Integrated Care for Older Adults:
A Chiropractic Approach
Integrated Care for Older Adults

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Learning Objectives:

* Describe the use of chiropractic care among older adults in the U.S. and its potential role in supporting the health of older adults and their caregivers.

* Discuss the unique role that chiropractors can play in improving physical function and well-being through non-pharmacological means such as spinal manipulation, CAM modalities, and lifestyle coaching.

* Identify common conditions and considerations of chiropractic care for geriatrics patients.
Definitions - Integrative care

* APA
* National Center for Complementary and Integrative Health
* And?
  * Holistic view of patient
  * “Docere”

Definitions - CAM

* Complementary - used together with mainstream practices
* Alternative – used instead of mainstream practices

* 1) Natural products
* 2) Mind and body practices

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Figure 1: Type of CAM Used in the Past 12 Months

- Herbal products or dietary supplements: 37%
- Massage therapy, chiropractic manipulation, other bodywork: 22%
- Mind/Body practices: 9%
- Naturopathy, acupuncture, homeopathy: 5%
- Other types: 1%

Source: AARP, and National Center for Complementary and Alternative Medicine Survey Report
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Figure 3: CAM Use in the Past 12 Months Among U.S. Adults, by Age Category

- 18-29 years: 36.3%
- 30-39 years: 39.6%
- 40-49 years: 40.1%
- 50-59 years: 44.1%
- 60-69 years: 41.0%
- 70-84 years: 32.1%
- 85 years and older: 24.2%

Source: AARP, and National Center for Complementary and Alternative Medicine Survey Report
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Figure 4  Reasons for CAM Use

- Prevent illness for general wellness: 77%
- Help reduce pain/treat painful condition: 73%
- Treat specific health condition: 59%
- Supplement conventional medicine: 53%

Base: Respondents who used CAM in past 12 months or ever (n=539). Sampling error ± 4.2 percentage points. Respondents could choose more than one answer.

Source: AARP, and National Center for Complementary and Alternative Medicine Survey Report
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Source: AARP, and National Center for Complementary and Alternative Medicine Survey Report
Chiropractic and CAM

“older patients are more likely to receive unsafe, ineffective and complex management, including early diagnostic imaging, surgery, and strong opioids. “

Common Geriatric Conditions

- “Simple” mechanical back, sacroiliac dysfunction, sacroiliitis
- Spinal Stenosis
- Referral of pain to lower extremities
  - Sciatica
- Neck pain
- Headaches
- Radicular pain to upper extremities
Common Geriatric Conditions

- Osteoarthritis, joint dysfunction, mechanical pain
- Distal joint pain
  - Shoulders
  - Knees
  - Hips
  - etc.
**Common Geriatric Conditions**

- Balance problems >> falls risk
- Contributing factors include
  - BPPV
  - Medications
  - Hypotension
  - Postural imbalances
Common Geriatric Conditions

* **Impact of Spinal Pain**

* Pain and Disability
  * < ADL’s
  * < mobility

* Personal impact
  * social roles, relationships, self-image

* Depression, Cognition
  * < QOL

Special Considerations

* Osteoporosis
* Sarcopenia
* Skin fragility
* Vascular fragility, insufficiency
* Comorbidities
* Polypharmacy
* Cognitive loss/dementias
* General frailty
* Elder abuse/neglect
Special Considerations

* Social service needs
  * Transportation
  * Implementation
  * Facility placement

* Caregiver availability & caregiver needs
Principles of Chiropractic Practice

* Whole person focus – recognizes interconnectedness of mind, body, spirit
* Patient-centered – treatment approaches are unique to needs and desires of patient
* Integrative - Embraces multiple approaches to managing health and disease
  * > CAM
Principles of Chiropractic Practice

- Promote disease prevention
- Embrace emerging evidence while respecting the profession’s historical foundation
  - Vis medicatrix naturae
- Promote optimal health in context of NMS function
A Chiropractic Approach

Chiropractic Care
- Assessment/Examination
- Diagnosis
  - Record sharing
- Treatment Plan
  - Adjustments (SMT)
  - CAM
  - Referral
  - Self-care
History of Spinal Manipulation
A Chiropractic Approach - Spinal Manipulation
A Chiropractic Approach - Spinal Manipulation

* Triano and McGregor, 2017
A. Preload, B. Peak Force, C. Speed, Resolution
Speed

200ms and greater = less afferent response

100ms and less = more afferent response

Fig 4. Pattern of responses for the 46 afferents.
A Chiropractic Approach- Spinal Manipulation

* Loads consistent with ADLs: one hand lift of a 50 pound suitcase (Triano and Schultz, 1997)

* Ranges: 77N to 870N
Control Elements for Spinal Manipulation

- **Patient**
  - Patient Posture
  - Static
  - Dynamic

- **Provider**
  - Preload
  - Load direction
  - Peak Load
  - Load impulse Rate
  - Load duration
References

- Ferreira M, de Luca K. Spinal pain and its impact on older people. Best Practice and Research, Clinical Rheumatology. 2017; 15(1)
- https://nccih.nih.gov/about
Questions?

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