

# #ChoosePT: Electrotherapy as an Effective Alternative to Opioid Reduction



Pain Management

## Response to Opioid Crisis

<b>MARCH 2016</b> CDC Guidelines for Prescribing Opioids for Chronic Pain	<b>JUNE 2016</b> The APTA launches the #ChoosePT Campaign	<b>AUGUST 2016</b> Surgeon General Turn the Tide Rx Campaign	<b>SEPTEMBER 2016</b> First National Opioid and Heroin Epidemic Awareness week	<b>AUGUST 2017</b> President declares opioid crisis a National Emergency
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## Opioid Crisis – Prevalence and Consequences



### DEATHS

- Since 1999, the number of overdose deaths involving opioids has **QUADRUPLED**
- More than 40 people die **EVERY DAY** from overdoses involving prescription opioids
- >6/10 drug overdose deaths involve an opioid



### OTHER RISKS

- Each day, more than a 1000 people are treated in emergency departments for not using prescription opioids as directed
- With an initial 10-day supply of opioids, 1 in 5 people become long-term users



### PRESCRIPTION

- 60% of adults prescribed opioids have leftover pills
- 2015 per capita prescription opioid rates were enough for “every American to be medicated around the clock for 3 weeks”
- 91% of people who survive an opioid overdose are prescribed more opioids

## Pain Modulation



### EXTERNAL OPIOIDS

- Prolonged use can cause increased pain sensitivity which can lead to higher prescription dosage and risk of dependence
- **Numerous SIDE EFFECTS from external opioids** – including addiction, respiratory depression, nausea/vomiting, constipation, tolerance, pruritus, dry mouth and headaches



### ELECTROTHERAPY

- Evidence-based practice supports the use of electrotherapy as an effective alternative to opioid prescription
  - Primary Goal: Provides symptomatic pain relief by activating natural physiological mechanisms, including **release of the body’s natural opioids**
  - Electrotherapy and External Opioids: Use **similar mechanisms** of action to **modulate the pain pathway**
  - Efficacy: **Dependent on** mindful and skilled application incorporating **key elements** (waveform frequency, electrode placement, intensity and frequency of application)

*Electrotherapy should be considered as an alternative to pharmacological intervention in acute and chronic painful conditions.*

For more information about clinical programming to address pain management, contact us today.

