

# Kelly Holt

## Research Fellow

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### Educational Qualifications:

2014 University of Auckland, PhD (Health Sciences)  
2009 University of Auckland, PGDipHSc - Distinction (Epidemiology/Biostatistics)  
2007 University of Auckland, PGCertHSc (Epidemiology)  
2004 Auckland University of Technology, COP (Quantitative Research)  
1999 New Zealand School of Chiropractic, BSc (Chiropractic)  
1996 University of Auckland, BSc (Physiology and Psychology)

### Biography:

2012 - 2014	Research Fellow, New Zealand College of Chiropractic, Auckland, New Zealand
2010 - 2012	Assistant Director of Research, New Zealand College of Chiropractic, Auckland, New Zealand
2003 –	Lecturer, New Zealand College of Chiropractic, Auckland, New Zealand
2000-2006	Clinic Supervisor, New Zealand College of Chiropractic, Auckland, New Zealand
1999-2008	Private chiropractic practice, Auckland, New Zealand

### Research Interests

Dr Holt's areas of research interest include falls prevention, neurology, reliability of vertebral subluxation indicators and population health. His PhD focused on the effects of chiropractic care on sensorimotor function and falls risk in older adults.

### Selected Publications and Presentations:

#### Research Publications

**Holt K**, Haavik H, Murphy B, Chi Lun Lee A, Elley CR. *Effectiveness of Chiropractic Care to Improve Sensorimotor Function Associated with Falls Risk in Older People: A Randomized Controlled Trial*. J Gerontol A Biol Sci Med Sci. Submitted

Singh K.K., Alcantara J, **Holt K**. *Improvement in a pediatric patient with Autistic Spectrum Disorder (ASD) following a trial of chiropractic care: a case report*. J Clin Chiropr Pediatr. Submitted

Luscombe S, Alcantara J, Holmes S, **Holt K**. (2014) *Resolution of Nocturnal Enuresis in a 10-year-old Child Following Chiropractic Care to Reduce Vertebral Subluxation: A Case Report*. J Pediatr Matern & Fam Health – Chiropr, 2014(3):55-59

**Holt K.R.** (2014) *Effectiveness of Chiropractic Care in Improving Sensorimotor Function Associated with Falls Risk in Older People*. Auckland: General Practice and Primary Healthcare, University of Auckland; 2014.

**Holt, K. R.**, Haavik, H., & Elley, C. R. (2012). *The Effects of Manual Therapy on Balance and Falls: A Systematic Review*. J Manipulative Physiol Ther, 35(3), 227-234

Kim I, Hammond K, Alcantara J, **Holt K**. (2012) *Immediate resolution of constipation in an infant following chiropractic care: A case report and selective review of literature*. J Pediatr Matern & Fam Health – Chiropr, 2012(2):61-65

Cleave J, Alcantara J, **Holt K**. (2011). *Improvement in autistic behaviors following chiropractic care: A*

case series. *J Pediatr Matern & Fam Health – Chiropr*, 2011(4):125-131

**Holt KR**, Noone PL, Short K, Elley CR, Haavik H. (2011) *Fall risk profile and quality-of-life status of older chiropractic patients*. *J Manipulative Physiol Ther* 34(2):78-87.

**Holt K**, Beck R, Sexton S, Haavik Taylor H. (2010). Chiropractors' Association of Australia Scientific Symposium 2009 third prize award winning paper: *Reflex effects of a spinal adjustment on blood pressure*. *Chiropr J Aust*, 40(3): 85-9.

Kelly D, **Holt K**. (2010). *Resolution of vertigo, migraines and neck pain in a 12 year old boy receiving chiropractic care – A case study*. *J Pediatr Matern & Fam Health – Chiropr*, 2010(4):150-3

Haavik Taylor H, **Holt K**, Murphy B. (2010). Chiropractors' Association of Australia Scientific Symposium 2009 first prize award winning paper: *Exploring the neuromodulatory effects of the vertebral subluxation and chiropractic care*. *Chiropr J Aust*, 40(1): 37-44.

Postles A, Haavik Taylor H, **Holt K**. (2010). *Changes in asthma symptoms and bedwetting in a four year old child receiving chiropractic care*. *Chiropr J Aust*, 40(1): 34-6.

**Holt K**, Kelly B, Haavik Taylor H. (2009). *Practice characteristics of chiropractors in New Zealand*. *Chiropr J Aust*. 39(3):103-9

**Holt KR**, Russell DG, Hoffmann NJ, Bruce BI, Bushell PM, Haavik Taylor H. (2009). *Interexaminer reliability of a leg length analysis procedure among novice and experienced examiners*. *J Manipulative Physiol Ther* 32(3): p. 216-222

Boone WR, Oswald P, **Holt K**, Beck RW, Singh K, Ashton A. (2006). *Long term assessment of blood indices and immune panel profiling of subjects receiving chiropractic care: A pilot study*. *J Vert Sublux Res*, June 7<sup>th</sup>, 2006 pp 1-11.

Boone WR, Oswald P, **Holt K**, Beck RW, Singh K, Ashton A. (2006). *Physical, physiological, and immune status changes, coupled with self-perceptions of health and quality of life, in subjects receiving chiropractic care: A pilot study*. *J Vert Sublux Res*, July 5<sup>th</sup>, 2006, pp1-6.

**Holt KR**, Beck RW. (2005). *Chiropractic patients presenting to the New Zealand College of Chiropractic teaching clinic: a short description of patients and patient complaints*. *Chiropr J Aust* 35:122-4.

Beck RW, **Holt K**, Fox, M, Hurtgen-Grace, KL. (2004). *Radiographic anomalies that may alter chiropractic intervention strategies found in a New Zealand population*. *J Manipulative Physiol Ther*. Nov-Dec;27(9):554-9

#### Conference Abstracts

**Holt K**, Haavik H, Lee ACL, Murphy B & Raina Elley R. (2014) *Effectiveness of Chiropractic Care to Improve Sensorimotor Function Associated with Falls Risk in Older People: A Randomized Controlled Trial*. Association of Chiropractic Colleges Research Agenda Conference, Meeting in Orlando, Florida, USA, March.

Thompson J. **Holt K**, Yelder P, Bossenger B, Haavik H. (2012). *The effects of lumbopelvic manipulation on heart rate variability: A controlled cross-over study*. Chiropractic and Osteopathic College of Australasia (COCA) National Conference, October 13-14th, Sydney, Australia.

- Holt K**, Haavik H, Elley CR, (2011). *The effects of manual therapy on balance and falls: A systematic review*. In World Federation of Chiropractic 11<sup>th</sup> Biennial Congress, April 6-9. Rio De Janeiro, Brazil. Proceedings p. 152-153
- Holt K**, Haavik H, Elley CR, (2011). *The effects of manual therapy on balance and falls: A systematic review*. Association of Chiropractic Colleges Research Agenda Conference, Meeting in Las Vegas, USA, March. Abstract published in *The Journal of Chiropractic Education*, 2011; 25 (1): p.83.
- K Holt**, P Noone, K Short, H Haavik Taylor (2010). *Falls risk profile of elderly chiropractic patients*. Association of Chiropractic Colleges Research Agenda Conference, Meeting in Las Vegas, USA, March. Abstract published in *The Journal of Chiropractic Education*, 2010; 24 (1): p.97.
- Holt K**, Beck R, Sexton S, Haavik Taylor H (2010). *Reflex effects of a spinal adjustment on blood pressure*. Association of Chiropractic Colleges Research Agenda Conference, Meeting in Las Vegas, USA, March. Abstract published in *The Journal of Chiropractic Education*, 2010; 24 (1): p.129.
- D Russell, G Ellis, R Kashmiri, **K Holt**, H Haavik Taylor (2010). *A survey of the public perception of chiropractic and chiropractic spinal screenings*. Association of Chiropractic Colleges Research Agenda Conference, Meeting in Las Vegas, USA, March. Abstract published in *The Journal of Chiropractic Education*, 2010; 24 (1): p.111.
- Haavik Taylor H, **Holt KR**, Murphy B. (2009). *Exploring the neuromodulatory effects of the vertebral subluxation and chiropractic care*. Chiropractors' Association of Australia Scientific Symposium, Melbourne, Australia, 22<sup>nd</sup> November.
- Holt KR**, Beck RW, Sexton S, Haavik Taylor H. (2009). *Reflex effects of a spinal adjustment on blood pressure*. Chiropractors' Association of Australia Scientific Symposium, Melbourne, Australia, 22<sup>nd</sup> November.
- Holt KR**, Noone P, Short K, Haavik Taylor H. (2009). *Falls risk profile of elderly chiropractic patients*. Chiropractors' Association of Australia Scientific Symposium, Melbourne, Australia, 22<sup>nd</sup> November.
- Postles A, Haavik Taylor H, **Holt KR**. (2009). *Changes in asthma symptoms and bedwetting in a four year old child receiving chiropractic care*. Chiropractors' Association of Australia Scientific Symposium, Melbourne, Australia, 22<sup>nd</sup> November.
- Holt KR**, Russell DG, Hoffmann NJ, Bruce BI, Bushell PM, Haavik Taylor H. (2009). *Interexaminer reliability of a leg length analysis procedure among novice and experienced examiners*. In Association of Chiropractic Colleges Research Agenda Conference, Las Vegas, USA, March.
- Holt K**, Hayes M, Church A, Dobson G, Haavik-Taylor H. (2007). *Interexaminer reliability of Chiropractic-Specific Upper Cervical Motion Palpation Technique*. In World Federation of Chiropractic 9<sup>th</sup> Biennial Congress, May. Vilamoura, Portugal
- Holt K**, Beck RW, Sexton S. (2006). *Reflex effects of spinal adjustment on blood pressure*. In Association of Chiropractic Colleges Research Agenda Conference, Meeting in *Conference Proceedings*, March Washington D.C., U.S.A.
- Boone WR, Oswald P, **Holt K**, Beck RW, Singh K, Ashton A. (2005). *Physical, physiological, and immune status changes, coupled with self-perceptions of health and quality of life, in subjects receiving*

*chiropractic care: A pilot study.* In World Federation of Chiropractic 8<sup>th</sup> Biennial Congress, June. Sydney, Australia

#### Invited and Keynote Presentations

**Holt K.** *Chiropractic and the Ageing Brain.* Invited speaker at the New Zealand College of Chiropractic Lyceum, held in Auckland, New Zealand, 19<sup>th</sup>-21<sup>st</sup> September, 2014.

**Holt K.** *Chiropractic and the Ageing Brain.* Invited speaker at the New Zealand Chiropractors' Association Annual General Meeting, held in Auckland, New Zealand on the 25<sup>th</sup> of May 2014.

**Holt K.** *A Review of Neurology Tests.* Invited speaker at the WFC/ACC/CCIAP Education Conference, Held in Perth Australia, 26-29 September, 2012

**Holt K.** *Bridging the Gap Between Science and Practice.* Invited speaker for Australian Spinal Research Foundation's Dynamic Growth Congress, Brisbane, Australia February 2012.

**Holt K.** *A Review of Randomised Controlled Trials in Chiropractic.* Invited speaker at the New Zealand College of Chiropractic Lyceum, held in Auckland, New Zealand in July, 2011.

**Holt K.** *Chiropractic care, risk of falls and sensorimotor function in older people.* Invited speaker at the Chiropractor's Association of Australia National Development Forum, held in Cairns, Australia, October 15th, 2010.

**Holt K.** *Chiropractic Research Priorities for New Zealand.* Invited speaker at the Chiropractors' Association of Australia Research Summit, held in Sydney, Australia on June 9th, 2009

**Holt K.** *Falls Risk Profile of Elderly Chiropractic Patients.* Invited speaker at the New Zealand Chiropractors' Association Annual General Meeting, held in Auckland, New Zealand in May, 2009.

Holt K. *Chiropractic Research in New Zealand.* Invited speaker at the New Zealand Chiropractors' Association Annual General Meeting, held in Christchurch, New Zealand in May, 2007.

**Holt K.** *The New Zealand College of Chiropractic Research Agenda.* Invited speaker at the New Zealand Chiropractors' Association Annual General Meeting, held in Wellington, New Zealand in June, 2006.

#### **Awards / Distinctions**

2011

- New Zealand College of Chiropractic Outstanding Service Award, for dedication and service to the New Zealand College of Chiropractic and the chiropractic educational community.

2009

- First, second and third prize award winning papers at the Chiropractors' Association of Australia Scientific Symposium, Melbourne, Australia, 22<sup>nd</sup> November, 2009.
- University of Auckland Senior Health Research Doctoral Scholarship for 2010 - 2012.
- University of Auckland Doctoral Scholarship for 2010 – 2012
- Post Graduate Diploma in Health Science (Epidemiology / Biostatistics) was awarded with Distinction by the University of Auckland

2008

- Australasian Epidemiological Association Student Prize, University of

Auckland, in recognition of exemplary scholastic performance in epidemiology

Research Grants

2012	Hamblin Chiropractic Research Fund Trust – \$ 7,200
2010	Australian Spinal Research Foundation – \$ 49,101 (Large Research Grant)
2008	Australian Spinal Research Foundation – \$ 49,812 (Large Research Grant)
2006	Australian Spinal Research Foundation – \$ 39,360 (Large Research Grant)
2003	Hamblin Chiropractic Research Fund Trust – \$ 1,500