
VA Central Iowa Health Care System: Chiropractic Residency Handbook



Sponsor: VA Central Iowa Health Care System

Academic Affiliate: Palmer College of Chiropractic

2nd Edition - 2023

Mission:

VACIHCS Chiropractic Integrated Clinical Practice Residency prepares chiropractic residents for clinical practice in hospitals or other medical settings, and/or academia, through hospital-based training, interprofessional education, and scholarly activities. Residents participating in this residency will obtain additional focus in full spectrum pain management and rehabilitation as a result of training occurring both in an integrative pain clinic and within primary care patient aligned care team practices.

Resident Objectives:

1. **Establish Competencies:** The chiropractic residency program follows curricular competencies, outcomes, and assessments established by The Council of Chiropractic Education and other VA resident sites.
2. **Postgraduate Clinical Experience:** Residents will participate in hospital-based clinical experience. Care will be delivered in both inpatient and outpatient settings for musculoskeletal conditions of mostly spinal origin. In addition, residents will gain experience collaborating in different care team environments ranging from inpatient substance use disorder, to primary care, pain clinic, and surgery. Residents will manage patients ranging in complexity.
3. **Interprofessional Education:** VACIHCS has established rotations in more than 23 departments with many different disciplines. In addition, residents will take part in interdisciplinary care team rounds for pain in both inpatient and outpatient settings. The resident's role in any clinic will depend on the needs of said setting.
4. **Scholarly Activity:** Residents will participate in scholarly activities to gain experience relevant to integrated practice and/or academia. Residents will complete scholarly assignments, online didactic courses, and collaborate with other chiropractic residents to complete group assignments. Residents will attend scholarly presentations among available hospital and/or academic affiliate offerings. Residents will engage in research activities, and/or present scholarly material, and/or clinical workshops to staff and/or trainees at VA and/or academic affiliate venues.

Location

VACIHCS is located in Des Moines, Iowa, a growing Midwest city of roughly 700,000 people that serves as host to many corporate headquarters. The VACIHCS Residency Program provides a unique training experience in two different settings, a traditional primary medical center (hospital-based) setting and a community-based outreach clinic (CBOC) that provides care to a large population living in rural settings..

Primary Medical Center: Des Moines

The majority of training will take place at VA Central Iowa Health Care System Medical Center located in Des Moines, IA. At this location, chiropractic services serves the following two roles:

1. Chiropractic services in Interdisciplinary Pain Management results in a collaboration among professionals that manages complex chronic pain patients
2. Chiropractic care serves as a first-line treatment option. Primary Care and Emergency Department providers collaborate with the clinic for walk-in or immediate appointments for Veterans who have more acute need for chiropractic consultation. This role is carried out in the CBOC's as well as the Medical Center.



Community-Based Outpatient Clinics (CBOCs)

The outpatient clinics offer both primary care and specialty health services, such as audiology, cardiology, chiropractic, mental health, optometry, physical therapy, podiatry, and telehealth visits. Chiropractic services are currently in 4 CBOCs within VACIHCS including: Fort Dodge, Knoxville, Marshalltown, and Mason City. The resident will have the opportunity to rotate within these CBOCs to experience the complexities and differences between a rural health care setting and the main

medical center. Within this environment, the chiropractor serves as one of the key subject matter experts in musculoskeletal care.

Faculty



Nathan Hinkeldey, D.C., DACRB
Residency Program Director (RPD)

Dr. Hinkeldey received his B.S. degree from Iowa State University, and his doctorate from Palmer College of Chiropractic (Davenport, Iowa). He has earned Diplomate Status through the American Chiropractic Rehabilitation Board and is certified in Acupuncture. He currently serves as a trustee on the Palmer College of Chiropractic Board of Trustees and has been an adjunct faculty at Palmer. Internal to the VA, Dr. Hinkeldey serves as the Clinical Director of Whole Health and Pain Management, is the VACIHCS Point of Contact for Pain Management, Chairs the local Pain Management Committee and is the VISN 23 Co-Chair of the Pain Management Committee. His passions include teaching, patient care, and program learning development.



Juli Olson, D.C., D.A.C.M. F.A.I.H.M.
Residency Attending

Dr. Olson holds doctoral degrees in Chiropractic from the Southern California University of Health Sciences, and Acupuncture and Chinese Medicine from Pacific College of Health Sciences. She is Fellowship trained in Integrative Medicine by the Academy of Integrative Health and Medicine. Dr. Olson is a clinical chiropractor and acupuncturist in the Pain Clinic at the VA Central Iowa and serves as the National Lead for Acupuncture in the Veterans Health Administration. She teaches at the Pacific College of Health Sciences and is Adjunct Faculty at Palmer College of Chiropractic. Dr. Olson also serves on the National Certification Commission for Acupuncture and Oriental Medicine's Biomedicine Committee.



Heather Meeks, DC Residency Attending

Dr. Meeks received her B.S. degree from the University of St. Thomas in St. Paul, Minnesota, and her doctorate from Palmer College of Chiropractic in Davenport, Iowa. Dr. Meeks recently transitioned from leading our Rural Health Chiropractic Outreach program into full time clinical care at Des Moines VAMC. She is the program director for the student program and in addition to chiropractic care, Dr. Meeks has completed 300 hours of acupuncture training. She is currently pursuing her MS in Neuroscience through Parker University.



Jeff Remsburg, DC, MS, Cert MDT Residency Attending

Dr. Remsburg received his B.S. degree from Eastern Kentucky University and his M.S. degree from University of Texas at Arlington. He completed his D.C. degree from Palmer College of Chiropractic. He has earned Diplomate Status through the American Chiropractic Rehabilitation Board and is also certified in dry needling and Mechanical Diagnosis & Therapy (McKenzie Institute). He was in private practice for 10 years before joining VA Central Iowa Healthcare System where he splits his time between Mason City and Fort Dodge community-based outpatient clinics (CBOCs).



Mandy Wong, DC Residency Attending

Dr. Wong received her B.S. degree from Creighton University and her doctorate from Palmer College of Chiropractic, West Campus. She recently graduated from the VA Central Iowa Health Care System Chiropractic Integrated Clinical Practice Residency program in Des Moines, IA. Currently, Dr. Wong travels to two of the five community-based outpatient clinics (CBOCs) in Knoxville and Marshalltown, IA to better serve our rural veterans.

Program Duration:

Full-time (40 hours/week) for 12 months. Program will begin July 1-June 30 of the following year. The schedule will consist of five 8-hour days (0700-1530). Additional time may be needed for scholarly or other training activities.

Number of Positions:

One resident each year

Compensation:

The resident compensation for VACIHCS academic year 2023-2024 was \$38,405. The resident receives paid federal holidays, and accrues vacation and sick leave. The resident is eligible for life and health insurance and is protected from personal liability while providing professional services at VA health care facilities under the Federal Employees Liability and Tort Compensation Act, 28 U.S.C. 2679 (b)-(d).

Certificate of Completion

Upon satisfactory completion of program requirements, the graduate will receive an official Certificate of Residency, and records will be maintained at the VAPSHCS and the VHA Chiropractic National Program Office.

Eligibility Requirements

Applicants must hold or be scheduled to receive a DC degree from a CCE-accredited school prior to the start of the residency program. Applicants must be eligible for, or hold a current, full, active and unrestricted chiropractic license in a State, Territory or Commonwealth of the US, or in the District of Columbia. Applicants must meet all VA employment requirements including US citizenship, and Selective Service registration when applicable.

Application Process

The VACIHCS Chiropractic Residency participates in the national chiropractic residency common application and match process. For further information and to apply go to [Chiropractic Residency Match](#). The application process opens the first week in January each year. Applicants are assessed on characteristics such as academic background, relevant experience, personal statement, letters of recommendation, and telephone, video, and/or inperson interviews. Applicant rankings are made by a review committee including the residency director, DC faculty, and current DC resident.

Accreditation

The VA Central Iowa Health Care System Chiropractic Residency Program received its initial accreditation status with The Council on Chiropractic Education (CCE) in January 2022.

Additional Information

For additional information contact: nathan.hinkeldey@va.gov