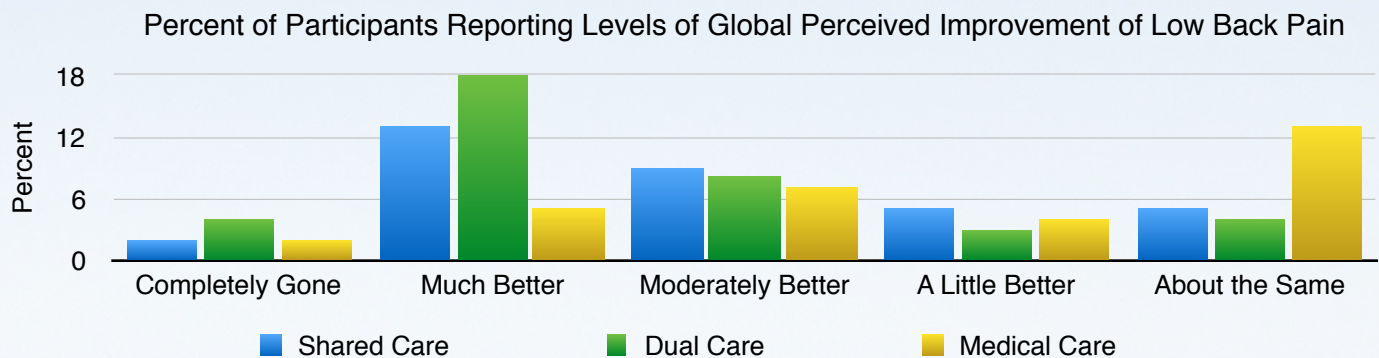


Patient-centered professional practice models for managing low back pain in older adults: a pilot randomized controlled trial

BioMed Central Geriatrics (2017) 17: 235



The practice of patient-centered care within an evidence-based model is the future of healthcare. New research has showcased why clinical decisions should be framed by a combination of our experience, the current available research, the patients' preferences, and the expected outcomes.

In this study, the researchers examined the use of medical care, dual care (medical care and chiropractic), and shared care (medical care and chiropractic with enhanced inter-professional collaboration) for patients suffering from low back pain. They found patients who experienced shared or dual care had greater perceived benefits and reported a higher quality of life after the 12-week study.

The key is collaboration and communication. These tenants are not only applicable to research, but also in daily practice for our patients' benefit.

"Systematic reviews advocate the use of spinal manipulation for the management of LBP. Several clinical trials have demonstrated the efficacy, safety and acceptance of this form of chiropractic care in older people."

"Persons with LBP often select conservative treatments over surgery, analgesics, or opioid medications, citing concerns with treatment safety, side effects, healthcare costs, and clinical outcomes."

"Participants who received chiropractic care reported greater perceived benefits in secondary measures of LBP global improvement, overall health, and quality of life compared to the medical care group."

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.

