



Canadian Chiropractic Guideline Initiative (CCGI)

Enhancing the Health of Canadians by Fostering Excellence in Chiropractic Care

CCGI is a program dedicated to improving patient care through developing evidence syntheses and developing/adopting evidence-based clinical practice guidelines. These guidelines are relevant to health care professionals who provide care to patients with musculoskeletal (MSK) conditions. CCGI also creates user-friendly tools and resources for health care providers and patients to facilitate the implementation of evidence-based practices.

Its team includes five researchers, most of whom hold post-graduate degrees, and work closely with Canadian universities and academic institutions. They are employed by *Ontario Tech University (OTU)* and work within the *Institute of Disability and Rehabilitation Research (IDRR)*, which is a partnership between the university and the *Canadian Memorial Chiropractic College (CMCC)*.

The IDRR is committed to conduct applied research that's relevant to policymakers involved in disability and rehabilitation. However, the CCGI team's employment with OTU is contingent on the external funding it receives.

Funding and Integrity

CCGI is externally funded by provincial associations, such as the *Ontario Chiropractic Association (OCA)*, provincial regulatory boards, and national associations, including the *Canadian Chiropractic Association (CCA)* and the *Chiropractic Protective Association (CCPA)*.

CCGI maintains editorial independence from its funders. It also regularly applies for and receives academic grants from various organizations, such as the *World Health Organization (WHO)* in 2021 and *Eurospine* in 2020.

Select Projects

Projects Designed to Inform Clinical Practice Guidelines:

- Evidence syntheses to inform the WHO global clinical practice guideline on the management of adults, including older adults, with chronic primary low back pain.
- Evidence syntheses regarding post-surgical rehabilitation of adults who underwent surgery for lumbar disc herniation or degenerative back disorders.
- Evidence synthesis regarding rehabilitative management of children with back pain.

Other Projects:

- Evidence synthesis and qualitative study to facilitate incorporating patient preferences into clinical decision-making.
- Evidence synthesis of post-concussion symptoms and disability in adults with mild traumatic brain injury.
- Evidence synthesis of non-pharmacological interventions on sleep characteristics among adults with musculoskeletal pain and a comorbid sleep problem.
- Evidence synthesis of clinical practice guidelines regarding the management of low back pain to inform the WHO package of rehabilitation interventions.
- Commentary and implementation tool for physical activity throughout pregnancy.
- Commentary on patellofemoral pain clinical practice guideline.



Select Projects (continued)

Clinical Practice Guidelines Developed:

- Non-surgical management of lumbar spinal stenosis leading to neurogenic claudication.
- Non-pharmacological management of soft tissue disorders of the shoulder.
- Spinal manipulative therapy and other conservative treatment for low back pain.
- Treatment of neck pain-associated disorders and whiplash-associated disorders.

In Development:

- Updated management of concussion and persistent post-concussion symptoms in adults (part of an expert panel funded by the *Ontario Ministry of Health*).



Tools and Resources for Providers and Patients:

1. Continuing Education (CE) modules

- Clinical decision-making for adults with low back pain - Assessing risk for serious pathology.
- Shoulder pain - Noninvasive management of soft-tissue disorders.
- **In Development:**
 - › Concussion assessment, diagnosis, and management in adults and children.
 - › Journal club video series to help providers, patients, and the public understand and interpret research evidence.

2. Provider summaries of clinical practice guidelines

3. Patient education handouts based on clinical practice guidelines

4. Outcome measurements

5. Podcasts

6. Patient decision aids

7. Exercise videos

- Low back pain
- Neck pain
- Shoulder pain

8. Virtual care



Clinical Practice Guidelines Adopted:

- Management of concussion in adults
- Management of concussion in children and adolescents
- Management of epicondylitis
- Management of persistent headaches associated with neck pain
- Management of knee pain and mobility impairments
- Management of depression in children and adolescents
- Management of osteoarthritis
- Management of patellofemoral pain
- Physical activity throughout pregnancy
- Management of temporomandibular disorders
- Management of ankle sprain

Digital Channels and Metrics:

Website (ccgi-research.com/)

- Over 7,700 unique visitors past six-months.
- Over 19,500 overall visitors in past six-months.

YouTube videos for clinicians and patients

- Over 1,100,000 views and over 4,900 subscribers.

Facebook group for clinicians

- Over 1,150 members.