

The Clinical Compass Evidence Center Available to California Chiropractic Association Members

For the past 2 years, a conversation about disease prevention, health promotion, and public health has penetrated nearly every aspect of society. We don't need to get into all the specifics and nuances, but suffice to say, the conversations have been illuminating in several ways. From our very inception, Chiropractic has been helping patients with not just musculoskeletal pain, but all matters of health, wellness, and healing. We now see our age-old philosophy come full circle with the rise of the biopsychosocial (BPS) approach to patient care. Public health should be no exception to this paradigm. Most Chiropractors encounter public health through the startling statistics regarding lower back pain and how it drives pain, disability, missed time at work, lost income and revenue, as well as other factors like opioid usage and depression. It's abundantly clear that we can contribute to the overall health of populations and make enormous positive impact.

But why stop with lower back pain? There is evidence that smoking and pain levels are linked. There is evidence that lack of exercise and pain are linked. There is evidence that elevated blood pressure can make many other conditions worse. We absolutely have the education, experience, and relationships with our patients to raise these issues.

What other factors can WE have an impact on in order to raise the health of not just our individual patients, but on the population at large? This was the starting point for the Clinical Practice Guideline (CPG) recently published by the Clinical Compass, *The Role of Chiropractic Care in Providing Health Promotion and Clinical Preventive Services for Adult Patients with Musculoskeletal Pain*, which can be viewed here: <https://doi.org/10.1089/acm.2021.0184>.

Of course, the larger question is: Can the Chiropractic profession add to these conversations and discourse in a way that best serves our patients as well as the public at large? AND, can we do it in a manner consistent with the highest ideals of EVIDENCE BASED PRACTICE?

In light of these questions, CalChiro is proud to support Chiropractic research through the Clinical Compass and provide our members with access to their Evidence Center, where the most recent Chiropractic research is housed. To take advantage of this great member benefit, please contact Tiffani Renard at trenard@calchiro.org or 916.648.2727 for login instructions.

Our patients deserve the very best evidence-based care we can provide. A huge thank you to the Clinical Compass for providing the tools needed for us to do just that!