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## A RETROSPECTIVE STUDY OF NETWORK PATIENTS' SELF-REPORTED OUTCOMES

- Network Care
- Benefits Associated with Network
- Demographics
- Summary
- References
- Investigators

### Network Care

A rapidly growing and evolving system assessing and contributing to spinal and neural integrity, health and wellness, Network is currently described by its developer, Donald Epstein, D.C., as:

*"a clinical assessment of the spine... utiliz(ing) certain chiropractic methods and employ(ing) concepts derived from a variety of health professions and theoretical sciences."*<sup>1</sup>

Network's objective is:

*"...to assess and correct two classes of vertebral subluxations; facilitated subluxation and structural subluxation, using safe, "hands on" low force adjustments of the spine..."*<sup>2</sup>

What is a subluxation?

Vertebral or spinal subluxation is a clinical condition affecting the relationship and alignment of the spinal bones and neurological structures which influences the overall function of the body's natural coordinating systems. Its affect on the body may be subtle and asymptomatic, or may be more dramatic. The effects, however, are cumulative and global.

### Benefits Associated with Network

A recent retrospective study<sup>3,4</sup> of 2,818 patients in the United States and worldwide demonstrates that Network Care is associated with statistically significant, profound and consistent improvement in self-reported health and wellness issues, including:

#### 1. Improved PHYSICAL WELL-BEING:

- improved flexibility of the spine
- more energy, less fatigue
- fewer colds or flu
- fewer headaches
- reduced pain

#### 2. Less STRESS relative to:

- emotional well-being

- health
- general well-being
- coping with daily problems
- family
- significant relationship
- work

### **3. Improved EMOTIONAL & PSYCHOLOGICAL WELL-BEING:**

- positive feelings about self
- decreased moodiness, temper, and angry outbursts
- less depression, more interest in life
- fewer concerns about small things
- improved ability to think and concentrate
- less anxiety and concern over vague fears
- improved ability to stay on task
- less distress about physical pain

### **4. LIFE ENJOYMENT:**

- openness to guidance by inner feelings
- experience of relaxation and well-being
- positive feelings about self
- interest in maintaining a healthy lifestyle
- feeling open when relating to others
- confidence in dealing with adversity
- compassion for others

### **5. LIFESTYLE CHANGES (i.e. increase in):**

- regular exercise
- Tai Chi/Yoga
- meditation/prayer
- relaxation/self-hypnosis
- consumption of health foods/vitamins
- vegetarian/partial vegetarian
- less use of prescription medications

### **6. Overall QUALITY OF LIFE improvement relative to:**

- personal life
- oneself
- extent one adapts to change
- handling of problems in life
- actual life accomplishments
- life as a whole
- overall contentment with life
- significant other
- job
- life being what one wants it to be
- romantic life
- actual work done
- co-workers
- personal appearance

### **Demographics**

A demographic analysis of the retrospective study (conducted between Nov. 1994 and April 1995) demonstrates that Network Care attracts highly motivated individuals interested in

alternative and complementary care, vitalistic or holistic care. In particular, Network Care attracts those who are well-educated, white-collared, and professional from the "baby-boomer" generation.

- Gender: 73% female  
27% male
- Age: 44 + 11 yrs  
(mean + standard deviation)
- Occupation:  
48% professional  
22% white collar  
8% blue collar  
7% student  
6% homemaker  
6% retired  
2% unemployed  
2% self-employed
- Education:  
30% professional graduate  
51% college/university  
12% high school  
7% other
- Income:  
15% >\$60,000  
13% \$45-60,000  
13% \$35-45,000  
19% \$25-35,000  
40% <\$25,000
- 95% of respondent reported their expectations had been met; and 99% wished to continue Network Care.

**Summary...** This study demonstrates a strong connection between Network Care and self-reported, positive changes in the overall health and well being of practice member respondents. Future studies will assess Network patients longitudinally.

## **References**

1. Epstein DM. *Theoretical Basis and Clinical Application of Network Spinal Analysis (NSA)*. Longmont, CO: Innate Intelligence Inc., Nov. 1995
2. Epstein DM. Network Spinal Analysis: A system of health care delivery within the subluxation-based chiropractic model. *Journal of Vertebral Subluxation Research*, 1996,1(1), 49-58
3. Blanks RH, Boone WR, Schmidt S, Dobson M. *Network Care: A retrospective outcomes assessment*. 1996
4. Dobson M, Boone WR, Blanks RH. *Women and alternative health care: A retrospective study of recipients of Network Care*. 1996

## **Investigators**

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