

OCTOBER 2023



2023 Annual Update



2018 – 2023 Accomplishments

The Clinical Compass continues to contribute in a meaningful and transparent way to fulfill our mission of advancing evidence-based Chiropractic practice. We have been hard at work over the past five years, publishing multiple papers and updating our Evidence Center twice per year, along with assisting and supporting research around the profession.

The Clinical Compass is a fundraiser-driven organization, and we rely on state associations and individual memberships, along with organizations close to the Chiropractic profession to make our organization viable as we help fill the gap in knowledge about Chiropractic.

For instance, NCMIC committed a total of \$100,000 to the Clinical Compass in 2019 so that we could publish research to advance the profession. Dr. Cheryl Hawk has been the primary investigator of multiple projects over the past several years that were made possible because of this partnership. Those publications include:

2019

Best Practice Recommendations for Chiropractic Management of Patients with Neck Pain

- Whalen W, Farabaugh RJ, Hawk C, Minkalis A, Lauretti W, Crivelli LS, Wyatt L, Sheppard M, Walters S
- *J Manipulative Physiol Ther.* 2019 Nov;42(9):635-650.
- [https://www.jmptonline.org/article/S0161-4754\(19\)30008-9/fulltext](https://www.jmptonline.org/article/S0161-4754(19)30008-9/fulltext)



2020

Best Practices for Chiropractic Management of Patients with Chronic Musculoskeletal Pain: A Clinical Practice Guideline

- Hawk C, Whalen W, Farabaugh RJ, Daniels CJ, Minkalis AL, Taylor DN, Anderson D, Anderson K, Crivelli LS, Cark M, Barlow E, Paris D, Sarnat R, Weeks J.
- *J Altern Complement Med* 2020;26(10):884-901.
- <https://www.liebertpub.com/doi/10.1089/acm.2020.0181>

Chiropractic Care in the COVID-19 Pandemic Era

- Whalen WM, Hawk C, Crivelli L, Greenstein J, Anderson K, Wetzen T, Farabaugh RJ
- *Asia-Pacific Chiropr J* 2020
- Invited paper in peer-reviewed journal



2021

The Role of Chiropractic Care in Providing Health Promotion and Clinical Preventive Services for Adult Patients with Musculoskeletal Pain: A Clinical Practice Guideline

- Hawk C, Amarin-Woods L, Evans MW, Whedon J, Daniels C, Williams RD, Parkin-Smith G, Taylor D, Anderson D, Farabaugh R, Walters SA, Schielke A, Minkalis AL, Crivelli L, Alpers C, Hinkeldey N, Hoang J, Caraway D, Whalen W, Cook J, Redwood D.
- *J Altern Complement Med* 2021
- <https://www.liebertpub.com/doi/full/10.1089/acm.2021.0184>

Best Practice Management of Infants, Children, and Adolescents by Chiropractors

- Keating G, Hawk C, Amarin-Woods L, Amarin-Woods D, Vallone S, Farabaugh R, Todd A, Ferrance R, Young J, O'Neill-Bhogal S, Sexton H, Alevaki H, Miller J, Parkin-Smith G, Schielke A, Robinson A, Thompson R
- *Publication is pending*
- *J Integrative Complementary Med*



2022

Best Practices for Chiropractic Management of Adult Patients with Uncomplicated Low Back Pain: a Clinical Practice Guideline

- Whalen WM, Hawk C, Farabaugh RF, Daniels CJ, Taylor DN, Anderson KR, Crivelli LS, Anderson D, Thomson LM, Sarnat RL
- *J Manipulative Physiol Ther* 2022, VOLUME 45, ISSUE 8, P551-565
- <https://doi.org/10.1016/j.jmpt.2023.04.010>



2023

Cost Comparison of Chiropractic vs. Medical Care for Adults with Spine-Related Pain: A Systematic Review

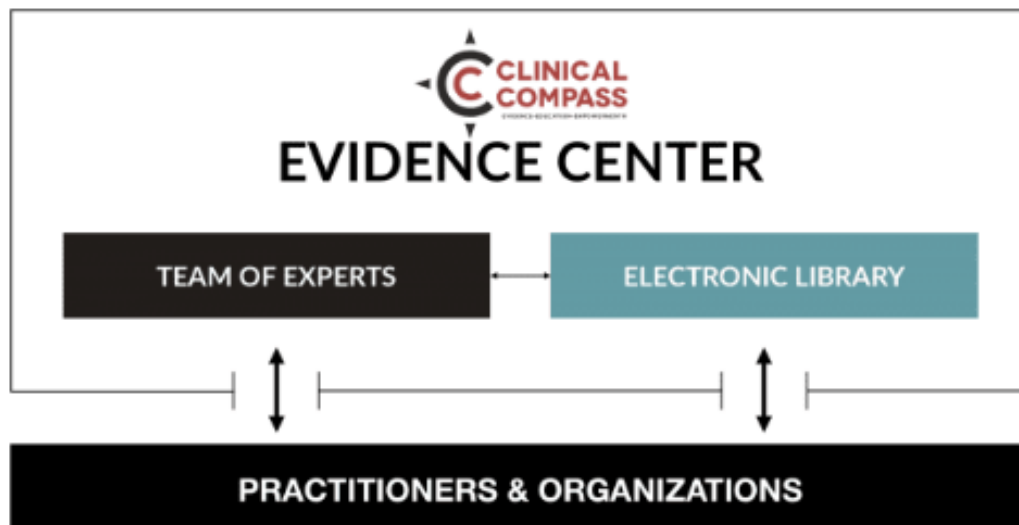
- Farabaugh RJ, Hawk C, Taylor DN, Noll C, Daniels CJ, Whedon J, Schneider M, Wilcox R, Suiter L, McGowan J, Whalen W
- *Project is in the final stages of completion.*

The Clinical Compass Board is also participating in research around the profession. Here are a few additional publications that the Clinical Compass has influenced over the past five years:

- **Cost-Efficiency and Effectiveness of Including Doctors of Chiropractic to Offer Treatment Under Medicaid: A Critical Appraisal of Missouri Inclusion of Chiropractic Under Missouri Medicaid**
 - <https://doi.org/10.1016/j.echu.2019.08.004>
- **Association Between Utilization of Chiropractic Services for Treatment of Low-Back Pain and Use of Prescription Opioids – June 2018 in JACM**
 - <https://www.liebertpub.com/doi/10.1089/acm.2017.0131>
- **Impact of Chiropractic Care on Use of Prescription Opioids in Patients with Spinal Pain – March 2020 in Pain Medicine**
 - <https://doi.org/10.1093/pm/pnaa014>
- **Impact of Chiropractic Care on Use of Prescription Opioids in Patients with Spinal Pain – December 2020 in AAPM**
 - <https://pubmed.ncbi.nlm.nih.gov/32142140/>
- **Chiropractic Care of Adults With Postpartum-Related Low Back, Pelvic Girdle, or Combination Pain: A Systematic Review – August 2020 in JMPT**
 - <https://doi.org/10.1016/j.jmpt.2020.05.005>
- **Clinical Compass Anti-Racism and Solidarity Statement – August 2020**
 - <https://clinicalcompass.org/2020/news/clinical-compass-anti-racism-and-solidarity-statement/>

The Florida Chiropractic Association (FCA) significantly supports the Clinical Compass and committed funding for our Evidence Center in a multi-year financial partnership. The Clinical Compass Evidence Center, powered by the FCA, is updated twice a year and is a resource for our individual and state association members. The Evidence Center allows practicing Chiropractors to find the most up-to-date research in 17 different treatment areas that include:

1. Low Back Pain
2. Neck Pain
3. Lower Extremity
4. Upper Extremity
5. Safety and Adverse Events
6. Non-Musculoskeletal Conditions
7. Integrative Care
8. Wellness, Prevention, and Health Promotion
9. Headaches
10. Pregnancy and Labor
11. Pediatrics
12. Geriatrics
13. Soft Tissue Care
14. Diagnostic Imaging
15. Cost Effectiveness
16. Opioids
17. Dry Needling



The Scientific Commission

The articles and summaries that comprise the Evidence Center are selected and synthesized by our Scientific Commission. Dr. Cheryl Hawk of Texas Chiropractic College is currently the Chair of the Commission. Besides Dr. Hawk, the rest of the Commission is as follows.

Cates, Jeffrey	DC, MS, DABCO, DABCC	Private practice
Daniels, Clinton	DC, MS, DAAPM	VA Tacoma WA, Residency Program Director
Gliedt, Jordan	DC, FASA	Asst. Professor, Medical College of WI
Hinkeldey, Nathan	DC, DACRB	VA Central IA Health Care System, Residency Program Director
Lawrence, Dana	DC, MMedEd, MA	Associate Provost of Education and Research, Parker University
Schielke, Alec	DC	VA Palo Alto Health Care System and Associate Professor, Palmer University
Schneider, Michael	DC, PhD	Associate Professor, U of Pittsburgh
Taylor, David	DC	Professor, TCC
Walters, Sheryl	MLS	Professor and Health Sciences Librarian, Logan University

The Clinical Compass is also focused on achieving our mission by helping our state association partners with continuing education, special advisory or advocacy projects, and literature reviews. Here are a few of the projects on which we have recently collaborated:

- State Medicaid pilot project - Alaska Chiropractic Society
- HEDIS cost measure for imaging complicated low back pain - Florida Chiropractic Association.
- The Clinical Compass and its work were instrumental in reversing the restrictive pediatric chiropractic policy from Blue Cross/Blue Shield of North Dakota.
- Dry Needling Scoping Review of the Literature - Alabama State Chiropractic Association.

Compass Speakers

The Clinical Compass has developed multiple presentations around Best Practices and is excited to partner with states to share this information with their memberships.

We have forged strong relationships with various groups within the profession, including:

- Canadian Chiropractic Guideline Initiative
- World Federation of Chiropractic,
- ChiroCongress
- American Chiropractic Association
- American Black Chiropractic Association
- National Association of Chiropractic Attorneys
- Women in Chiropractic
- Cleveland University – Kansas City
- 13 State Associations

Our collaboration with these groups has allowed the Clinical Compass an opportunity to provide Continuing Education for the profession regarding Clinical Practice Guidelines and Evidence-Based Practice.

Future Projects – 2023 and BEYOND

- Informed Consent
- Clinical Practice Guideline for the Chiropractic Management of Headache
- Clinical Practice Guideline for the Chiropractic Management of Extremity Conditions (unspecified as of yet)
- Update to our Terminology Project
- Chiropractic Management of Concussion – A Clinical Practice Guideline



Voices from the Profession

Clinical Compass is invaluable to our profession. They provide chiropractors, patients, and other professions with the information necessary to establish the value of what we do. As an educator, doctor, and influencer - the tools that Clinical Compass has developed are essential to my ability to teach the value of chiropractic.

- Dr. Jeff Langmaid
Founder – The Evidence Based Chiropractor

Clinical Compass provides up-to-date information on the clinical responsibilities of chiropractors. Their newest paper, "Best Practices for Chiropractic Management of Adult Patients with Mechanical Low Back Pain," contains evidence-based recommendations designed to assist you in practice.

It covers every aspect of patient care, from history-taking to proven interventions. I continually reference Clinical Compass recommendations within the ChiroUp software and during my continuing education presentations.

- Dr. Brandon Steele
Founder – ChiroUp

ChiroUp is exceptionally grateful for the Clinical Compass resources. Our team looks forward to new releases and updates since the information is always accurate and practical. Having access to this invaluable tool streamlines our work. And knowing the quality and dedication of the Clinical Compass team allows us to publish and practice with greater confidence.

Your team is essential in helping us empower DCs with knowledge and confidence for improved clinical outcomes. The chiropractic profession is fortunate to have the benefits of learning from a trusted source of best practice protocols. You are moving the needle on our shared mission to advance our profession.

- Dr. Tim Bertlesman
Founder – ChiroUp

Voices from the Profession

As an expert on compliance and documentation, I rely heavily on the contributions made by Clinical Compass. When I need defensible, reliable support for my presentations, or when I work with a consulting client or an attorney, I know I can find the guidelines and resources I need.

They are my “brain trust,” and I don’t know what the chiropractic profession would do without the evidence-based material that Clinical Compass provides.

- Dr. Evan Gwilliam
Clinical Director - PayDC

When I found the Clinical Compass (CCGPP) years ago, I was thrilled. I felt so much better about myself when I presented a treatment plan to a patient that followed these guidelines. My report of findings changed from what felt like a sales pitch to an actual set of guidelines and to my amazement, patients understood it and were much more compliant in keeping with the plan.

I was so happy with them, I started teaching them to chiropractors all over the country, and still do to this day.

- Dr. Gregg Friedman
Founder - Got Documentation/BulletProof EMR

I am thrilled to share my extraordinary experience utilizing the Clinical Compass Evidence Center. As a chiropractor, both in practice and as a consultant, I knew that relying solely on anecdotal evidence and personal experience was insufficient to provide optimal outcomes.

Since embracing the chiropractic research outlined and provided by the Clinical Compass Evidence Center, it has allowed me to confidently provide patients and clients with information based and backed by scientific literature. It has enhanced the credibility of chiropractic care within the healthcare community and fostered a deeper understanding of evidence-based practices.

I am immensely grateful for the invaluable contributions of the Clinical Compass and their Evidence Center focused on chiropractic research in shaping the trajectory of my professional journey. I wholeheartedly recommend fellow chiropractors to embrace evidence-based practices and actively engage with chiropractic research by becoming a supporting member of the Clinical Compass and use of their Evidence Center.

- Dr. Scott Salita
Founder - Chiro Records



Contact Us

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