

Lay summary on:

Person-centred care in chiropractic: a foundational but evolving commitment in contemporary practice



Ontario
Chiropractic
Association

Research summary of a peer-reviewed scientific paper



What is this research about?

Person-centred care (PCC) is a model of health care that respects and responds to each person's needs, values and preferences. It focuses on building trust, communication, and collaboration between patients and clinicians. Chiropractic care naturally aligns with these principles through its emphasis on individualized, hands-on care.

While PCC is linked to better outcomes, satisfaction, and quality of care, it is not always applied consistently across all health professions, including chiropractic, due to factors such as time constraints, patient expectations, and limited system supports. This commentary examines how PCC is currently practiced in chiropractic, the barriers that can limit its delivery, and strategies to strengthen its consistent, equitable, and evidence-informed application.



How was this research conducted?

The authors drew on existing research, professional guidelines, and interdisciplinary perspectives to examine PCC in chiropractic. They combined evidence with professional insights to identify strengths, barriers, and strategies for PCC improvement in chiropractic.

As part of the broader EBCC initiative, a patient council member contributed to early discussions to help ensure patient perspectives were considered across the series.



Key points from this commentary:

- Chiropractic care often reflects PCC values, such as empathy, active listening, and individualized care.
- PCC can strengthen therapeutic relationships, improve outcomes, and support shared decision-making.
- Barriers include time and workload pressures, limited training in communication and cultural safety, varying patient expectations, and lack of system-level supports (e.g., decision aids and interdisciplinary co-ordination).
- Strategies for improvement include mentorship, reflective practice, cultural humility, patient education, and integrating PCC into organizational policies, accreditation, and continuing education.

What does this all mean?



Chiropractic care is well-positioned to lead in delivering PCC, but its consistent application requires action at multiple levels. Clinicians can cultivate skills that invite patient partnership, patients can be supported to actively participate in their care, and organizations can create systems that reward and enable PCC. By embracing PCC not just as a method, but as a professional ethic, chiropractic can ensure care is collaborative, equitable, and aligned with the best available evidence – benefiting both patients and practitioners.



Malik, K., Murray, J., Cancelliere, C., Stuber, K., & Kopansky-Giles, D. (2025). Person-centred care in chiropractic: a foundational but evolving commitment in contemporary practice. *J Can Chiropr Assoc*, 69(3).

Definitions:

Person-Centred Care:



A care approach where clinical decisions are shaped through genuine partnership; ensuring each patient's unique circumstances, priorities, and values guide the care process.

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.



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