



**VA** | U.S. Department  
of Veterans Affairs

# VA Central Iowa Health Care System Chiropractic Integrated Clinical Practice Residency



“

---

Sponsor: VA Central Iowa Health Care System

---

Academic Affiliate: Palmer College of Chiropractic

---

## **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

# Locations:

## Primary Medical Center:



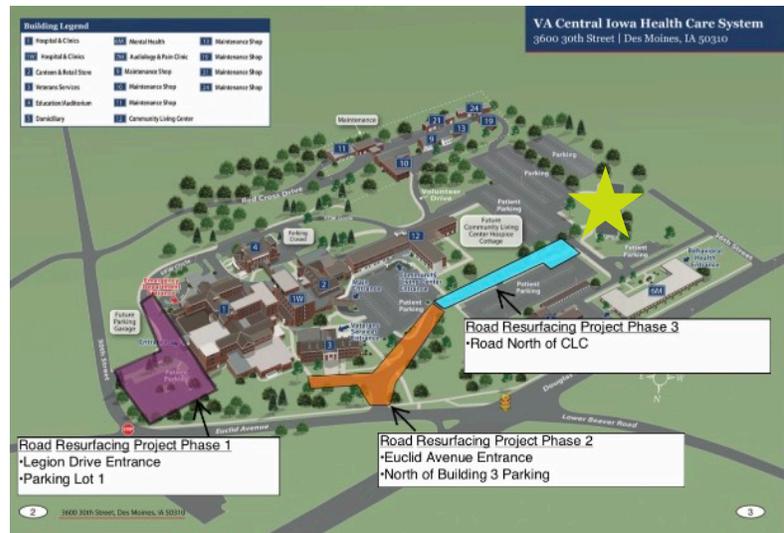
## Des Moines

Training will take place at VA Central Iowa Health Care System Medical Center located in Des Moines. At this location, chiropractic services serve two roles. First, this facility has the chiropractic program integrated into the interdisciplinary Pain Management Department. As a result, collaboration amongst professionals

occurs several times daily. Our role

within this environment includes patient care, but also includes assistance and collaboration in triaging pain management and whole health consultations. In addition, we participate in interdisciplinary inpatient pain rounds, a monthly Pain Board, and assistance in the facility's Interdisciplinary High Risk Data-base Review Process. Second, chiropractic care serves as a front line treatment option. Primary Care and Emergency Department providers collaborate with the clinic to attempt to secure walk-in or immediate appointments for Veterans who have more acute need.

The above is a map of our facility. The gold star depicts the location of our clinic on the map.



## Community-Based Outpatient Clinic (CBOC)



### Marshalltown

---

This outpatient clinic is 53 miles from the main medical center in a town of roughly 27,000. It serves to provide primary care, mental health, and optometry appointments to our Veterans. Recently, chiropractic care was expanded to this location in order to assist in meeting our rural Veteran's needs. Currently, Dr. Meeks travels weekly to this location

in order to provide chiropractic and acupuncture services. She also serves as an extension of the pain clinic and provides evaluations to assist primary care to determining appropriateness of different pain management modalities.



### Mason City

---

Mason City outpatient clinic is located 121 miles straight north from our primary Medical Center. This outpatient offers primary care, optometry, Home-based primary care, mental health, and physical therapy. Recently, services were expanded to include chiropractic care. Dr. Meeks travels here on Mondays to provide care in the same manner noted above

as Marshalltown. This expanded service has expanded our ability to provide pain management at the point of contact. It has also provided a great opportunity for primary care integration of this service and created integration into the Patient Aligned Care Team (PACT) care model.

# Faculty



**Nathan Hinkeldey, D.C., D.A.C.R.B.**  
Residency Program Director (RPD)

---

Dr. Hinkeldey received his B.S. degree from Iowa State University, and his D.C. from Palmer College of Chiropractic (Davenport). He has earned Diplomate Status through the American Chiropractic Rehabilitation Board and also is certified in Acupuncture. He currently sits on the Palmer College of Chiropractic Board of Trustees where he has also been and adjunct faculty. Internal to the VA, Dr. Hinkeldey serves as 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, learning, and program development.

**Julie Olson, D.C., MAOM, Dip. OM.**  
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 Oriental Medicine. She currently 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 Oriental Medicine and is Adjunct Faculty at Palmer College of Chiropractic. Dr. Olson also serves on the National Certification Commission for Acupuncture and Oriental Medicine Acupuncture Committee.





## Heather Meeks, D.C. Residency Attending - Rural Outreach

---

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 worked at Allied Health and Chiropractic, an affiliate of Cleveland Orthopedic and Spine Hospital and the Cleveland Clinic Health System Physicians Organization. Dr. Meeks leads our Rural Health Chiropractic Outreach program and travels to two of the five Community-based outpatient clinics (CBOCs). In addition to chiropractic care, Dr. Meeks has completed 300 hours of acupuncture training which she offers as an additional resource.

### **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 is set at \$36,918. 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**

Selection is through a competitive process considering factors such as academic background, relevant experience, personal statement, letters of recommendation, and teleconference and/or in-person interviews. A call for applications is issued each year in early January. Applications are only accepted during the open call.

**Accreditation** Initial application to the Council on Chiropractic Education is projected for submission by October 2020.

## **Additional Information**

For additional information contact: [nathan.hinkeldey@va.gov](mailto:nathan.hinkeldey@va.gov)