

# Canadian Chiropractic Research Bulletin #6

## CCA Research Committee Membership

- |                         |   |
|-------------------------|---|
| Dr. Grayden Bridge (AB) | - Chair, CCA Research Committee/ CCA Board of Governors               |
| Dr. Chris Beaudry (QC)  | - CCA Board of Governors  |
| Dr. Chris Martin (BC)   | - CCA Board of Governors  |
| Dr. Guy Beauchamp (ON)  | - President, Fondation Chiropratique du Québec                        |
| Dr. Ron Carter (AB)     | - Field Practitioner/ Chair, CCRF Fund Raising Committee              |
| Dr. Allan Gotlib (ON)   | - JCCA Editor/ CCA Research Programs Co-ordinator                     |
| Dr. Benno Nigg (AB)     | - Public Representative, Secretary, CCRF                              |
| Dr. David Peterson (AB) | - President, Canadian Chiropractic Research Foundation                |
| Dr. Howard Vernon (ON)  | - Chair, Consortium of Canadian Chiropractic Research Centers (CCCRC) |



Dr. Grayden Bridge, DC

*The CCA recently adopted a new mission statement in order to better address the health needs of Canadians and the health system. The revised mission statement is rightfully focused on patients and chiropractic research.*

The mission of The Canadian Chiropractic Association is to help Canadians live healthier lives by:

- 1) informing the public about the benefits of chiropractic care,
- 2) promoting the integration of chiropractic into the health care system, and
- 3) facilitating chiropractic research.

## COMMITTEE UPDATE

On behalf of the CCA Research Committee it is my pleasure to report on our recent activities. Before doing so however, I wish to acknowledge again the pivotal role played by Dr. Allan Gotlib in these endeavors. Our accomplishments are largely a result of his initiative.

## MEETING UPDATE

The Canadian Chiropractic Association (CCA) Research Committee held a very successful meeting on June 1, 2001 in Canmore, Alberta in conjunction with the Canadian Chiropractic Research Foundation (CCRF/formerly the CFSR) and continues to promote the association's central strategies which will bring substantial benefit to the health of Canadians. We are set to meet again on November 3, 2001 and if there are significant research issues which you feel should be addressed by the Committee, we encourage you to bring them to our attention.

In the past five bulletins we have reported to the membership and the research community, that the CCA's research activities have significantly raised the profile of chiropractic research in Canada, impacting both the government and the public. We have sponsored two highly successful "world class" scientific research symposia, with a third symposium tentatively planned for 2002 in Toronto. All CCA members are invited to attend this essential upcoming event.

We have facilitated the Consortium of Canadian Chiropractic Research Centers and built our profession's intellectual capacity by partnering with the Canadian Institutes of Health Research (CIHR) to provide opportunities in excess of \$750,000 in support of training awards, salary awards and operating grants. The CCA has been instrumental in fostering a *chiropractic research culture* in Canada.

As part of our historic partnership with the CIHR, **Canada's first Chiropractic**

**Research Chair** has been created in a university setting. This has funded Dr. Greg Kawchuk DC, PhD in a faculty appointment at the University of Calgary for a FIVE YEAR period with over \$430,000 to start. He will undertake "chiropractic research" funded by federal dollars and just as important, mentor future chiropractic researchers. We believe it is vitally important that we create a 2<sup>nd</sup> Chiropractic Research Chair in a university.

The CCA and CCRF provided funding for an international multidisciplinary workshop of 30 leading chiropractic researchers to frame our Chiropractic Research Agenda and better position the profession with Health Canada and the health care needs of Canadians. The CIHR is currently undertaking a similar exercise. Our strategy is designed to access significant federal funding pools and eventually promote the role that our profession plays in the health system. You will be involved in this project in the coming months because we are committed to consulting broadly with all our members to provide an opportunity to help set the association's agenda for the next ten year period. We fully expect you to voice your views and be heard.

## CIHR /CCA/CCRF PARTNERSHIP TRAINING AND SALARY AWARDS

Our relationship with CIHR continues to flourish and is a fruitful partnership with Canada's lead federal research agency.

To date, we have partnered in three separate agreements which have supported a doctoral award, three fellowship awards and a scholarship/Research Chair award, and

all of our chiropractic researchers hurdled the stringent CIHR peer review process which speaks volumes for the caliber of our researchers and credibility of our profession. In excess of \$750,000 have been provided to support 4 training awards, a salary award, and an operating grant, all of which is designed to create a sustainable chiropractic research culture able to compete nationally and be accepted as an equal player in the health research environment.

### **CIHR/CCRF/BCCC PARTNERSHIP**

Now I am delighted to report that the CCA, CCRF and especially the British Columbia College of Chiropractors (BCCC) have joined forces to support a further partnered award with the CIHR. This is the first time a chiropractic regulatory agency has joined forces and is particularly significant since the licensing board is charged with a duty of protecting the public interest. In fact, this represents a challenge to Canada's other 10 regulatory boards to protect the public interest by supporting the training of chiropractic researchers within Canada's university system.

Dr. Jeffrey Quon DC of Vancouver, British Columbia has been awarded a prestigious 3 year Fellowship funded by the CIHR, the Canadian Chiropractic Research Foundation (CCRF) and the British Columbia College of Chiropractors (BCCC). The training award provides \$145,500 over three years.

Dr. Quon plans to conduct a series of randomized controlled trials to compare the effectiveness of various surgical and non surgical protocols for managing patients with lumbar disc herniation.

Dr. Don Nixdorf, Executive Director of the BCCC and all of the Board members, especially the four public representatives, Mr. Ray Mabbett, Ms. Sarah James, Ms. Patricia Lawrence, and Ms Beverley Hunter are to be congratulated for providing this extraordinary opportunity to support a fulltime British Columbia chiropractic researcher who will advance our profession in the years to come. It would benefit the public and profession to see a Chiropractic Research Chair established at UBC or SFU similar to Canada's 1<sup>st</sup> Chiropractic Research Chair at the University of Calgary, where Dr. Greg Kawchuk DC, PhD was awarded a 5 year appointment funded by the Federal government, CCA, CCRF, FCER, CCPA and NSERC.

*It is particularly noteworthy that by partnering with the Canadian Institutes of Health Research (CIHR) and the CCRF/CCA in this joint venture, the BC College has taken an outstanding leadership role in both protecting and enhancing the public interest. It has taken many years of dedicated effort to create this opportunity. Both the profession and the public will soon come to realize the positive benefits of this ongoing relationship.*

Congratulations are due to the CCRF and its Board members, Dr. David Peterson (AB), Dr. Ron Carter (AB), Dr. Martin Gurvey (MB), Dr. Benno Nigg (AB), Dr. Rob Allaby (NB) and to the British Columbia College of Chiropractors and its Board members, Dr. Michael Vipond, Dr. Doug Alderson, Dr. Marsh McCallum, Dr. Paul Holdsworth, Dr. David Olson, Dr. Dale Forsythe, Dr. Robert Rowe, Dr.

Brad Yee, and especially the four public representatives, Mr. Ray Mabbett, Ms. Sarah James, Ms. Patricia Lawrence and Ms Beverley Hunter. You can access further information about the public representatives on the BC College who have supported chiropractic research at [www.bcchiro.com](http://www.bcchiro.com)

**Congratulations to all!!**

### **LA FONDATION CHIROPRACTIQUE DU QUÉBEC**

Let's not forget that the Fondation Chiropratique du Québec, with the assistance of the CCRF, has also established a partnership in support of a training award in the neurophysiology area within Quebec's university system. Dr. Jean-Sebastien Blouin DC, MSc, a PhD candidate, has received this prestigious 3 year Fellowship. Congratulations to Dr. Guy Beauchamp and his Board members.

In addition, the Foundation with the help of its 200 members and corporate donors was able to support the research team of Dr. Jean Boucher PhD of UQAM working on "the effect of the chiropractic adjustment at the level of the central nervous system", and Dr. Christian Linar of UQTR who is working on the effect of the chiropractic adjustment upon the molecular marker in the gastro-intestinal tract.

### **CONSORTIUM OF CANADIAN CHIROPRACTIC RESEARCH CENTERS (CCCRC)**

#### ***Symposium***

Our past world class symposium attracted over 200 attendees, where over

35 research abstracts were presented as well as keynote sessions and poster presentations from over 40 senior researchers. Contact Dr. Vernon, Chair of the Consortium at [hvernon@cmcc.ca](mailto:hvernon@cmcc.ca) for the proceedings.

The CCA will facilitate the 3<sup>rd</sup> symposium by sponsoring the event in concert with the Consortium that will once again be host. The **Call for Abstracts** will be issued shortly. Contact Dr. Howie Vernon DC at [hvernon@cmcc.ca](mailto:hvernon@cmcc.ca) for early information regarding the abstract submission protocol for the next symposium tentatively scheduled for October 2002 in Toronto. Don't miss this essential symposium.

### **INSTITUTE FOR NEUROSCIENCES, MENTAL HEALTH AND ADDICTION (INMHA)**

On June 23-24, 2001 in Ottawa, the CCA/CCRF was invited to attend a Round Table on Research Collaboration sponsored by the Institute for Neurosciences, Mental Health and Addiction of the Canadian Institutes for Health Research (CIHR). The purpose of the Round Table was to provide an opportunity for the Institute and various organizations to develop a collaborative relationship with regard to research programs, funding and dissemination. This was another first for our profession. Over 40 organizations were represented including the Heart and Stroke Foundation, Canadian Pain Society, Canadian Palliative Care Association, Canadian Spinal Research Organization, Multiple Sclerosis Society of Canada, Muscular Dystrophy Association of Canada and Neuroscience Canada. We

were very well received by the Institute Scientific Director, Dr. Remi Quiron and many organizations are anxious for us to collaborate in areas such as migraine, pain, stroke and spinal cord injuries.

**INSTITUTE FOR  
MUSCULOSKELETAL HEALTH  
AND ARTHRITIS (IMHA)**

The Institute for Musculoskeletal Health and Arthritis is developing a database of researchers and Dr. Allan Gotlib has recently reported that our chiropractic researchers that are part of our Consortium of Canadian Chiropractic Research Centers have been added to the database.

This is all very exciting and clearly indicates that we have an emerging and significant role to play in health research.

**ADVANCING RESEARCHERS**

*PhD candidates*

Dr. Pierre Côté DC, MSc, FCCS(C)  
University of Toronto, Institute for Work and Health.

Dr. Howard Vernon DC, FCCS(C),  
University of Glamorgan, School of Applied Sciences, Cardiff, Wales, United Kingdom.

Dr. Carlo Ammendolia DC, MSc  
University of Toronto, Institute of Medical Sciences.

Dr. Jeff Quon DC, MSc, University of British Columbia.

Dr. Jill Hayden DC  
University of Toronto

Dr. Jean-Sebastien Blouin DC, MSc  
Université Laval

Dr. Bruce Symons DC, MSc  
University of Calgary

Dr. Francois Hains DC, MPH  
University of Montreal

*Masters candidates*

Dr. Gabrielle van der Velde DC  
University of Toronto

Dr. Justin Marcotte DC  
Université du Québec à Trois-Rivières

Congratulations to these clinicians who continue to make extraordinary commitments to our profession and are our profession's future researchers.

**CAREER OPPORTUNITIES**

Applications are invited for a graduate student position at the M.Sc. level in the Faculty of Kinesiology at the University of Calgary. Applicants with a DC are welcome to apply and in addition, may be considered for clinical duties at the University Health Services, a multidisciplinary clinic at the University of Calgary.

This position is available in the general area of spinal biomechanics with emphasis on the non-invasive quantification of force-displacement properties via imaging. Secure funding for this position is provided by NSERC (the Natural Sciences and Engineering Research Council of Canada). Potential areas of research include investigations related to force-displacement properties of spinal tissues (muscular, osseous,

vascular), 3D reconstruction of spinal structures via ultrasonic imaging and quantification of disc diffusion gradients via MRI. Each of these areas may be explored in relation to various disease states (e.g. instability, scoliosis, degeneration).

The University of Calgary has extensive resources in the areas of biomechanics, cell and molecular biology and computer analyses between the Faculty of Kinesiology, the McCaig Centre for Joint Injury and Arthritis Research and the Faculty of Engineering. In addition, a new degree program in Biomedical Engineering has just been established, in part due to a Whitaker Special Opportunities award.

For consideration, please submit a full C.V. with the names and phone numbers of three references, as well as a one-page statement of research interests and goals.

Greg Kawchuk BSc,MSc,DC,PhD.  
Assistant Professor, Faculty of  
Kinesiology, University of Calgary  
2500 University Drive NW  
Calgary, Alberta  
CANADA T2N 1N4

e-mail: [kawchuk@ucalgary.ca](mailto:kawchuk@ucalgary.ca)

## **NATIONAL RESEARCH FUND**

I want to thank all of the provinces and in particular, Alberta, British Columbia, Saskatchewan and New Brunswick, for their continued support of The CCA with their substantial contributions to the program. The CCA in concert with the CCRF, uses these funds and those of other stakeholders, to leverage significant opportunities. Our goal of building research capacity through

strategic relationships such as the historic partnerships with the CIHR will better position chiropractic research and researchers and ensure long term growth and professional survival. I invite all Canadian chiropractors to become members of the CCRF. Your \$125.00 membership fee supports so many worthy projects and is vital to our profession's goals. Become a part of this critical initiative!

## **MAJOR STUDIES UNDERWAY**

### ***1. Neck Pain***

WHO Collaborating Center Task Force on Neck Pain and Its Associated Disorders - a \$3 million 5 year project - will complete a systematic review of the scientific literature, complete original research on the risks associated with treatment of neck pain with NSAIDS and manipulation of the cervical spine, complete original research using decision analysis to examine cost-effectiveness and patient preference, and produce a Best Evidence Synthesis which addresses risk and prevention, diagnosis, prognosis and treatment risk and benefits, based on best available scientific evidence.

Investigators include Haldeman, Nygren, Schubert, Cassidy, Carroll, Côté, Peloso, Hurwitz, Nordin, Bombardier, Morgenstern, Maetzel, Salmi, Dvorak, Bogduk and Hogg-Johnson.

Contact Dr. David Cassidy DC, PhD at the University of Alberta for further information ([dcassidy@ualberta.ca](mailto:dcassidy@ualberta.ca)).

### ***2. Headache***

Dr. Howard Vernon DC at the Canadian Memorial Chiropractic College in

Toronto is the Principal Investigator in a \$1 million research grant from the Ontario Ministry of Health and Long-Term Care to undertake a 3 year randomized clinical trial comparing chiropractic and medical treatments for tension headache. This is a randomized, double-blind, controlled clinical trial with a sample size of 350 patients. Co-investigators include Dr. Gwen Jansz (St. Michael's Hospital), Dr. Cam McDermaid (CMCC) and Dr. Charles Goldsmith (McMaster University).

Contact Dr. Vernon for further information ([hvernon@cmcc.ca](mailto:hvernon@cmcc.ca)).

### **3. Low back pain**

In this pilot study, G. McMorland, M. Verhoef, E. Suter, J. Hurlbert, and S. Duplessis will assess feasibility and test the methodology of a randomized, controlled, double-blinded study which will investigate whether chiropractic care for patients suffering low back pain and leg pain secondary to lumbar herniated disc will improve patient outcome and reduce treatment costs compared to back surgery. Patients in two neurosurgeon's practices (JH, SD) who are candidates for spinal decompression surgery will receive either four to six weeks chiropractic treatment or undergo back surgery. The primary outcomes in this study are low back disability, pain, direct health care costs and health care utilization. With the increasing emphasis on integration of complementary therapies in the health care system, it is important to determine what chiropractic treatment (which is the leading complementary approach in Canada) can add to medical treatment. If supplementation with chiropractic treatment leads to faster recovery and

decreases health care utilization, important savings can be made, as chiropractic treatment is relatively inexpensive, compared to medical treatment.

For further information contact Dr. Gord McMorland at [gmmorland@aol.com](mailto:gmmorland@aol.com)

### **4. Healthy Back Study**

Dr. Pierre Côté in collaboration with Professor William Johnson, Health Economist, Arizona State University; Dr. Margie Baldwin, Health Economist at East Carolina University and Dr. John Frank, physician/epidemiologist at the University of Toronto and the Institute for Work and Health are currently conducting the Arizona State University (ASU) Healthy Back Study. The specific purpose of the study is to compare the relative cost-effectiveness of chiropractic vs. physician care for the treatment of occupational back pain. The cohort study combines longitudinal data collected from telephone interviews of injured workers that will be linked with claims data from employers', workers' compensation data, and health care billing records from claims administrators. Five large American employers, with an employee base of 195,000 workers, are participating in the study. The results are expected in 2003.

Contact: Dr. Pierre Côté, Institute for Work & Health Toronto, Ontario M4W 1E6. e-mail: [pcote@iwh.on.ca](mailto:pcote@iwh.on.ca)

### **SUMMARY**

Due to the upcoming changes in Committee assignments on the CCA Board of Governors my term as Chairman of this Committee will soon be over. It has been an outstanding

experience for me to be involved in this process. On behalf of the Association and the profession, I would like to acknowledge the commitment that members of both groups have made in furthering the mission of the CCA and the CCRF. It is also appropriate that I make special mention of two people, Dr. David Peterson and Dr. Allan Gotlib, who have made truly outstanding contributions over the past few years.

In 1995 Dr. Peterson as Chair of the Research Committee had the foresight to convene a task force of some of our top people to study what could be done to create an environment suitable to promote chiropractic research. The members of the task force, Alexander Grier, Michel Charbonneau, Walter Herzog, David Peterson, Howard Vernon and Costa Papadopoulos produced a report which has served as the blueprint for our activities and accomplishments since that time. David's commitment to promoting research is unabated as evidenced by his current chairmanship of the CCRF. We are all grateful for the effective leadership which he has provided, and which he continues to provide.

At the core of these achievements has been Dr. Allan Gotlib who I mentioned at the start of this report as having played a crucial role in these activities. In his position as the CCA Research Programs Coordinator he has been tireless and fearless as he has explored every possible opportunity to promote our research and our researchers. Anyone closely involved in this process recognizes that Allan achieves things that others think are impossible. We are fortunate to have him.

The CCA has a significant role to play in the development of Canada's outstanding world class chiropractic researchers. The CCA vision of improving the health and quality of life for Canadians through chiropractic research can now be fully integrated with CIHR.

By fostering the creation of a national community of fulltime research scholars in chiropractic, Canadians will come to receive the benefits that chiropractic care brings. The Board of Governors of The CCA are to be congratulated for this magnificent commitment.

For further information contact Dr. Allan Gotlib, CCA Research Programs Coordinator at tel: 416-781-5656, fax: 416-781-0923, email: [algotlib@ccachiro.org](mailto:algotlib@ccachiro.org)

This Bulletin is distributed to the Canadian chiropractic research community. (15/01/02) You may view the preceding five bulletins on the CCA website at [www.ccachiro.org](http://www.ccachiro.org)

**HELP  
SUPPORT  
CHIROPRACTIC RESEARCH  
BECOME A MEMBER OF  
THE  
CANADIAN CHIROPRACTIC  
RESEARCH FOUNDATION**

**Contact Dr. Allan Gotlib DC  
Assistant Secretary CCRF  
Tel: 416-781-5656  
Fax: 416-781-0923  
Email: [algotlib@ccachiro.org](mailto:algotlib@ccachiro.org)**

# **3rd CANADIAN CHIROPRACTIC SCIENTIFIC SYMPOSIUM**

Hosted by the Consortium of Canadian Chiropractic Research Centres

University of Alberta , University of Calgary, Université du Québec à Trois-Rivières (UQTR), Université du Québec à Montréal (UQAM), Institute for Work and Health (Toronto), Canadian Memorial Chiropractic College (CMCC), University of Toronto, University of Guelph, and the College of Chiropractic Sciences.

**Date:**                   **October 4-5, 2002**  
**Place:**                   **Toronto, Ontario, Canada**

**Program Director:**   **Dr. Howard Vernon DC**

*CALL FOR ABSTRACTS WILL BE SENT OUT IN THE COMING MONTHS*

Contact:           Dr. Howard Vernon DC  
Voice:             416-482-2340  
Fax:                416-640-6083  
Email:             hvernon@cmcc.ca

**Sponsored by The Canadian Chiropractic Association**

## Consortium of Canadian Chiropractic Research Centers(CCCRC)

Institutional Participants(members)	Representative	Contact Information
1. Canadian Memorial Chiropractic College(CMCC) 1900 Bayview Avenue Toronto, Ontario M4G 3E6	Dr. Howard Vernon DC, FCCS Director, Center for Studies of the Cervical Spine	Division of Graduate Studies and Research Tel: 416-482-2340 ext.226 Fax: 416-640-6083 e-mail: hvernnon@cmcc.ca
2. University of Alberta 4075 EDC, 8308-114 Street Edmonton, Alberta T6G 2V2	Dr. J. David Cassidy DC, PhD Department of Public Health Sciences, Faculty of Medicine and Oral Health Sciences	Alberta Center for Injury Control and Research Tel: 780-492-6019 Fax: 780-492-7154 Email: dcassidy@ualberta.ca
3. University of Calgary 2500 University Drive N.W., Calgary, Alberta T2N 1N4	Dr. Walter Herzog PhD Human Performance Laboratory Associate Dean, Research	Faculty of Kinesiology Tel: 403-220-8525 Fax: 403-284-3553 e-mail: walter@kin.ucalgary.ca
4. University of Calgary 2500 University Drive N.W., Calgary, Alberta T2N 1N4	Dr. Greg Kawchuk DC, PhD University Health Services	Tel: 403-220-5765 Fax: 403-282-5218 e-mail: kawchuk@ucalgary.ca
5. Université du Québec à Trois-Rivières (UQTR) C.P. 500 Trois-Rivières, Québec G9A 5H7	Dr. Pierre Boucher BSc, DC, DABCN, PhD	Département de Chimie Biologie Tel: 819-376-5186 Fax: 819-376-5204 e-mail: Pierre_b_ Boucher@UQTR.Uquebec.ca
6. Institute of Work and Health 250 Bloor Street East, #702 Toronto, Ontario M4W 1E6	Dr. Pierre Côté DC, MSc, FCCS	Tel: 416-927-2027 ext. 2161 Fax: 416-927-4167 e-mail: pcote@iwh.on.ca Web site: www.iwh.on.ca
7. Université du Québec à Montréal (UQAM) C.P. 8888 Succursale Centre-Ville Montréal, Québec H3C 3P8	Dr. Jean Boucher PhD	Département de kinanthropologie Tel: 514-987-3000 poste 4072 Fax: 514-987-6616 e-mail: boucher.jean_p@uqam.ca
8. University of Toronto Faculty of Dentistry 124 Edwards St. Toronto, Ontario M5G 1G6	Dr. James Hu PhD	Oral Physiology Laboratory Tel: 416-979-4544 e-mail: james.hu@utoronto.ca
9. University of Guelph Guelph, Ontario N1G 2W1	Dr. Jim Dickey PhD	Department of Human Biology and Nutritional Sciences ANNU 334 Tel: 519-824-4120 ext. 6751 Fax: 519-763-5902 e-mail: jdickey@uoguelph.ca
10. College of Chiropractic Sciences #120-1405 Trans Canadienne C.P. 366 Dorval, QC H9P 2V9	Dr. Francois Hains DC,	Tel: 514-683-3360 Fax: 514-683-0202 email: fhainsdc@total.net

Updated: 15/01/02