demographic Factors Associated With Public Awareness of Chiropractic in Klang Valley, Malaysia: A Cross-sectional Study. *Journal of Chiropractic Medicine*. 2022 Sep 1;21(3):187-96.
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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.

FICS Global Symposium attracts international sports chiropractors to Paris



Sports chiropractors from around the globe descended on Paris, France, for the FICS Global Symposium. Held June 17-18, the symposium welcomed 16 speakers representing various specialties in sports chiropractic.

FICS - the International Sports Chiropractic Federation - is the global representative body for sports chiropractic and provides expert chiropractors for sporting events around the world.

The Paris symposium provided a mix of didactic and workshop-based learning which provided panel discussions, keynote presentations on specialist areas of sports chiropractic as well as hands-on experience.

The stellar line up of speakers included Dr Brian Nook (USA), Martin Camara (Philippines), Christine Foss (USA), Simon Lawson (South Africa) and Audrey Yargui (France).

The varied content provided a perfect mix of subject matter for those already working with elite athletes and those aspiring to develop their expertise. The event also provided many networking opportunities for attendees, where tips and strategies for effective interventions could be shared.

During the event, FICS President Dr Bradley Sandler was recognized for his service to FICS with a presentation of the President's Medal.

Throughout 2023, FICS expects to provide chiropractors to around 20 world championships and multiple other sporting events.

FICS's mission is to provide equitable access to sports chiropractic care, education, mentoring and research to athletes and sports chiropractors regionally, nationally and internationally.

To find out more about FICS, visit <https://fics.sport/>



Attendees traveled to Paris from around the world to network and learn from an impressive speaker line-up.

World Spine Care update

Volunteering across borders: Botswana gains new clinic supervisor

World Spine Care relies on volunteers from all over the world. But the latest clinical supervisor to join the team didn't have to travel far to provide hands-on care to the people of Botswana. Dr. Michael Pretorius grew up in South Africa and hoped to take his skills abroad for some time, but the pandemic tested his patience. Eventually, the opportunity arose, and he embraced it readily. Dr. Kait Graham, our Volunteer Program Manager, shared that "World Spine Care is thrilled to have Michael (Dr. Pretorius) join our team in Botswana. We started preparing for his arrival several months prior, and he has been nothing but helpful, engaged, and determined from the start."

Botswana Clinic Coordinator Dr. Mufudzi Chahambakwe adds, "Michael is a great addition to the team. From early on, he has been a man of action, helping to set up the clinic in Mahalapye that has been dormant



Dr Michael Pretorius is the newest clinic supervisor in Botswana

since the pandemic started. He is exactly the person we needed to champion the re-entry of WSC into the local community."

We caught up with Dr. Pretorius to see what the first months of working with patients in Botswana are like.

WSC: Tell us about your background and clinical education.

Dr. Pretorius: I studied chiropractic at the University of Johannesburg. After completing my master's dissertation and clinical internship during Covid, I worked in private practice in Johannesburg for two years, taking a special



Mahalapye is located in the middle of Botswana.



Volunteering across borders: Botswana gains new clinic supervisor (continued)

interest in treating athletes and doing the International Federation of Sports Chiropractic certificate.

What inspired you to take on the role of Clinical Supervisor at the WSC Clinic in Botswana?

In 2019, I attended a WCCS conference where Dr. Mufudzi Chihambakwe (now a close friend and colleague) spoke about WSC and the work that they are doing in Botswana. Having family in Botswana and a passion for public health, volunteering for WSC seemed like a no-brainer. COVID-19 might have delayed that by a few years, but here we are.



Mahalapye District Hospital provides a range of inpatient and outpatient services.

What have been the most significant challenges while preparing to volunteer?

So far, it has been smooth sailing. Well, at least as smooth as you'd expect when you pack up your life, move to another country, register, and then try to re-open a clinic that's been closed for 2 years. Lots of admin and organization, but other than small hick-ups and the obvious language

barrier (I'm learning Setswana just slowly), it's been going great.

What do you hope to achieve while in Botswana?

The obvious is to provide quality treatment to as many people as possible. But more than that, it is to work on the sustainability and longevity of what we are doing in the community, to establish ourselves and our space in a more permanent way, where volunteers don't have to re-fight battles that the previous pioneering volunteers did years ago. To educate and integrate.

What has been your initial experience with patients and fellow healthcare providers?

The hospital staff at the Mahalapye District Hospital have been very nice, welcoming, and excited to have us back. In our first two weeks of treating patients, we were basically only treating hospital staff. They first come for treatment and then refer their patients second.

What is something exciting or surprising you've learned since arriving?

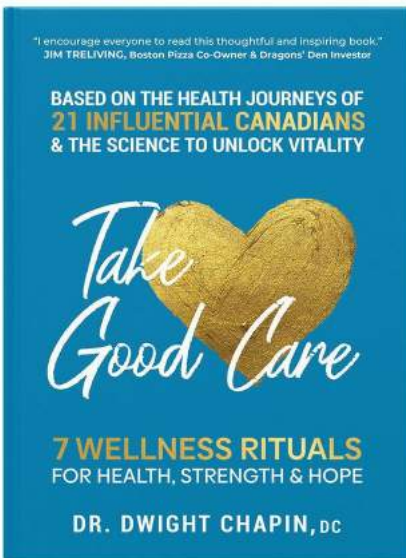
I'm surprised how bad my Setswana is, but excited that I've got enough time to learn.

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Book review: **Take Good Care: 7 Wellness Rituals for Health, Strength & Hope**, by Dr Dwight Chapin

This upbeat compendium from Dwight Chapin, a Canadian chiropractor and co-owner of a large Toronto health clinic, introduces seven wellness “rituals” to help readers take control of their health, from prioritizing restful sleep to fighting for your waistline to protecting your strength through resistance training, especially in later years.



In making the case for why everyday readers should stay active, practice preventive self care, and challenge their bodies while respecting their limits, Chapin favors straight talk and personal experience, inviting testimony from 21 notable Canadians, among them CEOs, Olympians, the singer-songwriter Jann Arden, and the dietitian for the Toronto Raptors.

Chapin intersperses their anecdotes and discussions of why it’s urgent to take steps to stay fit (“The work belongs to you,” one says) with his own rousing advice and, most notably, his practical, flexible rituals.

Those seven rituals update some familiar advice about working to maintain strength and fitness with Chapin’s warm, motivational coaching—he offers flexible, actionable guidance about designing a workout routine or establishing a better diet—but also welcome wisdom about self-love, managing expectations, and understanding your capabilities and needs.

“My body demands what it needs, loudly,” says the Olympic rower Silken Laumann. “And so, I’ve learned how to listen and have developed a respect for rest and recovery.”

Throughout, Chapin and company balance such calls for respecting one’s body with practical advice for keeping active, alert, and engaged, not just through targeted exercise but also meditation and “playing with purpose.”

That’s the seventh of Chapin’s rituals, and it’s inspired, as Chapin points to studies that link happiness to longevity, and

to the indisputable fact that taking to time to play—not just sports, but “talking to your dog, dancing in your home, or listening to your favorite album”—increase happiness.

The message has power: good health demands not just staying active, but making the most of our relaxing time, too.

Self-evaluation tools, clear takeaways, self-care “reflections,” and guidance on how to “activate” these rituals into your own life all contribute to this guide’s utility.

As a Health Advisor, his original work has been featured in *The Globe and Mail*, and he has co-authored workplace wellness e-learning modules for the Canadian Centre for Occupational Health & Safety-CCOHS. He was awarded the 2018 Chiropractor of the Year by the Ontario Chiropractic Association.



Dr Dwight Chapin

Passing of a giant: George McAndrews dies at 87

George McAndrews grew up recalling how his father, a chiropractor, was repeatedly mocked and scorned by those in the medical profession.

"We as children felt it, we knew he was being ridiculed," recalled Mr. McAndrews' brother, Tom, of their upbringing in an Iowa town along the Mississippi River. "Medical doctors would tell their patients, 'Don't go near chiropractors, they're quacks.' And we'd hear that at school from our friends."

Years later, Mr. McAndrews, by then an attorney, took on a group that was complicit in some of the most aggressive tactics, even to the point of an organized strategy to contain and eliminate the chiropractic profession - the American Medical Association (AMA).

He accepted the case of a Chicago chiropractor Chester Wilk, who had sued the AMA for

conspiring to destroy the profession by labeling it an "unscientific cult" and telling its members, medical doctors, that any association with chiropractors was unethical.

This meant that chiropractors could not be referred patients, could not work in hospitals and were not recognized by insurance plans. The campaign was designed to annihilate the chiropractic profession once and for all.

After a court battle that lasted decades and involved two trials and appeals that reached the U.S. Supreme Court — which declined to take on the case three times — Mr. McAndrews won his fight for justice.

The AMA was forced by a federal judge, Justice Susan Getzendanner, to publish a full page admission in its own medical journal acknowledging it had unlawfully tried to eliminate chiropractors from plying their trade and that its rules on avoiding chiropractors were unlawful.

Mr. McAndrews passed away April 7 after months of living with Alzheimer's disease. He was 87.

WFC Secretary-General, Richard Brown, commented, "With the passing of George McAndrews, we have lost a giant of the profession. His taking on of the case against the might of the AMA was a real David and Goliath story, with his small legal team taking on hundreds of attorneys on the other side.

"His story of persistence and prevailing against the odds provides a lesson to us all. Without his resilience and fortitude, the story of chiropractic in the United States and around the world is likely to have been very different to what it is today.

"All of us in the chiropractic profession owe him a debt of gratitude. May he rest in peace."



George McAndrews

Chiropractors from around the world support WHO guidelines for physical activity

Chris DeGraauw (Canada) ... David Gryfe (Canada) ... Aaron White (Australia) ...
Brooke Humphrys (Australia) ... Jodie Swader (United States) ... Harold Lampasso
(United States) ... Mustafa Agaoglu (Turkey/UK) ... Lisa Stowell (United States) ...
George Gou (United States) ... Nicole Zipay (United States) ... Celia Maguire (United
States) ... Kevin Meyer (United States) ... Larissa Armstrong-Kager (United States) ...
Katie de Luca (Australia) ... Bianca Zietsman (Australia) ... Kazimiera Zippert (United
States) ... Mayda Serrano (Puerto Rico) ... Dawn Dane (Australia) ... Yi Kai Wong
(Malaysia) ... Alli Totzke (United States) ... Richard Brown (United Kingdom) ...
Charles Blum (United States) ... LaKia Brown (United States) ... Cliff Tao (United States) ...
Michel Aymon (Switzerland) ... Faye Deane (United Kingdom) ... Elga Drews (Namibia) ...
Bobby Pritchett (United States) ... Jinjiang Li (United States) ... Stephanie Beavers (United
States) ... Maxwell Paetzhold (United States) ... Steven Whitelaw (United States) ...
Shahid Lateef (United States) ... Brandon Cooper (United States) ... Tony Kearns (United
States) ... Karen Roitz (United States) ... David Byfield (United Kingdom) ... Kim Gillies
(Canada) ... Claire Johnson (United States) ... Sue Weber (Sweden) ... Charlie Prins
(United States) ... Andrew Doody (Ireland) ... Jakob Petersen Klingberg (Sweden)
Patricia Mure Skjenneberg (Sweden) ...
Nathan Cashion (United States) ...
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