

### Profile



**François Hains, DC, FCCS(C)**

President, College of Chiropractic Sciences (Canada)  
M.Sc. Candidate, Community Health,  
University of Montréal

Dr. Hains is a 1990 Canadian Memorial Chiropractic College graduate. In 1992 he completed the Clinical Sciences Residency Program and thereafter became a Fellow of the College of Chiropractic Sciences. He now practices full time in a multidisciplinary clinic in Montréal. In 1993, Dr. Hains was invited to teach in the newly established Chiropractic Doctoral Program at the University of Québec in Trois-Rivières (UQTR).

In 1994, Dr. Hains combined his clinical practice and research in order to pursue his interest as a Clinician-

Researcher. His residency at CMCC permitted him to acquire an in-depth knowledge of neuromusculoskeletal disorders. This specialty training facilitates diagnosis and optimizes management strategies in accordance with the highest standards, based on the best scientific evidence available.

As a result of his residency, Dr. Hains developed an interest in clinical epidemiology and enrolled in the Community Health Master's Program at the University of Montréal while maintaining his practice. The M.Sc. program provides training to solve public health problems based upon a global understanding of the health of individuals, populations and interactions with the social and physical environment. In particular, the program's core curriculum includes research methodology, biostatistics and epidemiology courses.

In 1993, Dr. Hains evaluated the Neck Disability Index's ability to measure, in a reliable fashion, the functional status of individuals suffering from neck pain. Working with a multidisciplinary team of examiners, including chiropractors and medical specialists, Dr. Hains Master's thesis will evaluate the clinician's ability to reliably assess the presence of objective musculoskeletal signs in subjects suffering from neck pain; the thesis is due to be completed this Spring. These two studies were funded respectively by FCER and CFSR.

Future research interests lie primarily in the evaluation of clinical diagnostic processes and measurements of the outcome relative to diverse chiropractic interventions. Dr. Hains intends on collaborating to identify the subset of the population most likely to respond to any given treatment approach.

In addition, Dr. Hains believes that individual chiropractors have developed a large number of innovative diagnostic and therapeutic approaches for a variety of conditions and therefore fosters the development of outreach clinical research programs in order to increase the number of chiropractic Clinician-Researchers in

Canada. Dr. Hains also believes that simple, straightforward and basic clinical research will allow chiropractors to disseminate their clinical experiences and further submit their various approaches to a proper scientific review. As he explains: *"Just imagine the impact if ten percent of Canadian chiropractors published a single, interesting observation or hypothesis! That would result in the publication of 500 original papers including case reports, case series and clinical trials."* Seasoned researchers using more robust research design could then test the most promising approaches.

In 1999, Dr. Hains was elected President of the College

of Chiropractic Sciences (Canada). Since its creation in 1975, the fellows of this chiropractic specialty college have contributed to a large proportion of the chiropractic research conducted in Canada. Dr. Hains presently maintains a Research Associate position at the Canadian Memorial Chiropractic College's Graduate Studies and Research Division and is an article reviewer for Journal of the Canadian Chiropractic Association (JCCA). Dr. Hains sits on the Disciplinary Committee of the Québec Licensing Board and he has been involved in the design and the conduct of the Provincial Board Examinations over the last 4 years.

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