

5. Improved Overall Quality of Life 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
Physical appearance

In addition to these categories, there was also a significant increase in health promoting practices and a decrease in health detracting practices.

Demographics

A demographic analysis of the retrospective study (conducted between Nov. 1994 and April 1995) demonstrates that NETWORK CARE targets highly motivated individuals interested in alternative and complementary care, vitalistic, or holistic care.

- 95% of respondents reported their expectations had been met; and
- 99% wished to continue Network Care.

A longitudinal study has been completed to assess practitioners' findings and patients' self reported health and wellness changes over time.

Other research is in progress to better understand the mechanisms underlying the apparent effectiveness of this approach. Researchers in a variety of scientific disciplines are currently involved in studying the benefits and mechanisms of NSA. [It is hoped that the interdisciplinary relationships established between the

communities representing the chiropractic, medical, basic sciences, and social sciences will assist the public in receiving and understanding the benefits of NSA and other evidence based methods of health and wellness care.

References

1. Epstein, D. M., *Theoretical Basis and Clinical Application of Network Spinal Analysis (NSA)*. Longmont, Colorado, Innate Intelligence, Inc., November 1995.
2. Epstein, D. M., *Network Spinal Analysis: A system of health care delivery within the subluxation-based chiropractic model*. Journal of Vertebral Subluxation Research, August 1996, Vol. 1, No. 1, p.51-59.
3. Blanks, R.H., Schuster, T. 1., Dobson, M. A., *Retrospective Assessment of Network Care Using a Survey of Self Related Health, Wellness and Quality of Life*. Journal of Vertebral Subluxation Research, 1997, Vol. 1, No. 4, p.15-31.

Several additional papers further evaluating the relationship of Network Care to healthier choices, lifestyles, life enjoyment, and the apparent "stress busting" effect have been submitted for publication in major journals. A longitudinal evaluation (of patients in care over time) has been completed, and articles have been submitted for publication.

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"A Retrospective Assessment of Network Care Using a Survey of Self-Related Health, Wellness and Quality of Life."

A Study of
Network Patients'
Self-reported Outcomes

Conducted within the
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Q: How does one evaluate health?

A: There are two distinct models

Biomedical model

Holistic or Wellness Model

The Biomedical model considers the symptoms of a person and his laboratory test results to assess his/her condition or disease. The **Holistic** or **Wellness** model considers the person, his extent of function, his perceptions, and his overall quality of life.

Q: Have health professionals studied their patients to demonstrate the changes across both models of health?

A: Some studies have been done in various professions. Members of the Association for Network Care have participated in a study conducted by researchers within the University of California, Irvine, College of Medicine.

One objective of this study was to develop a patient reported questionnaire to evaluate health and well being through a wide range of **Biomedical** and **Wellness** indicators incorporating both models. This survey bridges the **Biomedical** and **Wellness** assessments. The study evaluated a population of over 2800 patients under Network Care in U.S. and abroad. It represents the largest study to date assessing such a wide range of patient reported health and wellness benefits of any population. Seventy-six percent (76%) of the patients studied reported improved combined wellness changes in all categories assessed.

Q: What is Network Care?

A: Network Care utilizes Network Spinal

Analysis (NSA). NSA is a system of assessing and contributing to spinal and neural integrity, as well as health and wellness. Practitioners employ gentle force applications to the spine assisting the body's self regulation of tension in the neurological system. The body naturally develops strategies for dissipation of stored tension/energy, thus enhancing self-regulation of tension and spinal interference.

Q: What trends were seen in patients receiving this form of care?

A: An increasing percentage of patients reported progressively greater improvements in the areas assessed as a function of duration of care; that is in the population studied, there was no "ceiling" to the results over time for the health and wellness categories investigated. The benefits reported among patients respondents were evident from those as recent as 1 to 3 months under care to those under the care for as long as 3 plus years. These results have led the investigators to conclude that **"within the boundaries of this study design, these findings provide substantial evidence that Network Care should be included among the practices with established health benefits."**

Q: What Categories relating to health and wellness have been investigated, and with what results?

A: The following categories, with examples from each section, all showed statistical and clinically significant benefits:

1. Improved Physical State relative to:

Less physical pain
Less tension or stiffness of spine
Improved allergies, eczema, and

skin rashes
Fewer incidences of colds and flu
Fewer headaches
Less menstrual discomfort

2. Improved Mental/Emotional State relative to:

Improved positive feelings about self
Less moodiness, angry outbursts and depression
More interest in Life
Improved ability to think and concentrate
Less anxiety and concern about vague fears
Improved ability to stay on task
Less distress about pain

3. Improved Response to Stress:

Less stress relative to:
Family
Significant relationship
Health
Finances
Daily problems
Work
General well being

4. Improved Life Enjoyment relative to:

Openness to guidance by "inner voice feelings"
Experience of relaxation and well being
Positive feelings about self
Interest in maintaining a healthy lifestyle
Feeling open when relating to others
Confidence when dealing with adversity
Compassion for and acceptance of others
Incidence of feelings of joy or happiness