

Spine Management Report

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Family Medicine and Chiropractic *reducing opioid prescriptions*



Proper implementation of a *Spine Management Physician* can play an important role in guiding a patient through the clinical process while supporting both short and long-term functional goals. Rosa et al (2021), outlined a recent study reporting, “The study design was a retrospective analysis of opioid prescription data. The database included opioid prescriptions written for patients seeking care at the family medicine practice from April 2015 to September 2018. In June 2016, the practice reviewed and changed its opioid medication practices. In April 2017, the practice included onsite chiropractic services. Opioid-therapy

use was defined as the average rate of opioid prescriptions over all medical providers at the practice.” [pg 1] Defining alternatives to the early management of pain of spinal origin is important if we are to successfully manage spine pain while reducing risk factors associated with certain prescription medication.

The authors continued by discussing prior studies considering opioid prescription and chiropractic care stating, “There are a few retrospective cohort studies that have addressed the association between use of chiropractic services and opioid-therapy use. Use of chiropractic services for low back pain significantly decreased the likelihood that New Hampshire residents would fill a prescription for an opioid analgesic (adjusted odds ratio [OR], 0.45) or have an adverse drug event (adjusted OR, 0.49). Use of chiropractic services for low back pain also reduced the annual health care costs of filling prescriptions for opioid analgesics and clinical services by at least 70% in 2013 and 2014. A recent study confirmed the association between use of chiropractic services and filling opioid prescriptions for people with spine pain in Connecticut, Massachusetts, and New Hampshire.” [pg 1]

We are seeing as of late, continued support for the inclusion of spine care pathways that include chiropractic management. The paper continues by outlining, “Although the present study was an observational one, the description of the primary care clinical setting is aligned with evidence-based characteristics of successful collaborative patient-centered care for pain management.” [pg 8]

In conclusion, the paper reports, “This study demonstrates that there were decreases in opioid-therapy prescribing rates after a family medicine practice included on-site chiropractic services. This suggests that inclusion of chiropractic services may have had a positive effect on prescribing behaviors of medical physicians, as they may have been able to offer their patients additional nonpharmaceutical options for pain management.” [pg1]



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REFERENCE:

1. Rosa, J., & Burke, J. R. (2021). Changes in Opioid Therapy Use by an Interprofessional Primary Care Team: A Descriptive Study of Opioid Prescription Data. *Journal of Manipulative and Physiological Therapeutics*, 44(3), 186–195.