



UTILIZATION OF CHIROPRACTIC SERVICES AMONG OLDER ADULTS WITH SPINE PAIN AT A PUBLICLY FUNDED HEALTHCARE FACILITY IN CANADA

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Chiropractic services are available to medically underserved community members at Mount Carmel Clinic (Winnipeg, MB). This retrospective analysis utilized quality assurance data from chiropractic encounters between January 2011 - June 2020.

PURPOSE

- Describe the characteristics, clinical management, & patient-reported outcomes of middle age and older adults with spinal and extremity pain
- Determine if there are differences between age cohorts across time.

FINDINGS

Regardless of age, participants achieved clinically and statistically significant reductions in pain across spinal regions and extremities

83% reported the chiropractic visit prevented additional visits to their primary care provider

9% of individuals were unhoused; 24% resided in assisted living

2/3 of patients were referred from primary care

<10% required referral for additional treatment after a course of chiropractic management

CONCLUSION

Middle age and older adults from medically underserved communities report benefit from chiropractic care for managing spinal and extremity pain.



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PARTICIPANTS (N =240)

Middle Age 45 - 59

- Mean age 52.2 yrs (SD=4.2 yrs)
- Female (59.5%)
- Indigenous (53.1%)
- Disabled/Disabled-Retired (52.5%)

Older Adults ≥ 60

- Mean age 67.8 yrs (SD=6.7yrs)
- Female (54.9%)
- Caucasian (62.2%)
- Retired (54.9%)

CITATION



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