

Evidence based practice: How are we doing?

Evidence Based Practice is the mantra for our practices. We all work very hard to live up to this mantra. It is equally well known that it is virtually impossible to live up to as the evidence is incomplete, at best. This is true for all types of health care, not just chiropractic.

You may notice in this issue that we have decided to give a voice to clinical opinions. After all, the three legs of evidence-based practice are the actual evidence which “proves” a procedure works, practices used by clinicians with years of experience as well as the choice of the patient or parent in the case of pediatrics.

In this issue, we are listening to the voice of clinicians. None are devoid of evidence, but the evidence clearly cannot keep up with innovation in practice. We did not follow the usual stringent protocols that virtually every sentence in a scientific article is referenced. Each clinician has referenced their work to the degree possible. And as a specialist in their field, they do keep up with the evidence. Those high level randomized controlled trials are still very scarce in conservative medicine, not least because they are nearly impossible to do in any type of hands-on therapy. More important in our field is the evidence base that our care is safe, and so far, so good, on that score. We all can look

forward to the new pediatric Delphi study being carried out around the world, but based in Australia, which will update everyone on both the safety and effectiveness of chiropractic care for children, along with the evidence for how we should proceed in practice.

We hope that these clinical “pearls” will add tools to your toolbox and help broaden your approach to support your patients. Reading some of the papers of our contributing authors may also help you understand more about how and when collaborative referrals are the next appropriate recommendation to make.

We hope that this issue will bring information and also bring joy to your practices as it offers new lenses with which to look at the diverse clinical problems we face. We do hope that we hear from you, both in letters to tell us your points of view and in future articles of your own research and clinical opinions and case studies.

With warm regards and best wishes during the upcoming joyous season.

The Editors of the Journal of Clinical Chiropractic Pediatrics.