

Opioid and Pain Reduction Collaborative



In Ontario, opioid-related deaths and other harmful consequences have been on the rise since 2016, claiming close to 2,000 lives across the province in 2019 alone¹. Efforts to address the COVID-19 pandemic have exacerbated this crisis².

Research demonstrates that manual therapy can effectively help patients manage chronic back, neck or shoulder pain, without medication and reduce their reliance on opioids.

While discussion of opioids is out of chiropractic scope, chiropractors can ethically guide a patient toward a coordinated care plan and engage with their prescribing health professional (physician/nurse practitioner) to support it.

To help chiropractors like you carefully navigate a conversation with a patient who may want help managing their opioid use, the OCA has created this script, which is approved by the College of Chiropractors Ontario (CCO).

Please be advised that misuse of this script may cause serious harm to your patient and lead to an enquiry from CCO.

Chiropractor Dialogue Map



"Prescriptions are outside of my scope of practice. However, would you permit me to contact your doctor/specialist (or prescribing health professional) to discuss a coordinated care plan that might help better manage or reduce your pain?"

- ✓ **If the patient agrees**, the chiropractor will contact the physician/nurse practitioner and apply the opioid clinical tool, developed with CEP, to discuss how to manage or reduce the patient's pain with evidence-based treatment as per the clinical tool.
- ✓ **If the physician/nurse practitioner agrees**, the chiropractor will work with the prescribing physician/nurse practitioner and, if appropriate, others in the patient's circle of care. While the physician/nurse practitioner provides opioid pain management, the chiropractor will provide treatment as per the opioid clinical tool. The chiropractor will provide updates to the physician/nurse practitioner on the treatment and outcomes for their patient.

For more information on next steps in an agreeable situation and best practices for maintaining the relationship, please see our continuing education module (coming soon).



Ontario
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Association

Chiropractor Dialogue Map

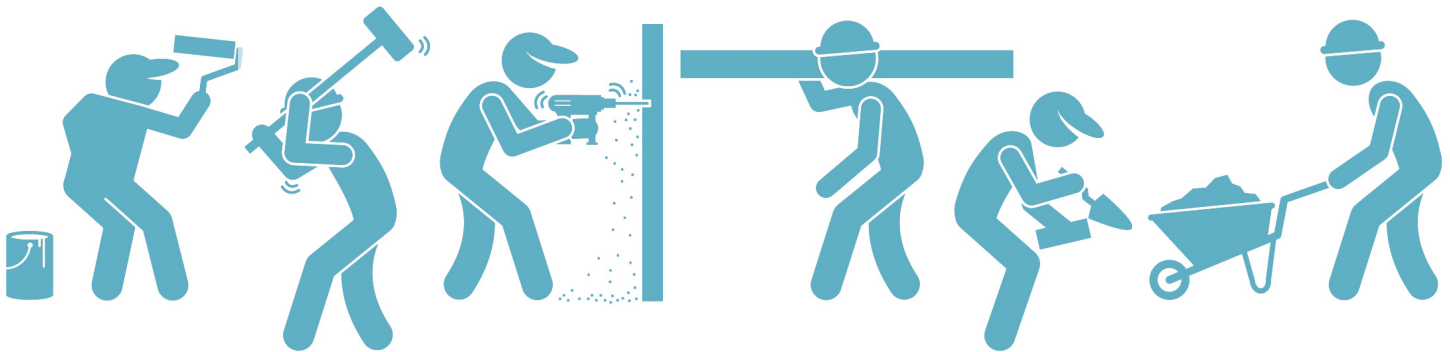


"Prescriptions are outside of my scope of practice. However, would you permit me to contact your doctor/specialist (or prescribing health professional) to discuss a coordinated care plan that might help better manage or reduce your pain?"

- X** *If the patient refuses*, the chiropractor will continue to provide treatment to the patient within the scope of practice and the existing guidance CCO has provided to chiropractors through standards of practice and other guidelines.
- X** *If the physician/nurse practitioner refuses* to engage with the chiropractor despite receiving the opioid clinical tool, the chiropractor informs his/her patient of that decision and the practitioner continues to provide treatment within the CCO scope of practice.

If the patient initiates a discussion with the chiropractor, on reducing opioid use, please use the steps outlined above of the chiropractor asking the patient for permission to contact the prescribing physician/nurse practitioner.

For more information on how to navigate or avoid a negative outcome, please see our continuing education module (coming soon).



1 Suspected opioid-related overdoses in jurisdictions across Canada based on Emergency Medical Services data. Government of Canada. September 2019.
2 Draaisma, Muriel. Spike in overdose deaths prompts medical officer to call for federal, provincial help. CBC News. June 2, 2020.