

QUARTERLY REPORT

World Congress of Chiropractic Students

EXCITING CHANGES!

A lot has changed in the past 3 months. We have a new Board of Directors, a new logo, a new email system and a new website is on its way! You'll find out all about it in this QR.



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Last July, we had our Annual General Meeting in Johannesburg, South Africa. Hosted by the delegation of the University of Johannesburg



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WCCS
WORLD CONGRESS OF CHIROPRACTIC STUDENTS

We have a new logo!



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At the 2018 AGM in Johannesburg, South Africa the new Board of Directors was elected. They will be heading the WCCS for the next year.

The purpose of the World Congress of Chiropractic Students is to advance and unite the global chiropractic profession through inspiration, integrity and leadership.

PRESIDENT'S WELCOME



A NEW DESIGN FOR THE QUARTERLY REPORT

Welcome to the September 2018 WCCS quarterly report! You might have noticed that it looks slightly different from the previous edition, that's because we are working re-branding!

With our new logo (you will read more about this on another page in this publication), comes the time to freshen up the rest of our brand. This means both the quarterly report and our website are getting a huge makeover, how exciting is that? !

Stay tuned for more details on all the changes we are making as they will be explained in the following pages.

Emilie Claerbout
Director

A very warm welcome into the 2018 – 2019 WCCS year, to the first post-AGM Quarterly report and welcome in a year where many changes are going to happen. As you can read further into this edition, the AGM in Johannesburg has been a fruitful congress. The AGM themed 'Chiropractic and Public Health' has been a platform for discussions, exercises, and presentations on the role of chiropractic in worldwide public health. As every year, it has been a great event to meet like minded students, to learn more about our profession, to step up as a leader and it has also been a great occasion to present and update the members on the opportunities we are getting as organization because of everyone's hard work. The opportunities that at the same time have forced us into thinking about the long-term future of the organization and what is needed to facilitate us going there.

Exactly that moved the past year's Board of Directors into suggesting a change in the structure of the organization. The Regional Coordinators in the past two years have done an excellent job in coordinating the day to day running of the chapters and regional events, and this has made the regional representation in the Board of Directors redundant. We got very good feedback on the suggested changes and will come to Brisbane with an official proposal for this.

This has also been the main reason I decided to go for the presidency of the WCCS. To keep up with the opportunities we are getting and to make more of an impact, we must work on the foundation of the organization. There has never been a solid house built on loose sand. I experienced the need for this in my past year in the Board of Directors and decided this is what I would want to contribute to and have achieved before I leave the organization to younger students.

It is not just the Board of Directors that have identified the need for professionalization. The SDU WCCS Chapter found gaps in the long-term goal setting of the organization and the documentation of what has been done. Therefore, I am happy to let you know that we are ahead of the game and we already added

an AGM summary report in this Quarterly Report.

Overall, I cannot state enough how proud I am of everyone involved in the WCCS. You guys are making a difference and you guys have brought the organization where it is today. I am incredibly grateful and excited to serve the organization as president this year and will work hard to make it a year to remember.

Naomi van Veen

President



WHERE CAN YOU FIND US NEXT?

18-20 Oct '18



UNIVERSIDADE
FEEVALE
INTERNATIONAL FEEVALE
SEMINAR

@ Universidade Feevale,
Brazil

25-26 Oct '18



GLOBAL CONFERENCE ON
PRIMARY HEALTHCARE

Organised by the World
Health Organisation @
Astana, Kazakhstan

24-27 Oct '18



WFC/ACC EDUCATIONAL
CONFERENCE

in London, England

3-4 Nov '18



WCCS European
Regional Event @
McTimoney
Chiropractic
College, England

1-3 Mar '19



WCCS Americas
Regional Event @
Logan
University, USA

16-19 Jan '19



ACA/SACA
Conference @
Washington, USA

20-24 Mar '19



WFC/ECU
Conference @
Berlin, Germany

26-28 Apr '19



WCCS Africa
Regional Event @
Durban University
of Technology,
South Africa

20-28 May '19



WHO - World
health assembly
@ Geneva,
Switzerland

2018 ANNUAL GENERAL MEETING

FROM JULY 6 TO JULY 13 2018, THE 40TH ANNUAL GENERAL MEETING OF THE WORLD CONGRESS OF CHIROPRACTIC STUDENTS (WCCS) WAS HELD IN JOHANNESBURG, SOUTH AFRICA. THE UNIVERSITY OF JOHANNESBURG CHAPTER CONVENING TEAM, LED BY NERINA LE ROUX, DID AN INCREDIBLE JOB HOSTING OVER 100 STUDENTS FROM 24 COUNTRIES.

The World Congress of Chiropractic Students (WCCS), is growing and was fortunate to welcome Palmer Davenport, University of Feevale (Brasil) and University of Western States as new & recurrent chapters of the organisation.

This year's AGM themed "Chiropractic and public health" pushed all representatives into thinking about the chiropractic profession from a different angle. Where do we stand in public health? What is our role in interprofessional care? How can we help to address non-communicable disease? How can we increase interprofessional and intersectoral collaborations? How can we grow chiropractic worldwide? And how can we advocate through social media? All students participated in debates, presentations, negotiations, and took opportunities to grow as a leader in the healthcare.

We were fortunate to learn from an incredible leadership panel. The organization welcomed Dr Catherine Quinn, president of the British Chiropractic Association (BCA), who inspired every student with her speech, her involvement in the medical staff of sports teams and her CV. We also welcomed Dr Kendrah da Silva, president of the Chiropractic Association of South Africa (CASA), teaching us about the bumpy road on the way to success. Dr Luke Schmidt, former WCCS president and now vice president of CASA, who showed us how WCCS will be the stepping stone to great leadership in the profession. In addition, Dr Simon Lawson, who inspired

us with his leadership experience as Chair international Federations Commission of the FICS, Past President and founder of ChiroSport SA, and Immediate Past President of CASA.

At day 3 of Congress, we took time out for our yearly community service project. In Alexandra, one of the townships of Johannesburg, we planted trees, helped with gardening in the community gardens, and donated clothes for the local residents.

The WCCS also encourages students to produce and participate in research. In Johannesburg, we had some great research shown in the research poster presentations, by Emilie Claerbout (AECC UC), Janna Duehr (NZCC), Dr Fraser McClymont (grad CQU Mackay), and Adrien Aymon (IFEC). We also welcomed the great researchers Professor Andre Swart and Dr Chris Yelverton. They did not only show us their impressive research but also elaborated on the opportunities and threats we face with the sheer amount of data available in the current society.

The WCCS is currently setting big steps towards increasing its productivity and global impact as an organization. This was made clear by the proposals that were brought forward by several chapters. The AECC UC, NZCC and SDU chapters brought forward proposals, all passed at this AGM, which will:

- increase the communication between the WCCS chapters and the educational institutions

- increase the contribution of students towards chiropractic research

- give more direction to the actions of the WCCS and increase communication of these actions to external parties

AGM 2019

We are just under a year out from the 2019 WCCS AGM in Brisbane, Australia!

A year ago when the Australian/New Zealand chapters put their heads together to host this event, we were all incredibly excited. Then we quickly felt overwhelmed, or at least I did. What was I thinking of volunteering to host an AGM? Well, I can safely say that I had nothing to worry about; the whole committee has been firing on all cylinders getting this AGM organised. We can't wait to show you what we have in store for you all! The BoD, both past and present, have been extremely helpful in giving advice and helping where they can. On top of that, every member has been throwing themselves at their tasks with great enthusiasm.

With a little luck, and a whole lot of effort we hope to bring you the most exciting and authentic Australian experience possible. An experience complete with appearances from well-loved Australian animals, relaxed social events, and of course, stimulating chiropractic conversation.

Until next time,
Joshua Steen.



A final word from the convener:

Overall this year's AGM was a great success and an unimaginable learning experience for all of us. We are excited to start working with the new team towards our new goals and towards the 41st WCCS AGM in Brisbane, Australia June 30th - July 7th 2019.

With a grateful heart, I reflect back on the two years leading up to and including AGM. What an exciting challenge it has been putting together a program incorporating our extensive South African diversity. So much has changed since the planning started. I will never forget the road trips to potential game lodges for accommodation with our initial site visits.

I will forever cherish the heartfelt emotions experienced in Alexandra, the energy of the gumbboot dancers, as well as my unexpected crowd surf; the priceless facial expressions as we passed by protestors, the excitement hopping onto the game driving vehicles in Dinokeng, as well as the electrifying passion experienced in the conference room. And not to forget my first speeding fine in the three and a half years that I've been living in Johannesburg - the excitement getting to the airport to pick up my dearest President surely got the better of me!

To Danielle, Dominique, Roxanne, Charlotte, Holly, and Naomi - thank you for leading me, and allowing me to make mistakes. Your support to me and commitment and dedication to this organization will never be forgotten.

To the UJ chapter - thank you to Francis and her team for contacting potential sponsors, Janine who helped me with potential speakers, Ami and Michela for coordinating a phenomenal Billet Evening, as well as making the most beautiful lanyards, and Kelly for organizing our campus tour.

A massive thank you to the Chiropractic Association of South Africa and Hi-Tech Therapy for your generous sponsorships - we really appreciate your financial support that helped us hosting the AGM.

To the delegates - thank you for each and every sacrifice that has been made to attend this event! And thank you for this life-changing opportunity as convener!

All my love,
Nerina

The 2018 AGM Convening Team from the University of Johannesburg, lead by Nerina le Roux



The 2018 AGM attendees

THE NEW BOARD OF DIRECTORS

PLEASE WELCOME OUR NEW BOARD OF DIRECTORS. THEY WERE ELECTED BY CONGRESS AT THE MOST RECENT ANNUAL GENERAL MEETING IN SOUTH AFRICA AND WILL BE REPRESENTING THE ORGANISATION FOR THE COMING YEAR.

Naomi van Veen President

She is a recent graduate of the Welsh Institute of Chiropractic (WIOC), having graduated in June 2018. In her first year in WIOC, four years ago, she got involved in the WIOC WCCS chapter and she has participated in a total of five WCCS events by now. She has started working in her home country the Netherlands, where she also graduated as a physiotherapist before she decided to stretch her study years to become a chiropractor. The interest in the human body has its foundation in the very unsuccessful sports career, in which Naomi spent more time as a patient in the rehab room than as a player on the pitch. Next, to working as a chiropractor and being the president of the WCCS, she has a strong interest in sports. She is currently helping the Welsh national Korfball Team to prepare for the European Championship this October. You can also find her regularly on her bike or in the swimming pool. Naomi has a strong interest in entrepreneurship and organizations that make the world a better place, including Non-for-Profit organizations and social enterprises. Therefore, she is excited to continue professionalising the WCCS in the coming year.



Dr Fraser McClymont Vice President

He is a proud 2018 Graduate of Central Queensland University, Mackay. He first became interested in Chiropractic when it helped with his concentration at school and went on to enrol straight after high school. He has been involved in the organisation since 2013 having been a Chapter Chair he saw his chapter spread to Brisbane and Sydney. In 2017 he attended his first AGM where he took on a role in the convening team for 2019 AGM and later became Chair of the Marketing Committee. He also attended the 2018 WHA as a delegate with the WFC. He attended the 2018 AGM as a Head Delegate of the CQU-A Chapter and went on to win the Western Pacific Board of Directors position to become Vice-President of the organisation. Fraser comes from a rural farming background and is an avid Rugby Union supporter. He enjoys spending his free time cooking, reading, attending the gym and hiking. He currently locums in rural Australia and has a keen interest in supporting positive ageing in Australia's elderly population and increasing access to care in rural Australia. He also enjoys regularly returning back to the family farm and enjoying the wide-open spaces it provides. Fraser is looking forward to his role as Vice President of the organisation, handling external affairs and building our influence as an organisation. He believes that all chiropractors share more similarities than differences, particularly surrounding patient-centred care and that we share those similarities with other health professionals.

Shadi Fattahi Treasurer

She is in her last year of chiropractic education at the Canadian Memorial Chiropractic College (CMCC). She is currently doing her clinical internship at the internal campus Clinic of CMCC. Shadi has completed her Bachelor of Science in Kinesiology and Health Sciences at York University in Toronto, Canada in 2015. She was involved with the CMCC chapter of WCCS since her first year at the chiropractic college. In her last year, she was the chapter chair of the CMCC chapter of WCCS. Shadi has a passion for health and health advocacy. She loves taking on leadership roles and pushing herself to become a better version of herself.



Kemmy Ritter
Secretary

She is originally from Brazil and moved to the United States the moment she finished High School. She always had an interest in human anatomy, especially the brain and nervous system, which led her to pursue a career in Chiropractic. Kemmy is a third-year student at Logan University completing her clinical rotation at Montgomery Health Center and Pediatric Clinic in Chesterfield Missouri, where she will be graduating in April 2019. In 2017, she attended the ACA, ACC and WFC Conference in Washington DC, where she first came across the WCCS. Kemmy helped restart a WCCS chapter at Logan University and has been actively involved since. She served the organization last year as Americas Regional Coordinator, where she had the opportunity to work with the Board of Directors, the North and South American school chapters, and also represent the WCCS in a few conferences within the Americas Region. The WCCS is a platform where she found students with similar interests and energy to advance and unite the Chiropractic profession. Kemmy is looking forward to working with this amazing student organization.



Emilie Claerbout
Director

She is one of the European members currently on the Board of Directors and mainly takes on duties in the Public Relations sector. Originally from Belgium, she moved to England in 2015 to study chiropractic at the AECC University College. Only a few weeks into the course, she got exposed to WCCS and travelled to Barcelona to attend that year's European Regional Event. Since then, she has attended 3 Regional Events & 3 Annual General Meetings and served as Treasurer on her local chapter for two years prior to getting elected in her current position on the board. In the next year, she hopes to focus on increasing the organisation's operational efficiency and professionalism. This includes designing a new website and implementing new communication and collaboration platforms. Emilie takes a special interest in chiropractic innovation and works as an undergraduate research assistant at her university's Centre for Biomechanics Research. After graduation, she plans to specialise further in the veterinary field to combine chiropractic with her lifetime love for horse riding. Some of her other passions include travel and volunteering as a first aider & youth leader.



Nerina le Roux
Director

She is a fourth-year student at the University of Johannesburg (UJ) and has been involved with the WCCS since her first year. During her first year, she decided to apply for delegate status for the next AGM (Paris) to connect with students that shared her passion, gain inspiration, and broaden her perspectives for the chiropractic journey that was lying ahead. During the time in Paris, she got elected as convener for the 2018 AGM in South Africa. She also served as treasurer of her local WCCS chapter since the beginning of 2018. In July, Nerina stepped into the African Board of Directors position where she is focused on Internal Affairs. She finds nothing as rewarding as serving and helping people and hopes to make a positive contribution to health in South Africa. Furthermore, she enjoys spending time outdoors with her family in the countryside of South Africa.



Dr. Danielle Wiesner
Immediate Past President

Danielle has been on the Board of Directors since 2016. She is a graduate of the Canadian Memorial Chiropractic College and has been involved in the WCCS since her first year as a chiropractic student. Danielle completed her Bachelors in Kinesiology (Hons) at Brock University, and was a member of the school's varsity rowing team. Coming from an athletic background she finds that the WCCS reflects the team environment that she enjoys participating in. During her final year at CMCC, she completed a placement at a multidisciplinary clinic at St. Michael's Hospital in Toronto. She takes a particular interest in the benefits of interprofessional care and interprofessional education. Danielle is currently practising at both Abbott Chiropractic & Health Care and Thornhill Rehabilitation and Chiropractic Centre in Ontario, Canada. Danielle has represented chiropractic on the executive of the Inter-professional Health Students Association of the University of Toronto and on the steering committee of the WHO Youth Forum. She has also represented the WCCS at a number of conferences, including the 70th and 71st World Health Assembly, and believes that respect and communication are key to advancing the chiropractic profession.



BOD SPOTLIGHT



Hey everyone! I am looking forward to my term as Vice-President of the WCCS and I will endeavour to serve each and every one of you, and our values every step of the way. As I said during my election speech, the WCCS is an incredible organisation that has afforded me with opportunities at every turn. From being Head of the Marketing Committee to attending the World Health Assembly, my life from the 2017 AGM at Life West has been sent on another trajectory. I was discussing with Amine Lofti, former WHO Liaison Officer for the IFMSA, about student organisations and the impact they have. No matter what college you go to, being involved with the WCCS places your entire life on a different level to that of your colleagues.

As you can imagine, the WCCS is starting to become more and more involved in global health policy and the WHO in general. The organization is a part of the Youth Hub; the collection of student and youth health professionals who are looking to engage youth and promote the Human Resources for Health agenda at an international level. . We have attended the WHA with the WFC and the IFMSA , an amazing privilege that we can offer our members, so many thanks to the WFC and the IFMSA for the opportunity. We're starting our External Affairs working groups focussing on Non-Communicable Diseases, Physical Activity and Youth Working Conditions. We're going to use these groups to conduct surveys, literature syntheses and create statements on what Chiropractors can be doing in these areas. We have opened involvement in these working groups to other youth health organisations to encourage and facilitate multi-disciplinary action. The 2018/19 BoD are proud to announce that we have started creating an action plan to lodge an application for Non-Governmental Status over the next three years. Right now is the time to be involved in the WCCS, right now our organisation is stepping up to big challenges. But we can't do it alone, we need the active involvement of our members to see this plan to fruition. Many hands make light work, and we have a heavy task ahead.

Finally, I'd like to thank WCCS Alumni, we wouldn't have had the massive task we're facing without the hard work of those who came before us and set the groundwork. So thank you for all that you did and continue to do for chiropractic. And to our current members and supporters; you are the heart and soul of the WCCS and with that being said, Carpe Momentum.

Dr Fraser McClymont
WCCS Vice-President



A big thank you to our previous Board of Directors for their marvelous work the past year!

*Please welcome the new Board of Directors, from left to right you see: **Kemmy Ritter, Nerina le Roux, Shadi Fattahi, Fraser McClymont, Emilie Claerbout, Naomi Van Veen and Danielle Wiesner***



THE NEW WCCS LOGO



At the 2017 WCCS AGM, a proposal was put forward by the Life University delegation that called for a new logo.

Since corporations and organizations have existed, simple and effective logos have been used to represent the organization as a whole, as well as convey the core values and principles that surround their purpose. We believe World Congress of Chiropractic Students had to adopt a new logo, to assist the current banner that has done so well representing our organization already. In addition to sealing official WCCS documents or pages, this new logo will also support a simple and efficient communication of chiropractic globally. Over the past year, ideas were submitted to LIFE U and voted on by all chapters.

The top 5 logo ideas were then voted on during the 2018 AGM, where a new official icon was adopted, thus creating a monumental change in the World Congress of Chiropractic organization.

We would like to congratulate all chapters for their submissions, and in particular the delegation of the Institut Franco-Europeen de Chiropraxie from France.

Their logo was voted on as the winner and from this day onward, is the new official WCCS logo.

With a new logo, comes time for re-branding. A new and improved website is therefore currently in the works which will feature improved designs and functionalities. Release date is planned for 21st September 2019.

Emilie Claerbout
Director





WCCCS

WORLD CONGRESS OF CHIROPRACTIC STUDENTS

NEW REGIONAL COORDINATORS

THE REGIONAL COORDINATORS ARE AN ELECTED GROUP OF INDIVIDUALS ENTRUSTED BY THE CONGRESS TO BE THE FIRST POINT OF COMMUNICATION FOR CHAPTERS. THEY FORM AN ESSENTIAL LINK BETWEEN CHAPTER HEAD DELEGATES AND THE BOARD OF DIRECTORS.



Dafne Mariem Jiménez Pérez Américas

She is from Orocovis, Puerto Rico. As is every latina, she's known for giving lots of hugs and always having a smile on her face. She originally intended to become a Neonatologist, but after hearing about chiropractic for the first time, there was no turning back. She absolutely fell in love with the profession and everything it stands for. Despite her close relationship with her family, she decided to take the leap and follow her dreams. She moved to Marietta, Georgia in 2016 to get her Doctor of Chiropractic degree in Life University. She is currently in her 7th quarter of the Doctor of Chiropractic program and looking forward to her next step of serving students in Student Clinic. She has been a member of WCCS for two years, and it was her passion and determination to find her purpose within the profession that made her immediately work hard for the organization. The WCCS is everything she had hoped to find and more. It started as a place where she could be of service to the community, network and to help unite the chiropractic profession. With time, it became her home away from home. The family she found within the members of her chapter and the warmth she received in both AGM's she attended were enough for her to decide to take the leap and work even harder for the organization as a whole. The WCCS has bigger plans and representation every year, and it is an honour for Dafne to be of service to the organization and the profession moving forward. Unity and spreading the word about WCCS are the main goals for this year, and along with Samantha, she hopes to accomplish both of them as one of the Americas Regional Coordinators.

Sara Presazzi**Europe**

She is originally from Italy and she is a fourth-year student at the Madrid College of Chiropractic (MCC). After her first week at MCC in 2015, she joined WCCS and had the opportunity to attend her first AGM in 2016 as a delegate in Paris where she was elected as convener for the 2017 European Regional Event. Sara served the MCC Chapter as Chapter Chair in 2017 and as Head Delegate in 2018. During this last AGM, she was elected to be the European Regional Coordinator. She has experienced a great amount of personal growth during her time with the WCCS. That is why she is very grateful and excited to help support the European Chapters in addition to work alongside the other Regional Coordinators and BoD members to give WCCS the importance it deserves. She believes the future of chiropractic is in our hands. Sara hopes to inspire WCCS members as much as she was inspired by the predecessors. Aware of the responsibility of the task, she guarantees her maximum commitment and availability. Her favourite quote is: "If you think you are too small to make the difference then try to sleep in a room with a mosquito!"

Lebogang Khesa**Africa**

He is a 6th-year Chiropractic student at the University of Johannesburg. He only joined the WCCS in 2018 and was lucky enough to be chosen to be a delegate for the WCCS UJ Chapter to attend his first AGM the same year. He is a goal orientated, grounded and calm individual that works well under pressure and loves to work in a team. Although he only joined the WCCS recently, he had noticed issues throughout his 6 years of being a student within his local chiropractic community that he felt needed to be addressed. He then started looking for solutions and saw the WCCS as a potential avenue to address these issues and spread Chiropractic to those who need it the most in South Africa. After attending the 2018 AGM, he feels as though he has found a new passion within the WCCS and is honoured to have been nominated and elected to be the 2018/2019 African Regional Coordinator. He hopes that by the end of his term, he would have accomplished his main goal of building bridges between communities and started taking the initial steps towards his vision of an integrated decolonized local chiropractic community through the WCCS.

Samantha Jordan**Americas**

She is a Regional Coordinator for the America's region for the 2018-2019 year and she is excited to take on her new role within the WCCS. Samantha graduates this December from Palmer College of Chiropractic Florida and cannot wait to see where the new year of 2019 takes her in her chiropractic career. Samantha's mentor and WCCS alumni, Dr Eddie Leonard, inspired her to re-activate Palmer Florida's WCCS chapter when she first started on campus and has been grateful for the organization every moment since. She attended her first AGM as Head Delegate for Palmer FL at Life West in 2017 and was nominated to be a Regional Coordinator at AGM 2018 in South Africa. She is honoured to be nominated and cannot wait to work alongside the other America's RC, Dafne, to continue to grow the America's region and bring together the current active members to discuss and embody everything WCCS believes and stands for as the next generation of chiropractors. Her favourite part about being in the WCCS is the opportunity to be surrounded by some of the most inspiring, influential, and hardworking students who care just as much as she does (if not more!) about chiropractic and how this profession can be the best it can be.

Clare Halpin**Western Pacific**

She is currently in her fourth year of her chiropractic degree at RMIT, Australia. She joined the WCCS in her second year and has held roles on the RMIT executive board for the last two years. Clare completed her Bachelor of Biological Sciences at La Trobe University in 2012 and worked in a medical diagnostic laboratory for four years before deciding to return to university to pursue chiropractic. Clare has always had a passion for helping people and for health science and it was while working in the laboratory that she decided that a more hands-on approach to patient health was where her passion lied. She feels honoured to have been elected the Western Pacific Regional Coordinator for 2018/2019 and is excited to be a part of the organisation at such a crucial time. She is also looking forward to the 2019 AGM held in Brisbane, Australia where she will be a part of the convening team and is excited for the year ahead.

REGIONAL REPORTS

EACH REGIONAL COORDINATOR PROVIDED A BRIEF OVERVIEW OF WHAT THEIR REGION HAS BEEN UPTO RECENTLY.

AMERICAS

As everyone gets back to their everyday lives after the incredible experience at our 40th AGM in Johannesburg, South Africa, we can definitely say the America's region is off to a great start. The region has experienced a few positive changes when it comes to the Regional Coordinator (RC) position. Starting this year, there will be two RC's for a region that consists of more than twelve active member schools. Currently, the America's region has 14 active member schools, 12 non-member schools, and five whom we are in contact with to become chapters. Dafne Mariem Jiménez Pérez (Life University) and Samantha Jordan (Palmer Florida) were nominated at this year's AGM in South Africa to be the RC's for the 2018-2019 year. The region has been evenly split between the East and West part of the America's region. Samantha will be working with the Westside, and Dafne will take care of the East, including Mexico, Brazil and starting communication with the new school in Puerto Rico.

The first Regional call following AGM was held on July 29th, 2018, with 10 chapters proudly represented in the meeting. Samantha and Dafne created a necessities survey to identify the individual and collective needs of every chapter in moving forward. Responses from the chapters were collected and discussed in the Regional Call. It was found that most chapters struggle with fundraising, member retention and spreading the word on what WCCS is at their schools. The chapters who are strong in each area spoke up and shared their experiences and struggles they may have experienced in these areas and what they have found that worked best. Many great ideas were brought to the table and shared with one another which was a beautiful exchange.

Moving forward, a "Godfather" program is being established, where new chapters will be paired with chapters with more experience so they can be in contact and work together to achieve their individual and collective goals that will benefit WCCS in the future. Also, a goal to connect neighbouring schools and members through the Facebook group is being set so everyone can share seminars, fundraisings and important events going on in their schools and everyone can benefit from these events. Enhancing communication through this platform and connecting the members will bring more unity to the region, despite the fact that some schools are far from each other.

Recently, contact has been made with the Director of the Universidad Central del Caribe Chiropractic School and actions are being made towards the beginning of a WCCS Chapter at their school. The goal is to bring at least two students from Universidad Central del Caribe Chiropractic School to the next Americas Regional Event.

The next Americas Regional Event will be taking place at Logan University in Chesterfield, Missouri, on March 1st-3rd. Tiffany Huang will be the convener of the event. So far, they are working on getting good hotel deals to host all members, and getting approval from the BoD for speakers. We are currently working really hard in getting everyone involved for our Regional Event and also excited for Brisbane next year. The chapters are already working hard towards that.

*Dafne Mariem Jiménez Pérez
Samantha Jordan*

Americas Regional Coordinators

AFRICA

Chiropractic in South Africa let alone Africa, is a relatively new and young profession and although it has been around in Africa for over 20 years, the number of chiropractic institutions are still small in comparison to other regions worldwide. Currently, there are only 2 institutions that offer chiropractic as a course in Africa which are the Durban University of Technology (DUT) in KwaZulu-Natal and the University of Johannesburg (UJ) in Gauteng. Fortunately, since there are only 2 chiropractic institutions which are both situated in South Africa and part of the WCCS, coordination and communication between the 2 institutions is much easier than in other bigger regions worldwide.

The current WCCS chapter heads at each institution are Keiron Boosi (DUT) who took over this position from the previous chapter head following the 2018 AGM and Ami-Lee Verwey (UJ) who is currently serving her term until October 2018 when a new chapter head will be voted upon. The DUT chapter currently consists of 28 members with 25 active members and the UJ chapter currently consists of 28 members with 13 active members and 7 new members.

Since the 2018 AGM, plans are underway from both institutions on the events that will occur at each campus on the days leading up to World Spine Day on the 16th of October 2018. UJ and DUT are both looking into ways of somewhat integrating the events of World Spine Day so that there is unity within the African region but at the same time, each institution will have some unique elements that will be planned for the event.

The African Regional Event (A.R.E) will run from the 26th to 28th of April 2019 and will be hosted by the DUT chapter in Durban. The convener of the 2018 A.R.E is Deshaj Parthab who was elected during the 2018 AGM. The 2018 A.R.E will be primarily focused on Unity in Africa, where issues such as South Africans not visiting chiropractors regularly and the attitude of those patients towards chiropractic, and the future of chiropractic in South Africa will be addressed and looking for solutions that will help build bridges to move chiropractic forward in the long run. The speakers of the event are still yet to be confirmed but the DUT chapter has shown nothing but enthusiasm and excitement towards the planning and hosting of the 2019 African Regional Event.

Lebogang Khesa

Africa Regional Coordinator

EUROPE

After an inspiring AGM, delegates from Europe are still enjoying the summer break.

European universities will start again in September and in the meantime, all the chapters are getting excited for the upcoming Regional Event (RE) which will be hosted by Tacy Wright and her team at the McTimoney College of Chiropractic in Abingdon, UK, the first weekend of November. The theme will be, "Culture Club - Fostering a culture of Growth".

Furthermore, Jakob Dersch and the SDU chapter have already begun planning an amazing event for next year's RE in 2019. I am also happy to announce that Nadège Paillon from IFEC Toulouse has been elected convener for the 2020 RE.

Beginning in September, Europe will be adding chiropractic at the London South Bank University, with the duration of 4 years with a full-time mode. We are eager to share to share WCCS with them in hopes to begin a chapter there as well.

In addition, we are in contact with students from the University of Zürich and working towards membership with BCC and CPA Chapters.

European Region is growing!

Looking forward to seeing you all soon at the Regional Event!

Sara Presazzi

European Regional Coordinator

WESTERN PACIFIC

After a wonderful week in Johannesburg at the 2018 AGM, the Westpac region delegates have returned home with a renewed passion for all things WCCS. Each chapter gave presentations to their school on the AGM and have been busy planning the year ahead.

Social nights, information evenings and fundraising events have begun within the region. NZCC hosted a Trivia night recently and have a series of 'Dinner with Doc' events planned for the year. RMIT held elections and the new executive team are working on fundraising and speaker nights for the rest of the semester. CQU Mackay also held elections and have organized an apparel order, social nights and a speaker night featuring a chiropractor, an audiologist and an optometrist to promote multidisciplinary health care. The Sydney CQU chapter is working on growing the chapter and is planning a series of Friday night talks with local chiropractors. The Macquarie chapter has an upcoming inter-professional soccer game between chiropractic and physiotherapy students and is working on other social events for the year. Murdoch has been busy planning a movie fundraising night along with a BBQ fundraiser and ways to strengthen their relationship with the Perth chiropractic community. TCC have a video planned for World Spine Day in October, are welcoming 5 RMIT students on exchange in September and have an academic convention in the coming months. We are also looking at strengthening our ties with IMU in the coming year.

Looking ahead the Westpac region convening team is hard at work planning the 2019 AGM, to be hosted in Brisbane, Australia. This AGM is unique in that there are 5 schools coming together to host the event. Representatives from RMIT, CQU, Macquarie, Murdoch and NZCC have joined forces to deliver, what is shaping up to be an amazing event.

Clare Halpin

Western Pacific Regional Coordinator

A MESSAGE FROM A WCCS ALUMNUS



WCCS and Transitioning

Hi! My name is Chelsea Dickins and I was a BOD Secretary in 2015/2016.

From RMIT and the West Pac region, my journey through WCCS was incredibly fulfilling, an amazing period of growth and developmental transition for myself.

I got involved in second year in WCCS and saw the messages of unity, opportunity and action being taken and wanted to get involved.

When I graduated at the end of 2016, I wanted to continue my learning trajectory so I became a locum and have been travelling around Australia for the last 18 months and I am just about to finish at my ninth job.

A lot of my friends in higher years has moved or changed jobs within 6-12 months of starting, so I figured I would throw myself into chaos and become comfortable with being uncomfortable.

The challenges, mentally, physically and emotionally have been huge.

The factors from WCCS that have held true to me over this time has been.

Acceptance and openness to different techniques: as a locum, when you get the opportunity to adjust people in a clinic that is their safe zone, their place of vulnerability and connection, get the chance to be a person that is helping them change their life. It is not something to take lightly. We know on a person's first visit how rapport must be built, how showing someone through a technique that they may have never had before can be very confronting. Then throw a new practitioner into the mix. The trust that needs to be there is so important.

As a locum, if I go to a clinic that does diversified and I begin adjusting SOT, how do you think that will go?

Openness to different techniques has enabled me to see that all the techniques work. A person comes into their normal clinic, expecting a particular service. So as a locum, to the I'll best of your ability, you supply that service. Don't go re-inventing the wheel, when a system for that person is already working.

It is only because of my awareness of other techniques and the ability to see how they work that I have been so lucky to have the opportunity to work in different clinics.

The other WCCS lesson that I have taken through, is that you always get what you put in. The more effort, time, connection, listening, caring and training you put into something the more you will get back. This one is short and sweet, but true of every aspect of life. This is where your passions lie.

The learning never stops, the people are always different, the ways of changing those people's circumstances and then lives are endless.



SOPP'S UPDATE

(STANDARD OPERATION POLICIES AND PROCEDURES)

It was very exciting to have our first SOPPs meeting of the year on Thursday the 9th of August and to see some familiar faces from around the world. Our first meeting involved the allocations of roles within SOPPs including Document Keeper Paul Ryan Sivo, Meeting Planner Emily Brady, Grammar and Spelling Checker Per (Bear) Andreas Ronaes and both Jordanne Buote and Sean Flannery who will be acting as SOPPs will under the BoD board reform. We are also excited to be working with our BoD representatives President Naomi Van Veen and Immediate Past-President Danielle Wiesner. The remainder of the meeting involved organizing how we wish to work this year and creating our tasks and expectations of what we would like to achieve. Lastly, we laid out time frames and deadlines for not only the SOPPs committee but the BoD as well. While it is obvious we have a mammoth task ahead of us this next year we are excited and looking forward to working with the BoD and receiving feedback from all chapters.

Janae Keil

SOPPs Committee Chair

A SPECIAL E-MAIL CONVERSATION



July 7 2018, 4.52 am. A couple of hours before we all woke up to get well dressed down to the congress room to officially start the Annual General Meeting 2018, we received this special email:

"I'm just reaching out to wish you guys a highly successful and enjoyable congress. I'm very proud of you all and I'd love to be there with you but I have a little project of my own going here in Wisconsin, USA. I'm running for the US House of Representatives in WI's 1st Congressional District. If I manage to get elected, I believe I will be the first DC to serve in the US Congress.

Have fun, do great things!

Dr Ken

(former Logan College Student Body Pres. and organizer of the very first WCCS Congress - 1980)"

Which followed by a return email from our Secretary Charlotte:

"Dear Kenneth,

Thank you so much for reaching out and wishing us a successful congress, and best of luck on your election to the US house of representative, that is huge! I really hope you get in. In the future, we would absolutely be delighted to have you over at our next WCCS event (our next AGM will be in Brisbane the first week of July 2019) as an alumni (our alumni events are getting really exciting please do join!).

I was personally unaware you were the first ever organizer of the first congress in 1980, would you perhaps be interested in sharing your experience in a piece for our Quarterly Report? I'm sure everyone would love to hear your story. (i know I would)

Thank you again, looking forward to hearing back from you, rooting for your success in the US Congress!

Kind Regards

Charlotte Cailliau (Secretary WCCS)

To then receive this...

Hi, Charlotte, thanks for the words of encouragement regarding the congressional campaign. And thank you to all of the students and alumni who have carried the WCCS forward through the years.

I'd love to tell the story about how it all began, and have kind of purposely avoided doing so over the years because the WCCS is really about today's students (whenever that today might be) and while history is interesting, it isn't and shouldn't be given too much attention in such a "now" organization. Every individual who has been a part of the WCCS has made their own dynamic contribution in their own time and has sustained the spirit of its origins with remarkable consistency, which is a beautiful testament to the strength of that spirit. That spirit has been present in Chiropractic throughout its history and will continue to be present as long as there are human beings on Earth.

I love Chiropractic, and I know you and everyone else at the Congress does too. It's one of the most unique, yet fundamental methods to approach, sustain and enhance life that there is. True, we have incorporated some remarkable technologies into our practices, but in the end, it all comes down to the most basic human interaction possible. Every Chiropractor, throughout his or her career, will ultimately find themselves alone, with another person who has come to us for help, and we, using our hands and whatever knowledge and understanding we have managed to accumulate, will nearly always be able to provide it. That is Chiropractic's essence and transcends everything else that may be going on in those relationships.

Okay, here's an amusing bit of history. When I sent an update to the enrollees of that first Congress, I advised them to bring about \$35 along for incidental expenses they might have over the weekend. Lol That might not be enough for a decent lunch today. We also arranged for Logan students to host those who came from out of town. Dr. Paul Perkoulidis, from Australia was my house guest. If he shows up for the Congress, tell him I said hello.

Peace,

Ken

STUDENT RESEARCH COMPETITION

The WCCS encourages students to produce and participate in research.

In Johannesburg, we had some great research shown in the research poster presentations, by Emilie Claerbout (AECC UC), Janna Duehr (NZCC), Dr Fraser McClymont (grad CQU Mackay), and Adrien Aymon (IFEC).

The effectiveness of Spinal Manipulative Therapy in low back pain patients aged over 50: a systematic review.

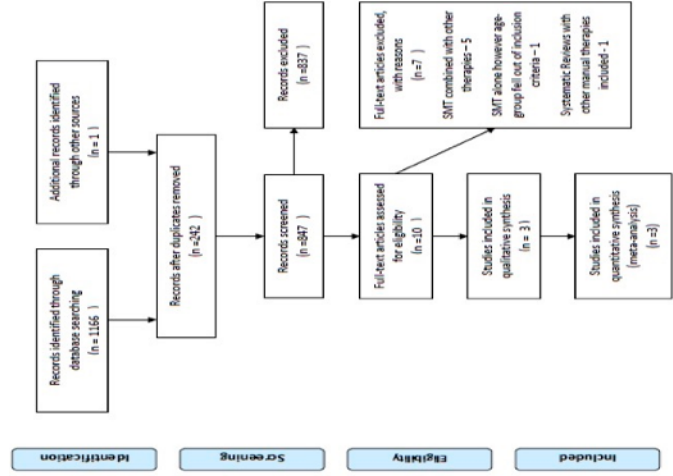
By Fraser McClymont

Introduction: The World Health Organization identifies low back pain as a major disabling condition in older persons, with approximately 28 episodes per 1000 people and defines it as pain between the inferior aspect of the 12th ribs and the inferior gluteal folds.¹ A combination of greater physical disability and poorer outcomes in older working populations may be contributing factors into why LBP forces people to retire.² Spinal Manipulative Therapy (SMT) is defined as a practitioner-performed passive high force, low amplitude thrust, adjustment or manoeuvre into the joint at or near the joints physiological range of motion.³

The primary research question is to investigate the effectiveness of SMT in the management of patients experiencing LBP via outcome measure related to pain and disability in participants over the age of 50. The secondary research question is to observe changes in the physical function and safety of SMT via the observation of adverse reactions.

Methods: A literature search of 5 databases were utilised (Scopus, CINAHL, ScienceDirect, MEDLINE and PubMed) and a search engine (TripPro). Effectiveness was measured using outcome measures related to Pain, Disability and physical function along with an assessment of adverse reactions. The papers were then entered into through a PRISMO chart and the Inclusion/Exclusion chart pictured right. 3 RCT's passed the inclusion/exclusion criteria.

Inclusion	Exclusion
Low Back Pain Participants Aged over 50.	SMT utilised with another manual therapy in the same trial group.
Spinal Manipulative Therapy utilised.	Lower than Level One or Randomised Controlled Trials or Systematic Reviews/Meta-Analysis.
Participants aged under 49	
	No Randomization



Results: The three studies utilised a wide array of patient outcome measures related to the primary research question such as the subjective Visual Analog Scale (VAS) Oswestry Disability Index but also utilised functional assessments of disability such as the Timed Up and Go.^{4,5,6} Hondras et al concluded that whilst there was no significant difference between High Velocity and Low Velocity SMT, they both scored better across functional assessments that the Medically Controlled group with no adverse events.⁴ Dougherty et al found that at both the sham and SMT groups resulted in significant decline in pain and disability with no statistical difference between the two.⁵ Learman et al found that there were no significant changes between thrust and non-thrust SMT groups, however in-group declines in pain ODI and numeric pain scales from baseline were significant.⁶ Drawing a uniform conclusion from these results is difficult as they not only vary in patient outcomes, but they also vary in the timeframe of treatment delivery. Therefore, the results varied from study to study.

Discussion: This limitation highlighted a major issue in Manual Therapy research, that without consistent treatment delivery and patient outcomes results are difficult to compare and a conclusion from the research. This highlights the need for researchers in manual therapy to be consistent with outcomes measures in order for firmer conclusions to be made.

Conclusion: While results across the three independent RCT's were marginally favourable of SMT, together, they were incomparable and therefore inconclusive. In order to make firm clinical decisions the current body of research requires stronger studies with comparable outcome measures. Practitioners, when deciding on what modality of SMT to use, should keep in mind patient preference.

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Introduction

- Spinal manipulation (SM) is a common therapeutic tool in the realm of manual therapy (French et al., 2013)
- Few studies tested an evidence-based SM training program (Triano, Descarreaux, & Dugas, 2012)
- For optimal safety and efficiency purposes, programs need to be elaborated
- SM is defined by a high velocity, low amplitude dynamic impulse on specific contacts of the spine (Herzog, 2010)
- The neuro-muscular effects of plyometric training fit the requirements of SM

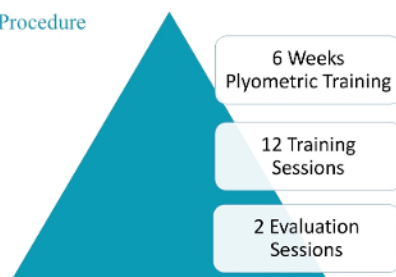
The aim of this study was to determine the impact of plyometric training on different criteria of performance in the execution of thoracic spinal manipulation within a population of chiropractic students.

Method

Participants

- 40 participants among the first- and second-year at IFEC
- Randomly assigned to plyometric groups : upper extremity or lower extremity program (figure 1)
- Students were excluded, if they had any musculoskeletal condition, pain or pathology

Experimental Procedure



- 8 SMs were delivered to a mannequin laying prone on a computer-connected force plate
- Time to peak force, total peak force and rate of force application were analyzed
- Visual or oral feedback was not given

Data Analysis

- Nonparametric statistics were used to test any significant group differences for age, height, and weight
- Force-time signals were independently subjected to a 1-way repeated-measure analysis of variance

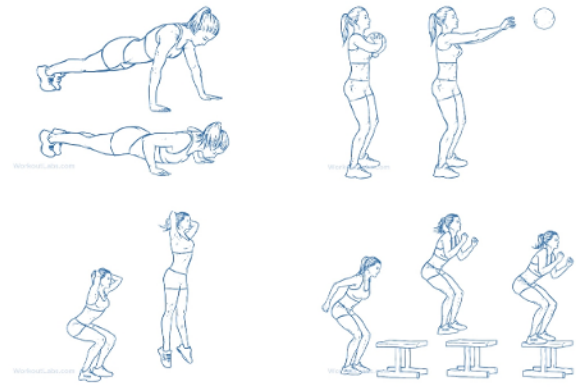


Figure 1. Upper extremity and lower extremity plyometric exercises

Results

- A significant time effect was demonstrated indicating that after the program, participants improved their initial performance
- No statistically significant effect of the groups or between time and group was observed
- By comparing the means before and after, a trend toward higher improvement in the upper extremity program was noted (figure 2)

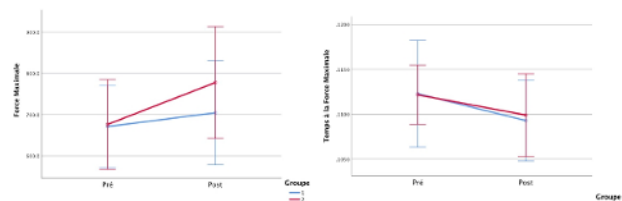


Figure 2. Peak Force & Time to Peak Force over a 6-week plyometric program

Conclusion

- This study demonstrates that students taking part in a training program may improve on specific SM criteria
- Students are advised to have an activity that develops their physical capacity in parallel with their studies in order to contribute to the improvement of their SM performance
- Future studies should test other programs and the performance of other regions of SM, such as cervical or lumbar

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Do static X-rays give us the full picture? Measuring lumbar intervertebral translation.



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Background:

Maximum translatory slip of vertebrae on static plain radiographs taken at the end of uncontrolled voluntary bending is the current standard of care for measuring instability in the lumbar spine. However, quantitative fluoroscopy (QF) offers a dynamic method in which translation is measured at all points in the bend and the maxima are extracted.

Aim of study:

This study aimed to determine the differences in the results produced using these two approaches.

Methods:

Fifty-four healthy control subjects received QF during standing flexion following two standardised protocols. In one protocol, subjects were imaged during motion that was guided by a moving arm through a standardised range (60°). In the other, the same subjects were asked to bend forward freely to the end of their comfortable range and single fluoroscopic images were obtained at the beginning and end of the bend.

The translatory slip of all levels from L2-S1 was determined for each condition using bespoke image tracking codes (Matlab) and pooled to provide means and ranges of variation (+/-1.96SD). Ranges of translation for each level from L2-S1, for each type of motion were also calculated



Figure 1 Quantitative fluoroscopy set-up

Results and Discussion:

The pooled measurements (n=216) during dynamic controlled bending and at the end of free bending were similar (1.34 and 1.47mm respectively), but with less variation for dynamic controlled than static uncontrolled (free) bending (3.55mm vs 4.86mm, +/- 1.96SD). However, the median range of translation at L2-3 was greater during controlled bending (1.96mm) than free bending (1.18mm) (p<0.001), whereas the converse was true for L4-5 (1.17mm vs 1.97mm, p<0.001).

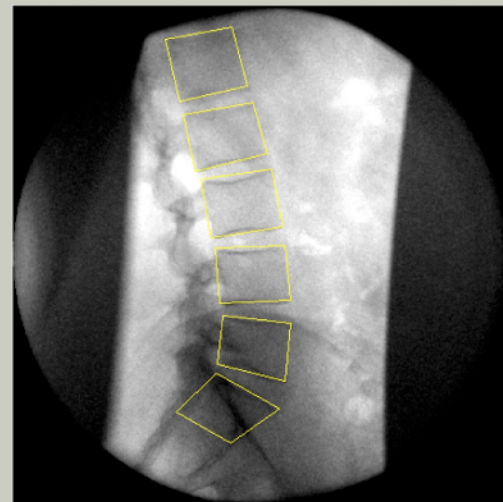


Figure 2 Vertebral tracking in MatLab

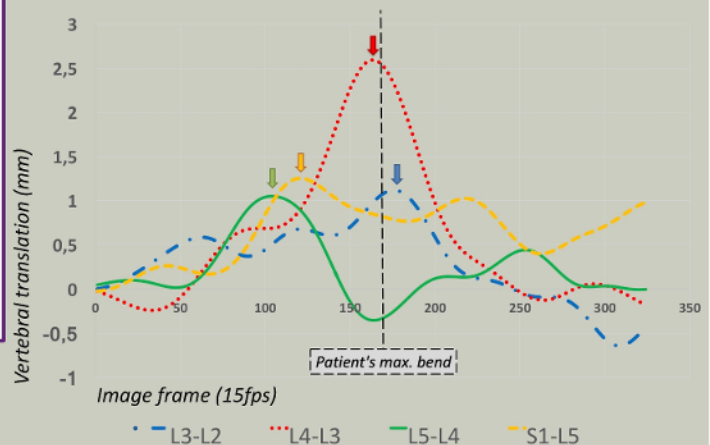


Figure 3: An example of lumbar intervertebral translation in controlled weight-bearing flexion

Level	Controlled flexion	End of free bend	sig
L2-3	1,96	1,18	***
L3-4	1,72	1,79	NS
L4-5	1,17	1,97	***
L5-S1	0,24	0	NS

*** = p<0.001

Figure 4 Mean intervertebral flexion translation ranges (mm)

Conclusion:

Measurement of intervertebral translation using static flexion radiography and dynamic QF gives similar overall intervertebral ranges, but static flexion radiographs result in more uncontrolled variation, making results less reliable. Static radiographs also underestimate upper lumbar translation, while overestimating lower lumbar translation.

WCCS ANNUAL RESEARCH POSTER COMPETITION

CALL FOR ABSTRACTS

To be presented at the
2019 WCCS Annual
General Meeting

June 30th- July 7th,
2019

Brisbane, Australia

SUBMISSIONS INFORMATION

1. **Abstracts:** Abstracts must be in english and are limited to a **maximum of 300 words** (not including title, authors or affiliations). Please refrain from including the following: references, tables, graphs, figures, pictures, video, etc. All works will be considered. A work is eligible if it has been presented at another meeting or if it has been published, or will be published, by the time of the conference in July 2019. Submission deadline is **May 1st , 2019.**

2. **Peer Review Process:** All submissions will be evaluated for completeness, strength of contribution, and relevance to the conference by the Board of Directors. Submitting authors will be notified by **May 15th, 2019.**

3. **Eligibility:** Only WCCS AGM Delegates will be eligible to enter this event.

Submissions may be emailed to Dr. Danielle Wiesner at pastpresident@wccsworldwide.org