

VERDICT

Veterans Response to Dosage in Chiropractic Therapy

How Many Visits Does it Take to Help Veterans with Chronic Low Back Pain? Part 1: Characteristics of the Verdict Sample

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VERDICT is one of 11 studies funded by the \$81 million NIH-DOD-VA Pain Management Collaboratory, an initiative designed to support large-scale pragmatic clinical trials focused on non-drug pain management approaches among active-duty and Veteran populations.

VERDICT OBJECTIVES

Primary: Compare the effectiveness of a low dose (1-5 visits) versus a higher dose (8-12 visits) of chiropractic care on pain and function at 10 weeks AND compare 'monthly chiropractic care' to 'no scheduled care' at 52 weeks.

Secondary: Healthcare utilization between groups AND evaluate patient and clinician thoughts about the trial.

METHODS

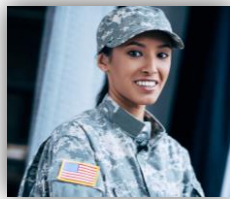
Design: Pragmatic randomized clinical trial

Participants: 766 U.S. Veterans with chronic low back pain

Where: 4 VA Health Care Systems (Iowa City, IA; Minneapolis, MN; Greater Los Angeles, CA; West Haven, CT)

DATA COLLECTION

- Online surveys collected 6 times over 1 year related to function, pain intensity, pain interference, and global health
- Healthcare utilization via VA EHR
- Interviews with Veteran participants and study clinicians



3

Over the past 10 years, the number of Veterans receiving chiropractic care at VA facilities has increased by an average of 18% annually.



2

271 VA facilities, including 126 of 173 VA Medical Centers, provide on-station chiropractic care.

Chiropractic Services within the VA

On average, Veterans receive 5 on-station chiropractic visits per 12-month period. Ongoing as-needed care for chronic pain is highly variable.

4



In 2023, 3.6% of Veterans used chiropractic care, with anticipated growth in the coming years.



1

Chiropractic care is one of the most robust evidence-based non-pharmacological treatment options currently available for Veterans with LBP and other MSK conditions within the VA.

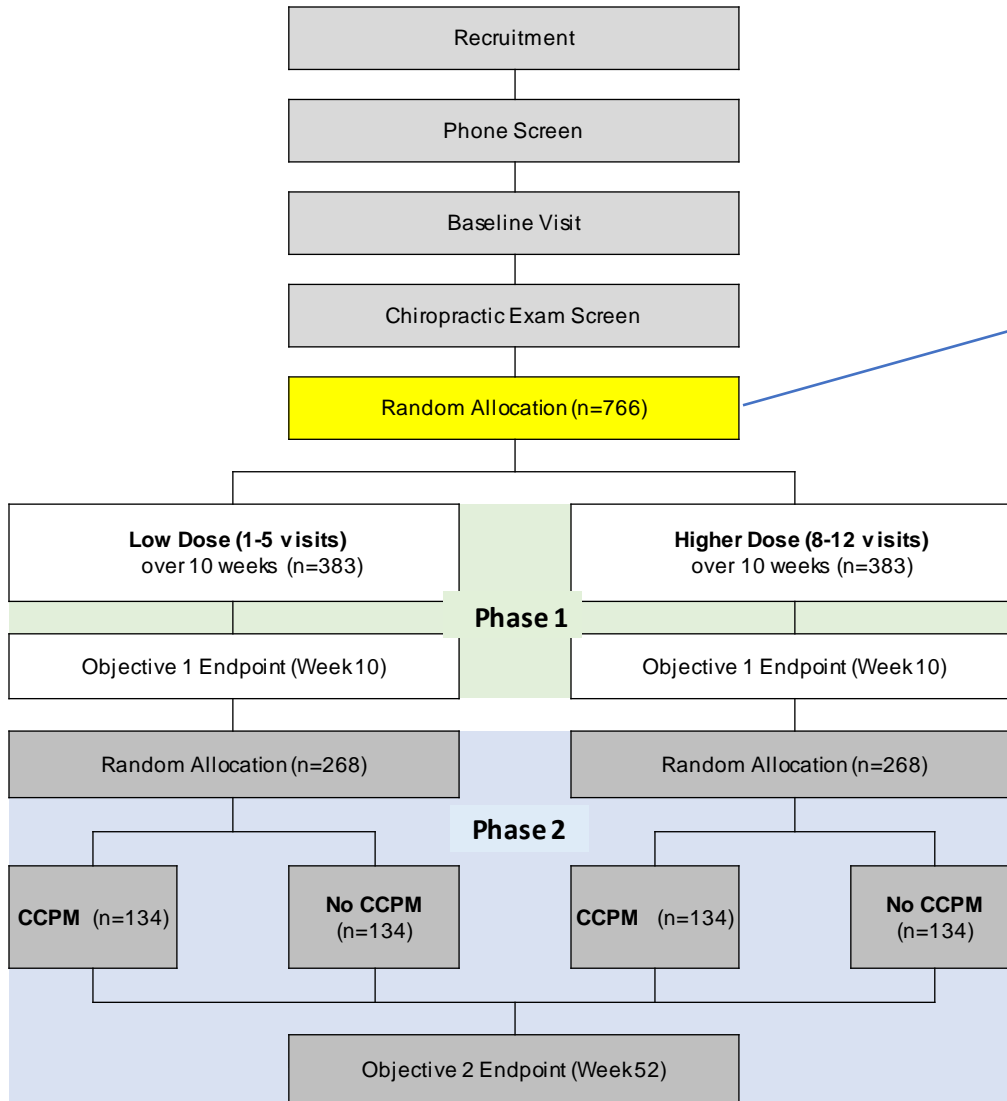
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Therefore, a better understanding of optimal dosing for chiropractic care is needed to guide healthcare delivery and planning within the VA and beyond.

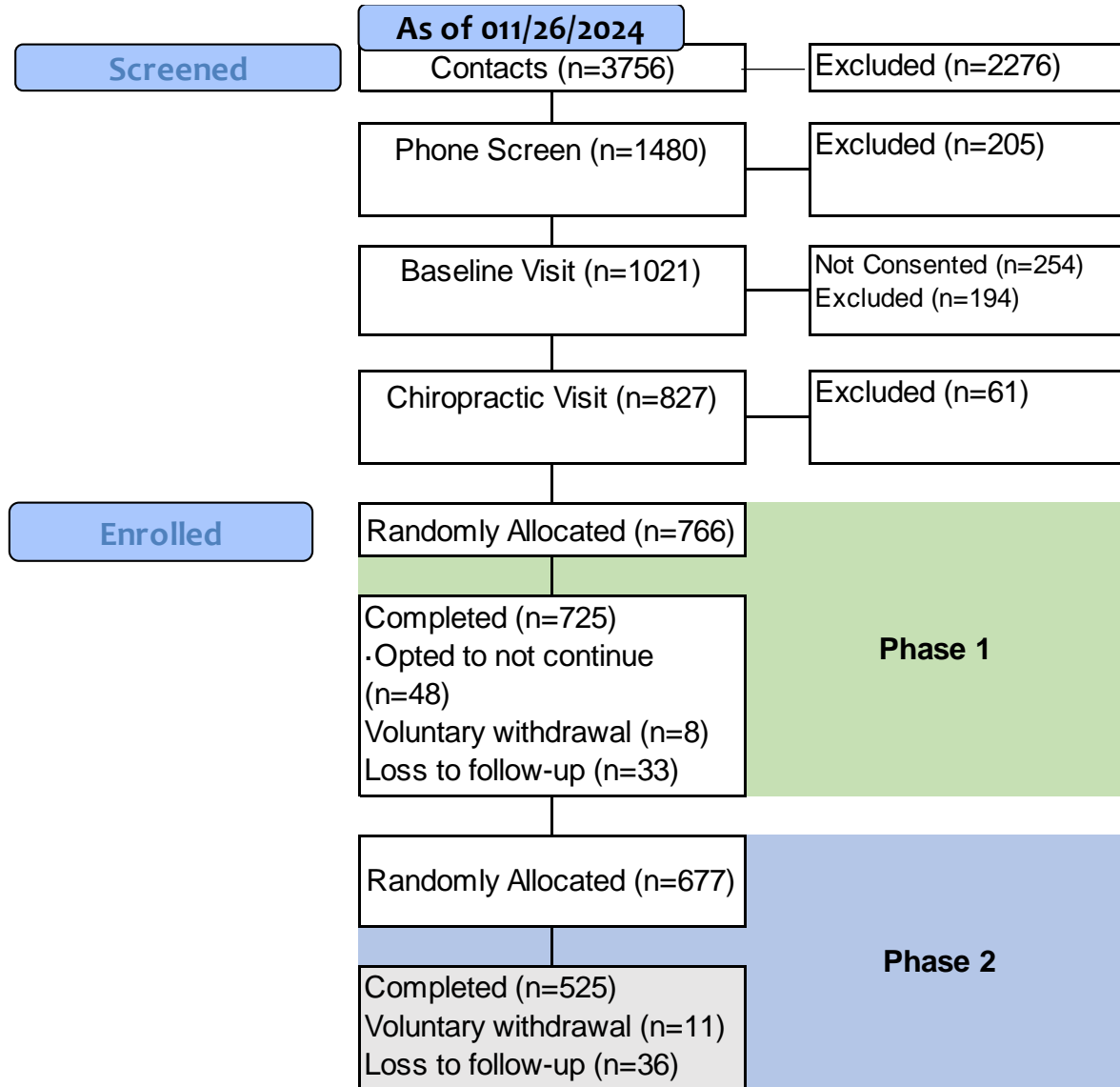


Trial Flow Chart



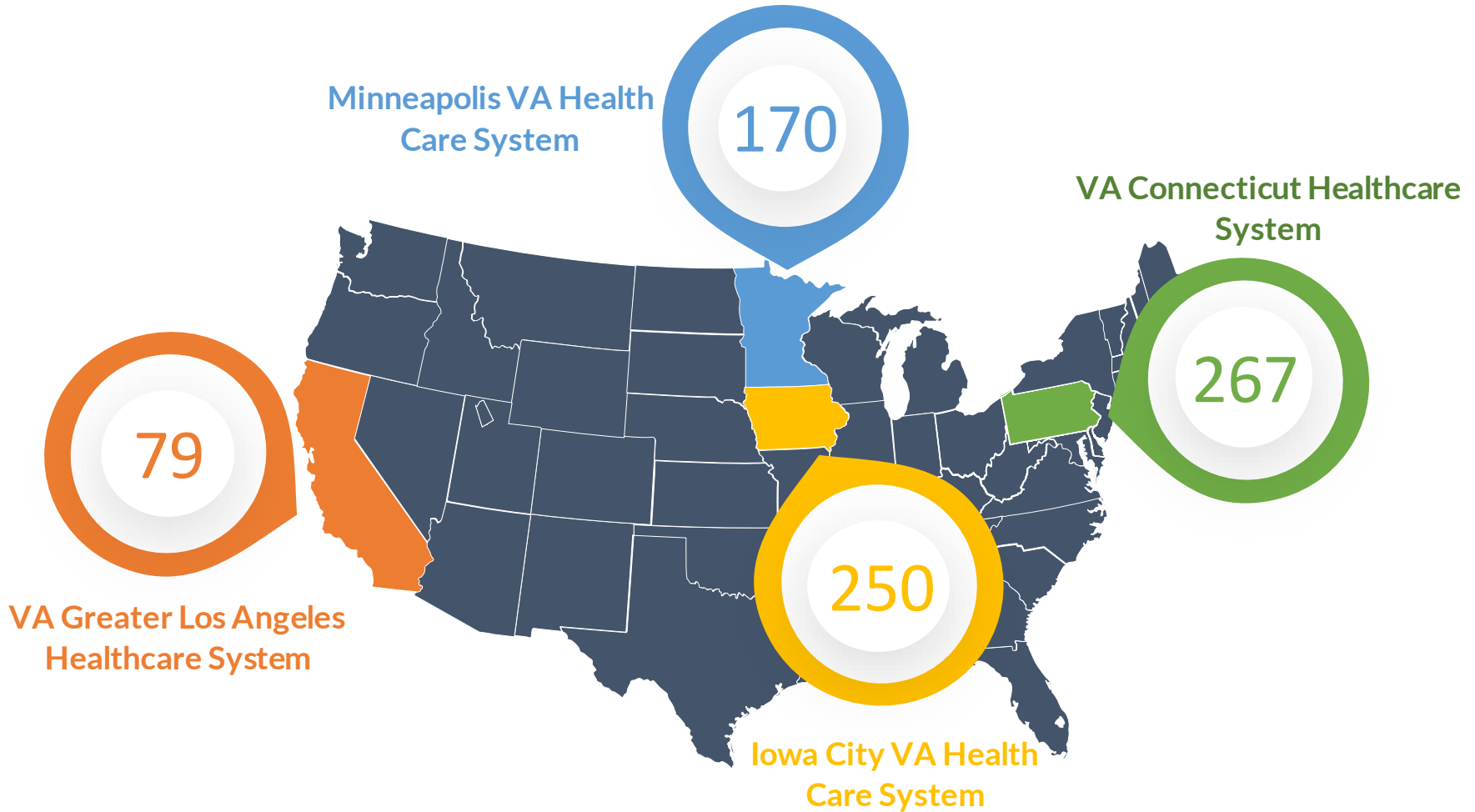
COMPLETED 5/10/2024

Trial CONSORT



VERDICT reached 100% of recruitment Goal!

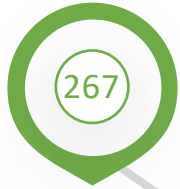
766 Veterans Enrolled!



Enrollment Duration by site

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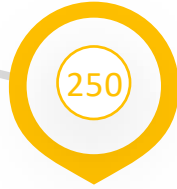


VA Connecticut
Healthcare System

Enrollment
Duration
1,073 days

First Contact 06/02/2021

Allocation
Completed 05/10/2024



Iowa City VA Health Care
System

Enrollment
Duration
1,178 days

First Contact 02/03/2021

Allocation
Completed 04/26/2024



Minneapolis VA Health
Care System

Enrollment
Duration
1,131 days

First Contact 04/05/2021

Allocation
Completed 05/10/2024

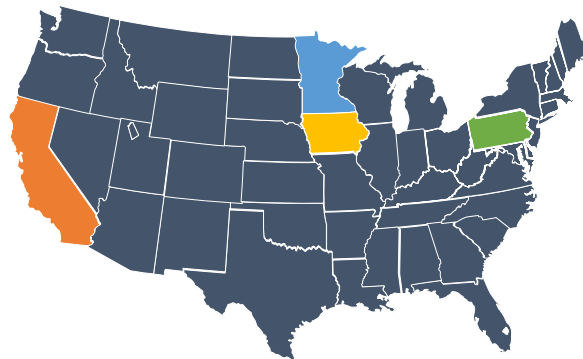


VA Greater Los Angeles
Healthcare System

Enrollment
Duration
878 days

First Contact 06/11/2021

Allocation
Completed 11/06/2023



Enrollment
Duration
1,192 days

First Contact 02/03/2021

Allocation
Completed 05/10/2024

100%

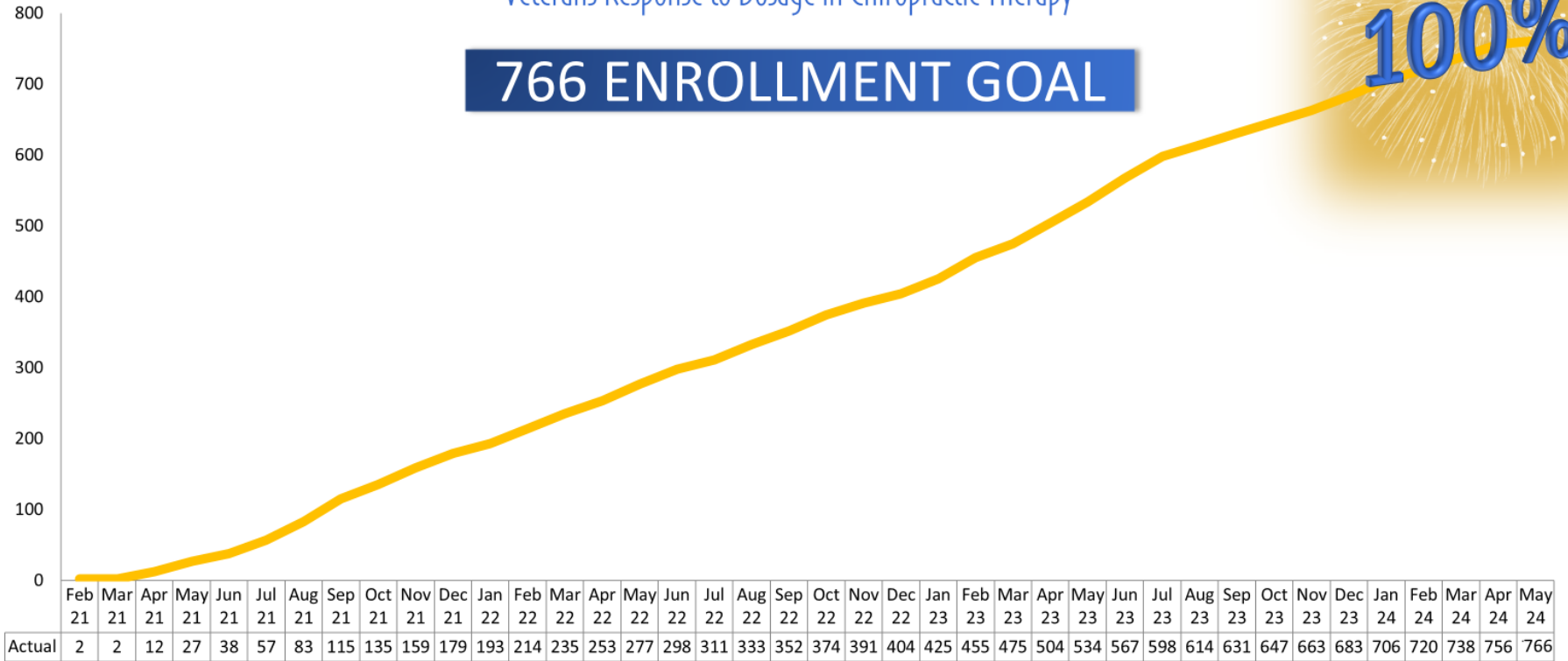
Our Goal
766
Veterans



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766 ENROLLMENT GOAL



— Veterans Enrolled by Month

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Baseline Characteristics

Demographics	n=766
Females	163 (21%)
Age, mean (range)	51 (22-87)
22-29	10%
30-44	30%
45-64	35%
65+	25%
Hispanic or Latino	12%
Race	
Black or African American	17%
White	70%
Other	4%
Racial or Ethnic Minority	30%

Baseline Characteristics

	n=766
Pain Duration, years	
1-5	20%
>5	77%
High Impact Chronic Pain	65%
Prior use of chiropractic care	77%
1°: Roland-Morris Disability Score, mean (SD)	12.2 (5.2)
PEG Pain Intensity, mean (SD)	6.1 (1.8)
# Days past week with LBP, median	7
EXPECT, median/total possible	6.4/10
Work	
For pay	49%
Retired	30%

Baseline Characteristics

PROMIS	n=766
Pain Interference, mean (SD)	63.7 (4.9)
Fatigue, mean (SD)	61.6 (7.7)
Physical Function, mean (SD)	61.2 (5.2)
Sleep Disturbance, mean (SD)	60.2 (8.2)
Self-Efficacy, mean (SD)	59.4 (5.3)
Satisfaction with Social Roles, mean (SD)	59.0 (6.8)
Anger, mean (SD)	57.6 (9.3)
Global Physical Health, mean (SD)	62.8 (5.8)
Global Mental Health, mean (SD)	59.4 (8.4)

Baseline Characteristics

Mental Health	n=766
+ Screen: Sleep Disturbance (PROMIS)	52%
+ Screen: Depression (PHQ-2)	42%
+ Screen: Anxiety (GAD-7)	36%
+ Screen: PTSD (PCL-5)	33%
+ Screen: High-Risk Alcohol Use (AUDIT-C)	24%

Baseline Characteristics

Past 3 months, use of non-pharmacological therapies to manage LBP (NSCAP)	n=754
Limit Physical Activity	67%
Heat Therapy	53%
Cold/Ice Therapy	34%
Massage	19%
Spinal Manipulation	16%
Exercise	16%
Relaxation Techniques	10%
Acupuncture	7%
Yoga	4%
Meditation / Mindfulness	4%
Psychotherapy / Counseling	2%
Tai Chi / Qigong	1%

Key Metrics



DIVERSITY

PARTICIPANTS

21% Females
30% Minority Race or Ethnicity

OUTCOME
COMPLETION

SURVEY COMPLETION RATES

≥ 97% at All 6 Time Points

RETENTION

% PARTICIPANTS WHO COMPLETED STUDY PHASE

Phase 1 – 94%
Phase 2 – 93%

Summary



Pain & Disability

High levels of pain/disability overall

High Impact Chronic Pain

A large % of participants with HICP

Age 65+

25% of participants over age 65

Use of Non-Pharmacological Therapies

Lower than expected use of non-pharmacological therapies at baseline

IMPLICATIONS

Healthcare Delivery and Planning

Build optimal care pathways and staffing models for chiropractic services in VA.

National Policy

Strategically improve the delivery of effective and efficient chiropractic care.

Expansion of VA Chiropractic Services

Maximize patient and system outcomes to optimize chiropractic services.

Research Community

Impact future trials by testing innovative, pragmatic study designs.

Community Providers

Ensure each patient receives the right amount of care at the right time.

Collaborating Institutions



As opioid dependency continues to rise in the U.S., so does the need for effective, non-pharmacological care options to address chronic pain. This type of research helps influence healthcare policy nationwide for all populations.

For more information, visit www.clinicaltrials.gov and type in keyword "VERDICT".

Or visit <https://painmanagementcollaboratory.org/?s=VERDICT>

Long CR, Lisi AJ, Vining RD, Wallace RB, Salsbury SA, Shannon ZK, Halloran S, Minkalis AL, Corber L, Shekelle PG, Krebs EE, Abrams TE, Lurie JD, Goertz CM. **Veteran Response to Dosage in Chiropractic Therapy (VERDICT): Study Protocol of a Pragmatic Randomized Trial for Chronic Low Back Pain.** *Pain Med.* 2020 Dec 12;21(Suppl 2):S37-S44. doi: 10.1093/pm/pnaa289. PMID: 33313732; PMCID: PMC7734654.

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Pain Management Collaboratory Coordinating Center

<https://painmanagementcollaboratory.org/>

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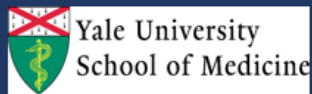
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THANK YOU



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