

## **Therapy II**

### **Chiropractic**

#### **Goal:**

At the conclusion of this module participants will gain an insight into the critical appraisal of a randomized controlled trial.

#### **Instructional Objectives:**

At the Completion of this unit, participants will be able to:

1. Assess the validity of a Randomized Controlled Trial
2. Discuss the elements of blinding in manual and active therapies
3. Describe the interpretation of continuous versus dichotomous variables

#### **Educational Strategy:**

1. In the “Users’ Guides to the Medical Literature: A Manual for Evidence Based Clinical Practice, 3rd Edition, Editors: Guyatt GH, Rennie D, Meade M, Cook DJ. New York, NY: The McGraw-Hill 2015.”
  - a. Read Chapter 7, Therapy page 59
  - b. Read Chapter 11.1 Bias and Random Error page 103
2. Read the scenario below.
3. Read the enclosed reference “Spinal manipulation, medication, or home exercise with advice for acute and subacute neck pain: a randomized trial.”
4. Complete the critical appraisal form.
5. Return to the scenario and formulate a recommendation.

#### **Clinical Scenario:**

You are a chiropractor seeing a 40-year-old male patient for the first time. The patient is actually a little upset. He was referred by his primary care physician for treatment for neck pain. He had been having neck pain over the last 4 weeks that has not improved. He was looking for a prescription for Vicodin from his physician but his physician insisted he see you first. In his mildly agitated state the patient makes comments like “I’m not sure you could do any better than a prescription”, “I’m not sure I want you cracking my neck,” and “I think my doc was just trying to get rid of me.”

In order to assure the patient that his doctor had his best interest in mind and to offer the patient options outside of manipulation, you decide to take a quick look at the literature.

Using your smartphone you pull up the App ‘PubMed for Hand Helds’ or PubMed4Hh. Using the PICO search feature you input ‘neck pain’ for Patient, ‘manipulation’ for Intervention, ‘exercise’ and ‘medication’ for Comparison and you leave Outcome blank.

You identify the following article:

Bronfort G<sup>1</sup>, Evans R, Anderson AV, Svendsen KH, Bracha Y, Grimm RH. Spinal manipulation, medication, or home exercise with advice for acute and subacute neck pain: a randomized trial. *Ann Intern Med.* 2012 Jan 3;156(1 Pt 1):1-10.

Based on the article could you:

Reassure the patient that his being referred to you was a reasonable first step in management.

Comfortably offer exercise as a treatment option instead of manipulation.

**Enclosed Materials:**

Bronfort G<sup>1</sup>, Evans R, Anderson AV, Svendsen KH, Bracha Y, Grimm RH. Spinal manipulation, medication, or home exercise with advice for acute and subacute neck pain: a randomized trial.

Ann Intern Med. 2012 Jan 3;156(1 Pt 1):1-10.

Critical Appraisal Worksheet