

# Bringing Chiropractic to Durri 2009-2011-an RMIT University project



# Chiropractic Health Care

- Chiropractic care addresses health care problems affecting the musculoskeletal system.
- Over a 12 month period approx. one in four adult Australians used either acupuncture(9.2%), chiropractic(16.1%) or osteopathy(4.6%) at least one.<sup>1</sup>
- Conditions affecting the musculoskeletal system are a significant burden to Indigenous people.<sup>2</sup>
- Important philosophical similarities between traditional healthcare practices in Aboriginal communities and chiropractic care. “Treating with the hands” was a part of indigenous cultural heritage.

# Prevalence of Musculoskeletal Conditions in a Rural Aboriginal Community

- Typical musculoskeletal profile of a community member is that of a:
  - “Middle-aged male or female suffering from at least two musculoskeletal conditions that have been present for more than seven weeks. They have a history of physical trauma related to sporting or work-related injuries and a range of lifestyle risk factors including obesity, smoking, prolonged sitting, heavy lifting and psychosocial stress. If they are aware of interventions that might assist in alleviating their chronic pain, they have not sought treatment because of the cost of manual therapies or an attitude of being resigned to enduring pain and ill health.”

Site of pain	Male			Female		
	<i>n</i>	%	95%CI	<i>n</i>	%	95%CI
Lower back	42	48.3	(42.5 - 54.1)	33	32.4	(26.9 - 37.8)
Neck	13	14.9	(10.8 - 19.1)	23	22.5	(17.7 - 27.4)
One or both shoulders	8	9.2	(5.8 - 12.5)	10	9.8	(6.4 - 13.2)
One or both hips/thighs	7	8.0	(4.9 - 11.2)	6	5.9	(3.2 - 8.6)
One or both knees	5	5.7	(3.1 - 8.4)	6	5.9	(3.2 - 8.6)
Head	2	2.3	(0.6 - 4.0)	7	6.9	(3.9 - 9.8)
Upper back	3	3.4	(1.3 - 5.6)	3	2.9	(1.0 - 4.9)
One or both ankles/feet	1	1.1	(0.0 - 2.4)	3	2.9	(1.0 - 4.9)
One or both wrist/hands	2	2.3	(0.6 - 4.0)	2	2.0	(0.4 - 3.6)
One or both elbows	1	1.1	(0.0 - 2.4)	2	2.0	(0.4 - 3.6)
No problem area	3	3.4	(1.3 - 5.6)	7	6.9	(3.9 - 9.8)
Total	87	100		102	100	



# Participatory Action Research (PAR)

Evaluating the process

Program  
Evaluation



Bringing  
Chiropractic  
to Durri  
Setting up the  
program

# Aims Of The Project

- To build a sustainable program to deliver chiropractic health care to members of Kempsey's Indigenous community.
  - cost-effective method of health-care which is best delivered in a community-based setting
  - need to produce evidence that the chiropractic program is capable of making a change to the health and well-being of this Indigenous community
  - on-going funding of the program

# Aims Of The Research Project

- To describe and document the development of an ongoing chiropractic program for the Indigenous Community in Kempsey, NSW
- To describe and measure the effects of chiropractic care as provided by two registered chiropractors in two community-based Indigenous settings in Kempsey, New South Wales

# Research

- Chiropractic care is provided in two settings for the indigenous community of Kempsey; Durri Medical centre and Booroongen Djugen college's aged care and nursing facility for community elders
- 1. Set of brief questionnaires pre and post treatment
  - QoL measure-MYMOPS (Measure Yourself Medical Outcome Profile -individualised QoL instrument by Charlotte Patterson)
  - Patient Enablement Instrument (PEI)
  - 12 Item Well-Being Questionnaire
- 2. Oral qualitative data collected by focus groups or individual interviews, this will not include all participants.

# Participatory Action Research (PAR)

- All aspects of this program will be evaluated and supported by the use of PAR
- One of the major intents of using PAR is to include the local Community and the Chiropractors in all steps of the development of the program
- This will also empower participants to learn to use these research skills for their own Community projects

# What is Action Research?

- An approach to research rather than a specific method
- Action research is intended to achieve both *action* and *research*
- Highly suited “...to situations where you wish to bring about action in the form of change”<sup>3</sup>
- Action research allows the development of understanding which informs the change
- Action research is typically cyclic
- Later cycles are used to challenge and refine the results of earlier cycles

# Action Research

- There are 3 important elements of action research
  - Participatory character
  - Democratic
  - Simultaneous contribution to science and social change<sup>4</sup>

# What is Action Research

- Action research is critically reflective
  - All participants regularly critique what they are doing
  - “Action research commonly proceeds like this. The researcher, again often involving clients as co-researchers, plans the first or next step. This is then carried out. Researchers meet to recollect and critique their experience. In the light of this, they decide what to do for the next step: what information do they need or what outcome to pursue, and what method to use.”<sup>4</sup>
- At Durri this will involve regular community consultation by a group of elders, aboriginal health workers and other interested parties. Each member of this committee, the researchers and chiropractors will also keep a journal on the how they think the project is progressing.

# Conclusion

- Sustainable program supported by evidence of efficacy.
- A research model with potential to be adapted in other indigenous communities.
- PAR will ensure that practitioners and community also become part of the research team.
- The ideal would be to have a sustainable chiropractic program available for all indigenous medical centers.

# Bibliography

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- 2. Vindigni (2005)
- 3.  
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