

# PODIATRIC SERVICES DECREASE OPIOID DISPENSING



NEW YORK STATE  
PODIATRIC MEDICAL  
ASSOCIATION

New York's Only Foot Specialists Since 1895

Between 2014 and 2015 the number of drug related overdose deaths in New York increased by 20 percent. Illicit and prescription opioids are the primary driver of national drug overdose deaths and were involved in 33,091 deaths nationally in 2015, a number that has quadrupled since 1999.<sup>1</sup> New York identified substance abuse prevention as a priority area in the New York State Prevention Agenda.<sup>2</sup> Additionally, the State has implemented numerous initiatives including Governor Cuomo's Task Force to Combat Heroin to address this epidemic.<sup>3</sup>

Podiatrists can play a key role in helping to decrease opioid prescribing patterns. Podiatric services reduce the likelihood of needing treatments via pain killers for other comorbidities or related conditions (e.g., pain killers for the 20 percent of New Yorkers with chronic back pain).<sup>4</sup> The reduction in exposure to opioid pain killers is correlated with a reduction in opioid abuse.

**Podiatry is an active part of the medical team in addressing the opioid epidemic by treating conditions that often lead to opioid use**

New York State Podiatric Medical Association contracted with Navigant Consulting to quantify the value of podiatric services in helping reach healthcare goals. Results of this analysis demonstrate a reduction in opioid dispensing among people with back pain or back pain and a podiatric related condition who receive services from a podiatrist compared to those who do not receive podiatric intervention:<sup>5</sup>



Of the 20% New Yorkers with back pain, 11 percent reduction in the odds of an opioid drug being dispensed among persons with back pain who received services performed by a podiatrist



28% reduction in the odds of an opioid drug being dispensed among persons with back and podiatric-related pain diagnosis who received services performed by a podiatrist



Services performed by a podiatric specialist may be associated with reduced opioid dispensing for approximately 18,000 people per year

Inclusion of comprehensive podiatric services in value based payment arrangements decrease opioid dispensing, helping to alleviate the opioid epidemic.

Placeholder – Case Study

<sup>1</sup> <https://www.cdc.gov/drugoverdose/data/statedeaths.html>

<sup>2</sup> [https://www.health.ny.gov/prevention/prevention\\_agenda/2013-2017/](https://www.health.ny.gov/prevention/prevention_agenda/2013-2017/)

<sup>3</sup> <https://www.ny.gov/programs/governor-cuomos-task-force-combat-heroin>

<sup>4</sup> <http://www.americanspinal.com/back-pain-stats.html>

<sup>5</sup> NYSPMA White Paper. Podiatric Services Deliver Value and Improved Health Outcomes