



## **Policy statement by Chiropractic Australia regarding Evidence Based Practice.**

**Adopted: April 2015**

As a professional organisation, Chiropractic Australia advocates quality, safe and ethical chiropractic practice. The clinical services provided by chiropractors should adhere to the principles of evidence based practice, both in diagnostic clinical decision making and in the provision of therapeutic care.

Evidence based practice involves the integration of the individual chiropractor's expertise with the best available external clinical evidence from systematic research and the expectations, desires and needs of the patient. (1)

In every health profession there are some areas of practice where there is a paucity of high quality scientific evidence to support some diagnostic and therapeutic procedures. In such areas the value of patient needs and the practitioner expertise are greater. Chiropractic Australia recommends that all clinical procedures should be based on biologically sound theory and where possible supported by sound scientific evidence.

Chiropractic Australia recommends those procedures and therapies which are best supported by scientific evidence.(2) This is especially so when treatment options are available which have been demonstrated to be reliable and valid or beneficial. Where there is risk of injury or other harm associated with any procedure or therapy the importance of these recommendations is accentuated and higher levels of evidence should guide the decision-making process.

### **References**

1. Sackett DL, Rosenberg WM, Gray JA, Haynes RB, Richardson WS (January 1996). Evidence based medicine: what it is and what it isn't. *BMJ* 2010, 312 (7023): 71-2.
2. Haldeman S, and Underwood M. Commentary on the United Kingdom evidence report about the effectiveness of manual therapies. *Chiropractic & Osteopathy* 2010, 18:4 <http://www.chiroandosteo.com/content/18/1/4>