

Lay summary on:

Enhancing evidence-based chiropractic practice: bridging the knowledge-to-action gap for the needs of community-based chiropractors



Ontario
Chiropractic
Association

Research summary of a peer-reviewed narrative literature review



What is this research about?

Although research relevant to clinical care, including chiropractic, continues to grow, there is often a delay between when evidence becomes available and when it's applied in practice. This disconnect between what clinicians know and what they do is called the "knowledge-to-action (KTA) gap," which can lead to care that is outdated or inconsistent. In privately funded health-care settings like chiropractic, the gap may be even wider due to limited institutional support and constrained access to research resources.

Knowledge translation (KT) refers to the process of closing this gap by using actionable strategies to integrate research findings into everyday care. This review aims to better understand the barriers and facilitators of KT for chiropractors, and suggest practical solutions that professional organizations and individuals can use to improve KT and, in turn, patient outcomes.



How was this research conducted?

The research team conducted a narrative literature review of articles published

between 2016 and 2024. Searching three scientific databases and screening 880 potentially relevant articles, they identified 45 relevant articles across 20 health professions to identify common barriers and supports for translating research into clinical practice. Based on these findings, and input from a working group of chiropractors, educators, and researchers, they developed actionable recommendations for chiropractors and supporting organizations to enhance their use of evidence in care.

What did the research team find?

KT is affected by several factors at three key levels:

1

Individual:

Chiropractors often face time constraints, lack confidence in interpreting research, or feel disconnected from researchers. Training, motivation, and opportunities to collaborate on research can help.

2

Collegial/Peer:

Having nearby colleagues, supportive mentorship, and a culture that values collaboration makes it easier to apply new research. Digital networks or in-person events can also help.

3

Institutional/Organizational:

Chiropractic organizations play a critical role in promoting KT by offering training, incentives (like continuing education credits or recognition), creating strategic plans that prioritize research use, and engaging stakeholders and KT experts in the research process.

What does this all mean?



For the most effective and evidence-based patient care, research must be translated into day-to-day clinical decisions. While clinicians value evidence-based practice, they often face real-world barriers like limited time, resources, or institutional support that make it difficult to apply research. By identifying these barriers and offering practical solutions, this paper helps chiropractors and their professional organizations take meaningful steps toward effectively translating emerging research into clinical practice to enhance patient-centred and evidence-based care.

Definitions:

Knowledge Translation (KT):



The process of integrating the best available research into clinical practice to make informed clinical decisions.

Knowledge-To-Action (KTA) Gap:

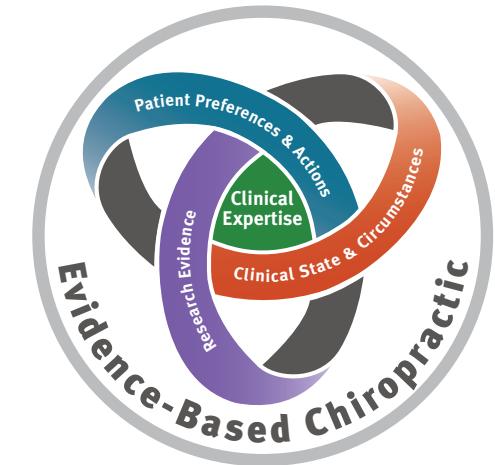
The increasing availability of high-quality research corresponding with a lack of uptake and use within clinical practice.

For more information:

Visit the Ontario Chiropractic Association (OCA)'s [Evidence-Based Chiropractic Care \(EBCC\)](#) for more research findings in a paper series that explores how chiropractors can integrate research evidence, clinical expertise and patient preferences to deliver high-quality care.



Brereton, C., Emery, P. C., Cancelliere, C., Murray, J., Parish, J. M., Shnier, A., Gleberzon, B., & Choppa, A. (2025). Enhancing evidence-based chiropractic practice: bridging the knowledge-to-action gap for the needs of community-based chiropractors. *J Can Chiropr Assoc*, 69(3).



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