An Evaluation of Health and Wellbeing in the Kempsey Aboriginal Community

"Bringing chiropractic to Durri"

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**A co-operative research venture of Hands-on-Health Australia, The Chiropractors Council of NSW and the Chiropractors Association of Australia**

**Introduction**

The health and wellbeing of Indigenous Australians remains a critical issue and has been documented in various research. The present study aimed to evaluate the impact of a chiropractic intervention programme on health and wellbeing outcomes in the Kempsey Aboriginal Community.

**Aims and Objectives**

- To establish and evaluate the development of an Indigenous health care service program for the Indigenous Community of Kempsey.
- To gain an understanding of the chiropractic program using both patient feedback and qualitative research instruments.

**Methods**

- **Quantitative Data Collection:**
  - Ninety-eight subjects from the Durri Aboriginal Medical Service and Booroongen Djugun aged care facility were enrolled in the intervention group. Participants were asked to complete the MYMOP before and after the chiropractic intervention. The mean score improvement in the intervention group was 4.84 points.
  - The results of MYMOP scores demonstrated that the problems that participants in this study identified significantly impacted on their quality of life..

**Results**

- **Figure 1:** The mean age of participants was 38 with a range of ages between 18 and 60.
- **Table 1:** The data demonstrates that the problems that participants in this study identified significantly impacted on their quality of life.

**Discussion**

The results of MYMOP scores demonstrated that the problems that participants in this study identified significantly impacted on their quality of life.

**Conclusion**

The findings of this study suggest that the integration of chiropractic services into the Durri Aboriginal Medical Service and Booroongen Djugun aged care facility is beneficial for the health and wellbeing of Indigenous Australians. The study highlights the importance of incorporating chiropractic services into Indigenous health care programs to improve the overall health and wellbeing of Indigenous people.

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**References**

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- The Chiropractors Association of Australia (NSW Branch) who also provided funding.
- The Durri ACMS and Booroongen Djugun Aboriginal Co-care facility and Durri ACMS participated in this study. All gave their informed consent to participate in the project. Of these 13 participated in an interview. Twenty percent of the participants were female. The mean age of participants was 38 with a range of ages between 18 and 60.

**Table 1:** The data demonstrates that the problems that participants in this study identified significantly impacted on their quality of life.