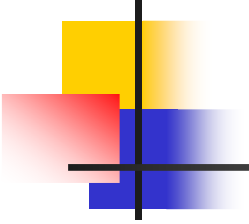




# Odds and Ends

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A compilation of miscellaneous  
research and issues.



**Adequacy of education in musculoskeletal medicine.  
Matzkin et al. Journal of Bone and Joint Surgery February  
2005;87(2):310-314**

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- Oct 1998: Most residents “failed to demonstrate basic competency”
- Feb 2005: Residents scored 2.7 points lower than those who took the exam in 1998.

Staff physicians: 52% scored a passing grade.

Residents: 21% scored a passing grade.

Medical Students: 5% scored a passing grade.



# The Process of Selecting Relevant

**Research** by Dr. John J. Triano

**Dynamic Chiropractic May 7, 2005**

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- “It has been estimated that if an individual attempted to keep up with all the literature related to his or her own discipline by reading one article per day, by the end of one year, they would be 99 years behind.”
- AHCPR located over 10,317 articles, culled to 3,918

# Chronic Back Pain May Shrink The Brain



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- **Chronic back pain is associated with decreased prefrontal and thalamic gray matter density.** Apkarian et al. *The Journal of Neuroscience*, Nov 17, 2004 24(46):10410-10475.
- **No Change in the Structure of The Brain in Migraine: a Voxel-based Morphometric Study.** Matharu et al. *Eur J. Neurology* 2003;10:53-57

**People who suffer from chronic back pain for one year may experience a reduction in the brain's gray matter equivalent to the amount lost by the average person in 10 to 20 years of normal aging.**

# Consumer Dissatisfaction



***To Err is Human: Building a Safer Health System.*** Kohn et al.  
Washington, D.C.: National Academy Press, 1999.

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- ***National Survey on Consumers' Experiences With Patient Safety and Quality Information.*** Kaiser Family Foundation, Agency for Healthcare Research and Quality, and Harvard School of Public Health. Nov. 2004
- Despite the efforts of hospitals, doctors, health plans, and insurance companies to reduce medical errors and improve the quality of care, more than half of all American adults are dissatisfied with the current quality of health care provided in the U.S.
- In addition, a significant % believe that the quality of health care in the US has actually gotten worse, not better, in the 5 years since *To Err is Human* was published.



## From the Junk Food category...

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Quote: Tennis star Serena Williams.

**“I advise everyone to eat your  
McDonald’s---before you play me  
especially.”**

Source: World; 11/16/2002