

Value of Chiropractic Services at an On-Site Health Center

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- 1) Back and neck pain and severe headache / migraine comprise some of the most prevalent chronic medical problems.
- 2) Back and neck pain are found among approximately 25% of the US population aged 18 to 44 years and 33% of the US population aged 45 to 64 years.
- 3) 20% of the population aged 18 to 44 years and 15% aged 45 to 64 years experience severe headaches or migraines.
- 4) Direct costs in the United States for the treatment of back and neck pain are escalating:
 - A 65% total cost increase between 1997-2005
 - A 171% increases in drug costs between 1997-2005.
- 5) Back problems are the second most common cause of disability in the US, accounting for tens of billions in lost wages.
- 6) "Chiropractic care has been demonstrated to be an effective treatment for back pain, neck pain, and headache."
- 7) A randomized double-blinded clinical trial of patients with subacute low back pain showed that patients receiving chiropractic adjustments experienced significantly more pain relief compared with those receiving sham adjustments or muscle relaxants.
- 8) A comprehensive literature review found that spinal manipulation was beneficial for patients with chronic mechanical neck pain at 6 weeks, 12 weeks, and up to 2 years after treatment.
- 9) A systematic literature review of controlled clinical trials found evidence supporting the use of spinal manipulation for migraine and cervicogenic headache.
- 10) This study is a retrospective claims analysis and clinical evaluation that was performed to assess the influence of on-site chiropractic services on health care utilization and outcomes.

- 11) This may be the first study to evaluate the impact of chiropractic when offered at an on-site health center.
- 12) The on-site health centers' mission is to enhance patients' health, promote patient satisfaction, increase productivity, and decrease absenteeism by delivering convenient and superior care in a high-tech environment.
- 13) Employment on-site chiropractic services offer patients more convenient care than they would receive off-site. Given the convenience and quality of care provided by on-site health centers, it was hypothesized that on-site chiropractic care would be more beneficial than off-site clinic care.
- 14) "Chiropractic care offered at an on-site health center could reduce the economic and clinical burden of musculoskeletal conditions."
- 15) "Patients treated off-site were significantly more likely to have physical therapy and outpatient visits. In addition, the average total number of health care visits, radiology procedures, and musculoskeletal medication use per patient with each event were significantly higher for the off-site group."
- 16) Patients with headache, neck pain, and low back pain who were treated with chiropractic on-site showed significant improvement in both pain and functional status.
- 17) "These results suggest that chiropractic services offered at on-site health centers may promote lower utilization of certain health care services, while improving musculoskeletal function."
- 18) Patients treated at the off-site chiropractic office were significantly more likely to have a physical therapy visit and an outpatient physician visit. Patients in the on-site chiropractic group had lower odds of having a physical therapy visit and also they had fewer physical therapist visits. In this study, "patients receiving chiropractic care on-site were less likely to have a physical therapy visit and outpatient [physician] visit."
- 19) "The average total numbers of health care visits, radiology procedures, and musculoskeletal medication use per patient with each event were significantly higher for the off-site group."
- 20) To determine the effectiveness of the on-site chiropractic care, patients were asked to complete functional-assessment questionnaires appropriate to their care:
 - Headache Disability Index (HADI)
 - Neck Pain Disability Index (NPDI)
 - Oswestry Low Back Pain Questionnaire (OLBQ)

21) "Significant reductions in all functional assessment measures were observed, suggesting that the cohort experienced substantial improved functional status for all the three musculoskeletal conditions." "Further evidence of the on-site chiropractic care's effectiveness is the change in patient-reported functional status after treatment. That is, over the study period, there was a statistically significant decrease in the average HADI, NPDI, and OLBQ scores." "These findings confirm that on-site chiropractic care successfully improved patients' daily functioning."

Efficacy of On-site Chiropractic Care in Functional Status

Questionnaire	Percent Improvement
Headache Disability Index (HADI)	19%
Neck Pain Disability Index (NPDI)	15%
Oswestry Low Back Pain Questionnaire (OLBQ)	15%

22) Research has shown that "functional improvements resulting from chiropractic care increase the ability to perform work-related activities."

23) The improved functional status found in this analysis indicates potential for reduced indirect costs, including absenteeism and productivity losses, with on-site chiropractic services.

24) In claims for musculoskeletal injuries treated by medical doctors and chiropractors, treatment by chiropractors, resulted in fewer lost workdays and lower workers' compensation payment.

25) In this study, "the average total numbers of health care visits, radiology procedures, and musculoskeletal medication use per associate with each event were significantly lower for the on-site [chiropractic] group."

26) There is evidence that patients with chiropractic coverage will directly substitute chiropractic care for medical care.

27) These authors suggest that on-site chiropractic care is used as an alternative to off-site physical therapy and physician care. "Lower health care utilization among the on-site group may also be related to the characteristics of effective chiropractic care."

28) There is evidence that chiropractic care is less invasive and more conservative than alternative treatments. "Patients with chiropractic coverage seemed to be avoiding more surgeries, hospitalizations, and radiographic imaging procedures."

29) Chiropractic patients have lower utilization of ancillary medical services.

30) "Compared with alternatives, including physician visits, hospitalizations, and surgery, chiropractic care is considered a cost-effective treatment."

31) "The results of this study support the value of chiropractic services offered at on-site health centers."

32) Treatment with "on-site chiropractic services was associated with lower utilization of certain health care services, as well as improved functional outcomes."

COMMENTS FROM DAN MURPHY:

This study suggests that ***all*** work places should offer on-site chiropractic services because:

- It is convenient for the employee, enhancing employee satisfaction.
- It is very effective in reducing the employees pain and disability.
- It reduces costs.
- It is extremely safe.
- It reduces worker absenteeism.
- It reduces the use of drugs.
- It reduces hospitalization.
- It reduces visits to physical therapists and to physicians.
- It increases employee productivity.