

Chiropractic Education & The CCE Wellness

Competencies:

(Using HP2010 To Shape The Next
Generation Of Chiropractors)

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It's About Time!

- CCE Wellness Competencies: Effective Feb. 2007
- Requires Compliance Both In Clinic & Classroom
- Our Focus at Palmer College of Chiropractic...
- Keep It:
 - **R**elevant (to faculty, students and patients)
 - **S**imple
 - **V**ery Action-Oriented
 - **P**ractical and Do-able

CCE Wellness Competencies Are Based on: Healthy People 2010

www.health.gov/healthypeople

- HP2010 is the cornerstone of evidence-based prevention & health promotion activities in the U.S.
- It is a “call to action” for health professionals (and educators) to more effectively address Americans’ healthcare needs

HP 2010 Focus Areas:

(Faculty-Selected Focus Areas Highlighted*)

- Arthritis, osteoporosis and chronic back conditions
- Cancer prevention
- Clinical preventive care
- Heart disease prevention
- Injury prevention
- Maternal, infant and child health
- *****
- **Nutrition/Overweight**
- **Physical Activity**
- **Tobacco Use**

*2005 survey of PCC Faculty

Bringing Wellness
&
HP2010
Into Our Chiropractic Clinics
(CCE Compliance)

Actions to date (Clinics)

1. **Surveyed faculty on HP2010 knowledge, wellness interest, and preferred focus areas (2005)**
2. **Formed Wellness Committee (inclusive of 3 campuses, clinic and teaching faculty: 2005-06)**
3. **Reviewed clinic forms & practices related to wellness, health promotion, and HP2010 (06-07)**
4. **Proposed minor changes to patient intake forms (07)**
5. **Proposed wellness worksheet for clinicians (07)**

What Else?

6. Formed database for wellness materials/resources (06 – Present)
7. Identified/gathered relevant federal, state, local, and private sector resources (ongoing)
8. Gathered relevant articles related to wellness and chiropractic practice (ongoing)

There's More (We've been busy!)

- 9. Began faculty training sessions on wellness**
 - 1. (3 sessions for clinicians; more in future)**
- 10. Discussed process for potential inclusion of wellness info into relevant clinic and other courses**
- 11. Initiated collaboration with local hospital's Wellness Speakers Bureau & Quit Line Iowa/Illinois**
- 12. Proposed future Palmer College wellness action steps**

More Action: Preventive Screenings

- Utilized US Preventive Services Task Force materials/recommendations
- Printed posters for our clinics
- Will hold training sessions for clinicians/students on prevention
- Hold clinicians/students accountable for talking to patients about appropriate screenings

Prevention Months

- Identified nationally recognized “wellness months”
- National Breast Cancer Awareness month; American Heart Month, etc.
- Encourage all students and faculty to recommend related screenings (for appropriate patients)
- “Wellness Wall” will offer an info center for patients

Bringing Wellness/HP2010 into our classrooms

➤ **Wellness committee actions:**

- Found HP2010 sections that relate to our classes
- Used HP2010 to show the magnitude of each health issue
- Developed HP2010 Slides to introduce students to related HP2010 goals

➤ **Starting a Dialogue About Wellness:**

- PowerPoint slide sets will seed discussion w/ students about ways DCs can help meet the HP2010 goals

For example....

Physical Activity

- **Problem**: Regular physical activity is assoc w/ lower risks of heart disease, diabetes, colon and breast cancer, falls, hypertension etc.
- **Currently**: Only 15% of US adults participate in regular physical activity. 40% of adults engage in NO reg. phys. activity.
- **HP2010 Goal**: Increase the proportion of adults who engage regularly in phys. Activ for 30 min/day to 30%.

All HP2010 Slide Sets End With This Question...

“So, how can you
as a Doctor of Chiropractic
contribute to helping meet
this national health goal?”

Counsel patients on physical activity

**Just 3 hours of advice
from provider
OVER 2 YEARS improves
sedentary adults' fitness**

JAMA, 2001

Students and faculty may discuss items like these:

- Become role models: Incentives for those participating in regular physical activity
- Teach from HP2010 about physical activity
- Share related HP2010 goals w/ patients
- Students strategize on how to help their patients become more physically active (Thereby meeting HP2010 goals)

Nutrition: Overweight & Obesity

➤ Problem

- Overweight and obesity are major contributors to many preventable diseases and causes of death.
- Healthcare/ loss of productivity costs of obesity = \$99 billion/year (1995)

➤ Currently: 11% of kids/ 23% of adults obese

➤ HP2010 Target: Reduce the # of overweight adults in America to 15% (5% for kids)

What can we do in chiropractic?

- Teach the info on obesity from HP2010
- Share the related HP2010 goals
- Work with students to propose strategies to meet related HP2010 objectives/goals

- Example: Advise patients, family, self to increase physical activity and reduce calories by 100/day; replace some sugary drinks with water

Example: Increase fruits & vegetables

- Introduce the “Five a day Initiative:
Recommend 5-9 servings of fruits and/or
vegetables a day
- National “Five-a-Day” program
 - www.cdc.gov/nccdphp/dnpa/5ADay/index.htm
 - www.shop5adaycatalog.com/acatalog/Posters.html



Tobacco Use

- Problem: Tobacco use is a major risk factor for heart disease, stroke, & cancers, all leading causes of death in the US.
- Currently: 24% of adults/35% of teens smoke
- HP2010 Target: Reduce adult smokers to 12%; adolescents to 16%

What can we do in chiropractic?

- Teach from the related HP2010 goals
- Work with students to develop strategies to help meet the HP2010 goals
- **Ask patients about tobacco use/willingness to quit!**
- Provide resources: Smoking cessation programs, aids, info etc. (Quitline Iowa/Illinois)
- Reward/incentivize quitting for students/faculty

OK, OK, I GET IT

But, why should we?

- HP2010 is the cornerstone of evidence-based prevention & health promotion in the U.S.
- It is a “call to action” for health professionals to more effectively address America’s health needs
- Chiropractors can lead, follow, or get out of the way!
- And, don’t forget.....CCE Compliance!

Let's do it!

