



ASRF Case Report Project Guide 2022

Stress, Adaptability, and Immunity



Chiropractic, Stress, Adaptability and Immunity

After a successful inaugural run in 2021, we are proud to bring back the *Australian Spinal Research Foundation Case Report Project* for a second year. Once again, we are focusing on non-musculoskeletal presentations for chiropractic care. This is in line with ASRF's research agenda, which has us focusing on subluxation-based chiropractic care and stress, adaptability, and immunity. But as you are most likely to know, this comes in many, many forms.

Once again, we are making this as easy as we can for you, whilst also incorporating the valuable learnings from the first year of this initiative.

In this kit, you will find we have incorporated the same permission forms for you, and for the patient you are presenting for the case report. We are also including a link to a web form which will guide you through submission simply and easily. This includes any clinical findings, techniques, and your own observations as well as those of the patient.

We will then be doing the hard yards in preparing the case reports for publication in partnership with our now-even-more-skilled writing team. We are excited to be able to present a more robust contribution to the chiropractic evidence base, and we couldn't do it without you!

"A credible case report is able to capture the art of chiropractic in a science-based manner imbedded in philosophy." (Dr. Phillip Ebrall)



Case Report Contributions: A Step-by-Step Guide

1. Choose Your Case



By filtering out things like back and neck pain as *primary* concerns, we can narrow in on concerns related to stress, adaptability, and immunity. In terms of choosing a case report to submit, remember simplicity is key. Don't overthink your choice! It's likely that the first case that springs to mind is a good one.

There are two consent forms included in this pack: one for you and one for your patient. Both need to be signed and returned. The patient consent form guarantees that all identifying details are removed and anonymity is protected in any documentation that arises from this project.

Make sure you thank your patient (once they have read the information form and given their consent). This is an incredible service to chiropractic as case reports play a significant role in the chiropractic evidence base, and the way we can talk about the benefits of chiropractic.

We need some background on your practice member. This includes: Age and sex, profession, activity level, past health background (including pregnancy or birth complications if it is a paediatric case), and the main complaints or daily life dysfunction they presented with.

These will be covered in the form that accompanies this kit. We do *not* need names or addresses of patients. You may assure them they will be de-identified to the best of our ability.

2. Give us the background



3. Tell us what you found



The good news is that most of this detail should already be in your notes. Please tell us:

- What you found upon examination. We are specifically interested in any pre-care tests or assessments you performed, what you found, and any subsequent diagnoses. Please include any pre-existing diagnoses or other concurrent courses of medical or therapeutic interventions.
- The patient's subluxation record, at least at the beginning and a review following care.

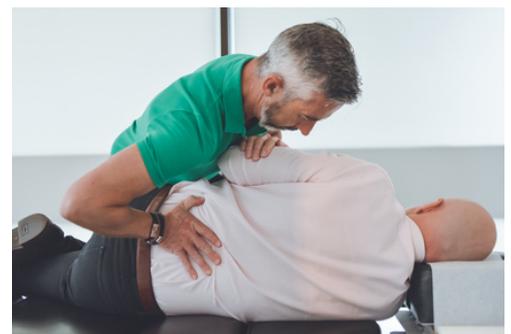
Once we have decided on which cases to move forward with, we will contact you and let you know if you have been successful. If so, we will ask you for your patient notes and consent forms.

In this section, tell us what you did in as much detail as you can. This includes the following:

- The techniques or protocols you used
- How you adjusted
- Any additional care items such as supplements, home exercises, or co-management with other care modalities
- The care plan and aim/s of care
- The timing of the progress reviews
- The areas of the spine / subluxation locations that you focused on
- Any other relevant treatment notes

This includes any *specific adjustments, techniques, or protocols* you are following. Please include any challenges that took place over the course of care, as well as any self-reports of progress that the individual may have made over the course of the care plan. Including some comments on your approach to care, the why behind the what, and any goals you had for care would also be valuable.

4. Tell Us What You Did



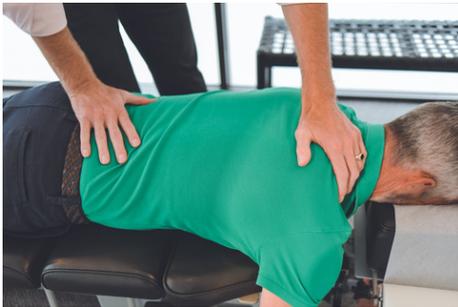
5. *Tell us what happened*

Now, tell us what happened during and after the course of care. How did the patient respond? Were there adverse events? How did the condition change or resolve under care?

The more detail you can give, the better. This includes, if possible, a paragraph or two from the patient detailing the differences they felt or perceived during and after care.

If pre-intervention checks or diagnostic tests were repeated post-intervention, please include this detail too.

It is important that we have evidence, something to compare in terms of pre-care/post-care, so the detail in this step is vitally important. If you have any thoughts as to the clinical significance of this case, or the mechanisms by which the changes may have taken place, add them in too! This all adds to the discussion around potential mechanisms behind improvements!



As the patient's chiropractor, your thoughts on the possible mechanisms behind the improvements or changes noted in this case are vital. Your comments here will form the basis of the discussion section, and potentially the introductory paragraphs of the case. What you say doesn't have to be referenced. We will do that. But any thoughts you have will provide valuable insight and enable a robust and well-rounded paper.

You will be credited as the author of the case report, and listed alongside other contributors in the final document produced by the Foundation.

Thanks for being part of an exciting and important initiative that maps out what is happening in chiropractic. This is a huge contribution to research. We couldn't do it with *you*.

6. *Share your thoughts about this case.*



The Submission Form

An online form has been created to make sure we capture as much information as we can in the first pass. This will reduce the time our team has to spend chasing up loose ends. While some of the questions may not be relevant to your case, please note that your chances of publication improve significantly based on the quality of the information entered on the submission form. You can find it at <https://spinalresearch.com.au/research/asrf-case-report-project-submission/>

In an ideal world, we would publish every case that is submitted! But the information captured will help us make decisions should there be more than resources allow.

And that's it!

Our commitment to furthering understanding and facilitating research about the vertebral subluxation is what drives us. We know that research is currency, and we firmly believe that what we offer to the world as chiropractors and members of the chiropractic tribe is unique and special. Thus, embarking on this case study project is a privilege we don't take lightly, and we thank you for your participation.

As mentioned above, all intellectual property will remain with the Australian Spinal Research Foundation. We have engaged Clare McIvor Writing and Communications, a long time friend of the Foundation (who you may know as the ASRF blogger) to work with us on this.

Clare and her team are as committed to the integrity, confidentiality, and reliability of chiropractic research as we are, so you can be assured that your data is being treated securely and with complete observation of privacy law. They may be in touch later to get additional information that emerges over the course of the project. However, the bulk of your work is done!

Please note that we anticipate high submission numbers. Should we receive more than we can fund, preference will be given to ASRF members. Not a member? You can join at <https://spinalresearch.com.au/membership/full-membership/>

We can't wait to see what emerges from this exciting project! *Thank you* for being part of it!

PATIENT INFORMATION FORM

PURPOSE

You are being asked to allow your chiropractor to use information about your chiropractic experience to write what is called a case report in collaboration with the Australian Spinal Research Foundation. This is completely voluntary, but your case has interesting or unique elements that may add to our understanding about chiropractic care.

Case reports are used to share information experienced by one patient during their clinical care that may be useful for other chiropractors. The initial intent for this case report is to go into a collated report by the Australian Spinal Research Foundation. This report, or any part within it, may be published in print or on the internet for others to read, and it may be presented at conferences.

ANONYMITY

Please read this form carefully. Take your time to make your decision and be sure to ask any questions that you have. Your information being used for this case report includes your chiropractors notes, any relevant x-rays or other tests, and a statement by you (if you are willing) about how you felt about your care and what happened as a result of it.

Your chiropractor, the Australian Spinal Research Foundation, and the Contractor they are using to collate this report (Clare McIvor Writing and Communications) are obligated to protect your privacy and will not disclose your personal information. Any identifying information such as name, medicare number, or contact details will be removed. When the case report is published or presented, your identity will not be disclosed. You will be kept anonymous.

Although your personal information collected or obtained will be kept confidential and protected to the fullest extent of the law, there is a small risk associated of weakened confidentiality by virtue of your unique experience.

VOLUNTARY PARTICIPATION

You will not directly benefit from participating in this case report. The information that can be shared with other health care professionals, however, may improve the care that is received by others in the future. Allowing your information to be used in this case report will not involve any additional costs to you. You will not receive any compensation. Taking part in this case report is voluntary. You may choose not to take part or you may change your mind at any time. However, once the case report is written and published, it will not be possible for you to withdraw it.

PATIENT CONSENT FORM

Your signature below means that you have read the patient information form and have asked any questions you may have had about how your information will be used. It means that you give permission to allow your information to be used in this case report.

By signing this form, I confirm that:

- The case report has been fully explained to me and all of my questions have been answered to my satisfaction
- I have been informed of the risks and benefits, if any, of allowing my de-identified information to be used in this case report
- I understand that my name, address and any identifying information will be de-identified to protect my anonymity
- I have been informed that I do not have to participate in this case report
- I have read each page of this form
- I authorize access to my de-identified health information (medical record) as explained in this form
- I have freely and voluntarily agreed to participate in this case report

Name of Participant:

Name of Legally Authorized Representative
(if participant cannot sign):

Signature:

Date:

CHIROPRACTOR CONSENT FORM

I have carefully explained to the subject the nature of the ASRF Case Report Project, provided them with the patient information form, and obtained and supplied the patient consent form.

I hereby certify that to the best of my knowledge the person who is signing this consent form understands clearly the nature, involved in their participation and their signature is legally valid. A medical problem or language or educational barrier has not precluded this understanding.

- I give ASRF and their project partner, Clare McIvor Writing and Communications, permission to publish in any and all appropriate publications or platforms.
- I understand that the Chiropractor/s listed in the form below will be acknowledged as the Author/s of any resulting Case Report. If more than one Chiropractor is listed, all will be listed in the citation in the order in which they are listed below.
- I understand that the ASRF will be acknowledged as having funded and facilitated any resulting Case Report, and that the ASRF has the right to free distribution and promotion of said Report.
- I understand that the intellectual property on the finalized and collated report (which includes numerous other case reports in collaboration with other chiropractors) belongs to the Australian Spinal Research Foundation.
- I understand that this case reports inclusion in the finished document is subject to approval from our Research Committee and may not be used if it does not fit within the project scope.
- I understand that all submissions must be received by the Foundation by June 30th in order to be considered, and I will be kept informed of progress.

Name of Chiropractor: _____

Signature: _____

Date: _____