Chiropractic Spine Care

Outline:
- Role of chiropractors in spine care
  - Direct access provider
  - Long term relationship with patients
  - Referral to other spine team members (specialists, PCP, PT, PGIHH)
- Chiropractic services/treatments
  - Most appropriate patients
  - Least appropriate patients
  - Outcome tools
  - Treatment plans/algorithms
  - Collaboration
  - Spine Care Goals

Chiropractic Spine Care

What is our role?
- Direct access provider
  - Acute, sub-acute and chronic back pain, neck pain and headaches.
  - Ability to evaluate patients, identify red flags, order appropriate imaging, design care plans and refer when indicated.
- Develop long term relationships with patients
- Integrate with full spectrum of spine care providers
- Guide patients to become better self managers of their condition.

Chiropractic Spine Care

Chiropractic Services/Treatments
- Most appropriate - uncomplicated mechanical pain
  - Cervical
  - Thoracic
  - Lumbar
  - Pelvic
- Less appropriate
  - Severe neurologic deficits
  - Limited mobility patients
  - Spondylothesis – grade 3 - 5

Outcome tools: Keele, Oswestry, NDI, PROMIS10, VAS, PHQ-9
- Treatment plans/algorithms:
  - 4-6 visits
  - Decrease pain/increase function
  - Begin active care
  - Preventative care instruction and education
  - Include referral to other providers if indicated
  - Discharge

Chiropractic Services Provided:
- Comprehensive HPI – including imaging if indicated
- Spinal Manipulative Therapy/mobilization – Grade 1-5
- Acupuncture – musculoskeletal focus
- Soft tissue techniques – TPT, ART, Graston, craniosacral therapy, strain counterstrain
- Therapeutic modalities – IFC, US, Infrared laser
- Exercise Instruction and Guidance- HEP
- Functional Outcome Tools – Keele, Oswestry, NDI, PROMIS10, VAS.
Cost of Care and Potential Changes in Payment Structure

Current back care is fragmented and inconsistent

Chiropractic Spine Care

• Collaboration: Key components of a successful collaborative care model
  - 1. Include an array of conservative care options: this should include a broad spectrum of disciplines, treatment options and self-care. Chiropractic care, acupuncture, PT/OT PCP, psycho-social care, active care stress management and diet.
  - 2. Patient-centered approach: collaborative care should always be in the best interest of the patient. Regional CAHPS surveys show chiropractic in the 90th percentile in patient satisfaction.

Chiropractic Spine Care

• 3. Conservative care first: data shows that a conservative approach to back pain is more cost effective, has high value and high patient satisfaction. PCP, physical medicine providers, chiropractors should be at the portal of entry for back pain patients.
• 4. Quality: evidence-informed practitioners of multiple disciplines
• 5. Efficiency: access to care as quickly as possible improves outcomes
• 6. Triple Aim: improving the health of patients, enhancing the experience and outcomes of the patient, and reducing per capita cost of care.

Chiropractic Spine Care

• Choosing a chiropractor with evidence-informed characteristics
  - Questions to ask:
    • What is your average treatment plan?
    • Are you a provider for third party payors including Medicare and Medicaid?
    • Do you discharge patients?
    • Do you refer patients to other health care providers, and how often?
    • Do you include education and active care as part of your treatment plan?
    • Do you use outcome tools?

Spine Care Goals

• Create a consistent and effective pathway for the management of back pain
• Decrease unnecessary imaging in episodes of non-specific back pain
• Decrease use of opioid prescriptions for acute low back pain
• Improve patient education regarding non-specific back pain
• Create a cost-effective model that can be easily implemented with pending insurance payment models
• Decrease visits to the ED for non-complicated back pain episodes
• Utilize conservative care options already available in the Allina System
Spine Care Goals

- To avoid overwhelming and bottlenecking the health care system, it is important to deliver the right care at the right time by utilizing all trained practitioners to the full extent of their licensure.

Bibliography


