

I. COURSE DESCRIPTION:

This course will present the current concepts and theories underlying the chiropractic treatment of neuromusculoskeletal syndromes which are the focus of Chiropractic care in Canada. The student will learn the nature of neuromusculoskeletal disorders including headache, migraine, neck and back pain and pain radiating to legs, shoulders and arms as well as disorders caused by spinal dysfunction. Sports and work injuries including joint injuries and hip problems will also be included. The progress and prevention of spinal degeneration (subluxation degeneration) from birth to old age will be considered.

Basics of treatment and the role of the Chiropractic Health Assistant in treatment of these conditions will be discussed. The provision of basic information to clients about the neuromusculoskeletal disorders, occupational health problems and sports injuries treated by chiropractors throughout the life span will be included. The process of referral to other health professions will be outlined.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

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

1. Describe the components of Vertebral Subluxation Complex in basic terms.

Potential Elements of the Performance:

- a. identify the five component parts of Vertebral Subluxation Complex
 - b. explain how each part of the complex affects the next layer of tissue/organ systems
 - c. describe how the art of chiropractic can detect, correct and prevent this complex
2. Describe the common complaints and physical findings associated with neuromusculoskeletal disorders treated by Chiropractors from infancy to old age.
 - Facet Syndrome, Disc-bulge, herniation and internal disruption, sciatica and leg pain, Radiculitis-disc
 - Lateral recess entrapment, muscle strain, myofascial pain syndromes, flexion/extension injuries like whiplash, headaches
 - costovertebral (rib) syndromes
 - degenerative joint/disc disease, joint dysfunction, cartilage tear, ligament sprain, hypermobility/instability
 - sacroiliac syndromes
 - peripheral neuropathy and entrapment, repetitive strain injury, tendinitis, bursitis, shoulder impingement
 - osteoarthritis, rheumatoid arthritis, temporomandibular joint syndromes
 - somatovisceral reflexes like asthma, colic and indigestion.

Potential Elements of the Performance

- a. Identify subjective and objective responses to each neuromusculoskeletal disorder. (what client complains or/what are the physical findings of the Chiropractor.
 - b. Explain causes for each neuromusculoskeletal disorder.
 - c. Identify common diagnostic tests usually ordered by the Chiropractor and explain how the findings of each test helps in diagnosis.
 - d. Identify the Chiropractic Health Assistant's role (if any) toward the client with disorder as may be directed by the Chiropractor. What assistance can you provide under each heading: reception, assessment, treatment, health teaching, charting and other headings such as letters of referral, billing.
 - e. List and explain strategies for working with clients with this neuromusculoskeletal disorder (age specific, disorder specific).
 - f. Identify if clients with this disorder may be referred to other health professions (who, where and how).
3. Identify areas of specialization within chiropractic care.

Potential Elements of the Performance

- a. List at least 4 to 6 areas of specialization.
 - b. Identify areas of North America where clients can access these specialized services.
4. Identify information about chiropractic treatable conditions to convey to clients.

Potential Elements of the Performance

- a. Discuss who should disclose conditions to the client and appropriateness of providing information to clients about treatable conditions.
 - b. Review principles of health teaching from CHA101.
 - c. Identify useful teaching tools available within the office setting to help client get information.
 - d. Develop a "tool" to provide information to client about a treatable condition to be approved by a Chiropractor.
5. Identify the specific role of the assistant in carrying out the routine treatment established by the Chiropractor for selected conditions.

Potential Elements of the Performance

- a. Review role and assimilate the various aspects of the Chiropractic Health Assistant's role in reception.
- b. Clearly delineate the Chiropractic Health Assistant's role in the assessment process in a variety of clinical settings.
- c. Identify the Chiropractic Health Assistant's role in treatment of clients considering delegated acts, knowledge base, legal responsibilities, scope of practice...).
- d. Examine the Chiropractic Health Assistant's role and responsibility in health promotion and health teaching (ex: healthy neck and back maintenance and promotion).
- e. Discuss the role of the Chiropractic Health Assistant in charting associated with selected assessments, treatments and response.

6. Identify strategies for working with clients with a variety of neuromusculoskeletal disorders.

Potential Elements of the Performance

- a. identify similarities/differences for spinal assessments and adjustment for clients across the ages (infancy, childhood, adolescence, pregnancy, adult women, adult man, older adult).
 - b. List commonalities of neuromusculoskeletal disorders across the ages and stages.
 - c. Identify strategies that are most helpful for working with clients.
7. Identify conditions that are referred to other health professions.

Potential Elements of the Performance

- a. List and explain conditions commonly referred to other health professionals.
- b. Identify educational preparation of these selected health professionals.
- c. Describe the role of each health professional in caring for these conditions.

III. TOPICS:

1. Vertebral Subluxation (description and damage associated)
2. Causes, Symptoms and Client Responses of Neuromusculoskeletal Syndromes and Associated Conditions Treated by Chiropractors
 - Facet Syndrome, Disc-bulge, herniation and internal disruption, sciatica and leg pain, Radiculitis-disc
 - Lateral recess entrapment, muscle strain, myofascial pain syndromes, flexion/extension injuries like whiplash, headaches
 - costovertebral (rib) syndromes
 - degenerative joint/disc disease, joint dysfunction, cartilage tear, ligament sprain, hypermobility/instability
 - sacroiliac syndromes
 - peripheral neuropathy and entrapment, repetitive strain injury, tendinitis, bursitis, shoulder impingement
 - osteoarthritis, rheumatoid arthritis, temporomandibular joint syndromes
 - somatovisceral reflexes like asthma, colic and indigestion.
3. Healthy Neck and Back Maintenance and Promotion
4. Spinal Assessments and Adjustments in Infancy, Childhood, Adolescence, Pregnancy, Adult Women, Adult Men and Old Age
5. Common Diagnostic Tests Associated with Selected Conditions
6. Role of the Chiropractic Health Assistant in Reception, Assessment, Treatment, Teaching and Charting Associated with Selected Conditions
7. Specialties within Chiropractic Care
8. Referrals to other Health Professionals (review of roles)

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Redwood, Daniel, D.C. (1997) Contemporary Chiropractic. Churchill Livingstone. New York.

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

Reference Resources/Texts/Materials:

Brady, D. & Huff, Lew. (1999). Instant Access to Chiropractic Guidelines and Protocols. Toronto: Mosby

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

Henderson, D. et al. (1994). Clinical Guidelines for Chiropractic Practice in Canada. Canadian Chiropractic Association. Toronto.

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:

Mid Term test	25%
A Written report on a specified neuromusculoskeletal syndrome treated by chiropractors	25%
A small group presentation on providing appropriate information to a client with a specified complaint commonly treated by chiropractors	25%
End of term test (covering all learning outcomes)	25%

GRADING SCHEME:

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.

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.

NEUROMUSCULOSKELETAL SYNDROMES – CHA102

Lecture Schedule Winter 2001
 Dr. Suzanne Priddle-Luck
 256-1909 (office) or 254-4089 (home)
 email lucks@soonet.ca

WEEK	MONDAY	THURSDAY	FRIDAY
1		Introduction, Course Outline	Vertebral subluxation complex
2	Facet syndrome	Disc bulge/Radiculitis disc	Disc herniation/Internal disruption
3	Sciatica/leg pain	Nerve entrapment	Muscle strain
4	Myofascial pain syndromes	Whiplash	Headaches
5	Costovertebral syndromes	Joint dysfunction/Cartilage tear	Hypermobility/Instability
6	Sacroiliac joint syndromes	Ligament sprain	Fibromyalgia
7	Tendinitis, bursitis	Repetitive strain injury	Knee problems
8	MID-TERM TEST	Test take-up	Shoulder problems
9	Other joint problems	Osteoarthritis/Degenerative joint disease	Rheumatoid arthritis
10	Other arthritis	Temporomandibular joint syndromes	Visceral disorders (asthma, indigestion)
11	REPORTS DUE: visceral disorders	Spinal assessment through the life span	Common diagnostic tests
12	Common diagnostic tests	Healthy neck and back maintenance and promotion	Role of the CHA
13	Presentations	Chiropractic specialities	Referrals to other health professionals
14	Referrals to other health professionals	Review	
15	FINAL EXAM		

This course syllabus is only a guide as it is subject to change during the term.

Evaluation:

Mid-Term test – 25%

Written report on a specified neuromusculoskeletal syndrome treated by DC's – 25%

Oral presentation on providing appropriate information to a client with a specified complaint commonly treated by Chiropractors – 10%

Final Exam – 40%