



EXPANDING CA SCOPE

## **A Historic First for Chiropractic Assistants**

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The New Jersey State Board of Chiropractic Examiners will begin issuing licenses as early as Nov. 1, 2018 to chiropractic assistants who have undergone a 500-hour training course and passed a competency exam. New Jersey is the first state to license CAs, creating a new career path that will allow chiropractic physicians to expand their practices.

The licensed chiropractic assistant (LCA) will be allowed to perform certain tasks that only licensed chiropractic physicians could previously perform, such as performing manual muscle tests and general orthopedic and neurologic tests; applying thermal, sound, light, mechanical and electrical modalities and hydrotherapy; instructing and monitoring prescribed rehabilitative activities; and taking vital signs and collecting health histories, among other tasks.

"Pioneering the nation's first licensure in this area is thrilling," said Amy Boright Porchetta, executive director of the ANJC, which initiated and lobbied for the new state licensure. "We are proud to partner with [New York Chiropractic College] to provide top-notch training to our upcoming licensed chiropractic assistants. These LCAs are the first generation of many to come who will greatly impact the health of our New Jersey patients."



Designed to be a 12-18-month course, the curriculum includes 120 hours of online and classroom instruction, taught by the NYCC Post Graduate and Continuing Education Department. The remaining 380 hours will be clinical training taught by approved DCs. Chiropractors who want to serve as clinical trainers must complete a two-hour online training course and pass a subsequent test.

"NYCC-trained LCAs will help increase the quality of patient-centered care that New Jersey-based chiropractors can offer and allow them more time to grow their practices and advocate for the profession," said NYCC President Michael Mestan. "LCAs will serve as excellent liaisons between the doctor and the patient, and we know that the natural healthcare marketplace rewards those practices with a very knowledgeable staff supporting the chiropractor's goal of increased patient compliance and satisfaction."

To be eligible for licensure as a CA in New Jersey, applicants must be at least 18 years old, have successfully completed high school or its equivalent, have completed the LCA program through an accredited chiropractic institution and successfully passed a state board-approved competency exam. NYCC will administer the exam at a testing center. Official transcripts and proof of passing the exam must be provided along with the application to the N.J. State Board of Chiropractic Examiners.

The 120 hours of didactic education required per the program include:

- Chiropractic philosophy & terminology
- Functional anatomy of the spine, extremities, muscles, nerves and landmarks
- Management of common disorders
- Rehabilitation
- Physiotherapy modalities including indications and contraindications
- Profession behavior related to ethics, boundaries and risk management
- Documentation and record-keeping

- Hygiene

The 380 hours of clinical training consist of the following monitored activities:

- Health data collection
- Examination and testing procedures
- Passive and active therapeutic interventions
- Documentation and record-keeping
- Patient safety and office policies regarding emergency procedures

The license to practice chiropractic assistance must be renewed every two years through the state board. LCAs will be required to complete 15 hours of continuing education in order to renew. Two of those credit hours must be in the category of state laws and rules governing professional ethics, and no more than six credits may be earned through distance-learning courses.

"The LCA will be invaluable in assisting New Jersey chiropractors with the great care they provide each and every day," said ANJC Board President Dr. Steven G. Clarke.

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