



# PODIATRIC SERVICES DECREASE OPIOID DISPENSING

New York State Podiatric Medical Association (NYSPMA) study shows that podiatrists can play a key role in helping to decrease opioid prescribing patterns, especially among people with chronic back pain in conjunction with a podiatric-related condition. 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>

NYSPMA 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>4</sup>



## PODIATRY IS AN ACTIVE PART OF THE MEDICAL TEAM IN ADDRESSING THE OPIOID EPIDEMIC BY TREATING CONDITIONS THAT OFTEN LEAD TO OPIOID USE.

Podiatric services may be associated with a reduction of opioid dispensation for 18,000 people per year.

**11%**  
reduction

in the odds of an opioid drug being dispensed among persons with back pain.

**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.

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

**THE NYSPMA COMPLETE WHITE PAPER IS AVAILABLE UPON REQUEST**

For more information or to find a podiatrist in New York State, visit:

**[nyfoothealth.com](http://nyfoothealth.com)**

**MEDIA CONTACT**

**Kerri Ehrmantraut**

[kerri@rizco.com](mailto:kerri@rizco.com) (732) 223-1944 Ext. 106