

MGS ANNUAL CONFERENCE | APRIL 27 2018

Wellness Agenda. Healthy Communities. Healthy You.

**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.

Integrated Care for Older Adults

Definitions - Integrative care

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

<http://www.apa.org/health/integrated-health-care.aspx>
<https://www.nlm.nih.gov/tsd/ acquisitions/cdm/subjects24.html>

Integrated Care for Older Adults

Definitions - CAM

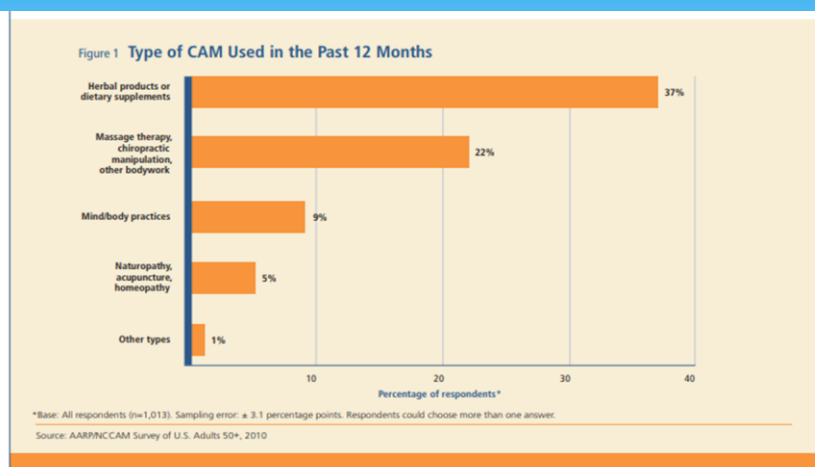
- * Complementary - used together with mainstream practices
- * Alternative – used instead of mainstream practices

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

<https://www.nlm.nih.gov/tsd/acquisitions/cdm/subjects24.htm>

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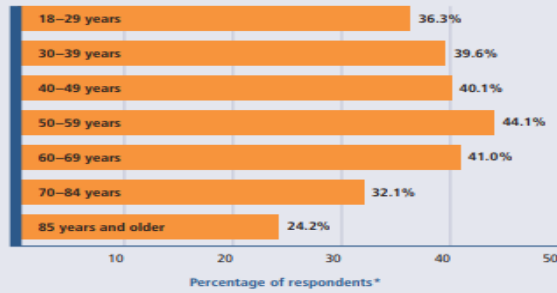
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Source: AARP, and National Center for Complementary and Alternative Medicine Survey Report

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Figure 3 CAM Use in the Past 12 Months Among U.S. Adults, by Age Category **



*Base: All adult respondents 18+ (n=23,393)

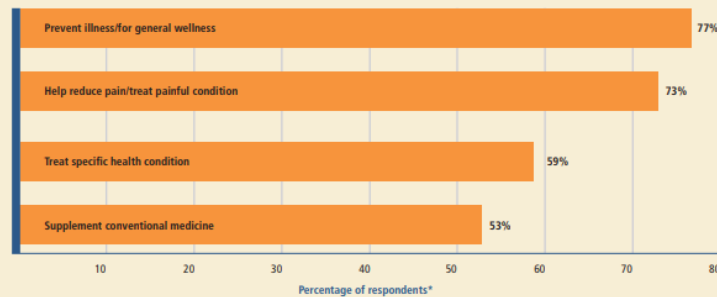
**Barnes PM, Bloom B, Nahin R. Complementary and Alternative Medicine Use Among Adults and Children: United States, 2007. *CDC National Health Statistics Reports* #12. 2008.

Source: National Health Interview Survey, 2007

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

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Figure 4 Reasons for CAM Use

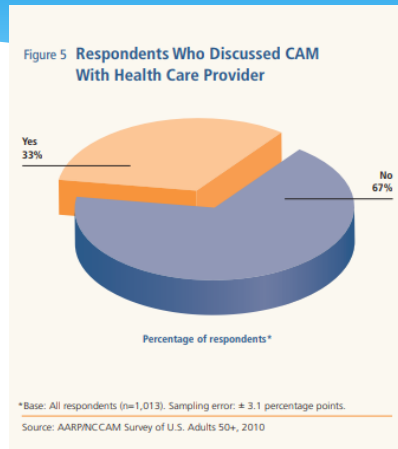


Base: Respondents who used CAM in past 12 months or ever (n=539). Sampling error: ± 4.2 percentage points. Respondents could choose more than one answer.

Source: AARP/NCCAM Survey of U.S. Adults 50+, 2010

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

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* Chiropractic and CAM

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

Ferreira and de Luca, 2001.

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

Ferreira and de Luca, 2001.

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

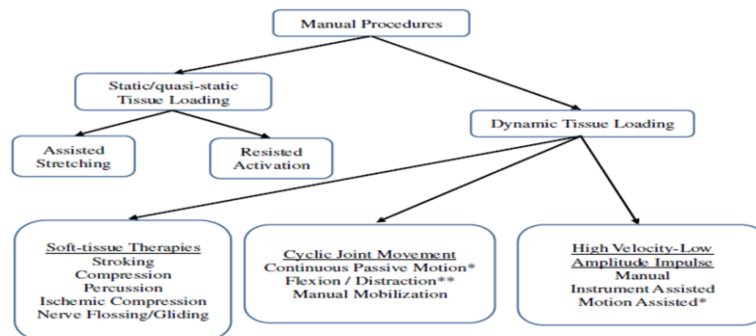
History of Spinal Manipulation



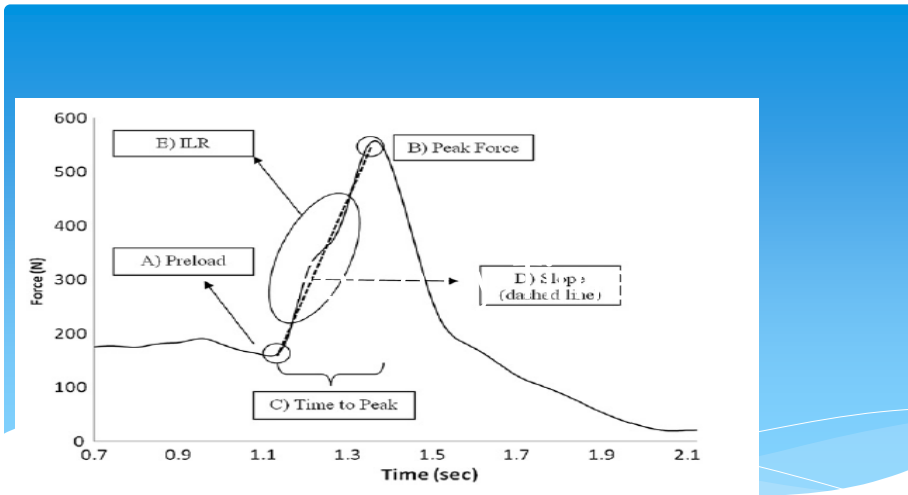
A Chiropractic Approach- Spinal Manipulation



A Chiropractic Approach- Spinal Manipulation



* Triano and McGregor, 2017



A. Preload,
B. Peak Force, C. Speed,
Resolution

Speed

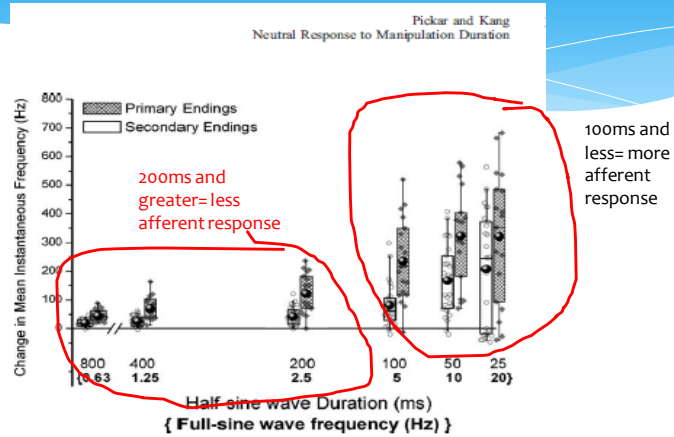


Fig 4. Pattern of responses for the 46 afferents.

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

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- * <https://www.nlm.nih.gov/tsd/acquisitions/cdm/subjects24.html>
- * https://nccih.nih.gov/sites/nccam.nih.gov/files/news/camstats/2010/NCCAM_aarp_survey.pdf

Questions?



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