



**CHIROPRACT**  
AUSTRALIA  
RESEARCH  
FOUNDATION

## CA Researchers' Day 2019: Sofitel Broadbeach, Gold Coast

Friday 23<sup>rd</sup> August 2019

Dear Colleague,

Welcome to the eighth annual CA Researchers' Day to be held at. The aim of the CA Researchers' Day is to provide a forum for research collaboration in the chiropractic and osteopathic community, to share current information about your own research, and to provide an opportunity to learn about the research of others.

Michael Swain and Simon French, CA Researchers' Day conveners

### Speakers

#### **MICHELE STERLING**

Michele Sterling is Professor in the Recover Injury Research Centre, Program Lead of the Designing Better Therapies research program and Director of the NHMRC Centre of Research Excellence (CRE) in Road Traffic Injury Recovery all at The University of Queensland, Australia. She is a Musculoskeletal Physiotherapist and a Fellow of the Australian College of Physiotherapists. Michele's research focusses on the mechanisms underlying the development of chronic pain after injury, predictive algorithms for outcomes and developing effective interventions for musculoskeletal injury and pain. She has conducted numerous cohort studies and clinical trials investigating the effectiveness of various treatments and their combinations including exercise, psychological treatments, manual therapies and multidisciplinary care. She has received over \$13M in research funding from the NHMRC, ARC and industry partners. She has editorial roles with several leading journals and textbooks, and has over 200 peer-reviewed publications. Michele is an elected member of the leadership Council of the International Association for the Study of Pain (IASP).

#### **HAZEL JENKINS**

Hazel Jenkins is a Lecturer in the Department of Chiropractic, Macquarie University. She has more than 15 year's experience as a chiropractic clinician with strong clinical interests in addressing recurrent or chronic musculoskeletal pain conditions. Hazel's teaching and research focuses on musculoskeletal radiology with an emphasis on appropriate use within clinical practice. She is currently completing her doctorate through the Department of Health Professions, Macquarie University, titled: 'The overutilisation of imaging in the management of low back pain'.

#### **AMBER BENYON**

Amber Beynon is a chiropractor and PhD candidate from Murdoch University in Western Australia. Since graduating in 2014 as well as working in private practice, she has been involved in research and teaching at Murdoch University. Amber is a recipient of the Chiropractic Australia Research Foundation PhD Scholarship and her research will investigate if early life illness factors are potential risk factors for back pain in adolescence and young adulthood.

#### **MATT BULMAN**

Matt Bulman is a chiropractor from Launceston, Tasmania, who has an interest in Evidence Based Practice. He is a 2011 graduate from RMIT, and has contributed to COCA News and CA News by interviewing various researchers throughout the years. He established the COCA and CA social media sites and coordinates CA's Facebook, twitter and Instagram accounts. He is a board member of the Chiropractic Australia Research Foundation, and has been a board member of Sports Medicine Australia NSW. He is an advocate of advancing the profession through musculoskeletal research, professional integration and sensible healthcare.

#### **BOBBY MAYBEE**

Bobby Maybee is a graduate of Western States Chiropractic College and is an active clinician in Portland Oregon, United States. He has also founded the Forward Thinking Chiropractic Alliance, which began as a small social media group and has grown into a doctor and student centred content company with over 7,300 active members. When not consumed with the world of chiropractic, he enjoys time in the outdoors and time with his wife, 5 children, 3 chickens, cat, and his best friend, Jett the Labrador Retriever.

## **STEPHEN PERLE**

Dr Perle joined the inaugural faculty of the University of Bridgeport School of Chiropractic in 1991. He is a Professor of Clinical Sciences. After graduation from Texas Chiropractic College in 1983 he practiced specializing in sports chiropractic in New York City until 1991. Dr Perle has published more than a half dozen textbook chapters and over 40 peer reviewed publications. He has been an associate editor of Chiropractic & Manual Therapies since 2008 and has been on the editorial board since the journal started in 2005. In 2004, he was honoured as the American Chiropractic Association's Academic of the Year and has twice received an ACA Presidential Leadership Award. He is the chairperson of ACA's Research Advisory Board. In 2018 he was the ACA's McAndrews Leadership Lecturer. Dr Perle is a fellow of the Royal College of Chiropractors and the International College of Chiropractors. He is also co-presenter with Professor Dave Newell of the Chiropractic Australia icarechirocast series of podcasts.

## **DAVID NEWELL**

Dave holds multiple positions including Professor of Integrated Musculoskeletal Care and Director of Research at AECC University College and Senior Research Fellow at Faculty of Medicine, University of Southampton. Dave graduated from Plymouth University with a PhD in Molecular Biology in 1986. The last 30 years has been spent teaching and researching in chiropractic institutions holding the position of Research Director in two other chiropractic programs in both the UK and Australia. He has an extensive and diverse portfolio of expertise and teaching in research methodology, critical thinking and the natural sciences as well as curriculum design, validation and accreditation of chiropractic programs. He has successfully supervised multiple students at Masters and Doctorate level with ongoing PhD students in collaboration with a number of UK based Universities. He has published extensively in areas relevant to musculoskeletal conditions in general and the chiropractic profession in particular. He is active across the profession both in the UK and internationally and was one of the founding authors of the International Chiropractic Educational Collaboration education statements, a rallying call for EBM Chiropractic programs internationally. He is also co-presenter on Chiropractic Australia's icarechirocast podcasts.

## **RESEARCH PRESENTATIONS**

The afternoon session will include podium presentations of scientific work. Up to eight submitted abstracts will be selected for podium presentation. Each podium presenter will have 12-minutes to present their work, followed by 5-minutes group questions. This year there will be three podium presentation prizes on offer: Best Podium Presentation \$2,500, Second Place Podium Presentation \$1,000, and Third Place Podium Presentation \$500.

## **POSTER SESSION**

Submitted abstracts indicating poster is preferred, or that are not selected for podium presentation, may be invited to the afternoon poster presentation session. In this hour-long interactive session, authors will be required to stand alongside their poster for 30-minutes and engage in discussion with interested colleagues. This session is intended to simulate networking and collaboration opportunities. To facilitate broad engagement there will be two adjacent 30-minute poster presentation sessions. There will be three poster presentation prizes on offer, for: Best Poster Presentation \$1,000, Best Student (non-higher degree research) Poster Presentation \$500, and People's Choice Poster \$500.

## PROGRAM

8.30 – 9.00am	Registration
9.00 – 9.10	Opening remarks by the Researchers' Day convenor
9.10 – 9.50	<b>Hazel Jenkins:</b> <i>The PhD balancing act: how to juggle work, family, life, and a PhD</i>
9.50 – 10.30	<b>Michele Sterling:</b> <i>My research journey</i>
10.30 – 10.45	Discussion
10.45 – 11.15	Tea Break/Networking
11.15 – 12.30pm	<b>Panel discussion:</b> <i>What do chiropractors want from their researchers?</i> Panel moderator: <b>Julie Kendall</b> Panel members: <b>Amber Benyon, Matt Bulman, Bobby Maybee, Dave Newell, Stephen Perle</b>
12.30 – 1.30	Lunch / Networking
1.30 – 2.30	<b>Research Presentations</b> 1. Hazel Jenkins: <i>Effectiveness of treatments to decrease thoracic hyperkyphosis: a systematic literature review and meta-analysis</i> 2. Sasha Aspinall: <i>No difference in pressure pain threshold and temporal summation after lumbar spinal manipulation compared to sham: A randomised controlled trial in adults with low back pain</i> 3. John Petrozzi: <i>Predictors of disabilities in patients treated for chronic low back pain: A multivariate analysis</i> 4. Amber Beynon: <i>Systematic review with meta-analysis of chronic physical illnesses, mental health disorders and psychological features as potential risk factors for back pain from childhood to young adulthood</i>
2.30 – 3.30	Poster Session/Tea Break
3.30 – 4.30	<b>Research Presentations</b> 5. Brett Vaughan: <i>Referrals to and from general practitioners: secondary analysis of a nationally representative sample of Australian osteopaths</i> 6. Roger Engel: <i>Breathing difficulty, chest and back pain predicts bronchitis and emphysema in women: A potential role for chiropractors in chronic respiratory disease management?</i> 7. Katie de Luca: <i>Older patients who present to chiropractors in Australia and Canada: Who are they and what conditions do they present with?</i> 8. Jean Theroux: <i>Chiropractic students' perceptions of barriers and facilitators to joining a professional association</i>
4.30 – 5.00	Prizes awarded and closing remarks by convenor