

# NEWS DIGEST

## Researchers Develop Protocol for Sanitizing Hands and Tables

A team of public health care researchers recently published a protocol for hand and table sanitization in the March 2009 issue of the *Journal of Chiropractic Medicine*. In this study, the authors reviewed the scientific literature and developed a protocol for hand and table sanitizing that is specific to the chiropractic profession. "The purpose of this article," according to the authors, "is to present a proposed guideline for hand and treatment table surface sanitizing for the chiropractic profession that is evidence-based and can easily be adopted by teaching institutions and doctors in the field."

The title of the article, "A Proposed Protocol for Hand and Table Sanitizing in Chiropractic Clinics and Education Institutions" is authored by Marion Willard Evans Jr, DC, PhD, Michael Ramcharan, DC, Rod Floyd, DC, DrPH, et al.

The authors suggest that hand hygiene and table sanitizing procedures could lower the risk of potential infection for both clinical personnel and patients in chiropractic treatment areas. This article offers the chiropractic profession a set of guidelines that may assist in educational environments, teaching clinics, and private practices. The article is available to subscribers and may be accessed for free through the journal website [www.journalchiromed.com](http://www.journalchiromed.com).

## Palmer Center for Chiropractic Research Recruits Patients for Low Back Pain Study Focusing on Muscle Function

Researchers at the Palmer Center for Chiropractic Research (PCCR) clinic facility at the Davenport campus of Palmer College of Chiropractic, began recruiting people with low back pain in the Quad-City community to participate in a unique study that is focusing on the relationship between back pain and possible abnormal function of the supportive muscles in the back. Participants had to be suffering from low back pain and be between 21 and 65 years of age.

This collaborative study between the Palmer Center for Chiropractic Research and the University of Iowa is one of three projects that are part of a four-year, \$3.7 million grant from the National Institutes of Health National Center for Complementary and Alternative Medicine. This four-year grant was awarded to Principal Investigator Joel Pickar, DC, PhD, at the Palmer Center for Chiropractic Research in 2007 to continue Palmer's Developmental Center to study mechanisms and effects of chiropractic manipulation. The clinical study began on Jan. 12 and will help researchers determine whether one effect of chiropractic adjustments is a positive impact on muscle function in the low back.

"We know that the back muscles are very important for movement and stability of the spine," said Palmer Vice Chancellor for Research and Health Policy Christine Goertz Choate, DC, PhD, who is a co-leader for this study. "When people have back pain, it may be caused by problems in the muscles that attach to the vertebra and support the spine.

We're investigating how well people with back pain can control their muscles and whether chiropractic care can have an effect on muscle function. This work will eventually help us understand more about how chiropractic treatments work and ultimately lead to improved care for low back pain."

According to the project's other co-leader, David Wilder, PhD, Associate Professor of Biomedical Engineering at the University of Iowa, "Anyone who has been surprised by back pain resulting from unexpectedly stepping off a curb or from trying to pick up a squirming child in the back seat of a car understands the

importance of proper muscle function." Dr. Wilder has collaborated with the PCCR for 14 years, is a faculty member at Palmer and brings to the project thirty years of experience studying the response of the spine and trunk muscles to sitting, vibration and sudden loads.

## Life West President Dr. Gerard Clum Educates Listeners about Value of Chiropractic in Radio Interview

Dr. Gerard Clum, president of Life Chiropractic College West, in an interview by a San Francisco Bay area radio station spoke about the history of chiropractic care and its relation to overall health. When asked how students became chiropractors, Dr. Clum explained



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## BEIJING CONGRESS

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officials from many countries and delegates from other professions as the most developed profession internationally in the field of manual healthcare, and the Beijing Declaration called upon all countries to recognize and regulate CAM professionals such as doctors of chiropractic."

During the next year the WFC will continue to work with WHO to promote its policies supporting the integration of chiropractic in national health systems. It will be greatly assisted in this by Dr. Molly Robinson, a recent graduate of Northwestern Health Sciences University in Minnesota, who starts work in January 2009 as a Technical Officer at WHO in Geneva — the first doctor of chiropractic to serve in this capacity.

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