

Profile



Dr. Jill Hayden, DC

Dr. Jill Hayden DC is a PhD candidate at the University of Toronto under the supervision of Dr. Claire Bombardier, an internationally respected world class researcher. She will receive her PhD in approximately September 2004. Dr. Hayden is currently funded in a 3 year Fellowship awarded by CIHR. She has also been awarded the University of Toronto Open Fellowship and in September 2002, the University of Toronto Mary H. Beatty Top-up Scholarship. She is a past recipient of the Canadian Chiropractic Association/CIHR partnered award under its national program. Dr. Hayden graduated from the CMCC in 1996 and completed a Clinical Sciences Residency program. She

was named to Chiropractic Business magazine's list of the top 20 chiropractic leaders under 40. She is based at the Institute for Work and Health (IWH) in Toronto. Her research is focused on chronicity in Low Back Pain and this is highly relevant to Canadians since low back pain is one of the leading causes of disability and has a major socioeconomic impact.

Dr. Hayden's current thesis work involves the development and use of a comprehensive framework to understand and predict the occurrence of chronic disability in low back pain (LBP). The primary objective of this research plan is to identify key clinically useful factors that predict chronicity in acute low-back pain patients that could be used in the development of clinical predictive rules. Secondary, intermediate objectives are to understand and manage potential sources of heterogeneity within the LBP prognostic literature, to map the state of the art in LBP prognosis on models/frameworks of disability and to assess the congruency of useful predictive factors between the low-back pain prognostic literature and in clinical practice. This study plan will include a systematic review and model-based synthesis of the LBP prognostic literature, and qualitative investigation with primary care clinicians and LBP patients. The majority of this study plan is funded by an Ontario Ministry of Health and Long-Term Care research grant, through the Special Chiropractic Fund.

Dr. Hayden's research experience includes involvement in a number of studies relevant to the topic area of LBP. Recent studies include:

- *Evaluation of chiropractic management of pediatric low back pain patients: a prospective cohort study (Hayden, Mior, Verhoef)*

This is a prospective cohort study of consecutive pediatric low back pain patients seeing randomly selected chiropractors. The objective of this investigation

was to describe chiropractic management of low back pain in patients between the ages of four and eighteen years as well as outcomes and factors associated with the outcomes. Patients responded favorably to chiropractic management and there were no reported complications. Future investigations should establish the natural history and should compare chiropractic management to other forms of treatment to gain knowledge about the effectiveness of chiropractic in managing pediatric low back pain. This study will be published in the January 2003 issue of JMPT.

- *Measurement properties and feasibility of patient-report outcome measures in claim-based musculoskeletal rehabilitation practice.* (Hayden, Bombardier, Beaton, Hogg-Johnson).

This prospective study investigated the feasibility of collection, and quality of information from routine use of patient-report outcome measures (SF-12 health survey, VAS pain scale, Roland Morris Disability Questionnaire, Neck Disability Index, DASH Questionnaire, and WOMAC questionnaire) in a claim-based soft-tissue rehabilitation patient population. It also explored qualitatively the usefulness of this information at the clinic level. With a few exceptions, all of the measures were easy to use, acceptable to patients and clinic staff, and fulfilled criteria of scaling assumptions. With education and support, use of patient-based outcome measures is feasible in routine practice, even in claimant populations. This paper will be submitted for publication shortly.

- *Exercise therapy for treatment of adult non-specific low back pain* (Hayden, van Tulder, Koes, Malmivaara) This systematic review, an update of the systematic review of the literature on exercise therapy for low back pain (van Tulder, Koes, Malmivaara) is conducted within the framework of the Cochrane Collaboration. It will investigate the effectiveness of exercise therapy for the treatment of adult non-specific low back pain. This review will attempt to determine the effectiveness of specific aspects of exercise therapy and will analyze subgroups of studies to explore effectiveness relative to condition-, population- and outcome-related factors. The data from this study will be compared to an

analysis using Bayesian statistical methods. This study is in its final stages of completion.

In addition to these projects, Dr. Hayden has been involved in team projects, including the Prognosis Study Group at the IWH. This group is composed of clinicians and epidemiologists working together to explore the issues related to determining prognosis and predictive factors for various musculoskeletal conditions. She has also been involved with the Research Transfer division at the IWH to explore ways to disseminate research findings to chiropractors in clinical practice. More recently, a group of epidemiologists from the IWH, including Dr. Hayden has been accepted to present a pre-conference workshop at the Forum 6 LBP conference in Sweden next spring.

Dr. Hayden looks forward to eventually contributing as an independent researcher and leader in chiropractic. Dr. Hayden has enjoyed the benefits of working with mentors such as Marja Verhoef at the University of Calgary, Claire Bombardier at the University of Toronto, and Maurits van Tulder, Sheilah Hogg-Johnson and Dorcas Beaton at the Institute for Work and Health in Toronto.

The Canadian Chiropractic Association (CCA) and the Canadian Chiropractic Research Foundation (CCRF) are committed to establishing fully funded "Chiropractic Research Chairs" at leading universities in Canada and are hoping to provide such an opportunity for Dr Hayden in the very near future. The Chiropractic Research Chairs initiative is an opportunity to significantly advance the chiropractic profession in terms of its integration into both the health care system and the university system. This has already been accomplished through a formal relationship linking The Canadian Chiropractic Association (The CCA), the Canadian Chiropractic Research Foundation (CCRF), the Canadian Institutes of Health Research (CIHR), and a leading University.

The historic precedent was established with Dr. Greg Kawchuk DC, PhD recently undertaking Canada's 1st Chiropractic Research Chair at the University of Calgary. Dr. Kawchuk has recently been awarded an NSERC grant for \$107,000 and was successful in a Whitaker Foundation grant of \$350,000. He now has two PhD candidates under his supervision who are chiropractors. He has been named to a CIHR Peer Review Committee and has been nominated as a Tier II Research Chair at the University of Alberta.

CIHR provides an internationally recognized peer re-

view process to ensure the best candidates meet world class scientific standards and this brings tremendous credibility to the chiropractic profession.

The CCA/CCRF initiative has provided a host of benefits which include:

- Providing an essential mechanism for chiropractic researchers to integrate with the university system
- Providing chiropractic researchers the opportunity to assume leadership roles
- Providing mentorship to future young researchers
- Establishing a network of chiropractic researchers
- Promoting research into studies relative to the practice of chiropractic
- Developing critical research capacity
- Establishing sustainable future chiropractic research programs
- Reducing the burdens of injury, illness and disability for Canadians.

There is a critical need to firmly entrench our chiropractic researchers into the university system across Canada. The creation of a CHIROPRACTIC RESEARCH CHAIR provides a community focused innovative and exciting educational opportunity for both the university research community and the chiropractic profession to collaborate in the development of Canada's next generation of leading researchers in the field of chiropractic and to communicate the benefits of the support to the community and society at large while addressing Canada's economic burdens of illness, injury and disability.

As a national stakeholder, The Canadian Chiropractic Association is supportive of CIHR initiatives which collectively build Canada's researchers of tomorrow such as Dr. Jill Hayden. Our chiropractic researchers have a role to play in Canada's health system and improving the health of Canadians.

Help Support Chiropractic Research

Become a member of the Canadian Chiropractic Research Foundation

Contact Dr. Allan Gotlib

Tel: 416-781-5656

Fax: 416-781-0923

Email: algotlib@ccachiro.org