

# Writing for publication: helpful hints for clinicians to write for the *Journal Clinical Chiropractic Pediatrics*

Joyce Miller, DC, PhD  
Retired professor AECC University College,  
Visiting professor Health Sciences University, Bournemouth, UK  
Minneapolis, MN and Bournemouth, UK  
Email: yukonmillerjm@gmail.com

## ABSTRACT

The *Journal of Clinical Chiropractic Pediatrics* (JCCP) was inaugurated in 1996 by the Pediatrics Council of the International Chiropractic Association with a goal to showcase the work of chiropractic clinicians, educators and researchers. An Editorial Board was established, and the project was headed by Maxine McMullen, Joan Fallon, Peter Fysh and Molly Rangnath. The journal has been published approximately twice yearly since. The JCCP is now under the current leadership of Sharon Vallone, Cheryl Hawk, and Joyce Miller, editors. The JCCP became Open Access in 2014, and thus, is accessible to readership everywhere in the world with no fees attached. Articles are contributed from around the world, making it an international review of the specific types of work being performed in many different countries. The purpose of this article was to present the background of the journal along with the processes for publication to a relevant audience that might wish to pursue generating articles for potential publication.

**Key Words:** JCCP; *Journal of Clinical Chiropractic Pediatrics*; chiropractic research; publishing.

### Background and Purpose

A full 58% of chiropractors<sup>1</sup> (and 27% of chiropractic students<sup>2</sup>) state that they plan to do research and publish that research during their careers; yet only 2-6%<sup>3</sup> of chiropractors internationally accomplish their professed goal of publishing. Since all chiropractors have the education, ability and experience to do so, this would suggest that there are gaps in knowledge of the process that limit their success.<sup>4,5</sup> The purpose of this paper is to identify and fill in these gaps for the readership of this journal and provide a process for doing the research, writing the manuscript and submitting for publication in the *Journal of Chiropractic Clinical Pediatrics*. As an international peer-reviewed open access journal, it is provided with the express purpose for chiropractors to share their knowledge and clinical research in the arena of pediatrics.

### Procedures

This project involved the discovery and gathering of data that depicted the history of the development of the *Journal Clinical Chiropractic Pediatrics* (JCCP) through informal interviews along with information available on the internet. The approach was more specific than scientific with personal and written accounts from Sharon Vallone and Peter Fysh. It was soon established that a major goal of the journal was to encourage practicing chiropractors to share their cases and knowledge with each other.<sup>6</sup> Similarly, the goal of this writing was to stimulate practitioners to publish clinical observations and therapeutic outcomes from practice that have so far gone unpublished.

The author's own practice and publication experience were called on to supply the readership with numerous examples in order to illuminate the types of articles that might be helpful for those wishing to consider publication. A brief history of some of the specific evidence base as a grounding for future work was also identified for presentation.

### History of the JCCP

In 1995 the need was recognized for a peer-reviewed journal to showcase the work of the many chiropractic clinicians, educators and researchers dedicated to the advancement of quality pediatric and maternal care. The *Journal of Clinical Chiropractic Pediatrics* (JCCP) was inaugurated in 1996 by the Pediatrics Council of the International Chiropractic Association with a goal to showcase the work of chiropractic clinicians, educators and researchers. An Editorial Board of ten members was established, and the project was headed by Maxine McMullen, Joan Fallon, Peter Fysh and Molly Rangnath. Maxine McMullen was the editor of Vol 1 No 1 in January of 1996 and Peter Fysh was the editor of volume 1, No 2, published in April 1996.

Starting a journal is a daunting process (see Box 1) requiring dedication, collaboration and a clear vision, all of which were shared by their team. As an editor, Peter Fysh shared this opinion in a 1996 editorial, "The strength of this journal, as a vehicle for presenting high quality clinical information, is the responsibility of the editorial board. This journal, however, cannot make a significant contribution without the field doctor for it is the field practitioner who spends each

1. Identify the Gap: Determine the need the journal will meet.
2. Set Up an Editorial Board: Assemble a group of respected scientists in your field. They'll provide strategic direction, support, and credibility for your project
3. Build a Website: Create a website to host your journal. Purchase a domain name, find a web-hosting company, and prepare content.
4. Involve Associate Editors: These editors can offer additional support and expertise.
5. Call for Papers: Announce the journal's launch and invite researchers to submit their work.
6. Manage Submissions: Develop a system for handling manuscript submissions, including peer review, revisions, acceptance and rejection decisions.
7. Apply for an ISSN: Obtain an International Standard Serial Number (ISSN) for your journal. This is a unique identifier used for cataloging and indexing purposes.

### Box 1. Some key steps to starting a journal

working day caring for children who must be the source of the information which we present. If chiropractic pediatrics is to make it into the main-stream of public health, we must be prepared to document our actions and so publicize the potential benefits to children's health available through the largely unrecognized option of pediatric spinal adjusting.”<sup>6</sup>

1. Growth in Scholarly Activities: The annual rate of published contributions to the journal more than doubled compared to its first 11 years of publication. The proportion of original data reports also increased slightly.
2. Types of Articles: Controlled and quasi-controlled clinical trials were seven times more numerous during the studied period (28 articles).
3. Affiliations of Authors:
  - Chiropractic colleges were the most frequently mentioned affiliation of authors.
  - Collaborative articles submitted by authors at two or more chiropractic colleges increased significantly.
  - The National College of Chiropractic remained the most frequently mentioned academic affiliation.
4. Academic Backgrounds:
  - The number of articles contributed by individuals holding scientific (e.g., PhD) and medical degrees grew substantially.
5. Funding Sources:
  - The number of articles mentioning financial support increased.
  - The Foundation for Chiropractic Education and Research was the most frequently mentioned funding source.
6. Gender and International Contributions:
  - Approximately 21% of articles were authored or coauthored by women.
  - Of the 1050 articles, 27% were authored or coauthored by individuals residing outside the United States.

### Box 2. Key findings by Pohlman, et al.<sup>8</sup>

In 2015, a brief history of the education of pediatric chiropractors was published in the journal.<sup>7</sup> “JCCP is committed to publishing research, scientific and professional papers, literature, chiropractic pediatric education reviews, case reports and clinical commentaries relevant to the health and treatment of the pregnant, postpartum and pediatric patient.”<sup>7</sup>

The *Journal* has continued publication under the current leadership of Sharon Vallone, Cheryl Hawk, and Joyce Miller, editors. The *JCCP* became Open Access in 2014, and thus, is accessible for readership and contributions all over the world without any submission or subscription fees attached.

The *Journal* has met their goals as evidenced by a project outlining its' article types published in 2009.<sup>8</sup> Pohlman et al. conducted a bibliographic analysis of the 13 issues of the *JCCP* published between 1996 and 2007. As such, 72 articles were included in their analysis: 46% were case reports, 17% editorials, 13% case series, 10% narrative literature reviews, 10% commentaries, 4% “other,” and 1% cross-sectional studies. Seventy-five percent of the authors were “private practitioners.” A certification in chiropractic pediatrics was held by 43% of the authors; 65% of the authors were females, and 83% of the articles had a single author.<sup>8</sup>

Their conclusion was that there was room for improvement in the quality of the articles published. This study sheds light on the scholarly landscape within the chiropractic profession during that period and helps to reveal a growth in level of research published in the journal in that timeframe. Box 2 shows some of their key findings. It is suggested that such an analysis be conducted again to assess the scope of the *JCCP*'s publications since that time.

### Discussion

Having noted that fewer than 10% of clinicians actually publish work from their research or practice, what are the reasons? Bronston et al. in 2015, found in a survey of chiropractors that there were unmet educational needs for integrated practice and all of the scholarly activities that go with that type of practice (such as research).<sup>1</sup> There is no question that busy clinicians do research all day every day to answer their clinical questions. But this is not done in a systematic way and therefore doesn't necessarily lend itself to writing for publication. Organizing themselves to accomplish this is a burden few are willing to undertake. Certainly, there have been investigations into research priorities for specific chiropractors in specific areas. For example, Hayes, et al. in 2023, surveyed Quebec chiropractors and found that research priorities should focus on both MSK (musculoskeletal) and non-MSK conditions.<sup>9</sup> Interestingly, most of their advanced training came from the Quebec's Provincial College of Chiropractors

(OCQ) (50.4%) and from written articles (46.9%).<sup>9</sup> Hence, there is a heavy reliance on research journals for continuing education in practice. The survey did not include any queries as to whether the clinicians had made contributions to a research journal.

A systematic review<sup>10</sup> gave several reasons for lack of publication by researchers and clinicians, even after the research had been done: lack of time or low priority (median 33%), studies being incomplete (median 15%), study not done for the purpose of publication (median 14%), manuscript in preparation or under review (median 12%), unimportant or negative result (median 12%), poor study quality or design (median 11%), fear of rejection (median 12%), rejection by journals (median 6%), author or co-author problems (median 10%), and sponsor or funder problems (median 9%). The number one reason was that the studies were not even submitted for potential publication.<sup>10</sup>

International peer-reviewed chiropractic pediatric history and examination forms for the infant, child, and adolescent. *JCCP* 2023; 22 (1)

Maternal perceptions of a breastfeeding clinic: A protocol for service evaluation. *JCCP* Dec. 2020; 19 (2). 1683-1687.

Do probiotics benefit newborns and especially colic babies? A clinical opinion of evidence. *JCCP* 2020; 19(2)1694-1701.

Breastfeeding support team: when to add a chiropractor. *Clinical Lactation*, 2020;11(1).

Review of: Forces involved with labor and delivery—a biomechanical perspective. *JCCP* 2022;21(2).

Does breastfeeding lower the risk for childhood obesity? What is the evidence? *JCCP* 2018;17 (2) 1502-1506.

What is the evidence that chiropractic care helps sub-optimal breastfeeding? *JCCP* 2019; 18 (1), 1547-52.

Treating infants for suboptimal breastfeeding, is there a difference between chiropractic care versus multidisciplinary care: A pragmatic randomized comparison trial protocol *JCCP* 2019; 18(1):1552-57.

Using whole body vibration in the pediatric population: a primer for the chiropractor *JCCP* 2022; 21 (1)

Risks and rewards of early musculoskeletal assessment: an evidence-based case report. *British Journal of Midwifery* 2013;21(10), 34-54

Maternal report of outcomes of chiropractic care for infants. *JMPT* 2019; March-April, 167-176.

Chiropractic approach to the management of children. *Chiropractic and Osteopathy* 2010;18 (16)

Improvement in behavior and attention in a 7-year-old girl with ADHD receiving chiropractic care: A case report and review of the literature. *JCCP* 2019;18(1).

**Box 3. Sample titles written by chiropractic pediatric practitioners**

Considering that we are asking clinicians to actually write the article after completing all of the clinical aspects of the case, it is not surprising that their energy may be depleted and that the submission rate is low.

How can clinicians be served to help with this daunting task? Fortunately, there are researchers who have provided advice and step-by-step guidance for writing for publication

Bihrmann K, Pedersen MT, Hartvigsen J, Wodschow K, Ersbøll AK. Social inequity in chiropractic utilisation - a cross-sectional study in Denmark, 2010 and 2017. *Chiropr Man Therap.* 2024 Jul 15;32(1):27. doi: [10.1186/s12998-024-00548-x](https://doi.org/10.1186/s12998-024-00548-x). PMID: 39010107.

Dolbec A, Doucet C, Pohlman KA, Sobczak S, Pagé I. Assessing adverse events associated with chiropractic care in preschool pediatric population: a feasibility study. *Chiropr Man Therap.* 2024 Mar 13;32(1):9. doi: [10.1186/s12998-024-00529-0](https://doi.org/10.1186/s12998-024-00529-0). PMID: 38481318; PMCID: PMC10938841.

Keating G, Hawk C, Amarin-Woods L, Amarin-Woods D, Vallone S, Farabaugh R, Todd A, Ferrance R, Young J, O'Neill Bhogal S, Sexton H, Alevaki H, Miller J, Parkin-Smith G, Schielke A, Robinson A, Thompson R. Best Practice management of infants, children and adolescents by chiropractors: Results of a Delphi Consensus Process. *Journal of Integrative and Complementary Medicine*, 2023, pp. 1—17 Mary Ann Liebert, Inc. doi: [10.1089/jicm.2023.001](https://doi.org/10.1089/jicm.2023.001).

Trager RJ, Dusek JA. Chiropractic case reports: a review and bibliometric analysis. *Chiropr Man Therap.* 2021 Apr 28;29(1):17. doi: [10.1186/s12998-021-00374-5](https://doi.org/10.1186/s12998-021-00374-5). PMID: 33910610; PMCID: PMC8080364.

Keating G, Parent reports of chiropractic care for children: A preliminary report from 22,043 parents in Australia. *JCCP* 2021; 20 (1): 1731.

Holm LV, Jarbøl DE, Christensen HW, Søndergaard J, Hestbæk L. The effect of chiropractic care on infantile colic: results from a single-blind randomised controlled trial. *Chiropr Man Therap.* 2021 Apr 19;29(1):15. doi: [10.1186/s12998-021-00371-8](https://doi.org/10.1186/s12998-021-00371-8). PMID: 33874955; PMCID: PMC8054384.

Mellars H, Durville J, Koel R, Laan A, Sandhauge K, Miller J. Parent reported outcomes of infant chiropractic care in a teaching clinic and private practices utilizing the United Kingdom Infant Questionnaire (UKIQ): A survey. *Journal of Clinical Chiropractic Pediatrics.* 19 (2), 2020. 1675-1682.

Miller, J. E., Hanson, H. A., Hiew, M., Lo Tiap Kwong, D. S., Mok, Z., & Tee, Y. H. (2019, Mar - Apr). Maternal Report of Outcomes of Chiropractic Care for Infants. *J Manipulative Physiol Ther*, 42(3), 167-176.

Pohlman KA, Carroll L, Tsuyuki RT, Hartling L, Vohra S. Active versus passive adverse event reporting after pediatric chiropractic manual therapy: study protocol for a cluster randomized controlled trial. *Trials.* 2017 Dec 1;18(1):575. doi: [10.1186/s13063-017-2301-0](https://doi.org/10.1186/s13063-017-2301-0). PMID: 29191232

**Box 4. Some relevant research articles for chiropractors serving pediatric patients**

including the “credible case report.”<sup>11-24</sup> More general advice has been given to help pave the road to publication.<sup>25,26</sup> The *JCCP* (as all journals) provides its own [Guide for Authors](#), a six page compendium with complete instructions to help authors submit their articles. These Guidelines are available on the [JCCP website](#).

As an editor, this author finds that these succinct and complete guidelines are often not followed. This should be the first step in producing an article for potential publication. Download the [Guide for Authors](#) ([jccponline.com](http://jccponline.com)) and follow it meticulously. Feel no fear. You must take a backseat to no one. Your clinical care is well appreciated by your patients and their parents. Learn to ask delving questions to glean information from your patients.<sup>27</sup> You could follow in others’ footsteps (Box 3) and do a simple survey, asking patients about their rating of satisfaction of your clinical care,<sup>28</sup> or investigate the social inequities of the users of chiropractic practice<sup>29</sup> or other modern themes.<sup>30</sup>

There are numerous examples in the *JCCP* written by clinicians that one could emulate (Box 3). Research that has

been done elsewhere could be duplicated within the clinical office and added to the knowledge base (Box 4).

Further, there are many examples of research into chiropractic care for children that provide some evidence and set the stage for further research and these could be reviewed at any time through this (and other) open-access journals.

The most common theme for a busy practitioner is to write about an intriguing case from practice. If you follow the recommendations from the many authors who have written “how to” guides for case reports,<sup>11-24</sup> your paper will be peer reviewed and guided through the system with a goal of publication.

### Conclusion

Resources to assist you in your road to publication are plentiful. As an open access, peer reviewed journal, the *Journal Clinical Chiropractic Pediatrics* is a reasonable place to start your journey to authorship. Feel free to use the guidance that is willing and waiting for your work.

#### **Editor's note: Writing Case Reports – CARE case report guidelines**

An additional suggestion for the future authors is to utilize the CARE case report guidelines. They’re accepted by many big journals such as *British Medical Journal* (BMJ) and makes it much easier to put together a case report because it provides you with a template and checklist to use. It is frequently used when teaching the pediatrics research seminar where students are required to write a case report, and for anyone who was thinking about writing one. Here’s the link: <https://www.care-statement.org/>.

Cheryl Hawk, DC, LMT, PhD, CHES  
Co-Editor Journal of Clinical Chiropractic Pediatrics  
Professor, ETexas Chiropractic College

#### References:

1. Bronston LJ, Austin-McClellan LE, Lisi AJ, Donovan KC, Engle WW. A survey of American chiropractic association members’ experiences, attitudes, and perceptions of practice in integrated health care settings. *Chiropractic & Manual Therapies* (2021) 29:17. <https://doi.org/10.1016/j.jcm.2015.06.004> Elsevier.
2. Weber KA, He X. Chiropractic students and research: assessing the research culture at a North American chiropractic college. *J Chiropr Educ*. 2010;24: 35—45
3. Flanagan J, Giordano J. The role of the institution in developing the next generation chiropractor: clinician and researcher. *J Manipulative Physiol Ther*. 2002;25:193—6.
4. Adams J, Lauche R, Peng W, Steel A, Moore C, Amorin-Woods LG, et al. A workforce survey of Australian chiropractic: the profile and practice features of a nationally representative sample of 2,005 chiropractors. *BMC Complement Altern Med*. 2017;17:14.
5. Schwarz I, Hondras MA. A survey of chiropractors practicing in Germany: practice characteristics, professional reading habits, and attitudes and perceptions toward research. *Chiropr Osteopat*. 2007;15:6 Springer.
6. Fysh P. A case for writing for publication *J Clin Chiropr Pediatr* 1996;1(2)

7. Fysh P. A short history of chiropractic pediatric education. *J Clin Chiropr Pediatr* 2015;15(3)
8. Pohlman KA, Potocki EN, Lawrence DJ. A descriptive analysis and checklist critique of the articles in the journal of clinical chiropractic pediatrics, 1996-2007. *J Manip Physio Ther.* 2009;32(8):654-9
9. Hayes R, Imbeau C, Pohlman KA, Blanchette MA, Doucet C. Chiropractic care and research priorities for the pediatric population: a cross-sectional survey of Quebec chiropractors. *Chiropr Man Therap.* 2023 Sep 26;31(1):42. doi: [10.1186/s12998-023-00514-z](https://doi.org/10.1186/s12998-023-00514-z). PMID: 37752493; PMCID: PMC10523689.
10. Song F, Loke Y, Hooper L. Why are medical and health-related studies not being published? A systematic review of reasons given by investigators. *PLoS One.* 2014 Oct 15;9(10):e110418. doi: [10.1371/journal.pone.0110418](https://doi.org/10.1371/journal.pone.0110418). PMID: 25335091; PMCID: PMC4198242.
11. Ebrall P. Constructing a credible case report: Assembling your evidence. *J Contemp Chiropr* 2018 (2018;1:45-58
12. Hawk C. Evidence-based case reports. *J Clin Chiropr Pediatr.* 2018;17(1): 1388.
13. Merritt L. Commentary: Case reports: an important contribution to chiropractic literature. *J Can Chiropr Assoc.* 2007;51:72.
14. Bolton J. Evidence-based case reports. *J Can Chiropr Assoc.* 2014;58:6.
15. Budgett B. Guidelines to the writing of case studies. *J Can Chiropr Assoc.* 2008;52:199.
16. Waalen JK. Single subject research designs. *J Can Chiropr Assoc.* 1991;35:95.
17. Emary PC, Taylor JA. Imaging case reviews. *J Can Chiropr Assoc.* 2016;60:258.
18. Young M. A case in point. *Clin Chiropr.* 2007;10(3):117—8. <https://doi.org/10.1016/j.clch.2007.07.001>.
19. Vallone S. The value of case reports. *J Clin Chiropr Pediatr.* 2014;14(3):1166.
20. Jones-Harris AR. The evidence-based case report: a resource pack for chiropractors. *Clin Chiropr.* 2003;6(2):73—84. doi [10.1016/S1479-2354\(03\)00022-1](https://doi.org/10.1016/S1479-2354(03)00022-1) Churchill Livingstone.
21. Lieberson BJ, Killinger LZ. The journal article cookbook. *J Manip Physiol Ther.* 2004;27(7):481—92. doi.org/10.1016/j.jmpt.2004.06.010.
22. Green BN, Johnson CD. Writing patient case reports for peer-reviewed journals: secrets of the trade. *J Sport Chiropr Reh.* 2000;14:51—9
23. Vernon H. The single-case study experimental design in general chiropractic practice. *J Can Chiropr Assoc.* 1981;25:15.
24. Green and Johnson. Writing patient case reports for peer-reviewed journals: secrets of the trade. *J Sport Chiropr Reh.* 2000;1:51-9.
25. Squires BP. Case reports: what editors want from authors and peer reviewers. *CMAJ.* 1989; 141: 379-380.
26. Peat J, Elliot E, Baur L, Keena V. Scientific writing: easy when you know how. BMJ Books, Tavistock Square, London 2002.
27. Brooks, David. How to Know a Person. 2023. Random House: New York, NY.
28. Navrud IM, Bjornli ME, Feier CH, Haugse T, Miller J. A survey of parent satisfaction with chiropractic care of the pediatric patient. *J Clin Chiropr Pediatr* 2014;14(3):1167-1171.
29. Bihrmann K, Pedersen MT, Hartvigsen J, Wodschow K, Ersbøll AK. Social inequity in chiropractic utilisation - a cross-sectional study in Denmark, 2010 and 2017. *Chiropr Man Therap.* 2024 Jul 15;32(1):27. doi: [10.1186/s12998-024-00548-x](https://doi.org/10.1186/s12998-024-00548-x). PMID: 39010107.
30. Dolbec A, Doucet C, Pohlman KA, Sobczak S, Pagé I. Assessing adverse events associated with chiropractic care in preschool pediatric population: a feasibility study. *Chiropr Man Therap.* 2024 Mar 13;32(1):9. doi: [10.1186/s12998-024-00529-0](https://doi.org/10.1186/s12998-024-00529-0). PMID: 38481318; PMCID: PMC10938841.