

## OCCUPATIONAL HEALTH BRIEFS

NEWSLETTER of the COUNCIL on OCCUPATIONAL HEALTH

WINTER 2008 VOLUME 17, NO. 1

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1<sup>ST</sup> YEAR DCs:  
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President, ACA Council on Occupational Health

## PRESIDENT'S MESSAGE: "SYMPOSIUM 2009"

### FRED RASCHKE, DC

*Fred Raschke, DC, CCSP, has practiced in Weyauwega, WI since 1991. Dr. Rashcke has completed 360 hours of postgraduate Chiropractic Occupational Health and Applied Ergonomics educational. Dr. Raschke works with schools for implementing strategies for prevention and wellness.*

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*"By sharing something, I realized that I'm not alone, that there a lot of people that share with me the same preoccupations, the same ideas, the same ideals, and the same quest for a meaning for this life." - Paulo Coelho (b.1947); novelist*

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### Greeting Council Members,

I am excited to announce that the ACACOH will be co-sponsoring the ACA Specialty Council Super Conference & Expo which will be held October 28<sup>th</sup> – November 1<sup>st</sup>, 2009 in St. Louis Missouri at the beautiful Hyatt Regency Riverfront Conference Center! We will be featuring dynamic speakers to provide you with new ideas and insights to help grow and manage your practice and build rapport with your patients and with the local business and industrial community.

You will also be able to become trained and certified for performing DOT drug testing and alcohol screening so you may add this to your menu of valuable services for your community. Other co-sponsors of this tremendous event will include the Pediatrics, Internal Disorders, and Sports Injury Councils. The ACA will host a business track that may include coding, insurance relations, retirement, and practice management.

Plan to attend this spectacular, first of its kind event. Mark your calendars now. Look for further details about this event in weeks to come. **This event will also be our annual ACACOH Symposium and business meeting.**

As we move ahead with the New Year, we each have many dreams that will give birth to new changes. Believe in your dreams and believe in yourself. Move forward this year with new thoughts, a clean plate and plenty of optimism and gratitude. Gratitude for the many gifts and talents each one of us has and the ability to make the world a healthier place, one patient at a time. Optimism that effective natural chiropractic healthcare will play a vital role in our country's upcoming reformed and revitalized healthcare system.

Happy & Safe New Year!

Sincerely,  
Fred W. Raschke, DC  
President

# Great Opportunity!

## STUDENTS & 1<sup>ST</sup> YEAR DOCTORS: 4-PART SERIES – MEMBER BENEFIT CONFERENCE CALLS FOR YOU!

The Council announces a four part series exclusively for students and for doctors in their first year of practice. As a membership benefit, you will be able to participate in scheduled conference calls with your peers where you will be able to pose questions about setting up for practice, what to do in getting started in practice, how to begin practicing to include a degree of focus on occupational health, and other questions that you may have as either a student of chiropractic or a doctor just getting off the ground. Facilitators vary for each topic. Your cost? You get to call into a **Toll Free Number!** Teleconferences are 1 hour. Email instructions precede conference calls (reminding you one week in advance) to include dial-in information.

**Put the dates on your calendar now! It's your chance to ask questions to help you get started!**

Current membership status of participants will be verified at the onset of the conference call. Please keep your membership current. PLAN TO PARTICIPATE!! THIS IS FOR YOU!!

### NEXT TOPIC & DATE:

#### MARKETING YOUR LOCAL PRACTICE

**February 17, 2009 – 6:00 PM Central Time**

Contact Elizabeth at [eauppl@charterinternet.com](mailto:eauppl@charterinternet.com) to pre-register today in order to reserve a spot in this conference call. Limited number of participants.

"OCCUPATIONAL HEALTH SERVICES YOU CAN PROVIDE RIGHT AWAY!" May 19, 2009 – 6:00 PM Central Time

"RETURNING INJURED WORKERS TO WORK"  
Sept. 15, 2009 – 6:00 PM Central Time

### AVAILABLE ON DVD:

"SETTING UP TO PRACTICE"

Call recorded 11/18/08. Moderator: Chad Henriksen, DC, DACBOH

DVD \$40 Members, \$25 Students

To order, call 507-455-1025 during business hours.

## COUNCIL'S SPEAKER BUREAU

The Council is assembling its Professional Speakers Bureau. The information will be provided to various chiropractic groups and institutions so that the professional leadership entities will be able to select presenters on occupational health related topics for continuing education conventions, conferences, and seminars. You must be a current member of the American Chiropractic Association, and also a current

member of the ACA Council on Occupational Health to apply. Membership will be verified upon receipt of your application information as follows (below). All information must be transmitted by electronic (email) file attachment, and in the following manner in order to be considered:

- Current curriculum vitae
- Individual topic syllabus-course outline per topic broken down hour-by-hour for 2, 4, and/or 6 hour programs.

Only neatly typed and well organized outlines will be considered. All files must be sent by email attachment in MSWord format. Send your information without delay to [eauppl@charterinternet.com](mailto:eauppl@charterinternet.com). Thank you.

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## LIVING REFERENCE MANUAL: THE DOT AND THE DC

RESOURCE FOR DOCTORS OF CHIROPRACTIC

*The International Academy of Chiropractic Occupational Health Consultants (IACOHC), a nonprofit chiropractic organization since 1983, makes resources available to DCs that assist their practices in serving local business and industry. ACACOH members enjoy the same discounts as members of the IACOHC do. For more information, visit [www.DC-OccHealth-Org.com](http://www.DC-OccHealth-Org.com) or request more information by emailing [eauppl@charterinternet.com](mailto:eauppl@charterinternet.com). The IACOHC recommends this manual as a "Best Resource" to doctors who want to expand working at any level with local industry.*

### ABOUT THE AUTHOR:

*David Thorpe, DC, DACBOH, is a Diplomate in the American Chiropractic Board on Occupational Health since 2000. He practices in Fayetteville, NY, and is the owner of WorkRite Safety, serving clients throughout NY. Dr Thorpe is a past president of the ACACOH, and is the Founder of Academy of Chiropractic Examiners.*

### DESCRIPTION:

"The DC & the DOT" is a LIVING reference manual authored by a chiropractor, and written specifically for the chiropractor. This manual is filled with the latest information relating to the medical certification of the truck driver so that cash-based and mandated services can be added to the chiropractor's practice. It will provide information to the reader of the types of licenses and types of rigs, as well as information about the physical and emotional demands of the truck driver. Also included is information from medical conferences relating to cardiology, respiratory conditions, neurology, psychology, orthopedics, pharmacology and recommended guidelines for certification and much, much more. All combined in a way that provides easy access (within seconds) for the chiropractic medical examiner for quick reference.

A thorough understanding of the new National Registry of Certified Medical Examiners (NRCME) including typical questions and answers is included in

chapter 1-2. This manual can also serve as an excellent guide for DCs whom wish to complete the soon to be released educational requirement of the Federal Motor Carrier Safety Administration (FMSCA) for becoming officially certified for performing DOT physical examinations and thus listed in the NRCME. The manual provides quick and easy access to certification guidelines and requirements for the driver while you are performing the DOT physical exam itself. You will become familiar with the appropriate federal forms used in the examination process and how to complete them.

As an added value, included is a **“Quick Reference Guide” for disqualifying and modifying medications**, as well as numerous references throughout the text relating to typical medications utilized for the treatment of specific conditions.

Additionally, **practice scenarios** are included for the doctor to test skills in performing these examinations.

### **SPECIAL BONUS SECTION**

Content in the manual covers the basics the DC needs to know in order to provide services for both DOT and non-DOT drug and alcohol programs, and how to complete training leading to official recognition for being able to perform drug and alcohol services. The information is presented from a business point of view and covers information relating to how to set up a program legally (what your clients need to know), types of programs and percent of testing for DOT and non-DOT situations. An in- depth understanding of drugs tested for is presented so as to assist you in helping your client companies.

### **MARKETING HELPS**

A full section thoroughly covers how the trucking industry works, how to identify prospective clients, and successful marketing techniques to ensure your success as you incorporate services into your practice.

### **UPDATES AVAILABLE**

Federal guidelines do change at times pertaining to medical certification, and to the DOT drug and alcohol testing industry. As a **living manual**, updates will be available for the purchaser for a nominal annual fee. Updates will be mailed as inserts to the chiropractor in the form of a “page exchange” as the regulations occur. This will allow the chiropractic examiner the most current information needed for making appropriate decisions while performing services for their client companies.

### **TABLE OF CONTENTS**

- Section 1.1:** Introduction to working with the DOT
- Section 1.2:** The National Registry of Certified Medical Examiners (NRCME)
- Section 2.1:** The Examination – General Information, History and Documentation
- Section 3.1:** The Examination: Vision, Hearing, BP, Pulse, Urinalysis
- Section 4.1:** The Examination: General Appearance, EENT
- Section 5.1:** The Examination: Heart, Vascular System, Lungs and Chest
- Section 6.1:** The Examination: Abdomen, Hernia’s
- Section 7.1:** The Examination: Orthopedic and Neurologic Evaluation

**Section 8.1:** Practice Scenarios

**Section 9.1:** Introduction to Drug and Alcohol Testing

**Section 10.1:** Marketing 101

To order this manual, call (507) 455-1025 during business hours or email [eauppl@charterinternet.com](mailto:eauppl@charterinternet.com) and your call will be returned.

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# **SUPERCONFERENCE**

## **PLANNED FOR COUNCILS**

**Oct. 28 – Nov. 1, 2009 - St. Louis**

The American Chiropractic Association, along with its Council on Occupational Health, Sports Injuries & Physical Fitness Council, Council on Diagnosis & Internal Disorders, and Council on Chiropractic Pediatrics, have joined forces to bring you a *Superconference*. The Superconference will offer doctors a wide variety of continuing education offerings, something for every doctor. Chiropractic Assistants (CAs) and Office Managers will want to attend too since there will also be educational offerings pertaining to their clinical roles and responsibilities. Students of chiropractic may also plan to attend. Vendors are being invited to participate in the exhibit hall at the conference.

This historical event is scheduled for October 28 – November 2, 2009 to be held in St. Louis, MO. The location alone affords doctors the opportunity to bring family along whether for visiting Grant’s Farm, the Anheuser-Busch brewery or riding to the top of the Gateway Arch – there’s plenty for family to see and do! More information will be forthcoming.

Each Council will provide speakers to the program on a wide variety of relevant topics; as well, the ACA and industry will provide speakers for the superconference.

Many details have yet to be decided but planning continues. Please watch for more information in this publication and by other means soon. This will be a great opportunity for license renewal hours as well as hours that may be applicable to diplomate re-certification in some specialties.

### **MARK YOUR CALENDAR NOW TO ATTEND!**

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### **NEW DOCTORS SEEKS PRACTICE**

Ryan Johnson, DC, with strong initiative and commitment to excellence seeks to set up practice with existing clinic. Dr. Ryan Johnson graduated Western States Chiropractic recently and is currently enrolled in the Diplomate Chiropractic Occupational Health & Applied Ergonomics program. He is skilled in diversified adjusting and Graston Technique, and is certified for performing DOT drug testing and alcohol screening. Dr. Johnson would like to bring an occupational health focus to practice. He may be reached at 435-881-7000 or by email at [rjohnson@wschiro.edu](mailto:rjohnson@wschiro.edu). He is a member of the Council on Occupational Health.

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**Occupational Health and Applied Ergonomics Diplomate Program  
DVD Order Form**

**36-Hour Introductory Module\***

**\$275 for each 12-hour Session (Inquire for student or new doctor discounts)**

**Session 1:** The Role of Chiropractic in Occupational Health Current statistics show that most of the injuries that occur on the job involve the neuromusculoskeletal system. Who knows how to prevent and treat these conditions better than anyone else? You, the chiropractor. Find out how you can translate your chiropractic skills into prevention and improved clinical case management of work and non-work related disorders. Discover how corporations are rapidly expanding a more conservative, prevention-driven approach to workplace health and wellness. **Joseph J. Sweere, DC, DABCO, DACBOH, FICC**

**Session 2:** Learn How to Promote Services with an Emphasis on Industrial Relations Discover what it takes to create profitable relationships with business and corporate employers. Real-world examples and proven techniques will be explored. **Scott Bautch, DC, DACBOH**

**Session 3:** DOT Drug Testing and Alcohol Screening Certification and DOT Physical Exams. You will become certified for official recognition to perform U.S. Department of Transportation screenings for your industrial clients and the general public. Discover how quickly and easily you and your staff can add this service to your practice and how by providing one of these services opens the doors for providing a host of services to industrial clients. **Elizabeth L. Auppl, CDSP/T, CASP/T; and Joseph J. Sweere, DC, DABCO, DACBOH, FICC**

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First Name                      Middle Initial                      Last Name

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Exp. Date: \_\_\_\_\_ Signature (required): \_\_\_\_\_

Check with your state licensing board(s) for approval of distance learning toward license renewal credits. The DVD format is approved by the ACBOH so you can earn hours toward the diplomate.

**\* To order the complete Phase 1 package – contact Diana Berg or Jennifer Bell at 952-888-4777 ext 249. Diana or Jennifer can give you the details as well as the pricing for the package.**

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