


**Health Promotion
in Chiropractic Practice:**

2010 and 2005 NBCE practice surveys

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Presenter Disclosure

John K. Hyland, DC, MPH



The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:


No relationships to disclose



National Board of Chiropractic Examiners

NBCE is the principal testing agency for the chiropractic profession.


Established in 1963, NBCE develops and administers standardized national examinations according to established guidelines.



Practice (Job) Analysis Surveys


The **Practice Analysis** reports (which are updated every five years) are used extensively to inform and educate state licensing boards, associations, legislators, and insurance companies on the practice patterns of full-time chiropractors.

The reports are used by educators throughout the profession and by NBCE in the development of the Part III written and Part IV practical examinations for chiropractic licensure.



Practice Analysis of Chiropractic - 2010

A descriptive study of the practice of chiropractic in the United States based on the responses of more than 2,200 full-time chiropractors from all 50 states and the District of Columbia.



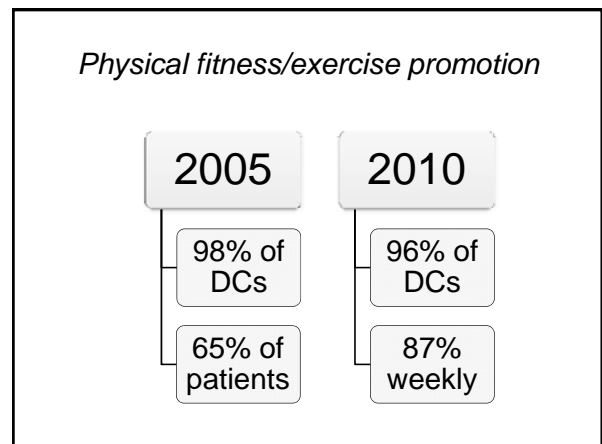
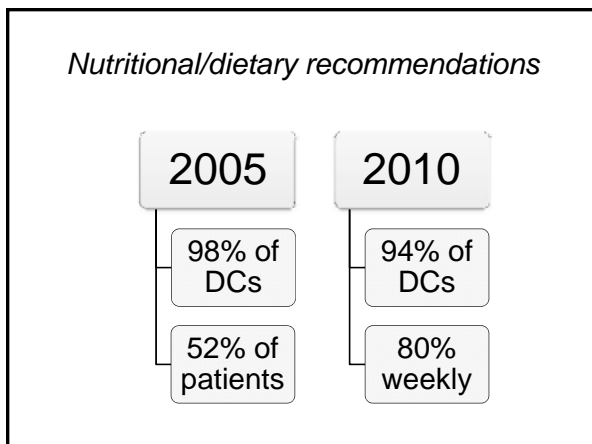
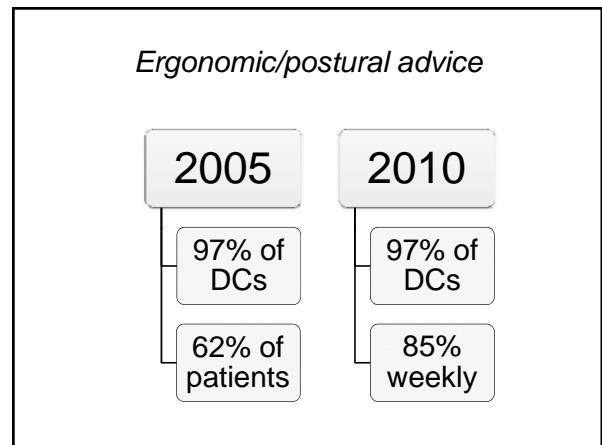
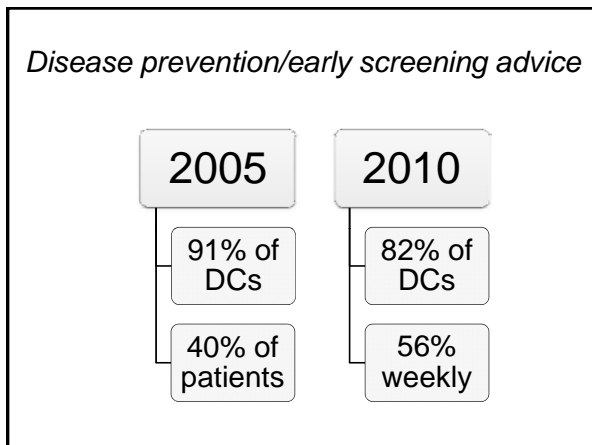
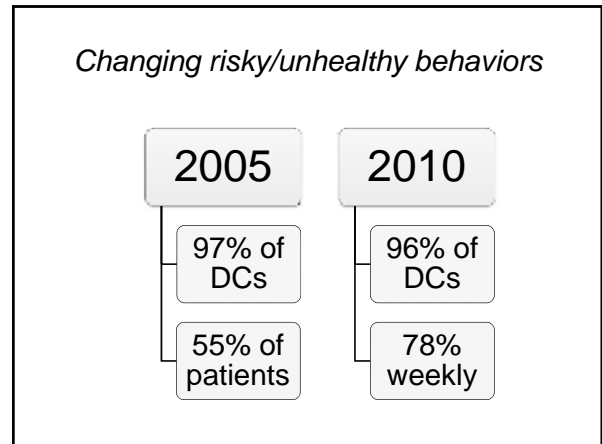
Practice Analysis of Chiropractic - 2010

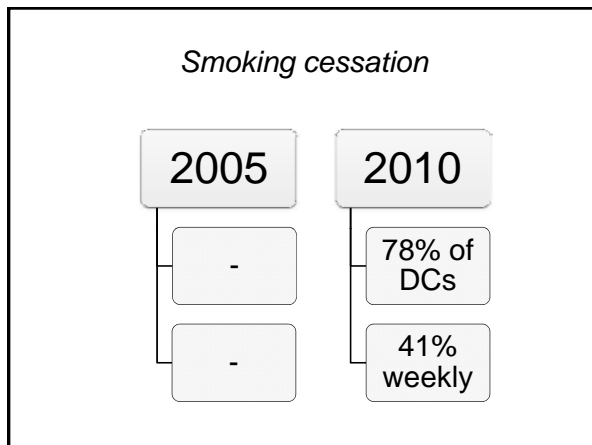
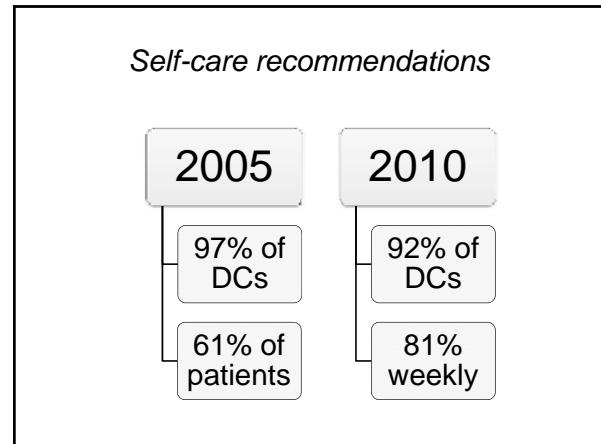
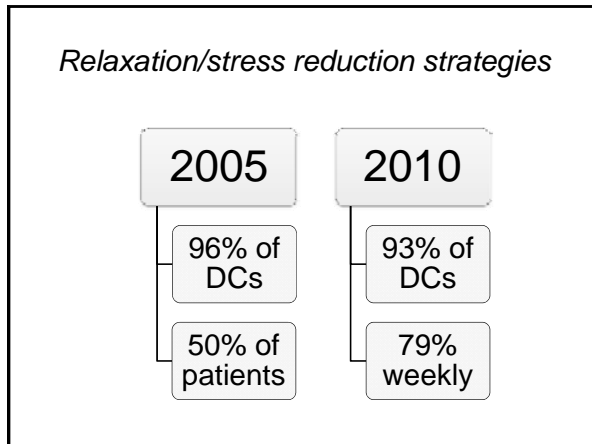
Respondents reported how frequently they performed various tasks and professional responsibilities, and then assessed the risk to a patient's health and safety due to a chiropractor's omission or poor performance of the activity.

Practice Analysis of Chiropractic - 2010

#102. Health Promotion/Wellness Care

- 7 procedures - both 2005 and 2010
- Smoking cessation - new for 2010
- Other _____ - new for 2010






- Other _____*
- * Weight reduction strategies (3)
 - * Wellness workshops/health classes (2)
 - * Yoga
 - * Tai Chi
 - * Essential oils
 - * Motivational tapes & books
 - * Vaccination
 - * Hypnosis
 - * Changing attitudes about drugs

Risk to patient's health and safety if omitted or poorly performed:

All procedures were rated as little or no risk –


Unhealthy behaviors	69%
Screening prevention	65%
Ergonomic advice	74%
Diet recommendations	68%
Exercise promotion	65%
Stress reduction	80%
Self-care strategies	76%
Smoking cessation	67%

- Results:**
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- * Chiropractors commonly provide health promotion and wellness care to their patients (78 - 97%).
 - * These procedures are done at least weekly.
 - * Disease prevention/early screening advice has decreased 91 - 82% over past 5 years; otherwise the surveys are consistent.




Results:

- * Smoking cessation is the least frequently performed procedure – by only 78% of DCs and at least weekly by less than half of those (41%).
- * The risk to a patient's health and safety due to omission or poor performance of these procedures is considered to be low.




Discussion:

- * Self-reported survey data
- * Terms not strictly defined
- * Some questions not answered
- * Non-representative sample
- * 2,271 respondents (of 50,000? DCs)




Conclusions:

- * When asked, many chiropractors claim to provide various forms of health promotion counseling to their patients.
- * Actual practices have not been well studied
- * Omitting or poorly performing this group of procedures is thought to provide little risk to a patient's health or safety.



Comments:


- * In 2007, the Council on Chiropractic Education (CCE) specified additional skill and knowledge competencies in health promotion and wellness care required for doctor of chiropractic training programs.
- * Based on these findings, NBCE will be placing more testing emphasis on health promotion and wellness care.



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