

I. COURSE DESCRIPTION:

This course will outline the history, philosophy and basic principles of Chiropractic as they relate to current health care practice. Students will become familiar with the common benefits of Chiropractic adjustments and potential risks of treatment. Myths and truths about this field of practice will be examined.

The role and responsibilities of the Chiropractic Health Assistant and Chiropractor will be examined. The relationship of ethics and legal implications associated with assisting in Chiropractic health care will be addressed. An observation visit to a Chiropractic Office or Clinic will be included. Students will discover what "adjustment" techniques are used in treatments.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course the student will be able to:

1. Describe the basic philosophy and principles of Chiropractic.

Elements of the Performance:

- a) Describe chiropractic, specifically the relationship between the nervous system and the function of the body.
- b) Describe and discuss the three components of chiropractic principles (art, science and philosophy).

2. Describe the history of Chiropractic (in Canada).

Elements of the Performance:

- a) Outline/list the origin of chiropractic over the ages.
- b) Recall the story of D.D. Palmer, founder of Chiropractic and the first adjustment.
- c) Identify significant decades/events/individuals in chiropractic history both internationally and in Canada.
- d) Identify and discuss health care trends and Chiropractic's rise in choice of alternative/complementary health care.

3. Discuss the truth surrounding commonly held myths and fallacies about Chiropractic.

Elements of the Performance:

- a) discuss commonly held myths/stereotypes/fallacies held about chiropractic.
- b) Identify and discuss with proficiency how to dispel these myths in terms a patient will understand.

4. Explain the contrasts between a Chiropractic Doctor's approach to symptoms and a Medical Doctor's treatment of symptoms.

Elements of the Performance:

- a) Define the meaning of "Doctor", M.D., Ph.D.
 - b) Differentiate between a "Doctor" and a "Therapist".
 - c) Identify roles/responsibilities of a chiropractic doctor and a medical doctor toward patient care.
 - d) Discuss similarities and differences between the chiropractic doctor's approach to symptoms and the medical doctor's treatment of symptoms.
 - e) Identify and describe professional roles and boundaries of the following: naturopathic, homeopathic, orthopedic, osteopathic, massage therapist, physical therapist, rehabilitation personnel.
5. Describe the education, licensing and regulation of Doctors of Chiropractic.

Elements of the Performance:

- a) Identify educational background for Doctors of Chiropractic including high school requirements, university preparation, Chiropractic Colleges, courses required and university practicum experiences).
 - b) Examine the chiropractic's Scope of Practice (RHPA).
 - c) Explain how Doctors of Chiropractic are licensed in Canada.
 - d) Describe the College of Chiropractic of Ontario's role in regulating the practice of Chiropractic.
 - e) List and discuss professional organizations involved with Doctors of Chiropractic.
6. Discuss how clients progress through the three stages of chiropractic care from Initial Intensive Care to Rehabilitative and Maintenance Care.

Elements of the Performance:

- a) Define initial intensive care.
- b) Explain what the client can expect during this care.
- c) Discuss ways the Chiropractic Health Assistant can support the client in the initial intensive care.
- d) Define rehabilitative care.
- e) Explain what the client can expect during this care.
- f) Discuss ways that the Chiropractic Health Assistant can support the client in rehabilitative care.
- g) Define maintenance care.
- h) Explain what the client can expect during this care.
- i) Discuss ways the Chiropractic Health Assistant can support the client in maintenance care.

7. Describe the role of the Chiropractic Health Assistant.

Elements of the Performance:

- a) Differentiate between jobs, tasks and roles.
- b) Identify specific roles for the Chiropractic Health Assistant in a variety of settings.
- c) Examine the range of activities generally accepted based on education and ability.
- d) Clearly delineate limitations of the Chiropractic Health Assistant role.
- e) Begin to establish priorities within the activities and roles of the Chiropractic Health Assistant.
- f) Discuss ethical and legal implications associated with assisting in chiropractic health care.

8. Describe a Spinal Adjustment and other terms commonly used in Chiropractic practice.

Elements of the Performance:

- a) Identify and explain functional spinal anatomy.
- b) Define subluxation.
- c) Describe the process whereby the D.C. identifies a subluxation through examination and palpation.
- d) Describe a spinal adjustment in clinical chiropractic terms.
- e) Explain and discuss other manual therapies used by the D.C.
- f) Identify benefits and potential risks of chiropractic care.
- g) Examine situations involving ethical and/or legal implications for the D.C.

9. Discuss the variety of therapeutic approaches and techniques available among Chiropractors.

Elements of the Performance:

- a) Identify common conditions treated by chiropractic care.
- b) List and explain different techniques employed by the D.C. Track the origin of each.
- c) Describe different treatment modalities used by D.C. and the intended therapeutic effects.
- d) Highlight the benefit of Chiropractic through the life span (eg. Pregnancy, children, seniors).

III. TOPICS:

- Chiropractic Philosophy, Principles and Practice
- History of Chiropractic
- Common Myths and Fallacies re. Chiropractic
- Education and Licensing of Chiropractors
- Chiropractic Scope of Practice
- Medical versus Chiropractic Approach Health Care
- Initial Intensive, Rehabilitative and Maintenance Care
- Role of Chiropractic Assistant
- Spinal Adjustment & Subluxations
- Vertebral Subluxation Complex

III. TOPICS:

- Manual Palpitation and Spinal Adjustment
- Various Adjustment Techniques
- Benefits and Risks of Chiropractic Care
- Ethics and Practice Guidelines
- Legal Issues
- Chiropractic Over the Life Span

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Schafer, R.C., DC, FICC, (1991) The Chiropractic Assistant. The American Chiropractic Association. Arlington, Virginia

Sportelli, Louis, D.C. (1988) Introduction to Chiropractic: A Natural Method of Health Care. Practice Makers Products, Inc. Palmerton, Pennsylvania.

Redwood, Daniel, D.C. (1997) Contemporary Chiropractic. Churchill Livingston. NewYork:

Reference Resources/Texts/Materials:

Esteb, William D. (1994) What Every Chiropractic Assistant Should Know. Back Talk Systems, Inc. Colorado Springs, Colorado

Haldeman, Scott. (1992) Principles and Practice of Chiropractic. Appleton and Lange . Norwalk, Connecticut

Harden, Bonnie & Harden, Craig: (1997) Alternative Health Care: the Canadian Directory. Noble Ages Publishing Ltd. Toronto.

Wardwell, W. (1992) Chiropractic: History and Evolution of a New Profession. MosbyYear Book,. Toronto

Video: (1990). Seeking Alternatives. University of Waterloo, Call Number: RA418.3 C2 S65

Reference Resources/Texts/Materials:

<http://www.ccachiro.org/cdninfo.ht> the Canadian Chiropractic Association Infosite

<Http://www.jcca-online.com/index.html>: The Journal of the Canadian Chiropractic Association website

<http://www.mbnet.mb.ca/~jwiens/chiro3.sht> : The Chiropractic Page (Canadian)

<Http://www.internets.com/chiropra.htm>: Chiropractic Search Engines website

<http://www.webgate.net/~welchiro/chiro.html>: Canadian chiropractic website

V. EVALUATION PROCESS/GRADING SYSTEM:**Assignment and Presentation of a Visit to a Chiropractic Office 25%**

- Student will attend at a Chiropractic Office (arranged by the instructor) and observe the activities.
- Student is responsible for a 2 page (double spaced) paper on the visit. The paper must include 2 things that they liked about the clinic, 2 things that they did not like or that should be improved.
- Give one suggestion to improve the clinic.
- Verbal report to be presented to the class.

Literature Research Report 25%

- Student will research and report on a specific chiropractic Technique.
- Required to have 3 original references and the report is to be 3 pages in length.

Mid-Term Test 25%

- Consists of multiple choice and short answer questions.

Final Exam 25%

- Consists of multiple choice and short answer questions.

The following semester grades will be assigned to students in postsecondary courses:

| <u>Grade</u> | <u>Definition</u> | <u>Grade Point Equivalent</u> |
|--------------|---|-------------------------------|
| A+ | 90 - 100% | 4.00 |
| A | 80 - 89% | 3.75 |
| B | 70 - 79% | 3.00 |
| C | 60 - 69% | 2.00 |
| R (Repeat) | 59% or below | 0.00 |
| CR (Credit) | Credit for diploma requirements has been awarded. | |
| S | Satisfactory achievement in field placement or non-graded subject areas. | |
| U | Unsatisfactory achievement in field placement or non-graded subject areas. | |
| X | A temporary grade. This is used in limited situations with extenuating circumstances giving a student additional time to complete the requirements for a course (see <i>Policies & Procedures Manual – Deferred Grades and Make-up</i>). | |
| NR | Grade not reported to Registrar's office. This is used to facilitate transcript preparation when, for extenuating circumstances, it has not been possible for the faculty member to report grades. | |

VI. SPECIAL NOTES:Special Needs:

If you are a student with special needs (e.g. physical limitations, visual impairments, hearing impairments, or learning disabilities), you are encouraged to discuss required accommodations with your instructor and/or the Special Needs office. Visit Room E1204 or call Extension 493, 717, or 491 so that support services can be arranged for you.

Retention of course outlines:

It is the responsibility of the student to retain all course outlines for possible future use in acquiring advanced standing at other postsecondary institutions.

Plagiarism:

Students should refer to the definition of “academic dishonesty” in *Student Rights and Responsibilities*. Students who engage in “academic dishonesty” will receive an automatic failure for that submission and/or such other penalty, up to and including expulsion from the course/program, as may be decided by the professor/dean. In order to protect students from inadvertent plagiarism, to protect the copyright of the material referenced, and to credit the author of the material, it is the policy of the department to employ a documentation format for referencing source material.

Course outline amendments:

The Professor reserves the right to change the information contained in this course outline depending on the needs of the learner and the availability of resources.

Substitute course information is available in the Registrar's office.

<include any other special notes appropriate to your course>

VII. PRIOR LEARNING ASSESSMENT:

Students who wish to apply for advanced credit in the course should consult the professor. Credit for prior learning will be given upon successful completion of a challenge exam or portfolio.

VIII. DIRECT CREDIT TRANSFERS:

Students who wish to apply for direct credit transfer (advanced standing) should obtain a direct credit transfer form from the Dean's secretary. Students will be required to provide a transcript and course outline related to the course in question.

CHA100 READINGS

| COURSE TOPICS | IN SCHAFFER TEXT | IN REDMOND TEXT |
|--|--------------------------------|------------------------|
| Philosophy/Principles of Chiropractic | Chapter 1-5 | |
| History of Chiropractic | Chapter 1 | Chapter 1 and 2 |
| Myths/Fallacies/Truths of Chiropractic | | Chapter 13 |
| D.C. – MD - approach to health care - other health disciplines | Chapter 1 | |
| Education/Licensing/Regulations of D.C. | Chapter 1 | Chapter 2 and 15 |
| 3 Stages of Care - Initial Intensive - Rehabilitative - Maintenance | Chapter 3 | Chapter 5 and 14 |
| Roles of the CHA | Chapter 2, 6,7,8, 9, 12,13, 14 | |
| Spinal Adjustment | Chapter 5 and 12 | Chapter 3,7,13,15 |
| Other Therapeutic Approaches/Modalities | | Chapter 3,7,8,16 |