



An Innovative Teaching Strategy Used to Address the Role of Chiropractors As Community Health Care Advocates

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Introduction

Chiropractic is Changing

- Expanded Scope of Practice
- Wellness practices (coaching)
- Specialty practices
- Community Health Initiatives
 - *National and International Accreditation Standards:* mandatory training to promote health, wellness, safety and disease prevention
 - *The World Federation of Chiropractic* supports the *WHO Global Strategy on Diet, Physical Activity and Health* and eliminating tobacco use
 - *The American Chiropractic Association* adopted a resolution supporting the American Public Health Association and encourages members to join
 - *Association of Chiropractic Colleges Chiropractic Paradigm:* "Doctors of Chiropractic advise and educate patients and communities in structural and spinal hygiene and healthful living practices."

Methods

How to Incorporate Teaching About Community Health Care...Tell a Story, Show Results, Give an Interactive Assignment

Spin Class Music Volume is a Risk to Hearing



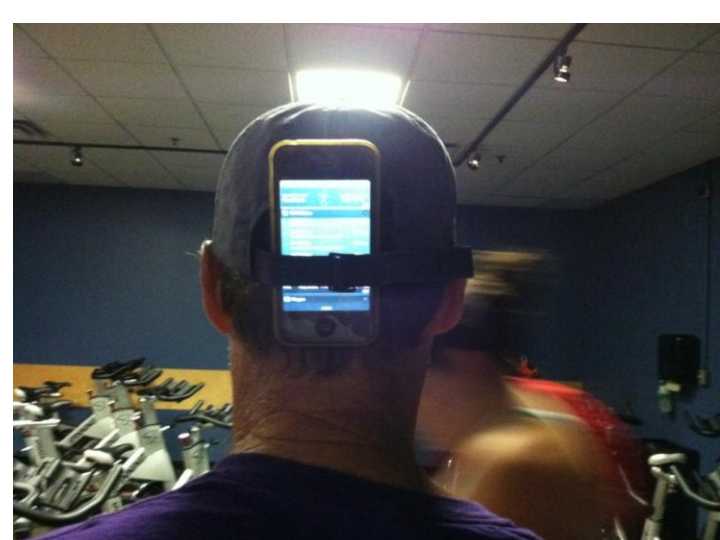
50 classes over 5 months



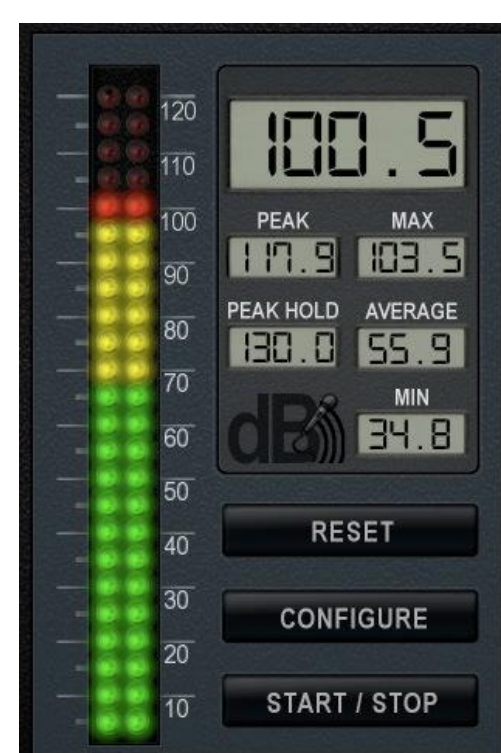
Tinnitus after one class



Class instructor not helpful



Time for a cunning plan: the iPhone dB Volume Meter



Data Collection

- The average volume in classes: 60 - 72 dBs
- Maximum peak volume regularly spiked to over 100 dBs.
- When instructor tried to shout over the music, the volume was over 120 decibels (4-6 times per song, 40 times over the class)

Results

Evidence of Risks and Benefits Explained to Management and Instructors

- Noise induced hearing loss is the most preventable cause of hearing loss. It often occurs in childhood and gets worse with age (84% of people aged 71-85 have loss)
- The risk begins at 75-85 dBs at steady states (in industry)
- Loss is common with intermittent volumes between 120-140 dBs (firecrackers and small arms fire)
- Normal conversation is 50 dBs, loud rock concerts peak at 120 dBs
- Music does improve physical performance, but students often perceive music is too loud when instructors don't

Resolution

- Class averages were generally 60-65 dBs and maximum volume seldom rose above 90 dBs.

The Class Assignment

- Identify a health care issue in your community
- Describe a plan using some type of new data collection
- Identify the decision makers and explain how you would present the information
- Include at least 3 high quality references to emphasize the negative effects of the problem and/or positive effects of your solution
- Presentation counts (spelling, grammar, punctuation, reference format)

Discussion

Students learn how to:

- Devise new methods of data collection
- Gain expertise in accessing the scientific literature
- Develop unique problem solving skills
- Gain respect as a knowledgeable primary contact health care professional
- Improve interpersonal skills

Some of the Student Projects:

- Effect of cigarette smoking on family members
- Steroid use at gyms
- Ergonomic furniture at workplace
- Speeding at high traffic pedestrian areas
- Exposure to sunlight (over tanning)
- Pesticides in public areas
- Bike lanes in town

Conclusions

- Curricular change can be accomplished with interactive teaching strategies that motivate students
- Community health can be improved when supported by quality evidence and data collection
- DCs can function as community health care advocates

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