

BEST PRACTICES, THE CLINICAL COMPASS, AND THE FLORIDA CHIROPRACTIC ASSOCIATION



I'M A PRACTICING CHIROPRACTOR. DAY IN AND DAY OUT I TRY TO PROVIDE THE BEST POSSIBLE CARE FOR MY PATIENTS. Care that they need, care that they want, and care that they value enough to tell others about. From time to time I ask myself, "Am I doing the absolute BEST for my patients? Am I using the right tools and techniques? Are my care recommendations acceptable and appropriate? Do I need to CHANGE anything about the way I do things?" I constantly strive to be a better doctor and have the best possible version of me show up for my patients. They deserve it.

In today's healthcare environment, they demand it. Insurers and third party payers also demand it. Best practice recommendations and clinical practice guidelines are the best ways that I can stay current and

continue to provide that absolute BEST care for my patients, while continuing to get paid for what I do.

Evidence based care, clinical practice guidelines, best practices, evidence informed practice. The list

goes on and on. EVIDENCE is having its moment. No doubt we have all seen these terms kicked around and either nodded in agreement or shook our heads in disbelief. But do we really understand what these terms

are and what they are supposed to do?

Clinical practice guidelines (CPG) are systematically developed statements to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances. (Institute of Medicine 1990) These statements contain recommendations that are based on evidence from a rigorous systematic review and synthesis of the published medical literature. They are meant to identify and describe generally recommended courses of intervention. What they are NOT meant to do is dictate treatments like a recipe book. What they are NOT is a substitute for actual physician advice. What they do NOT take into consideration is the experience and expertise of the doctor or the values and preferences of the patient; the one who we tell ourselves is actually in charge of their own health and wellbeing. Over the years, clinical practice guidelines have been misconstrued and seen by many as a limiter of care, not the valuable and essential tool that they are.

Best practice recommendations (or documents) seek to bridge some of the “gaps” in published evidence that may not be included in CPG. They seek to incorporate all of the features of the CPG, but include the ever important expertise and experience of the provider to bridge some of the gaps and make a more usable, accessible document. The finest examples of best practice documents use Delphi panels to infuse collected experience and clinical wisdom into the literature. The Delphi method is a process used to arrive at a group decision by presenting a panel of experts with questionnaires and statements in an effort to reach a consensus. This consensus becomes a very usable document that incorporates ALL features of evidence based care.

The Clinical Compass was founded in 1995 to create and evaluate CPG and best practice documents in an effort to translate the collected knowledge in chiropractic. Our volunteer board, scientists, and members are practicing chiropractors who “drink from the firehose” of the current, ever increasing body of scientific research and distill it down into usable information for the practicing doctor. Our ultimate goal is to compress the 17 year (give or take a few) gap from published research to clinical practice. Yes, that’s how long it takes for the most current research to filter its way into daily practice. This waiting period is unacceptable and unnecessary.

So what can we do to help this process? How can we contribute to the body of chiropractic knowledge? How can YOU get involved?

GREAT NEWS if you’re a member of FCA! FCA is a state association member of the Clinical Compass. If you are an FCA Member at any level, you are now a member of the Clinical Compass and have access to ALL of the excellent content on our site. The Evidence Center, sponsored by FCA, is the member’s only area where we provide regular updates and summaries of current CPGs, best practice documents, and impactful papers for a variety of topics and conditions. The Evidence Center was the primary source of information that caused UnitedHealthcare to

reverse their headache policy. A policy that would have cost our profession millions of dollars in lost income. In addition to curating the online repository that is the Evidence Center, we recently published a Best Practices Document for the Chiropractic Management of Neck Pain, a commentary on Chiropractic in the COVID Era, and an upcoming CPG for the Chiropractic Management of Chronic Pain.

FCA has made a commitment to your patients. FCA has made a commitment to you. FCA has made a commitment to knowledge translation and to chiropractic. FCA is helping your “good” become “better” and your “better” become “BEST”. Our patients deserve the BEST chiropractic can offer and your state association is providing that to you. They deserve your continued support.

Curious about the Clinical Compass? Who we are and what we do? Have some ideas about research or future areas of study? Interested in serving? Create your account at www.clinicalcompass.org and get on our mailing list.

Follow us on Facebook, connect with us on LinkedIn, or send us an email and introduce yourself. We’d love to get to know you. We ARE YOU. We are all in this together, and together we can do great things.

Thank you again for your ongoing support and Welcome to the Compass!



IF YOU ARE AN FCA MEMBER AT ANY LEVEL, YOU ARE NOW A MEMBER OF THE CLINICAL COMPASS AND HAVE ACCESS TO ALL OF THE EXCELLENT CONTENT ON OUR SITE. THE EVIDENCE CENTER, SPONSORED BY FCA, IS THE MEMBER’S ONLY AREA WHERE WE PROVIDE REGULAR UPDATES AND SUMMARIES OF CURRENT CPGS, BEST PRACTICE DOCUMENTS, AND IMPACTFUL PAPERS FOR A VARIETY OF TOPICS AND CONDITIONS.

Dr. Louis Crivelli received his doctorate in chiropractic from the National University of Health Sciences in 2001. In 2002 he moved to the Annapolis area and began practicing in Greenbelt, MD (a stone’s throw from NASA Goddard Space Flight Center) where his diverse patient base consists of members of the scientific, educational, and industrial communities. He is the Chairman of the Maryland Chiropractic Association and was named Chiropractor of the Year for 2016, 2018, and 2019. Dr. Crivelli is the Maryland delegate for the American Chiropractic Association as well as the Chairman of the Clinical Compass (the Council on Chiropractic Guidelines and Practice Parameters (CCGPP)).

