

Chiropractic patient characteristics at a VA outpatient facility

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All things being equal I would rather be...



Background

- The Department of Veterans Affairs (VA) was authorized to offer chiropractic care and services under the provisions of Section 204 of Public Law 107-135, the Department of VA Health Care Programs Enhancement Act of 2001 .
- Andrew Dunn, DC started the first chiropractic clinic at the Buffalo VAMC in October of 2004.
- *J Manipulative Physiol Ther. 2006 Jul-Aug;29(6):448-54.*

Background: Buffalo VAMC

- Average age (y) 55
- Male 88%
- Region of complaint: Lumbar spine 82%
- Previous treatment
 - Medical management 67%
 - Physical therapy 49%
- Service connected 58%
- Requesting provider type (%)
 - Primary care 66%

Background

- Chiropractic Services were added to the Canandaigua VAMC in March of 2005.
- The clinic started as two half days per week and has expanded to four full days per week with two funded research trials.

Background

- The Canandaigua/Rochester clinics were the first chiropractic clinics started in a VA facility that was NOT mandated to have a chiropractor.
- Clinic currently sees about: 400 patients per month with approximately 48-50 new patients per month.

Current project:

- OBJECTIVE: To evaluate patient characteristics of the first 218 patients seen in the Rochester Outpatient clinic.
- Data Collected in addition to demographics:
 - VAS
 - Oswestry Disability Index (ODI)
 - Fear Avoidance Belief Questionnaire (FABQ)

Data Collected from Computerized Patient Record System (CPRS)

- Demographics
- Co-morbidities
 - PTSD
 - Depression
 - Anti-coagulation status
 - Presence of Osteoporosis
 - Diabetes Mellitus

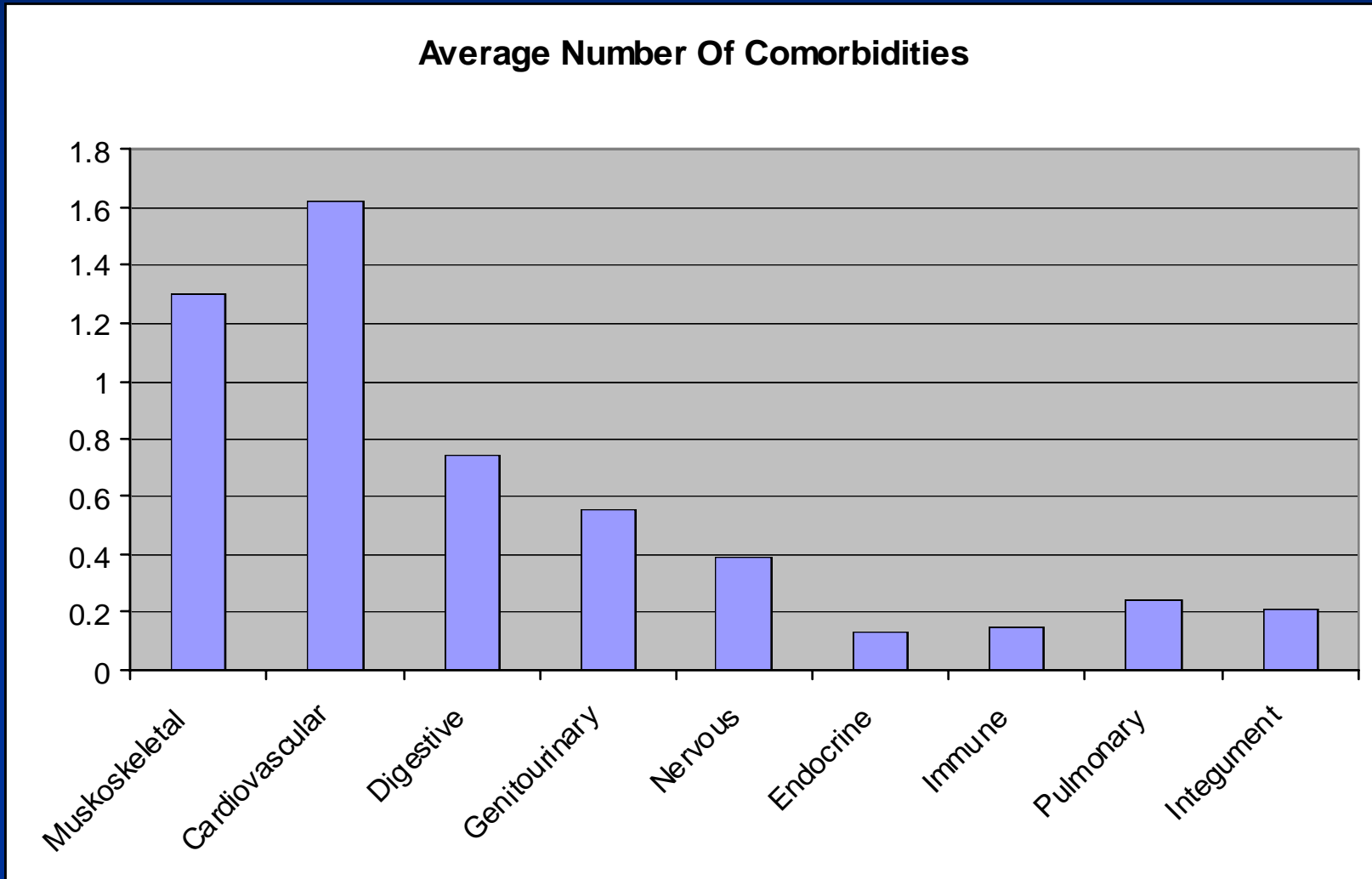
Demographics

Demographic	Ave	SD
Age:	54.88	± 14
Height: (in inches)	68.71	± 3
Weight: (in lbs.)	210.87	± 46
BMI:	31.45	± 6

Demographics

Sex:	MALE		191	87.61
	FEMALE		27	12.39
Race:				
	AMERICAN INDIAN OR ALASKIAN NATIVE		2	0.92
	NATIVE HAWAIIAN OR OTHER PACIFIC		0	0.00
	BLACK OR AFRICAN AMERICAN		38	17.43
	WHITE		164	75.23
	UNKOWN BY PATIENT		0	0.00
	DECLINED TO ANSWER		14	6.42
Ethnicity:				
	NOT HISPANIC OR LATINO		193	88.53
	HISPANIC OR LATINO		9	4.13
	UNKOWN BY PATIENT		0	0.00
	DECLINED TO ANSWER		16	7.34

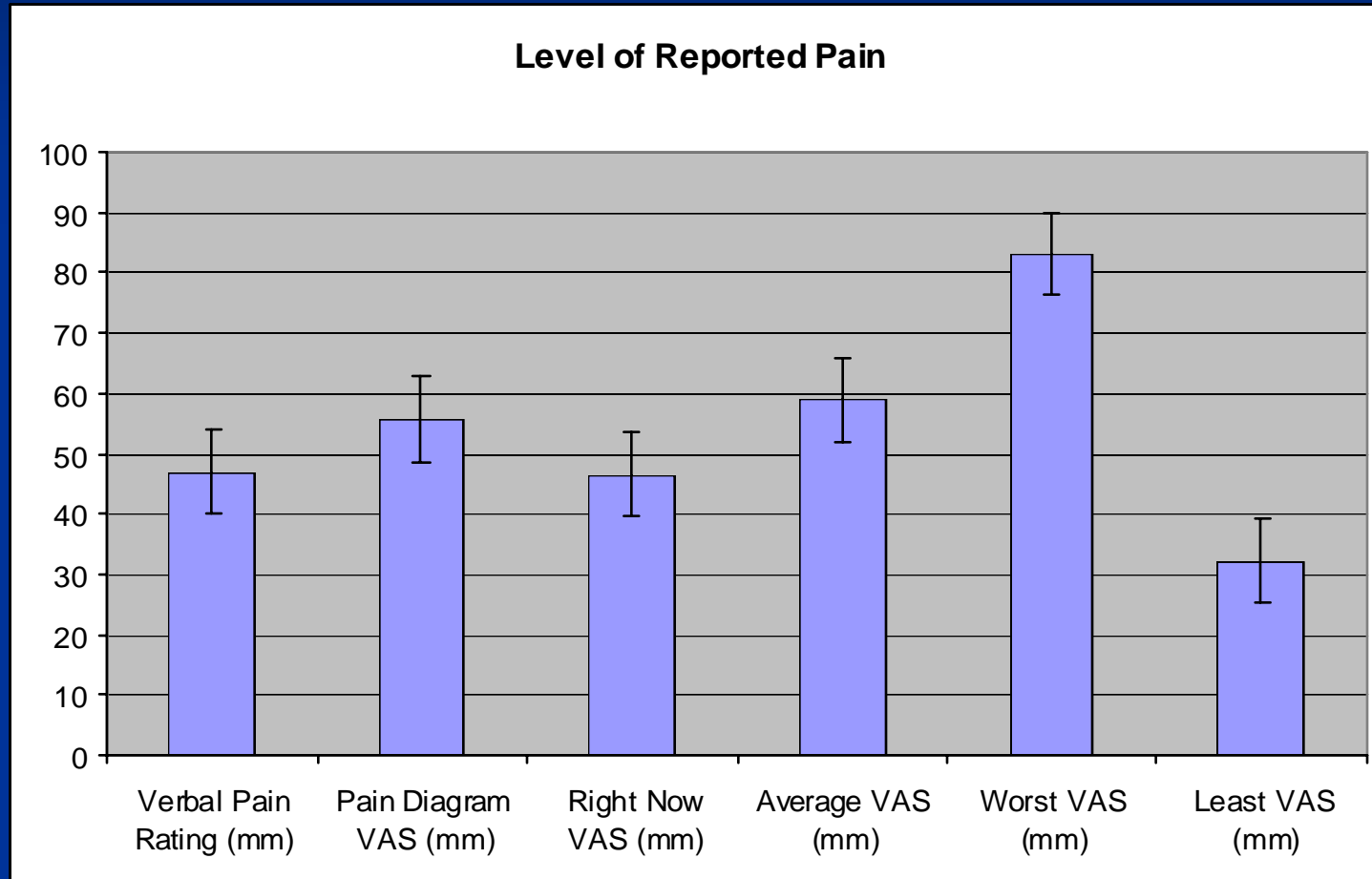
Co-morbidities



Complaints

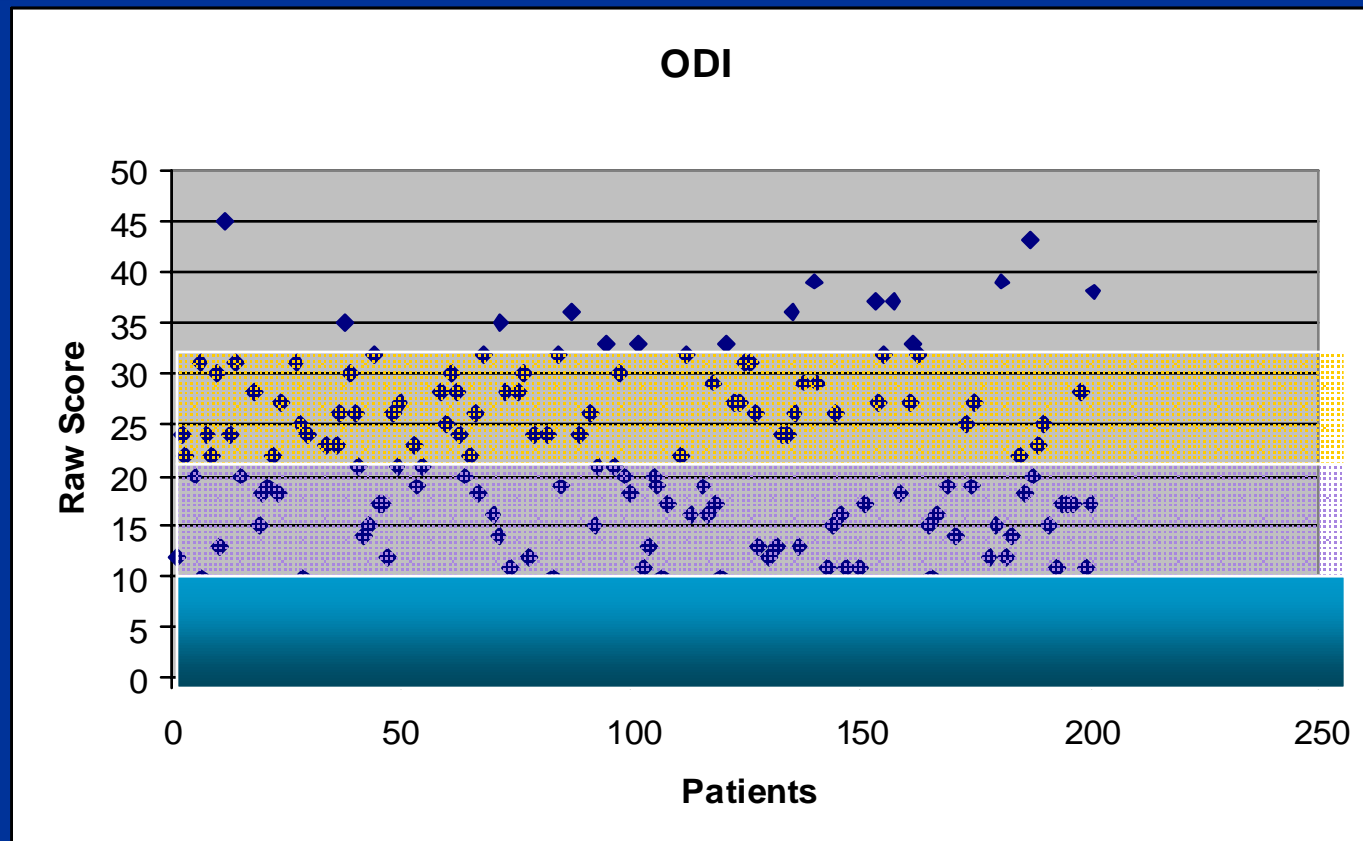
- LBP
 - LE Complaints: 40%
 - Stenosis: 6.42% (as diagnosed in the medical record)
- Neck Pain:
 - UE Complaints: 11%
- Headaches
 - HA only: 2%
 - HA with neck pain: 5%

Visual Analogue Scale



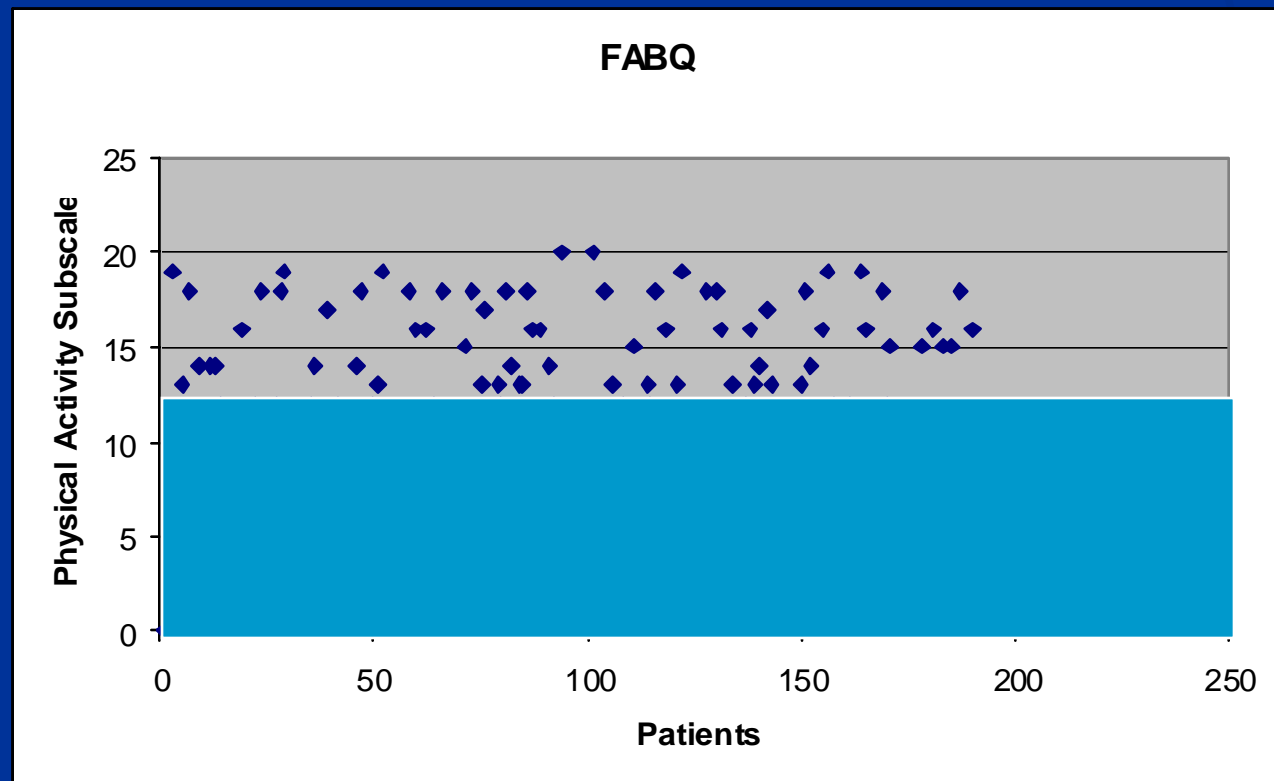
Oswestry (ODI)

- ODI:
- Average score 19.26 ± 7.8



Fear Avoidance Belief Questionnaires (FABQ)

- FABQ: 11 Standard deviation was 12.39, reflecting the great variation.



Surgery at the area of complaint

SPINAL:	NUMBER
Lumbar Fusion	3
Lumbar Laminectomy	8
Intradiscal Electothermal Treatment (IDET)	1
Cervical Fusion	1
Cervical Laminectomy	1
OTHER:	
Carpal Tunnel Syndrome	4
Knee Arthroscopy	2
Total Knee Arthroplasty	2
Total Hip Arthroplasty	2
Shoulder	1

Post Traumatic Stress disorder:

- Research has demonstrated that exposure to severe psychological distress, such as combat operations and other life-threatening events can result in long-term psychological distress and mental health disorders. Epidemiologic data suggest that the incidence in the general population in the US is about **5% of men and 10% of women.**
- *Boscarino JA: PTSD and Physical Illness. Ann. NY Acad. Sci 2004 1032:141-53*

Veterans and PTSD

- The incidence of PTSD among veterans has been reported as high as **30%** in select veteran populations. (National Vietnam Veterans Readjustment study).
- The incidence of PTSD in this cohort is: **23%** of patients seen had a diagnosis of PTSD as recorded in their medical record.

Concurrent PTSD and Chronic pain

- Many PTSD patients suffer from co-morbid conditions; one common co-morbid condition in PTSD patients is chronic pain. The current project capitalizes on the prevalence of chronic pain (CP) found in veterans with PTSD which is twice that found in the general population.

Veterans seeking treatment for posttraumatic stress disorder: What about comorbid chronic pain? J Rehabil Res Dev. 2007;44(2):153-66.

Depression and chronic pain

- Depression and chronic back pain frequently co-exist.
- In our sample: **33%** had a medical diagnosis of depression as reflected in their medical record.

*Chronic low back pain and depression in a sample of veterans.
Percept Mot Skills. 2001 Apr;92(2):348.*

- *Psychological screening in the surgical treatment of lumbar disc herniation.
Clin J Pain. 2001 Sep;17(3):215-9. Review.*

Coumadin

- There remains a controversy over the utilization of spinal manipulation in patients who are anti-coagulated.
- In our study: **11 patients were on Coumadin.** There were NO reported adverse events in these patients.
- This is similar to our previously reported data in a long-term care setting.
- *Lumbar epidural hematoma after chiropractic manipulation for lower-back pain: case report. Neurosurgery. 2007 Jul;61(1):E170-1; discussion E171*
- *Dougherty PE, Katz P, Karuza J: Chiropractic Services within a Long-term care facility. J. American Geriatric Society 2004 52(4):S105*

Osteoporosis

- Spinal manipulation is controversial in the osteoporotic population.
- Only **6%** of our patients had osteoporosis.
- There were **NO fractures** or serious adverse events reported in these patients.
- This reflects previously reported data.

- *Dougherty PE, Katz P, Karuza J: Chiropractic Services within a Long-term care facility. J. American Geriatric Society 2004 52(4):S105*

Conclusion

- Chiropractic services are relatively new within the Veteran's Affairs Clinics.
- The patients seen in these clinics are somewhat different than patients seen in the average chiropractic clinic.
 - *(Do chiropractic colleges' off-campus clinical sites offer diverse opportunities for learning? A preliminary study.*
J Manipulative Physiol Ther. 2003 Feb;26(2):70-6.)

Future Research Directions

- Interrelationships between Psychosocial factors and responsiveness to care.
- Development of a collaborative care model for the treatment of patients with co-morbid chronic pain and psychiatric diagnoses.

Thank you!

