

2,800

Ontarians died from opioid-related causes in 2021, up 79% since 2019.¹

8%

of opioid toxicity deaths from 2018-2020 occurred among people in the construction industry.²

78%

of these people had injury/pain diagnosis 5 years prior to death (like fractures, dislocations, strains, sprains and low back pain).³



Ontario Chiropractic Association

How is OCA Helping to Address the Opioid Crisis?

OCA's Opioid and Pain Reduction Collaborative

It's an evidence-based initiative to help manual therapists – like chiropractors, physiotherapists and registered massage therapists – collaborate with physicians (MDs) and nurse practitioners (NPs) to manage, reduce or eliminate their shared patients' opioid dependency.

How it Works



While a manual therapist works within their scope of practice to treat a patient's chronic back, shoulder or neck pain, their MD/NP tapers the patient's opioid dosage at a pace aligned with their manual therapy.

How the Collaborative Fosters this Interprofessional Collaboration

Provides clinical tools and resources to help manual therapists, like chiropractors, co-ordinate a care plan with their shared patient's MD/NP to manage their pain.



1

Manual Therapy as an Evidence-Based Referral for Musculoskeletal Pain Clinical Tool

Developed by the Centre for Effective Practice (CEP)

CEP tool informs MDs & NPs with the best available evidence. (Downloaded more than 7,000 times to date.)

2

Chiropractor's Treatment Plan Toolkit:

Dialogue Map (endorsed by the College of Chiropractors of Ontario) and Clinical Pain Reduction Forms

Manual therapist uses:

- Dialogue map to ethically discuss opioid use with patient
- Clinical pain reduction forms to share care plan with MD/NP



3

The Role of Chiropractic in Opioid Use Reduction Online Continuing Education (CE) Course

Developed with the Canadian Memorial Chiropractic College (CMCC)

Manual therapists take CE course to enhance their skills in safeguarding patients' health and fostering collaboration with MDs and NPs to manage, reduce/eliminate opioid dependency.

Developed with Medical Professionals:

- OCA collaborated with focus groups, including MDs and NPs, to develop the Collaborative.
- CEP worked with two physicians, two chiropractors and patient with lived experience to inform clinical tool's development.
- CEP tool informed joint CMCC and OCA CE course. A physician and three chiropractors developed its content.

¹ Public Health Ontario. *Interactive Opioid Tool: Opioid-related morbidity and mortality in Ontario*. <https://www.publichealthontario.ca>

^{2,3} Ontario Drug Policy Research Network, Office of the Chief Coroner for Ontario and Public Health Ontario. *Lives Lost to Opioid Toxicity among Ontarians Who Worked in the Construction Industry (2018-2020)*. 2022.