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Unified VCA's Position on Opioids

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The Unified Virginia Chiropractic Association (UVCA) realizes that there are many etiologies for acute and chronic pain. The UVCA also realizes that the "Opioid Crisis" that has plagued so many is a complex, multifaceted epidemic. According to the Centers for Disease Control and Prevention (CDC), in 2014, almost 2 million Americans abused or were dependent on prescription opioids. However, there is not a blanket solution to this epidemic because the factors that surround the prescription Opioid overuse and abuse are often complicated and complex in nature.

Many of these factors reach far beyond a mechanical, physical pain. However, for acute, subacute musculoskeletal and chronic non-cancer pain (CNCP) syndromes, the UVCA supports a non-pharmacological or conservative approach as a first-line therapy towards resolution for the patient. In March 2016, The CDC's Guideline for Prescribing Opioids for Chronic Pain was released. In the document, a recommendation for first-line non-pharmacological treatment was made. The CDC's recommendation is that ***"multimodal and multidisciplinary therapies (e.g., therapies that combine exercise and related therapies with psychologically based approaches) can help reduce pain and improve function more effectively than single modalities."*** The CDC is urging health care providers to reduce the use of opioids in favor of safe alternatives.

It is the opinion of the UVCA that Chiropractors are an effective deliverer of this type of ***"multimodal and multidisciplinary"*** care. It is also the opinion of the UVCA that Chiropractors can effectively and efficiently manage a great percentage of these cases to reasonable resolution for the patient. With low-risk outcomes and an opportunity for the patient to live with less pain, the UVCA urges the public to strongly consider utilization of Chiropractic as a viable option for acute, subacute musculoskeletal, and chronic non-cancer pain (CNCP) syndromes.