What is Evidence-Based Clinical Practice?
Palmer’s strategy for focused curricular change to improve patient care

- Patient Preferences
- Best Research Evidence
- Clinical Expertise
Fall 2011

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Executive Director
for Alumni
Mickey Burt, D.C.
Davenport ‘73

Executive Director for
Marketing and
Public Relations
Darren Garrett, APR

Writer/Editor
Lori Leipold

Designer
Bobbi Mongeau

Writers
Minda Powers-Douglas
Chuck Bustillos
(West Campus)
Ted Nikolla
(Florida Campus)

Photographer
Tim Richardson

Contributors
Teri Ray
Lori Byrd
Shannon Carden
Katie Hoyt
Mike Rekemeyer
Christine Beaudry

Operations Manager
Kim Kent

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on the cover Palmer is setting the pace for integrating evidence-based clinical practice into chiropractic education.
At many of the events we host throughout the year, you will hear us comment that the College is focused on three key things: student learning, the patients we serve and the research that supports them both.

Yet as you read this issue of Insights, you’ll soon realize that our focus is more comprehensive than just those three key components. Yes, we are very concerned about the quality of our educational program, but we are just as concerned about helping our alumni in meaningful ways.

We would all agree that it is difficult to keep pace with the changes in today’s healthcare world. That is why Palmer is being proactive in a whole host of ways that meet the needs of our students as well as our alumni. You’ll discover how Palmer is leading the way in integrating evidence-based clinical practice into the Doctor of Chiropractic curriculum when you read this issue’s cover story. This article helps explain what evidence-based clinical practice really means, and how we’re integrating it into the Palmer curriculum to educate the next generation of chiropractors and strengthen the profession as a whole.

You’ll also read about the Palmer CareerNetwork. This new initiative helps alumni connect with Palmer in meaningful ways that also have an impact on your practices as well as our students. Read about this exciting new online connection on page 5. I hope once you read it, you’ll be motivated to join the Palmer CareerNetwork as a student mentor or to take advantage of the many online career services it offers.

Not only are we reaching out to our students and alumni with new and innovative programs, but our alumni are connecting back to the College through the creation of programs like the Dr. David D. Palmer Athletic Trust established by the Palmer Rugby Alumni Association. The Palmer CareerNetwork and the Dr. David D. Palmer Athletic Trust are just a few examples of how Palmer and our alumni are working together to enhance the educational experience for our students—the next generation to move chiropractic forward.

If you’re wondering when one of us will be coming to a state association meeting in your area, check out the next issue of Palmer Highlights or go to the travel calendar at https://portal.palmer.edu and click on “Travel Calendar” on the right.

I hope as you read this issue of Insights you will get a sense that the College and our alumni are making a real difference in today’s world of health care. Enjoy the read, and thank you for all of the things you do for Palmer and chiropractic.
An update on Palmer’s efforts to help

Since President George H.W. Bush signed the authorization on Oct. 23, 1992 to commission D.C.s in the United States military, incremental progress has been made in bringing chiropractic fully into the U.S. military as well as Veterans Affairs healthcare facilities. But many in the chiropractic profession would say that this progress has been too slow and that all active-duty troops and veterans should have access to chiropractic. Palmer College is taking the lead on several fronts to bring chiropractic more fully into the U.S. military—for active-duty troops as well as veterans and their families.

DOD research project

In February 2011, scientists at the Palmer Center for Chiropractic Research (PCCR), the RAND Corporation and the Samueli Institute were awarded a landmark $7.4 million grant by the Department of Defense (DOD) office of Congressionally Directed Medical Research Programs. The grant is funding a four-year research project to assess chiropractic treatment for military readiness in active-duty personnel. This is the largest single award for a chiropractic research project in the history of the profession.

Ian Coulter, Ph.D., the Samueli Institute Chair in Policy for Integrative Medicine at RAND Corporation, is the research project’s principal investigator. Co-principal investigator and Palmer College of Chiropractic’s Vice Chancellor for Research and Health Policy Christine Goertz, D.C., Ph.D., is overseeing the design and implementation of the three clinical trials funded by this award. The PCCR will receive approximately $5.1 million in order to accomplish this task. Samueli Institute Vice President for Military Medical Research Joan Walter, J.D., also is a co-principal investigator for this project.

Katie Pohlman, D.C., M.S., is serving as the PCCR’s clinical project manager for the project. She supervises all of the project managers for the three clinical trials and handles the complex logistics and day-to-day operations of the huge study, which is being conducted by a team of nearly 40 people at the three institutions and a total of six military sites for all of the trials.

This comprehensive project will assess the efficacy of chiropractic treatment in the following areas: relieving low back pain and improving function in active-duty service members; evaluating the effects of chiropractic treatment on reflexes and reaction times for Special Operations forces; determining the effect of chiropractic treatment on strength, balance and injury prevention for members of the Armed Forces with combat specialties; and assessing the impact of a chiropractic intervention on smoking cessation in military service members.

The first clinical trial, known as Assessment of Chiropractic Treatment I, or ACT I, will examine chiropractic’s effectiveness in relieving low back pain and improving function in active-duty service members at military facilities located in Pensacola, Fla., Bethesda, Md., Rock Island, Ill., and San Diego, Calif. “The doctors of chiropractic who will be delivering the care in this study are those who are already treating patients on base at these four facilities,” said Dr. Goertz. “It is important to work with D.C.s who are already integrated into the healthcare system at the bases.”

Data collection for ACT I will begin in 2012.

Since February, Drs. Goertz and Pohlman have been busy working with the rest of the team to create the many data collection forms needed for ACT I. “The baseline patient interview form and informational video, along with 10 to 15 sets of online questionnaires for each patient at weeks two, four and six, and at three months, have been developed and are ready for the study to begin,” said Dr. Pohlman. The plan is for data collection to begin at the Pensacola, Fla., and Bethesda, Md., sites by early next year, with the Rock Island, Ill., and San Diego, Calif., sites beginning collection later in 2012.
integrate chiropractic into the U.S. military

In addition to the creation of the data collection forms, the team has been working to secure approvals from the Institutional Review Boards (IRBs) from the collaborating research institutions as well as all of the military sites. So far, the project has received IRB approval from the PCCR and RAND Corporation, and at the time this article was being prepared in September 2011, IRB approval from the military sites for the first clinical trial had been requested but not yet awarded.

The study team is receiving guidance and oversight from a number of other committees and boards, including an 11-member Expert Advisory Board, Palmer’s Data Safety Monitoring Committee and an internal steering committee. Both the Data Safety Monitoring Committee and the Expert Advisory Board include research experts from outside Palmer, RAND and Samueli.

Of course, planning work on the other two clinical trials must be conducted simultaneously with work on the first one. “We will have completed protocols for ACT II and III by the end of 2011,” Dr. Goertz said. “We are working hard to develop study details for these two additional studies at the same time that we get ready to launch ACT I.”

Palmer teams up with VA to provide veterans with up to one year of tuition

Through a unique program offered by the U.S. Department of Veterans Affairs (VA), Palmer College is making it possible for eligible U.S. veterans enrolled or about to enroll at any of Palmer’s three campuses to have up to 100 percent of their out-of-pocket tuition and fees covered for a one-year period. Known as the Yellow Ribbon GI Education Enhancement Program, or Yellow Ribbon Program for short, the plan covers undergraduate and graduate tuition not already provided for by the Post-9/11 Veterans Educational Assistance Act of 2008.

The Yellow Ribbon Program allows U.S. degree-granting institutions to enter into an agreement with the VA to fund expenses that exceed the highest public in-state undergraduate tuition rate. Each participating institution can contribute up to 50 percent of those expenses, and the VA will match the same amount as the institution. Palmer is contributing at the highest level of 50 percent. Beginning Aug. 1, 2011, qualifying veterans who are current or incoming students at one of Palmer’s campuses began applying to the Yellow Ribbon Program, and those accepted will have their tuition costs covered for one year beginning with the fall 2011 term.

Robert Miller is a fourth trimester student and veteran on the Davenport Campus who has applied and begun receiving funds through the Yellow Ribbon Program. He served in the U.S. Navy as an electronics technician from 1999 to 2004 at Whidbey Island Naval Air Station in Oak Harbor, Wash. After leaving the Navy in 2004 to pursue an undergraduate degree in electronics in Rexberg, Idaho, he worked in the private sector in Idaho and Utah until being laid off in 2009. He had considered a career in chiropractic before going into electronics, and decided with his wife that now was the time for him to pursue it, especially since his Post-9/11 GI Bill benefits would cover 26 more months in college.

“It wasn’t an easy decision to go from what you know to something new,” he said. “I stepped into the dark and the light followed. I would advise people to go for it. For me, this is a huge benefit. It will reduce the amount of debt I’ll graduate with from potentially $80,000 to about $50,000. That will mean a big difference in loan payments and being able to start a practice sooner after graduation.”

Current or prospective Palmer students interested in applying to the Yellow Ribbon Program should contact:

- Jennifer Stratman, Student Administrative Services, Davenport Campus (563) 884-5654 jennifer.stratman@palm er.edu
- Brenda Alvarez, Financial Planning West Campus (408) 944-6023 brenda.alvarez@palm er.edu
- Jaclyn McKay, Student Administrative Services, Florida Campus (386) 763-2667 jaclyn.mckay@palm er.edu

(continued on next page)
DOD/VA internship program update

The Department of Defense/Veterans Affairs Chiropractic Internship Program provides senior-level interns from all three Palmer campuses with an opportunity to work with a staff chiropractor located in a Department of Defense or Veterans Affairs hospital. The interns gain valuable insights into how the Doctor of Chiropractic works with health professionals from other disciplines for the benefit of the patient.

In the spring of 2011, Palmer College of Chiropractic established academic affiliations with three additional Department of Defense facilities in Rhode Island, Connecticut and California, bringing affiliations with DOD facilities to a total of five. Then in August 2011, an academic affiliation with a Veterans Affairs facility in Augusta, Ga., was established, bringing the total VA facility affiliations to six. Palmer students now have opportunities for internships with 11 different sites. Since the program started in 2007, 43 students from Palmer’s three campuses have completed internships in DOD and VA facilities.

Palmer rugby alumni launch new trust fund

The Palmer Rugby Alumni Association has recently launched the Dr. David D. Palmer Athletic Trust. This trust will serve as a fund-raising vehicle for the support of athletics at Palmer. The trust is named in honor of Dr. David D. Palmer for his tremendous support of rugby by creating and perpetuating a scholarship program for this sport. In August, the trust received its 501(c)3 Federal tax exempt status as a public charity.

In keeping with the memory of Dr. Palmer’s generosity, as well as in gratitude for five decades of support from the College administration, the rugby alumni have pledged the first $300,000 raised for use in funding hardship scholarships at Palmer. Thereafter, the fund will be utilized in support of educational purposes relating to athletic programs and functions at Palmer.

The Palmer Rugby Alumni Association is dedicated to the knowledge that a high-profile, championship-quality rugby program will continue to provide positive exposure for Palmer College nationwide as well as abroad. The rugby alumni are extremely proud of the College team’s performance in making the National Division 1 playoffs two years in a row and have pledged unprecedented support in boosting the team to national championship status. Forty rugby alumni have already pledged long-term support of the trust, and the program is well on its way to the initial goal of 100 contributors.

The rugby alumni association is planning a continuing education event and rugby game the weekend of March 23-25, 2012, in Dallas, Texas, when the Palmer Rugby College Allstars team will face the Dallas Harlequins, a Division I rugby team. Save the dates and look for more information in Palmer Highlights and other communications as plans are finalized.

If you would like to help the rugby alumni meet their initial goal by contributing to the fund, please go to www.alumnitrust.org and make a tax-deductible contribution. If you are a rugby alumnus and you have not been receiving regular e-mails from the Palmer Rugby Alumni Association, please e-mail your contact information to alumnitrust@yahoo.com.
Palmer CareerNetwork: An exclusive new service for Palmer alumni and students

The Palmer Center for Business Development launched the new Palmer CareerNetwork in August. This exciting online service connects alumni and students with helpful career resources—plus, it’s a free service for alumni and students that’s available 24 hours a day.

Created exclusively for Palmer alumni and students, the Palmer CareerNetwork is an online gateway to: employment opportunities; practices and equipment for sale; the Palmer Professional Network (student mentors); Optimal Resume (an award-winning suite of career tools including print, web and video resumes, plus online portfolios); Interview Stream (a mock interview program); the Locus practice locator; Business Module registration; and more.

With Palmer CareerNetwork, Palmer alumni can post employment opportunities as well as practices and equipment for sale with an Employer/Advertiser* account. Alumni and students may also search for jobs or practices and equipment for sale with a Student/Alumni* account.

When you were a student, did you have a mentor—someone who guided you on your path to becoming a successful doctor? If you did, you know how valuable mentoring can be.

Now, through the Palmer CareerNetwork, you have the opportunity to join the Palmer Professional Network and be a student mentor. The network consists of Palmer alumni and other chiropractic professionals who are available to advise students on practice trends, geographic areas and other career-related topics via e-mail. You can help current students by sharing your experience as a chiropractor and private practitioner, offering ongoing supportive guidance, and providing brief responses to questions.

Since it was announced in August, the Palmer CareerNetwork has grown rapidly. By Oct. 3, registered employers totaled 513, there were 1,545 jobs/practices and equipment for sale, and registered students and alumni numbered 3,391.

“Alumni clearly want to be connected to the College in a meaningful and impactful way,” said Vice Chancellor for Student Success Kevin Cunningham, D.C., Ph.D. “The Palmer CareerNetwork in conjunction with the Palmer Center for Business Development allows them the opportunity to do both.”


*If you want to search ads, you’ll need a Student/Alumni account. If you want to post ads, you will need an Employer/Advertiser account. If you want to be included in the Palmer Professional Network, you’ll need an Employer/Advertiser account. Once in your Employer account, click on the “Professional Network” tab to complete your profile. Contact Penny DuBois at (563) 884-5521 or Marsha Hardacre at (563) 884-5858 with any questions about the Palmer CareerNetwork.

Clinics in all three campus communities receive national quality recognition

The National Committee for Quality Assurance (NCQA) in Washington, D.C., announced in June that the Palmer Chiropractic Clinics affiliated with the Florida Campus and located in Port Orange and South Daytona, Fla., have received Recognition from the Back Pain Recognition Program (BPRP) for providing superior care to clinic patients suffering from low back pain.

Additionally, the College’s West Campus clinic was recently renewed in the NCQA Back Pain Recognition Program. It originally received Recognition in 2008. With the two clinics located on Palmer’s Davenport Campus having received Recognition in October 2010, this means that clinics affiliated with all three of Palmer’s campuses have received this prestigious national quality recognition.

To receive Recognition, the Palmer Chiropractic Clinics were required to pass a rigorous, comprehensive review of several key clinical measures demonstrating quality healthcare delivery and service. These measures include appropriate imaging for acute back pain, recommendations for exercise and attention to health risk factors, among many others.

“This NCQA recognition for our Florida Campus clinics, along with the renewal of our West Campus clinic recognition and the recognition of our Davenport Campus clinics last fall, provides external validation for our patients and residents in all three of our campus communities that we have processes in place to ensure consistent delivery of high-quality, evidence-based care in an effort to generate the best patient outcomes,” said Vice Chancellor for Clinic Affairs Kurt Wood, D.C.
COMMITTEE MEMBERS:
Vickie Palmer, H.C.D. (Hon)
Committee Chair and Board of Trustees Officer
Trevor Ireland, D.C.
Chairman of the Board of Trustees
Darren Garrett, APR
Executive Director for Marketing and Public Relations
Dennis Marchiori, D.C., Ph.D.
Chancellor
Peter Martin, D.C.
President, Florida Campus
William Meeker, D.C., M.P.H.
President, West Campus
Kurt Wood, D.C.
Vice Chancellor for Clinic Affairs
COMMITTEE ADVISOR:
Scott Haldeman, D.C., M.D., Ph.D.

“Our challenge is to craft language that protects our identity and explains to new audiences what we do.”

Palmer Chiropractic Identity: Update
College Reviews Survey Results

For more than two years, Palmer College of Chiropractic has been working through a systematic process of solidifying a relevant identity within the contemporary chiropractic marketplace. As reported in the Spring 2011 issue of Insights, this effort was initiated by the Palmer Board of Trustees and driven through a committee of College administrators and board members.

“Our challenge is to craft language that protects our identity and explains to new audiences what we do,” said Palmer Board of Trustees Chair Trevor Ireland, D.C. “We must work toward the preservation and advancement of the chiropractic profession while integrating into the national healthcare system.”

This past summer, the committee surveyed four key groups: Palmer alumni, recent graduates, Palmer Chiropractic Clinic patients and the general public. Surveys for all groups contained three primary areas of questioning:
• The central focus of chiropractic
• Phrases related to the practice of chiropractic
• Phrases related to the characteristics of chiropractors

The results of those surveys were then compiled and tabulated by the College’s Office of Strategic Development and presented to the Palmer Board of Trustees in late September for their initial review.

From that review and ongoing discussion between the Board and the College administration, the committee will be initiating a plan to share the preliminary outcomes with alumni, faculty, patients and other key constituents over the next few months. Those outcomes will include a draft set of statements intended to serve the profession as a marketable statement to the wider public of prospective students and patients, other healthcare disciplines and health policy makers.

“By going back to our alumni and other partners, we will confirm our direction and obtain important feedback to this key set of statements,” said Dr. Ireland. “We must be unified as a Palmer community to expand our presence and reinforce our position as ‘The Trusted Leader in Chiropractic Education’.”

Following the testing period, the committee will submit an updated report to the Board containing a final recommendation on the College’s chiropractic identity language.

Watch Palmer Highlights for more information on this process in the coming weeks.

Palmer launches mobile website, RSS feed

Palmer College has launched a mobile version of its website, which has been optimized with smartphones and Internet-enabled cell phones in mind. While not the first college to offer a mobile site, Palmer is the first chiropractic college to do so. Palmer’s mobile site contains scaled-down information and fewer graphics to allow for easy navigation and less phone memory usage.

According to Earthbound Media Group, smartphone users “will nearly double from 2011 to 2015,” and it’s projected that more people will access the Internet via mobile devices than computers by 2014. Currently “mobile queries now make up almost 20 percent of all college and university queries.”

Palmer’s mobile website (http://m.palmer.edu) also has an RSS feed. RSS (Rich Site Summary) is a “format for delivering regularly changing web content. Many news-related sites, blogs and other online publishers syndicate their content as an RSS feed” (WhatIsRSS.com). Via an RSS feed reader or news aggregator, you can have news updates sent to you without visiting the sites you frequent, saving you time but keeping you up-to-date.

Visit Palmer’s mobile site here: http://m.palmer.edu. To subscribe to the RSS feed from the mobile site, click on the orange button.

Watch Palmer Highlights for more information on this process in the coming weeks.
Four docs dish on social media

The numbers are awe-inspiring.
- 750 million active Facebook users
- 250 million Facebook users access it via mobile devices
- 30 billion pieces of content are shared on Facebook each month (links, news, videos, notes, photo albums, etc.)
- 460,000 new Twitter accounts per day
- 200 million average tweets (posts) per day on Twitter (as of June 2011; it was 35 million in 2010)
- Twitter use on mobile devices increased 182% from 2010 to 2011
- 50% of adult Americans are using social networking sites (Pew Internet and American Life Project)

As a chiropractor, this means that the odds are good your patients and hordes of potential patients are using social media. The question is, are you? If not, you may be left behind—or worse, considered obsolete.

Mike O’Donnell, D.C., Davenport ’09, uses Facebook to communicate to his patient base. He has more than 650 followers and posts to his Facebook page every day. “Facebook allows us to educate our patients even when they aren’t in the office. It gives us a constant presence. In fact, we’ve had several more new patients per month than we would have without a Facebook page.”

Steve Agocs, D.C., Davenport ’00, uses Twitter, Facebook, Google+, LinkedIn, his website (www.elitechiropracticKC.com), a blog and a monthly e-mail newsletter for his practice. Since he is a full-time faculty member at a chiropractic college, his practice hours are limited and his available time for face-to-face marketing is “non-existent.” Social media allows him to “keep a nice, consistent stream of marketing information going to my patients and potential patients. It also helps me stay focused on my message so that there is consistency across all the media I am using.”

Dr. Agocs has found that his online efforts have opened up communications from patients. His patients often e-mail him questions or come into appointments asking him about something he has posted.

Also no newbie to the Internet is Joseph Ierano, D.C., Davenport ’97. Aside from the six websites he owns, he uses Twitter, Facebook and YouTube. He uses YouTube to post videos on chiropractic education, media spots as well as items of personal interest. Dr. Ierano finds that “YouTube is an incredible way to share information, interviews and self-made videos. Websites are best for business. Some patients prefer making online appointments now.”

All of the doctors agree that you should keep your professional and private online lives separate. “I use social media for my personal life as well as professionally,” says Ryan Cooper, D.C., Davenport ’08, “but I do uphold a professional image on Facebook. I am very careful about what I post and what I allow on my page. I watch it daily to make sure it’s congruent with the image of my office and who I am.”

Dr. O’Donnell believes social media adds a personal touch and doesn’t detract from professionalism. “But your page is only as good as the information on it.” Adding patient testimonials is a great way to add value to your page.

Regarding doctors who aren’t sure whether they should use social media, Dr. O’Donnell’s advice is to “let go of your hang-ups and get with the times. It’s how people communicate now. Learn how to use it well, and spend a little time each day online finding quality information to share.”

“If you aren’t using social media, you’re missing out on many great tools for marketing your practice, staying in touch with patients and building a potential patient database,” said Dr. Agocs.

For a list of social media quick facts plus dos and don’ts, visit www.palmer.edu/smql.

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Something for everyone at the Davenport Campus Homecoming

From thought-provoking general sessions and continuing education workshops to a career fair for students and special celebrations of 100 years of Sigma Phi Chi and 50 years of Dr. Don Kern, there was something for every one of the nearly 1,500 attendees at this year’s Davenport Campus Homecoming Aug. 11-13.

General sessions enlighten and inspire
Secretary-general of the World Federation of Chiropractic (WFC) Mr. David Chapman-Smith spoke about the need for a public identity for chiropractic during his general session presentation titled “Current Development for Future Success of the Profession.” This identity, he said, should be one that “embraces the profession’s role as spinal care experts in the healthcare system, without losing the philosophy of chiropractic and its leadership in adjusting skills and manual health care. No one is saying you should only treat the spine,” he added, “but in a world not familiar with chiropractic, the profession’s market identity should be clear and consistent.”

“Some people think the term evidence-based wellness is an oxymoron,” said renowned wellness expert, educator, speaker and author James Chestnut, M.Sc., D.C., CCWP, at the beginning of his general session presentation titled “Evidence-based Wellness and Prevention: The Foundation of Healthcare by 2020.” “That’s why I started the (International Chiropractors Association) wellness certification program. Wellness isn’t synonymous with asymptomatic chiropractic care. When I speak about wellness, I use the term lifestyle. Twenty-first century health care is about lifestyle.”

He concluded his presentation by saying that “the chiropractic principles are the truths that will save the world. We know what’s required. Chiropractic must lead the wellness and prevention movement. If the legacy of our profession is the paradigm shift from the allopathic to the chiropractic paradigm, that would be phenomenal!”

During the closing session of Homecoming 2011, titled “A View Toward 2020: Palmer College Over the Next 10 Years,” Palmer College Chancellor Dennis Marchiori, D.C., Ph.D., discussed the future of the College for the next 10 years, making it clear that during this time of growth, Palmer has focus. “Our focus is on being the trusted leader,” said Dr. Marchiori. “It’s our aspirational direction. I know we’re not there on all aspects, but when it comes to training chiropractors, we’re number one.”

Dr. Marchiori emphasized Palmer’s focus on being the trusted leader in chiropractic education in his closing session presentation.

Dr. Marchiori said that 50 percent of Americans take at least one prescription drug, with one in six people having been prescribed three or more drugs. But while the population seems to have no problem taking pills, there are still people who say they don’t “believe” in chiropractic. “Chiropractic is not a religion,” he said. “We need to show them the facts. Our healthcare system is in crisis. It’s time to examine and decide how we impact society. We need to define what we do as a viable (healthcare) option. We are the third largest organized health profession … yet only eight percent of the population sees chiropractors.”

Dr. Marchiori called for alumni to mentor Palmer students and recent graduates. He encouraged them to join the new Palmer CareerNetwork, an online networking database exclusively for Palmer students and alumni. He also told them to spread the word and bring their chiropractic friends with them next year to Palmer Homecoming to learn and celebrate with our Palmer community.
Students networked with alumni during the first Career Fair at this year’s Homecoming.

First-ever Career Fair connects alumni with students

One of the new events at this year’s Davenport Campus Homecoming was a Career Fair in the Palmer Center for Business Development. Ten alumni met with about 40 students during the fair, talking to them about opportunities at their clinics and giving them advice about their chiropractic careers.

Both students and doctors found the Career Fair beneficial. Chris LoRang, 6th trimester, said he came to the Career Fair “to gain the experience of handing out my résumé and talking to doctors about opportunities they may have. Two of the doctors on the list are in my target areas for future practice, too.”

Dennis Fitterer, D.C., of Fitterer Chiropractic in Palmyra, Penn., was one of the alumni participants. “I’m at the stage where I’m looking for a preceptor or possibly a future associate,” he said. “This is a great opportunity to meet face-to-face with Palmer students and talk about what we each have to offer.”

Dr. Kern event raises funds for Campus Guides

About 180 people gathered for a special dinner during Homecoming to celebrate former Davenport Campus President Donald Kern, D.C.’s 50 years of service to Palmer College, and to raise funds for the Campus Guides Endowed Scholarship Fund. Approximately $25,500 was raised for the scholarship fund. Surprise guest Herky the Hawkeye (University of Iowa mascot) presented Dr. Kern with a special gift of an Iowa jersey with his name on it, and posed for photos with Hawkeye fans, including number one fan Dr. Kern.

A special thank you to the event sponsors: Ultimate Chocolate Experience Sponsor – ARAMARK; Premium Chocolate Sponsor – Palmer College of Chiropractic Board of Trustees; Semi-sweet Chocolate Sponsor – NCMIC; Decadent Chocolate Dessert Sponsor – Palmer Campus Guides (alumni and current students); Mystery Guest Sponsor – WelchAllyn; Chocolate Chip Sponsor – Inline Tables; and a special gift from OUM Chiropractor Program.

Prospective Student Event a big draw for students

Nearly 90 prospective students and their guests had a great time learning about Palmer and chiropractic on Aug. 12 during the Prospective Student Event held in conjunction with Homecoming. Within a week following the event, 15 of those students already had applied to the Doctor of Chiropractic program.

Director of Chiropractic Rehabilitation and Sports Injury

Dave Juehring, D.C., DACRB, demonstrates how chiropractors work with patients on balance issues during the Interactive Classroom Experience.

“My family and I had a great time enjoying the interactive sessions that were being taught by the prominent doctors who teach the various courses,” posted prospective student Chad Alan Vermuelen of South Dakota on Palmer’s Future Chiropractors group page on Facebook. “My seven-year-old daughter and I loved getting ‘hands-on’ with the human brain, searching for its various parts. We’ve had a great time here on campus and are enjoying the Palmer family interactions.”

The annual Prospective Student Event gave participants a glimpse of Palmer’s research facilities, radiology and rehabilitation departments and anatomy lab during the two-hour Interactive Classroom Experience. During lunch they also had an opportunity to visit with current students and other prospective students.

(continued on next page)
Recognition, awards and induction of new Fellows highlight Alumni Luncheon

The Alumni Luncheon at this year’s Homecoming was jam-packed with information, special awards and the induction of nine new Fellows in the Palmer Academy of Chiropractic.

Vice Chancellor for Student Success Kevin Cunningham, D.C., Ph.D., spoke about the newly launched Palmer CareerNetwork as a new way for alumni to stay connected with the College in a meaningful way. (See article on page 5 for more information.)

Executive Director for Alumni Mickey Burt, D.C., then presented “a very special honor to an extraordinary woman,” when he recognized Vice Chancellor for Research and Health Policy Christine Goertz, D.C., Ph.D., as an honorary alumna of Palmer College of Chiropractic. “Everything about Dr. Goertz is impressive,” Dr. Burt said. “We’d like to add to her impressive list of accomplishments today and recognize her outstanding contributions to Palmer by making Dr. Christine Goertz an honorary alumna of Palmer College.”

Next on the luncheon agenda was the granting of an honorary Doctor of Chiropractic Humanities degree to Kent Forney, J.D. “Mr. Forney has served nearly 30 years on the Palmer Board of Trustees and is currently its vice chairman,” said Chancellor Dr. Dennis Marchiori. “He is a Palmer Presidents Club member and a longstanding Palmer supporter, strong chiropractic advocate and friend.”

The last order of business at the luncheon was the induction of nine new Fellows in the Palmer Academy of Chiropractic. The following were inducted: H. Tom Barnes, D.C., Audubon, Iowa; Kurt Burbach, D.C., Dyersville, Iowa; M. Dean Chance, D.C. (posthumous award); Hugh Chet Chance, D.C. (posthumous award); Todd Curzie, D.C., L.C.P. (Hon.), Anchorage, Alaska; Jeff Gehlsen, D.C., Freeport, Ill.; Christine Goertz, D.C., Ph.D., Davenport, Iowa; Robert Percuoco, D.C., Long Grove, Iowa; and Frank Sovinsky, D.C., Tahoe City, Calif.

Sigma Phi Chi sorority celebrates 100 years

The Sigma Phi Chi sorority, the oldest chiropractic organization in the world, celebrated its 100-year anniversary this year during Homecoming. A special recognition video was presented during the Homecoming opening session, and the ladies of Sigma Phi Chi were given a standing ovation. Here they are shown at the Dr. Esther Mork Hat & Tea Luncheon, one of several sorority events during the weekend.

Find the latest graduation stories and photos at www.palmer.edu/graduations
Reaching out to high school counselors

In May, Palmer’s Davenport Campus welcomed 17 counselors from as far away as Puerto Rico and Canada, along with four Quad-City area high school counselors, for a campus tour and the opportunity to meet with Admissions Department staff and other College officials. Palmer worked with AutopistaAmericas and Junior Achievement of the Heartland to coordinate this visit.

“We want as many people as possible to have the experience of being on campus; they learn many things they didn’t know about Palmer and a Palmer education,” said Senior Director of Admissions Karen Eden. “This is especially true with counselors. They can better advise students by relaying their personal experience of the campus culture.”

AutopistaAmericas conducts tours for guidance counselors to more than 500 different colleges and universities each year, and this was the first time that Palmer hosted a visit. In June this group of counselors also visited the Florida Campus.

Because of Palmer’s participation in San Juan Nights for the last three years, the Admissions Department was selected to participate in this “reverse tour” for the counselors. San Juan Nights is a significant recruiting event organized by AutopistaAmericas that attracts the largest group of prospective undergraduate and graduate Latino students in Puerto Rico. Through these annual visits to Puerto Rico, Palmer has provided an opportunity for more than 350 prospective students to consider chiropractic as their future career, and Palmer as the best place to receive their chiropractic education.

Additionally, in June the Davenport Campus Admissions Department hosted 27 high school counselors from institutions throughout Wisconsin. The group learned about chiropractic and clinical education at Palmer, the admissions process, undergraduate opportunities and articulation agreements. They also visited the Academic Health Center before participating in a full campus tour. The counselors’ stop at Palmer was part of a week-long bus tour of colleges throughout Iowa and Wisconsin.

Dr. Weinert named Davenport Campus Provost

Dan Weinert, D.C., M.S., was appointed in July to the position of Campus Provost for the Davenport Campus. In this role, he serves as the academic leader for the Davenport Campus, responsible for directing the educational programs and academic support activities, including graduate and undergraduate programs. Additionally, he will provide leadership for campus initiatives and coordinate the day-to-day needs of the campus in support of the College’s strategic plan and executive administrative team.

“I am excited and honored to have this opportunity,” said Dr. Weinert. “I will make every effort to lead and support faculty, staff and students in bringing out the potential within our institution.”

Dr. Weinert graduated from Palmer’s Davenport Campus in 1996, and earned his Diplomate of the American Chiropractic Rehabilitation Board in 2000. He is currently in the latter stages of earning a Ph.D. in higher education, policy and leadership at the University of Iowa. His most recent administrative role was interim vice president for Academic Affairs. Previously, Dr. Weinert served as Dean of Academic Programs on the Davenport Campus from 2006 to 2011.

In addition to his administrative role, he is a professor in the Life Sciences Department for the Davenport Campus and has taught biochemistry since 2001.
"Chiropractic is science," states the first Chiropractic Brief in D.D. and B.J. Palmer’s book, “The Science of Chiropractic: its Principles and Adjustments,” in 1906. Of course, this book and subsequent others went on to say that chiropractic is much more than science, but at its core it can be defined as a healthcare science with a unique philosophy and manner of delivery. The challenge for contemporary chiropractors is integrating the ever-growing body of scientific evidence with their own clinical expertise and experience. Evidence-based clinical practice (EBCP) is a powerful tool to accomplish this, and Palmer College is at the forefront of integrating EBCP into the Doctor of Chiropractic curriculum.

What is evidence-based clinical practice?

Evidence-based clinical practice grew out of a movement started by a group of healthcare educators at McMaster University in Hamilton, Ontario, Canada, during the 1980s, said Dana Lawrence, D.C., M.Med.Ed., M.A., senior director of the Center for Teaching and Learning at Palmer and a leader in integrating EBCP into the curriculum. “These physicians observed that a gap had developed between what occurred in clinical practice and what was obtainable in reports of clinical research,” he said. “Essentially, clinicians could not stay abreast with new research because it was being produced so fast,” Dr. Lawrence added. “Consequently, they were not putting the most current information into practice. Evidence-based methods were designed to bridge this gap.” The concept of chiropractic practice changing as evidence emerges is not new. Palmer Professor Virgil Strang, D.C., wrote that B.J. Palmer made radical changes in his thinking and practice. He offers a telling quote from B.J. Palmer: “I have been a constant research student, seeking further light in newer and better explanations of solutions of unknown problems hidden in our new science.”

EBCP is made up of three co-equal components, Dr. Lawrence explained: best research evidence, clinical expertise, and patient preferences and values. An important component of EBCP is that it incorporates the skills of the doctor. “The practitioner’s clinical expertise is integrated with the best available external clinical evidence from systematic research,” said Dr. Lawrence. “EBCP relies heavily upon the practitioner’s past clinical experience. The misperception is that research evidence trumps the clinical expertise component in EBCP. The reality is that they are co-equal. EBCP is a set of tools that allows you to find and use information when you’re confronted with a patient and their concerns.” EBCP is helping Palmer graduates successfully navigate the ocean of information available to today’s healthcare practitioners.

Dr. Lawrence stressed that EBCP is not a “cookbook” method of practice. “It is the process of actively seeking support for and improvement of chiropractic clinical practice through the integration of the best available research, combined with clinical expertise and patient values.” Taking patient preferences in terms of personal values, concerns and expectations into consideration is an essential step in the EBCP process.

The history of EBCP at Palmer

Known for its well-rounded education in the science, art and philosophy of chiropractic, Palmer has always sought ways to enhance its education in all three of these key components of chiropractic. “Palmer is committed to providing the best education possible to future doctors of chiropractic,” says Davenport Campus Provost Dan Weinert, M.S., D.C. “An important component of this process is to enhance our students’ ability to think critically and to incorporate new knowledge about how to deliver high-quality patient care.”

With this goal in mind, Palmer applied for a grant from the National Institutes of Health, National Center for
Complementary and Alternative Medicine (NCCAM) in 2006 to aid in the College’s ongoing efforts to further develop faculty, create a more evidence-based curriculum and expand research efforts. In November 2007, the College received notice of a grant award from NCCAM to expand evidence-based practice across the College. The initial award was $110,000, with an option for an additional three years at a total of approximately $750,000, which Palmer has received since then.

The effort began with an assessment of attitude and knowledge among faculty and students about evidence-based clinical practice. “This assessment provided a foundation for developing training programs to assist faculty in incorporating research findings and evidence in courses throughout the curriculum,” said Cynthia Long, Ph.D., director of research for the Davenport Campus and principle investigator on the NCCAM grant.

Implementing a “train-the-trainers” model

From the beginning, Palmer’s emphasis on EBCP was to “train the trainers” by developing a small cohort of faculty to undergo intensive training and then start training other faculty members. “During the first year of the grant, starting in the summer of 2008, we selected 12 classroom faculty from across the curriculum who began training with Dr. Dana Lawrence as the facilitator,” Dr. Long said. “Then in the second year, starting in the summer of 2009, we began training eight faculty clinicians, with Ian McLean, D.C., DACBR, director of Clinical Radiology for the Davenport Campus, and John Stites, D.C., DACBR, director of Community Clinics on the Davenport Campus, as facilitators.” The three facilitators had received training in teaching evidence-based practices at McMaster University prior to teaching EBCP concepts to Palmer faculty members. The classroom faculty revised their course syllabi to incorporate EBCP during the second year.

One of the highlights of the training program, Dr. Long said, is an intensive, two-day workshop at the University of Iowa, one of Palmer’s partners in the grant along with Thomas Jefferson University. In addition to the initial cohort of 20 faculty members and others on the Davenport Campus, five faculty members from the West Campus and two from the Florida Campus attended this workshop in 2010. And in 2011, nine faculty members—including four from the West Campus—attended the week-long McMaster University program in EBCP.

Additional faculty training has been conducted at faculty in-services over the past several years, and a series of EBCP presentations has been delivered through the Center for Teaching and Learning. Training has now become more organic, Dr. Long noted. “Faculty are mentoring each other in pairs or small groups on how to incorporate EBCP into their classes. We’re also actively working on bringing EBCP training to the West and Florida campuses,” Dr. Long said. “We hope to soon be able to record sessions and post them on our EBCP website along with the PowerPoint presentations from the sessions.”

Adds Dr. Weinert: “The bottom line is that Palmer is better preparing students to be critical consumers of information, which, in turn, allows them to be better doctors.”

Scholarship is key

Scholarship has been an important component of the EBCP educational process at Palmer over the past several years. Palmer faculty members have been submitting articles to JACA (Journal of the American Chiropractic Association) for an ongoing section called “Evidence in Action.” (To read the articles in full, go to JACA Online at www.acatoday.org/level2_css.cfm?T1ID=34&T2ID=219.)

In addition, nine abstracts about EBCP from Palmer faculty members were submitted, and all were accepted as platform presentations at the March 2011 ACC-RAC (Association of Chiropractic Colleges Research Agenda Conference). This was, by far, more than any other chiropractic college. Palmer faculty members also presented EBCP workshops at ACC-RAC and at the College’s Davenport Campus Homecoming in August 2011.

Dr. Long also presented a session at the International Association of Medical Science Educators in June 2011 about how Palmer is using the evidence model for basic to clinical sciences throughout the curriculum.

Lia Nightingale, Ph.D., incorporates EBCP into her classes.

EBCP in action: Dr. Lia Nightingale in biochemistry, nutrition

Lia Nightingale, Ph.D., assistant professor in the Physiology/Biochemistry Department on the Davenport Campus, was one of the EBCP classroom faculty members, and she has been teaching evidence-based clinical practice in Biochemistry 1 for the past two years. She also has integrated EBCP into Nutrition, Toxicology and Clinical Nutrition. (continued on next page)
“In Biochemistry 1, I spend the entire second week of the trimester teaching the three parts of EBCP—current best evidence, clinical expertise and patient values—focusing on the current best evidence,” Dr. Nightingale said. “We have discussions on the best types of evidence, how to critique an article and how to interpret the results. Their class project is to find, critique and interpret an article based on a clinical question that interests them.”

In her Nutrition, Toxicology and Clinical Nutrition classes, the focus of the EBCP component is on finding and using reputable sources and interpreting the results, just as in Biochemistry 1, Dr. Nightingale said. “The project in Toxicology uses actual de-identified patients from the Academic Health Center clinic who are taking multiple medications and/or supplements,” she added. “Each group must use Dynamed and Natural Standard from the library databases, as well as their textbook, to determine the drug mechanisms, pharmacokinetics, possible interactions and patient recommendations. My job is not to hammer information down their throat, but to teach them to be resourceful and to critically evaluate information.”

Using EBCP in Biochemistry 1 has “helped transform a structure-based chemistry course into a healthcare-related chemistry course,” Dr. Nightingale said. “For example, instead of just lecturing about the process of making trans fats, I now incorporate recent evidence about the risks of consumption, such as the findings that consuming as little as 2% of your daily energy requirement from trans fats can increase the risk of heart disease by 230%, Alzheimer’s disease by 140% and prostate cancer by 121%.”

In Toxicology, she uses EBCP to focus on the “number needed to treat,” or NNT, for both medications and supplements. “For example, 67 people need to be treated with statins for four years in order for one person not to have a heart attack or stroke, vs. nearly every person treated with antibiotics for a urinary tract infection to improve (NNT=1.65). These numbers help put another light on the risk/benefit analysis and give students another tool to use.”

Student feedback on incorporating EBCP into Biochemistry 1 has been overwhelmingly positive, Dr. Nightingale said, both formally and informally. “I’m finding that our current students are much more versed in EBCP and article appraisal on entrance to Palmer than they were two or three years ago.”

Since she had been teaching the Nutrition and Toxicology courses for just six weeks at the time this article was prepared, her student feedback was informal, but it was also favorable. “I have especially seen a change in the Toxicology students,” she said. “They seem much more confident that they will be able to have the tools to navigate through the vast information related to medications and supplements and be able to give their patients correct information backed by evidence that they have found, not by what some companies try to pass off as evidence.”

Ron Boesch, D.C., helps interns use EBCP in patient care.

EBCP in action: Dr. Ron Boesch in the Palmer Chiropractic Clinics

Evidence-based clinical practice has been incorporated in a number of the courses within the clinic division, said Ron Boesch, D.C., assistant director of the Academic Health Center and professor. “The Case Correlation course, for example, has class activities during which students use the ‘Ask, Acquire, Appraise, Apply and Assess’ techniques of the evidence cycle. There are pieces of the process laced through all of the clinic courses.”

With eight faculty clinicians formally trained and others learning the process informally, “the clinicians are able to do EBCP on the fly with interns and patients,” Dr. Boesch added. “In the clinic setting, we’re able to demonstrate to students how to decide when it’s appropriate to use EBCP to enhance care for a particular patient, and then how to use the tools efficiently. In the radiology area, the case types that are given to the students use EBCP with disease processes.”

While students, clinicians and patients benefit from the use of EBCP in the clinics, it’s the clinic patients and future patients of students learning this process who will benefit the most, according to Dr. Boesch. “The efforts help to model lifelong learning and how to systematically approach this process of EBCP so that it is patient centered,” he said. “This gives the intern the ability to provide the best care for patients now and after they have graduated. It benefits the patients because they receive care that is specific and tailored to their needs. This has
been an exciting time for us to learn and teach this component of health care. It will only strengthen chiropractic as a profession and provide the best possible care for our patients.”

**Research education component**

Another component of the NCCAM funding for expanding EBCP across the College is expansion of the Research Honors Program. The Research Honors Program provides students in the D.C. program with an opportunity to experience research firsthand by designing and completing a faculty-mentored research project.

The funding has enabled the Research Honors Program to be offered to students on all three campuses. A regular discussion forum provides students and faculty mentors in the program, or others interested in the program, with an opportunity to share their research ideas, ask questions about how to get involved, gain experience with the application and research process, and share progress on research projects with other members of the program.

Additionally, a research seminar series for students has been established on the Davenport Campus.

**What’s next for EBCP at Palmer?**

The educational culture at Palmer has changed over the past three years because of this initiative, said Dr. Lawrence. “It’s gone very well. We’re seeing faculty embrace this across the spectrum and on all three campuses. The culture has definitely changed; not only faculty but also students are talking more in evidence-based terms both inside and outside the classroom. They realize that evidence is not just the literature, it’s also clinical expertise and experience.”

As of the summer 2011 trimester on the Davenport Campus, there were 17 courses in which faculty were formally (continued on next page)
incorporating EBCP into the syllabi, including the first trimester Foundations of Evidence-based Clinical Practice course, Dr. Long said. The intensive training sessions held each fall at the University of Iowa will be open to all faculty members from all three campuses beginning in the fall of 2012. “We want 10 percent of our faculty on each of our campuses to have gone to the McMaster University program or the University of Iowa program by the end of 2015, and with four faculty members from the West Campus having attended the McMaster University program in June 2011, they are close to that goal already,” Dr. Long said. “In the next year or so, this 10 percent will teach more and more faculty members, coordinated through Dr. Lawrence and the Center for Teaching and Learning.”

**EBCP resources**

If you’re curious about incorporating EBCP into your own practice, there are a number of resources available. Some of these can push information directly to your e-mail, which provides you with the latest information published on subjects of interest.

**Synthesized Information**

**Guidelines**
- CMA Infobase—clinical practice guidelines from the Canadian Medical Association: www.cma.ca/index.php/ci_id/54316/la_id/1.htm

**Systematic Reviews**
- Cochrane Reviews—Free abstracts only
- EvidenceUPDATES—Free service sponsored by BMJ Group includes Cochrane Reviews, and systematic reviews from clinical journals and agencies such as US AHRQ and CADTH
- Additional systematic reviews found in PubMed/Medline, EMBASE, CINAHL

**Evidence Summaries**
- BestBETS—Best Evidence Topics—Concise summaries of evidence for a variety of clinical questions: www.bestbets.org

**Push Services**
- MyNCBI (PubMed)
- PubCrawler—An update alerting Service for PubMed
- McMaster Plus
- EvicenceUPDATES—An excellent push service to stay current: http://plus.mcmaster.ca/EvidenceUpdates

**Search Engines and Resources**
- PubMed: www.ncbi.nlm.nih.gov/pubmed. This is the main database for clinical literature. To use it efficiently, take the minimal time it takes to go through some of the tutorials. Make use of MeSH headings, Clinical Queries and MyNCBI.
- Quertle: www.quertle.info. This is similar to PubMed, but results are sorted by relevance so information can be found more efficiently.
- TRIP (Turning Research into Practice) Database: www.tripdatabase.com
- PEDro: The Physiotherapy Evidence Database: www.pedro.org.au
- Health-evidence.ca (Public health focus): http://health-evidence.ca
- Index to Chiropractic Literature—created by the Chiropractic Library Collaboration: www.chiroindex.org/
For my career, I was originally planning to teach special education and coach football… then I had a simple conversation with my mother. After talking with her, I realized that I wanted to do something different with my life. I had always been interested in the human body and its wonderful design. However, I never really wanted to be a chiropractor because I come from a family with nine children, and I knew all of my siblings would want free care! After getting over that obstacle—and learning more about what chiropractic truly is by starting school here—I have been blown away with the wonders that this life holds. Every day I am grateful that I am able to “live the dream.”

I first chose Palmer because I was intrigued by the rugby program. After playing and coaching football, I didn’t want to let that dream die—until I got married and learned to think more from the standpoint of my wife. After deciding not to play rugby, I started to take my choice of schools more seriously. I looked at several other schools, talked with many doctors and realized that Palmer would help me to be the best Doctor of Chiropractic that I could be.

I’m pretty involved on campus. I am president of Campus Guides, president of Palmer Student Alumni Foundation (PSAF), vice-president of the Iowa Club, and a manager in the gym, among other things. The benefits of being so involved are many, and I am grateful to be able to serve in the ways that I do. Through these different organizations, I have learned how to be a leader and take a stand for what is right, the necessity of being organized, and the incredible amount of work it takes to provide the best education for Palmer students. I believe that the more involved I become, the better my experience at Palmer will be. As in any part of life, the more you give, the more you receive.

The biggest “wow” moment for me at Palmer was in first trimester embryology and is still with me to this day. I remember watching a video in class about embryological development, right after learning about all of the congenital defects and “bad” things that may happen to a fetus, and being hit with a sense of awe. With all of the odds against it, how does a human develop from what it starts as to a fully functioning individual full of life? The odds are stacked against each one of us, and yet we are all able to express life in a unique and wonderful manner. Since that moment, I have found myself fascinated with the innate in us all. I can say that I now understand a little better the saying “we are fearfully and wonderfully made.”

I have always been a big dreamer and, until this last Homecoming, I had a lot of stuff that I wanted to do, but I thought that I would never be able to pursue some of my dreams. However, after talking with an alumnus, I began to understand that my dreams aren’t necessarily mutually exclusive. My wife, Angie (who works in Admissions as the campus visit coordinator), and I plan to move to Des Moines and open a practice there. Along with that, we love Palmer and look forward to staying connected and giving back to the school in any way possible. We would also love to have an impact on the future of chiropractic by someday getting involved in politics. As I said, we have many dreams and we are not sure if they will all be fulfilled, but what fun is life without having dreams?

I wake up every morning grateful that I am a student at Palmer. This is not only The Fountainhead of chiropractic, it is also the pioneer of chiropractic. Whenever I give tours to alumni, I am always told, “I wish I would have had all of this when I was a student.” Not only is Palmer a pioneer in the area of chiropractic research, it is also a pioneer in chiropractic education. Beyond all of the changes in the curriculum that enhance how I learn about the human body, the school has implemented new ways to help me become a better clinician. From state-of-the-art radiology equipment to the Palmer Center for Business Development, I have more opportunities to grow than anywhere else in the world. I hope that every alumnus has the experience of traveling back to Palmer and seeing what is available to me and my fellow students. I would love to give a tour to anyone who wants to remember what it feels like to be a student at Palmer College.

Grateful to be a student at Palmer College

Joe O’Tool is a sixth trimester student on Palmer’s Davenport Campus and is excited about entering clinic in a few short months. As he approaches his last year at Palmer, Joe reflects on his time here and why he was led to the profession in the first place.
Dr. Wade helps SJ Jazz Festival performers

Terence Wade, D.C., West ’86, San Jose, Calif., has demonstrated smooth rhythmic skills as a percussionist who has performed with several musical groups since his days as a student. However, as the official chiropractor of the San Jose Jazz Festival for the past two years, it’s been Dr. Wade’s smooth adjusting skills that have spared many of the event’s performers from “singing the blues.”

While completing his chiropractic studies, Dr. Wade performed in bands with fellow West Campus students, such as The Audibles and ChiroGyra, which often performed in the quad or at special events, including Play Day. Following graduation, he remained musically active with Resounding Joy, an ensemble group that combined music and ministry in performances at prisons throughout California, and he has been a member of the First Baptist Worship Band in Gilroy for more than 10 years.

From his years of traveling as a seminar speaker throughout the United States as well as France, Switzerland and England (teaching the Neural Organization Technique), as well as from years of work in a physically exerting career, Dr. Wade is familiar with, and can relate to, the chronic aches and pains associated with being a professional musician.

“They’re on tour five months out of the year, and it’s a constant cycle from planes to hotels to buses to performing venue, so they’re subjecting their bodies to constant stress and chronic pain, due to repetitive body movement,” said Dr. Wade, who was introduced to one of the jazz festival event managers and volunteered to serve as the festival’s official chiropractor.

“Whether it’s adjusting a world-touring musician, the kids at the local high school, or the moms and pops who come into my office, I love what I do,” said Dr. Wade, who has mentored many West Campus students that have completed their 13th Quarter field training assignment at his office in San Jose. “And rare is the individual who can honestly say they love what they do, especially when they’ve been doing it for 25 years.”

West alumni reunite for special anniversary event

West Campus alumni from the classes of ’81, ’86 and ’91 celebrated graduation anniversaries at a special reunion event at the J. Lohr Wine Center in San Jose.

West Campus alumni from the classes of 1981, 1986 and 1991 celebrated graduation anniversaries at a special reunion event on Saturday, Oct. 8. The program featured on-campus, practice-focused discussions during the day (hosted by Thomas Milus, D.C., Ph.D., Davenport ’82, West Campus clinical professor and alumni representative) followed by dinner at the J. Lohr Winery in San Jose. A formal West Campus Homecoming program is scheduled for the weekend of May 18-20, 2012. For additional information: www.palmer.edu/Homecoming.
Edward Feinberg, D.C., DACBSP, a 1983 graduate of the West Campus and 28-year faculty member, was honored as the 2011 American Chiropractic Association (ACA) Sports Chiropractor of the Year at the ACA Sports Council Symposium, held July 29-31 in San Juan, Puerto Rico.

Presented annually at each ACA Sports Council Symposium since 1987, the Sports Chiropractor of the Year award recognizes “outstanding service to the profession and accomplishment in sports chiropractic.” Dr. Feinberg’s selection marks the first time that the award has been presented to a college faculty member.

“This is a major honor, which I will cherish forever,” said Dr. Feinberg, who is a professor at Palmer’s West Campus, where he has served as faculty adviser of the Sports Council since its founding in 1994. “It’s hard for me to express how honored I feel. Nothing makes me prouder than bragging about the accomplishments of our Sports Council graduates, who have gone on to accomplish great achievements in the field of sports chiropractic. I thank all of the Sports Council officers of the past 17 years, and share this award with them.”

“What a wonderful legacy Dr. Feinberg has created for himself, for Palmer’s West Campus and for the sports chiropractors of today and tomorrow,” added Richard Robinson, D.C., West ’96, who was the founding president of the inaugural Sports Council and helped present the award to Dr. Feinberg. “The term ‘doctor’ means teacher, and a teacher enables the success and dreams of others. Dr. Feinberg does this exceptionally on a daily basis. I’m so proud of my colleague and friend.”

Added West Campus President William Meeker, D.C., M.P.H.: “I can think of no other person who lives and breathes sports chiropractic like our own Dr. Ed Feinberg; he has had a tremendous impact and he richly deserves this award.”

“Dr. Feinberg’s leadership is palpable in the quality of his students and the sharing of his skills, knowledge and ideas to benefit the chiropractic profession without recompense,” said Dr. Guillermo Bermudez, ACA Sports Council president. “His work has inspired graduates who have gone on to distinction around the globe. Dr. Feinberg’s leadership has propelled the chiropractic profession ahead by light years, and his work has and will continue to leave a legacy.”

Many of Dr. Feinberg’s former student Sports Council officers have continued to remain active with the ACA Sports Council organization following graduation. One has graduated from serving as a Sports Council officer to now being a peer and colleague: Heather (Cline) Bowyer, D.C., West ’06, who now serves as faculty adviser to the Sports Council on the Florida Campus, and also chairs the ACA Sports Council Committee on Ethics and Credentials.

“Dr. Feinberg’s love and dedication to sports chiropractic has opened doors for all of the students he has mentored along the way,” Dr. Bowyer said. “Under his supervision, the West Campus Sports Council has become one of the largest and most respected student sports councils across the country. And his legacy continues to grow in the Florida Campus Sports Council. It’s rare that one person can reach so many lives. He has served our profession selflessly, and I am very happy that he has received the recognition he has long deserved.”
West Campus Alumnus

Dr. Jack Bourla
speaks to students—
25 quarters and counting

West Campus ’97 alumnus Jack Bourla, D.C., Redwood City, Calif., remembers how as a student he was immensely appreciative of the doctors who would return as guest speakers to share their own perspective of clinical practice and provide insight into the “real world.”

So when West Campus faculty member Gary de Wet, D.C., invited him to come and speak to students in one of Dr. de Wet’s business classes during the 2005 summer quarter, Dr. Bourla proudly accepted. Since that initial visit, he has returned to share his own perspective and insight with students in Dr. de Wet’s classes for 25 straight quarters.

“As doctors, we cannot live in our caves and never come out,” Dr. Bourla said. “I believe we all have a responsibility to give back to our community, to our schools and to our profession. We have been given a gift, and it is our responsibility to share that gift and protect that gift.”

During his days as a West Campus student, Dr. Bourla was president of the COPE (Community Outreach and Patient Education) Club, the West Campus student California Chiropractic Association (CCA) chapter and the statewide student CCA. Dr. Bourla, who graduated as class valedictorian and Clinical Excellence Award honoree, remains active in the CCA, currently serving as chair of its membership department.

“As our history shows, many West Campus students who have demonstrated leadership qualities while in school often continue to serve the profession and aspire to similar leadership roles after they graduate and venture into practice,” said Dr. Bill Meeker, West Campus president. “In the case of Dr. Bourla, with more than six years of continuous service to our students, he takes the bar of professional commitment to equally admirable and impressive heights. He sets a standard of alumni dedication for which the West Campus faculty and administration, and, in particular, the Palmer doctors of tomorrow, are quite appreciative.”

Adds Dr. de Wet: “Dr. Bourla is one of the most committed chiropractors I have ever known. He emphasizes that the future of our profession is in the hands of our students, and to that end he is committed to our classrooms, assisting in graduating the most competent and best-educated doctors of chiropractic for the future.”

West Campus Prospective Student Event is a record-setting “Palmerpalooza”

Dr. Meeker with alumni panel participants (from left) Dr. Michael Lord, ’10; Dr. Brant Pedersen, ’04; Dr. Sherry McAllister, ’96; Dr. Lisa Stein, ’88; and Dr. Jack Bourla, ’97.

The West Campus summer quarter Prospective Student Event (PSE) on July 16 turned out to be one “Palmerpalooza” of an event, topping the attendance at last summer’s PSE with a record-setting turnout for a student-recruitment event in the school’s 31-year history.

Of the nearly 200 total PSE attendees, more than 80 were prospective students, who ventured from 18 states throughout the U.S, as well as from Canada and Switzerland. By the end of the day, 29 PSE guests had formally submitted their applications. PSE attendees toured the West Campus, led by the Campus Guides, and were able to experience a sample of the Palmer curriculum via interactive classroom presentations by members of the West Campus administration and faculty. One of the PSE highlights was a panel of West Campus
The Summer Quarter PSE was a homecoming, of sorts, for Dave Rovetti, D.C., a 1985 West Campus graduate whose daughter, Morgan, is following a similar career path. “It’s hard to walk around this campus and not be more than a bit envious of the amenities and resources in place today in this impressive building, compared to the old (Sunnyvale) campus. I’m sure my daughter’s experience will be different from mine, but that’s a good thing. That shows progress for the College and for the profession,” said Dr. Rovetti, who practices in Reno, Nev.

The program concluded with a carnival of games hosted by various student organizations. Guests played games for tickets, which were entered into a drawing for prizes at the end of the day. In a special drawing exclusively for students who submitted their application at the PSE, Michael Oldfield, of Alberta, Canada, received a $1,000 check toward his first quarter tuition.

West alumna makes a “world of difference” for pro boxing champion

Golden Gloves champion credits the care she receives from Dr. Jacques-Maynes at Golden Chiropractic for helping her stay in shape, especially during the physically grueling training schedule (eight hours a day for six weeks) she maintains while preparing for a bout.

“Seeing Dr. Goldi makes a world of difference, and just makes me a better athlete,” said Ms. Moreno. “She’s really helped my neck, which gets stiff and sore. The adjustments really help. I also had some shoulder issues, and she’s really helped with that as well (with soft-tissue therapy and cold laser treatment). Dr. Goldi takes time, talks to me, and asks questions to find out how I’m doing, and I appreciate that.”

Dr. Jacques-Maynes, who is married to professional cyclist Ben Jacques-Maynes, has worked with many athletes, but Ms. Moreno is her first patient whose primary sport is boxing. When Ms. Moreno initiated care, Dr. Jacques-Maynes immediately noticed physical conditions and consequences associated with a sport in which various parts of the body are subject to physical blows, often in bursts of rapid-fire succession. And in the case of Ms. Moreno, whose peak weight is 112 pounds, there’s not a lot of body to absorb the shock of the punches.

“Although she is quite young, Carina’s neck shows evidence of exposure to a lot of trauma, which is the result of sparring and being punched in the face over the past 10 years of her career,” said Dr. Jacques-Maynes. “My focus has been getting Carina’s spine and nervous system fully optimized for the upcoming bout. We’ve used Graston Technique, massage, and I recently purchased a cold laser. The chiropractic adjustments and the cold laser have helped Carina recover faster from her workouts so that she can continue to ramp up her training.”

Ms. Moreno recognizes that she’s already had a rather lengthy career by boxing standards, but she’s focused in her quest to reclaim her two former world titles—especially with Dr. Jacques-Maynes in her corner. “I see Dr. Goldi as part of my team,” she said. “She keeps my body feeling good, especially after long days of sparring when I’m training for a fight.”

... “Palmerpalooza,” continued

alumni, who shared their perspectives and experiences in clinical practice.

“In my experience, this was the largest and most successful PSE we’ve ever sponsored, and it had a number of impacts,” said West Campus President Dr. Bill Meeker. “Not only was it our chance to spread the word about the excellent value of a chiropractic career, it was also a great time for Palmer’s West Campus community to celebrate and have some fun while expressing its enthusiasm for chiropractic. Everyone did a great job!”

When Carina Moreno walks into the Watsonville, Calif., office of West Campus alumna Goldi Jacques-Maynes, D.C., ’07, many patients in the waiting room recognize Ms. Moreno as the small woman with the big smile who often warms tortillas and runs the cash register at Tacos Moreno, her family’s downtown taqueria.

What they may not know about Ms. Moreno is that this five-foot tall woman is a petite-but-powerful three-time world-champion boxer who has used chiropractic rather extensively while amassing a 21-3 professional record during her 10-year career. In fact, the current International Boxing Association (IBA) junior flyweight (108 pounds) champion and former

Dr. Jacques-Maynes with Carina Moreno and her IBA championship belt.
Dr. Garnecki lectures in China on scoliosis

In July of this year Dolly Garnecki, D.C., Florida ’07, president of Spinal Health & Wellness, Charlottesville, Va., completed a tour of China where she made a presentation at the Annual Summer Conference of the Chinese Society of Medical Rehabilitation. Dr. Garnecki’s seminar focused on the latest treatment protocols in non-surgical intervention for scoliosis. She also worked alongside doctors at the first non-surgical scoliosis treatment clinic at Xin Hua hospital in Shanghai.

“Our goal was to help doctors in China realize that reducing scoliosis without surgery is a reality,” said Dr. Garnecki. “It is life changing for patients. If the spine developed into scoliosis it can also be untwisted, decompressed and straightened ... naturally.”

Xin Hua Hospital in Shanghai is known as the most prestigious pediatric hospital in China. The Chinese medical rehabilitation doctors who attended the spinal conditions seminar were eager to learn and to apply corrective exercises for scoliosis rehabilitation, Dr. Garnecki said. “It was exciting to teach other doctors who treat scoliosis patients the advanced healing techniques to reduce scoliosis without the use of bracing or surgery.”

About nine months ago, Dr. Garnecki was contacted by the father of an adolescent boy with scoliosis. She referred the family to the Xin Hua Hospital and its rehabilitation department. So that his son could receive better treatment for his spinal condition, the father relocated his family to Shanghai. “The young man and his family were grateful that I traveled to Shanghai and for the opportunity to work with the Xin Hua hospital doctors and me. I was grateful for the opportunity to meet this young man in person. Like all the adolescent scoliosis patients that I met, the teenagers and their parents were zealous and disciplined about proper execution of spinal exercises. They were very inspiring to me!”

Left untreated, scoliosis can result in short- and long-term physiological consequences. Some effects of scoliosis include reduced life expectancy, stunted height, decreased pulmonary function, headaches, digestive problems, hip, knee and leg pain, and decreased self-esteem.

Dr. Dolly Garnecki is a 2007 Magna Cum Laude graduate of Palmer College’s Florida Campus. She is a board-certified chiropractor and an active member of the Unified Virginia Chiropractic Association and the American Chiropractic Association.

For more information about scoliosis or Dr. Dolly Garnecki, please visit www.scoliosisdoc.com.

Enhanced radiology services benefit students, patients and community

In today’s practice environment, many chiropractors are choosing to have their radiographs interpreted by a chiropractic radiologist, or Diplomate of the American Chiropractic Board of Radiology (DACBR). Having your X-ray, MRI or CT images interpreted by a DACBR can improve diagnostic confidence and patient management—as well as reduce liability—by providing professional radiology reports and answers to imaging questions.

Palmer’s Chiropractic Clinics on the Florida Campus offer these services to chiropractors throughout the United States and worldwide through the Palmer Imaging Consultation Services (PICS) provided by Matthew Richardson, D.C., DACBR, director of Clinical Radiology for the Florida Campus. (Dr. Ian McLean directs PICS on the Davenport Campus.)

“I have been a part of Palmer’s Florida Campus since late December of 2010,” said Dr. Richardson. “My primary goal from that point has been to make a positive impact in the Florida Campus clinic through improving the radiology experience for both students and patients. I enjoy functioning as an imaging resource for the chiropractic community by providing diagnostic imaging reports and consultations to both clinicians and student interns on the Florida Campus. In addition, we at Palmer want to extend imaging consultation services to the entire Florida community and beyond through PICS by assisting practitioners in the field with their imaging needs.”

Contact Dr. Richardson at (386) 763-2615 or at matthew.richardson@palmer.edu.
Excitement builds as third building is added to Florida Campus

With every concrete block and steel segment that is added, the reality of a third building on the Florida Campus draws closer, and excitement builds over the prospect of additional space, particularly among students. “When I talk with students attending other chiropractic colleges, they emphasize their student centers,” said Jordan Dusold, a 5th quarter student from Cincinnati, Ohio. “It will be great for us to have a place of our own that we can be proud of.”

The first level of Building Three will incorporate the existing Java City structure into a larger cafeteria with added features such as the ability to prepare and offer more varied menu items due to additional space and equipment. Increased seating will provide a panoramic view of the campus, including an outdoor patio overlooking the pond. The remaining space on the first level will be used for a new and larger bookstore.

Building Three’s second level will primarily be a large meeting area capable of being partitioned into three smaller meeting rooms and designed to seat a maximum of 500 people. It will be used for meetings, continuing education classes, Homecoming activities and graduation ceremonies for smaller-sized classes.

“The new building will provide the students with a central focus point for student activities,” said George Bertish, M.B.A., director of Institutional Support. “It will in effect be the student center for the Florida Campus.”

The excitement created by the growth of the Florida Campus is not only felt by students, staff and faculty, but also by the Florida chiropractic community. “There is a growing sense of pride and ownership in our Florida Campus throughout the Florida chiropractic community,” said Florida Campus President Peter Martin, D.C. Dr. Martin has worked closely with the Development Office for the past few months, and added, “There are plans to launch a capital campaign in the near future to help offset the cost of the $4 million, 14,000-square-foot building project.”

The community’s business sector is also supportive of the campus growth. “Palmer has been a wonderful institution for our community,” said Debbie Connors, executive director of the Port Orange-South Daytona Chamber of Commerce. “They have created employment opportunities by their presence. Palmer students are great citizens who reside locally, with many remaining in the area to open new practices and raise families. Bringing Palmer to our community has to be one of the most beneficial economic developments a city can experience. It’s added a whole new dimension to the Port Orange and South Daytona community. We are excited and pleased by their growth.”

Saturday Campus Visit a success

On July 9, Palmer’s Florida Campus welcomed 88 guests, 41 of whom were prospective students, for the annual Saturday Campus Visit. The event gave the visitors a chance to tour the campus, try hands-on activities during the Interactive Classroom Experience, and meet with faculty, staff and students currently in the D.C. program.

“It’s events like these that really allow our Palmer community to shine,” said Campus Enrollment Director Jessica Blumenfeld. “Once a student who has inquired to Palmer comes to visit our campus—and has the chance to see our facilities, meet our people, and get a taste of what it is that we do here—it becomes so much more clear to them that Palmer is the place to be.”

Because the Palmer Campus Visit program is so successful across Palmer’s three campuses, alumni are encouraged to suggest the program to students they know. Each Palmer campus also offers weekly campus visits. Prospective students may schedule a visit by going to www.palmer.edu/campusvisit or calling the Admissions Department at the campus of their choice.

• Davenport Campus - (800) 722-3648
• Florida Campus - (866) 585-9677
• West Campus - (866) 303-7939

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SABCA mission is to empower and encourage

From left at the March of Dimes event are: Kenny Miranda; Deyona Winton, 4th quarter; Jennifer Evans, 4th quarter; Judith Zephirin, 5th quarter; Kanema Morrison, 8th quarter; and Jennifer Miranda, 8th quarter.

Dr. Martin Luther King Jr. once said, “Life’s most persistent and urgent question is: What are you doing for others?” Kanema Morrison, president of the Student American Black Chiropractic Association (SABCA) on Palmer’s Florida Campus said, “One of the reasons I took on this leadership position is that I believe in empowering and encouraging our students to do more for their community. I feel that America’s new foundation will be built one community at a time … and that starts with us.”

SABCA, formerly known as the Harvey Lillard Society, was established in memory of the first chiropractic patient. Its purpose is to aid in the recruitment of African-Americans and other minorities into the chiropractic profession.

Joining Ms. Morrison on the Florida Campus SABCA executive board are Teri Payton, D.C., faculty advisor, William Peterson III, vice president, and Jennifer Miranda, communications officer. Some of the volunteer projects that SABCA has conducted for the community include:

- Mentoring at The Delta Academy, created by Delta Sigma Theta Sorority, which focuses on at risk females ages 11-14;
- Participating in the Girl and Boy Scouts’ “Scouting for Food” drive, which assists families in need as well as Volusia County’s Second Harvest Food Bank;
- Participating in the March of Dimes “March for Babies” barbecue fundraiser and walk;
- Donating to the Palmer Clinic Abroad Program Florida Campus group trip;
- Donating to the Haiti Relief Fund;
- Assisting the American Cancer Society’s Relay for Life by teaming up with other Palmer students to camp out at a local park and walk or run in the relay; and
- Providing financial support and volunteers for the Annual Freemanville Day, an event held in honor of the City of Port Orange’s African-American heritage, which is connected to the freed slaves who came to the area in 1867 to work for the Florida Land and Lumber Company.

Cubs, Palmer partnership reaches major proportions

On May 23, Tom and Laura Ricketts, who along with other family members are the owners of the Major League Chicago Cubs, were in Daytona Beach. After touring Jackie Robinson Ballpark, the Ricketts met with several of the Cubs partners, including Dean of Clinics Al Luce, D.C., (center).

Looking up at the giant Palmer sign adorning the front of the press box at Jackie Robinson Ballpark, the home of the Daytona Cubs, long-time Cubs fan Joe Rowe commented that he “knew about Palmer College of Chiropractic in Port Orange, but I didn’t know they had a clinic available to the public.”

“Whenever I hear that, it reinforces the benefits of the great partnership we enjoy,” said Ted Nikolla, communications specialist for the Florida Campus. “The Daytona Cubs and Jackie Robinson Ballpark are gems for our community. People of all ages and backgrounds come to the park. Utilizing the venue to promote our clinic makes so much sense.”

The partnership that has developed between the Daytona Cubs and Palmer’s Florida Campus has grown each year over the past five years. “Working with Ted and all the Palmer staff and students that come through our gates has only served to strengthen our organization,” said Brady Ballard, Daytona Cubs general manager. “We certainly hope that our partnership with Palmer has helped them in the same way.”

Every Sunday home game is “Palmer Family Fun Day.” Clinicians and interns are there to help raise awareness of chiropractic and the availability of the Palmer clinics. The clinics also offer chiropractic care to Daytona Cubs players and staff.
Dr. Henry J. Malec, ’48, Plymouth, Mich., is still in practice at the age of 85 after 63 years. He was featured in an article in the May 29, 2011, Plymouth Observer remembering his days as a member of the U.S. Army’s 90th Division in World War II.

1950s

Dr. Anita Bigo, ’56, Latrobe, Penn., donated $10,000 to the Latrobe Police Department in April to help jump-start its new K-9 unit. She also offered veterinary care for a year for a new police dog. In an April 14, 2011 article in the Latrobe Bulletin, Latrobe Police Chief Jim Bumar was quoted as saying, “This kind of generosity is overwhelming. Dr. Bigo has really stepped up for the City of Latrobe.”

Dr. Rolf Peters, ’58, was recently honored with the Lee-Homewood Award, the highest honor of the Association for the History of Chiropractic, for his 20 years of research and publication of the early history of the profession. E-mail: krefelds1@ptg.com.

1960s

Dr. Michael Bruns, ’84, moved his office, Bruns Chiropractic Office, to 800 W. Trailcreek Drive, Peoria, IL 61614. Phone: (309) 693-3800, e-mail: drbruns@brunschiro.com.

Dr. Diane Sherwood-Palmer, ’84, Seattle, Wash., received the Presidents Gavel Award at the Washington State Chiropractic Association Spring Convention. She also received the Chiropractor of the Year Award. Phone: (206) 242-3700, e-mail: didianedc@comcast.net.

Dr. Michael LaBlanc, ’85, moved his clinic, LaBlanc Chiropractic Clinic, to 15300 Watertown Plank Rd., Suite 150, Elm Grove, WI 53122. E-mail: info@lablanchiropractic.com.

Drs. James Greenwald, ’54, and Daniel Soderholm, ’81, Madison, Wis., have been participating in Touched Twice Free Clinic in Madison, Wis., for the past seven years. The free clinic provides chiropractic, medical, dental and massage therapy care for patients in need twice a year. In addition to being treated, each patient is fed and provided with food and clothing to take home. E-mail: (Dr. Greenwald) drbonebender@yahoo.com.

Dr. Rolf Peters, ’58, was recently honored with the Lee-Homewood Award, the highest honor of the Association for the History of Chiropractic, for his 20 years of research and publication of the early history of the profession. E-mail: krefelds1@ptg.com.

1970s

During the 2011 Davenport Campus Homecoming, Bobby Doscher, D.C., ’77, and CEO of the Oklahaven Children’s Chiropractic Center, Marilyn Smith, D.C., ’69, former Palmer Board of Trustees member and trustee emeritus, and Alana Callender, Ed.D., senior director for Palmer History, were all given Lifetime Achievement Awards by the Sigma Phi Chi Sorority as part of its Centennial Celebration.

Dr. Michael Pardis, ’77, Helena, Mont., announces his retirement. E-mail: dmopards@yahoo.com.

Dr. Cory Ellerbrook, D.C., ’09, and Dr. Russell Cox, ’92, opened their new, larger clinic, Cox Chiropractic Clinic, at 520 S. Grand Ave., Mt. Pleasant, Iowa, in February 2011. They would like to invite any members of the Palmer family to visit their new location. Phone: (319) 385-1430, fax (319) 385-1431.

2000s

Drs. Seth Kouba, ’03, and Dr. Amy Fitzgerald, ’03, Lee’s Summit, Mo., opened Elements Chiropractic in Kalamazoo, Mich. Phone: (269) 381-2200, e-mail: elementsclinic@gmail.com.

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Gelhar Chiropractors of the Fox Valley in Oshkosh, Wis. Their practice opened on Feb. 1, 2011. Phone: (920) 230-7600, e-mail: drgelhar@fossogelchiropractic.com.

Dr. Masahiko Matsushita, ’03, and his wife, Asako Matsushita, ’07 (CT), had a daughter, Emi Sophia, on March 18, 2011. Phone: (847) 290-9226, e-mail: drmasa@gmail.com.

Dr. Carol Dubbs, ’04, Mount Clemens, Mich., and her husband, Kaled, had a daughter, Katie, on Aug. 4, 2010. E-mail: drcaroldubbs@hotmail.com.

Dr. Jennifer Rahe-Thompson, ’04, Ankeny, Iowa, and her husband, Brian, had a daughter, Olivia Joy, on Jan. 29, 2011. Dr. Rahe-Thompson also recently opened a new office in Davenport, Iowa. Phone: (563) 344-6060, e-mail: drjayfeb07@yahoo.com.

Dr. Laura Lassiter, ’06, and her husband, Terry, had a daughter, Olivia Joy, on Jan. 29, 2011. Dr. Lassiter also recently opened a new office in Davenport, Iowa. Phone: (563) 344-6060, e-mail: drlauralassiterdc@yahoo.com.

Dr. Jay Peterson, ’07, Edgerton, Wis., was elected Vice Chairman of Edgerton Hospital and Health Services Board of Trustees in Feb. 2011. Phone: (608) 884-4643, e-mail: djayfebo7@yahoo.com.

Drs. William and Stephanie Perry, ’08, moved their practice, Keystone of Health Chiropractic, to 7660 N. Horseshoe Bend Rd., Boise, ID 83714. Phone: (208) 939-9859, e-mail: keystoneonhealth@yahoo.com.

Dr. Skip Wyss, ’08, and his wife, Julie Wyss, ’08, had a son, Breckin Robert, on Jan. 18, 2011. They own a pediatric chiropractic office, Wyss Family Chiropractic, in Green Bay, Wis. They also re-established the pre-chiropractic club at the University of Wisconsin-Green Bay. Phone: (920) 468-4199, e-mail: wysschiropractic@hotmail.com.

Dr. Meaghan Clemens (Murkowski), ’09, opened Natural Health Chiropractic and Wellness at 1458 E. Chicago Ave., Naperville, IL 60540, on July 5, 2011. Phone: (630) 357-0100, e-mail: mmurkowsk@hotmail.com.

Dr. Jamie Marshall (Griffis), ’09, The Woodlands, Texas, was married on March 19, 2011. Dr. Marshall is working on opening Quality of Life Chiropractic, in Magnolia, Texas. She hopes to have her new clinic opened in February 2012. E-mail: jgchiro2009@yahoo.com.

Dr. Michael O’Donnell, ’09, and his wife, Jessica, had a son, Caden Michael, on June 24, 2011. Together, Dr. O’Donnell and his wife own and operate Back In Action Chiropractic in Fort Wayne, Ind.

Dr. Dominique Palser, ’09, opened Palser Chiropractic and Massage Therapy at 1102 Huebner Oaks #821, San Antonio, TX 78230. Phone: (210) 631-0399, e-mail: palserchiropractic@gmail.com.

Dr. Kily Tracy, ’93, was recently appointed a full-time clinician in the Palmer Chiropractic Clinic on the West Campus.

Dr. Tara Mahar-Morris, ’00, of MFC Spine & Sports, Round Rock and Austin, Texas, recently accompanied USA Swimming to London, England, as a member of the high performance medical staff that provided care for the U.S. team members competing in the 10K Marathon Swimming Invitational, a pre-Olympic test event.

Dr. Brant Pedersen, ’04, recently celebrated the opening of his new office, Positive Motion Chiropractic, at 15951 Los Gatos Blvd., Ste. 3, Los Gatos, CA 95032. Phone: (408) 358-5086, e-mail: drbp@me.com.

Dr. Sarah Wolvertom, ’04, Boise, Idaho, was named Rotarian of the Year by the Boise Southwest Rotary Club. She serves as the club’s volunteer director of community service. Phone: (208) 906-1485, e-mail dr.sarahwolvertom@gmail.com.

Dr. Matthew Frahm, ’07, Brookfield, Wis., is the official team chiropractor for Team USA wrestling, judo, weightlifting, volleyball and martial arts. E-mail: spinedocfrahm@gmail.com.

Dr. David Russ, ’07, Wilmington, N.C., is pleased to announce his engagement to Kate LaGow. Dr. Russ and Kate will be married on June 9, 2012. Phone: (910) 395-5066, e-mail: drdruuss@russchiro.com.

Made any “adjustments” lately? Keep your College and fellow classmates up-to-date with what’s going on in your life. Simply fill out this form and mail it to Insights, Palmer College of Chiropractic, 1000 Brady Street, Davenport, IA 52803; or fax it to (563) 884-5393. You can also e-mail your information to marketing@palmer.edu.

Or go to palmer.edu/insights and click on “Alumni Adjustments Form.”

Name (please print)__________________________________________________________________________
Campus_________________________Class_________

Business or Home Address_____________________________________________________________________

City, State/Province________________________________________________ Country____________________ ZIP/Postal Code________________

E-mail Address________________________________________________________________________________

Work Phone_________________________Home Phone_________________________

Information (practice openings, address changes, births, marriages, appointments, current military service, honors, etc.)

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Davenport Campus

1940s
Dr. Winston J. Ensor, ’40
Greenville, S.C.

Dr. Rudy Fahlbusch, ’48
San Diego, Calif.

Dr. James E. Manard, ’48
Omaha, Neb.

Dr. Kenneth L. Mueller, ’49
Harlan, Iowa

1950s
Dr. Albert R. Nesbit, ’50
Waterloo, Iowa

Dr. David D. Gelvin, ’51
Toulon, Ill.

Dr. Edward M. Moore, ’51
Methuen, Mass.

Dr. Raymond E. Jacquette, ’53
Waukesha, Wis.

Dr. John W. Keyworth, ’54
Auckland, New Zealand

Dr. Ellis John Nossor, ’57
Shreveport, La.

Dr. James W. Visconti, ’58
Latrobe, Pa.

Dr. Lelton E. Bailey, ’59
Pulaski, Tenn.

Dr. Ramon E. Eldridge, ’59
Louisville, Ky.

1960s
Dr. Rodolfo J. Gonzales, ’61
Espanola, N.M.

Dr. Richard L. Shields, ’61
Waverly, Iowa

Dr. Bob L. Brown, ’62
Olwein, Iowa

Dr. David R. Amundsen, ’63
Petaluma, Calif.

Dr. Thomas A. Cordima, ’63
Medford, Mass.

Dr. William J. Nickel, ’63
Princeton, Ill.

Dr. C. Herman Fowler, ’64
Leesburg, Ga.

Dr. Ronald R. Luchtel, ’64
Davenport, Iowa

Dr. Mirko N. Radovich, ’65
Morgantown, Ky.

Dr. Gerald A. Abegglen, ’66
Iron Mountain, Mich.

Dr. Craig J. Dykgraaf, ’68
Grand Rapids, Mich.

Dr. Merle Young, ’68
Hillsdale, Mich.

Dr. Glenn N. Miller, ’69
Ann Arbor, Mich.

1970s
Dr. Joseph H. Fye, ’70
Altoona, Penn.

Dr. James M. Banks, ’71
Vernon, British Columbia, Canada

Dr. Robert W. Yoak, ’72
Bethlehem, Ga.

Dr. Michael J. Schroeder, ’73
Arcadia, Wis.

Dr. Peter C. Flett, ’74
Hillsdale, Mich.

Dr. Willard P. Jefford, ’74
Remington, Ind.

Dr. Gary A. Vandewater, ’75
Muskegon, Mich.

1980s
Dr. Rudolph M. Vidmar, ’80
Longmont, Colo.

Dr. Eckard J. Birgel, ’83

Dr. James C. Carter, ’83
Hernando, Fla.

Dr. David A. Zapf, ’86
Rockford, Mich.

1990s
Dr. Brian Pochel, ’98
Cottage Grove, Wis.

West Campus

1980s
Dr. Richard V. Tamburrino, ’82
Sandy, Utah
My Patient Has Recurrent Knee Pain—How Can I Prevent Future Episodes?

AUTHORS: Michael Tunning, D.C., A.T.C., and Robert Vining, D.C.

A 24-year-old female has decided to once again join her friends and run a half marathon in a fundraising event. She restarted a running program and is experiencing a dull ache at the anterior knee. She has sought care periodically for the same symptoms during the past few years. Her pain has progressed in the past week to bother her mildly while walking up the stairs to her office. She has also noticed mild stiffness while walking at the end of the day. She doesn’t want to stop training because she fears she will lose ground with her exercise program. She doesn’t feel that the pain is too debilitating yet, and is seeking your advice and care. She asks if she can incorporate into her program therapeutic exercise aimed at reducing pain and preventing her condition from worsening. In this article, Drs. Tunning and Vining review a research article to determine its applicability in developing a treatment plan for this patient.

The entire article can be found at: JACA Online (April 2011; 48(3):15-18). This article is one in the recurring column written by Palmer College faculty titled “Evidence in Action.”
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West Campus
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KEYNOTE SPEAKER
Chancellor Dennis Marchiori, D.C., Ph.D.
presenting “A View Toward 2020:
Palmer College over the Next Ten Years”

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– Craig R. Vernon, D.C., Iowa

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