

Climbing the Mountain

It has been a busy autumn for the CRC and, without the generous contribution from all BCA members, our ability to support research and researchers for the benefit of our UK chiropractic patients would not be possible, so thank you!

We had a very warm welcome at the BCA Autumn Conference and it was lovely to catch up with so many familiar friends and faces. There were some exceptional speakers during the presentations and workshops; it was fun to cut a few shapes on the dance floor to the groovy tones of Audible Release at the evening event too!

We presented our poster, *Climbing the Research Capacity Mountain*, at the Autumn Conference. This detailed the various initiatives that we have underway to help build and develop research capacity here in the UK from the 'base camp' level of establishing a sustainable research environment with the five-year appointment of a Visiting Research Fellow in the Department of Medicine, University of Southampton, supporting early career researchers conference attendances, through to 'climbing the slopes' by developing the skills of new graduate chiropractors with a desire to establish a clinical research career on the interdisciplinary, multi-institutional eight-week summer internship scheme (PERC - Programme for Early Researchers in Chiropractic) as well as the full funding of two PhD students investigating the integration of chiropractic services into mainstream healthcare systems. Have a look at our poster on the CRC website - www.crc-uk.org. Next year we hope to be providing funding for even more researchers and research initiatives we'll keep you posted!

Thanks to all of you who picked up a CRC Charity Box at the Autumn Conference, hopefully they are on display on your reception desks and filling up quickly! I am amazed how many patients put their change from treatment fees into the tin and it soon adds up! With 96.6% of our raised funds going directly to support research, we can make a little bit go a long way. For those of you who didn't manage to get a box, please get in contact and we can send one your way or simply download the infographic from the website and pop a little bowl on the front desk and get collecting.

Professor David Newell has been hard at work in his role as Visiting Research Fellow in the Department of Medicine, University of Southampton. Working within an interdisciplinary team of healthcare researchers in this well-established research environment he is conducting his own collaborative studies into the contextual effects of care, the integration of chiropractic care into mainstream healthcare settings and the care of elderly chiropractic patients. Professor Newell is also supervising several early and new career researchers, developing their skills and ensuring that we have a sustainable pool of chiropractic researchers for years to come.

Just one of the students Prof. Newell is supervising is Paul McCambridge, a chiropractic researcher

with an undergraduate degree in Sports Science and a Masters degree in Intergrated Health and Chiropractic. As well as his time working as a chiropractic clinician Paul has worked in private hospitals as an Exercise Physiologist and delivers CPD training to health-care and exercise professionals regarding biopsychosocial exercise rehabilitation.

Paul was successfully awarded one of the two CRC-funded PhD posts at the University of Southampton. These studies into delivery of chiropractic care in an NHS healthcare setting were established back in early 2016 as part of the five-year Visiting Research Fellow Southampton initiative. Recruitment was conducted independently by the University of Southampton and Paul was selected from a number of potential candidates following rigorous assessment and interview by a team of experienced academics and researchers. When I caught up with Paul recently he said, "I'm very excited to be part of this research opportunity which I feel can be a key step in helping to understand how the Chiropractic profession can become a vital cog in collaborative MSK management in primary health care settings. The findings of this research can be pivotal to the growth and future of the profession additionally improving current standards and applications of healthcare service delivery. I'd like to thank the CRC for helping assimilate this great project and I'm very grateful to be working in this field."

If you feel you can undertake the daunting, but hugely rewarding challenge, of a PhD keep your eyes peeled for the second of these two CRC-funded PhD posts. We are assured by the University of Southampton that recruitment will commence in early 2019!

It seems that the whole 'research' ethos is really infiltrating the profession. Many more people are talking research, evidence-based practice, sharing articles and papers on social media and getting excited about it! This is fantastic and exactly what the profession needs in order to gain wider acceptance and cultural authority. We receive frequent requests for funding and grants to help people conduct their own research studies; these are put before our Trustees and Scientific Committee but, regrettably, it just isn't possible to help everyone! However, with your ongoing support and funding, we hope to be able to help and support more of you in 2019.

On a final note don't forget to register with AmazonSmile and select 'Chiropractic Research Council' as your chosen charity. Amazon will donate 0.5% of your purchase price directly to the CRC at no cost to you or us.

As we look forward to 2019 huge thanks to you all and best wishes for the coming year.

Elisabeth Angier
Chair, Chiropractic Research Council

