The Opioid Crisis: Rethinking the Frontline Approach to Pain

Indiana State Chiropractic Association
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The mission of the Indiana State Chiropractic Association (ISCA) is to represent the chiropractic profession and to promote its public image and contributions to quality health care on state and national levels.

The ISCA provides programs and assistance to advance the educational, ethical, licensing, legislative, and social interests of its members.

The ISCA interacts with other organizations and chiropractic associations to promote effective and cost efficient health care.

The ISCA disseminates the specialized knowledge and contributions of chiropractic treatment to the public and other health care providers.
The purpose of Chiropractic in the State of Indiana
Chiropractic as a “puzzle-piece” in addressing the solution to the opioid epidemic
BRIEF OVERVIEW

- Opioid Epidemic Status
BRIEF REVIEW OF ACUTE PAIN

- What is it?
- How does it develop?
What is it?
How does it develop?
Changing the paradigm of treatment for pain syndromes in accordance with current scientific evidence.
Latest scientific Guidelines and recommendations for treatment of universally prevalent low back pain - The American College of Physicians (ACP): acupuncture, and/or spinal manipulation
United Healthcare/Optum; Research conclusions regarding chiropractic as first-line intervention for uncomplicated musculoskeletal injury
University of Pittsburg Medical Center; Policy for chronic uncomplicated spine/musculoskeletal treatment/management (Breaking the barrier of Insurance resistance to payment for the safest, most efficacious, and cost-effective treatment); Policy not adhered to by PCPs, per personal; communication with Michael Schroeder, DC. PhD (University of Pittsburgh Rehabilitation Dept.)
Selecting the less dangerous treatment pathway; education of decision-makers, education of insurers, who continue to pay for histrionic, expensive and sometimes dangerous first-line care in lieu of more effective, conservative, less hazardous treatment pathways.
MODALITIES OF TREATMENT:

a) ACP recommends that physicians and patients initially select non-drug therapy.
b) Acupuncture; what is it, and how does it work?
c) Nutrition Therapy; what is it and how does it work?
d) Chiropractic care; what is it, and how does it work?
e) Chiropractic care, inclusive of exercise, multidisciplinary rehabilitation, mindfulness-based stress reduction, tai chi, yoga, motor control exercise (MCE), progressive relaxation, electromyography biofeedback, low level laser therapy, operant therapy, and cognitive behavioral therapy.
f) Combining conservative modalities to develop a treatment model.
g) What to do when everything fails?