

Session 5: How Chiropractic Can Assist with the Opioid Crisis

Course Instructor: Gerald Stevens DC, MS, MPH

Course Instructor Background:

Dr. Gerald Stevens is an associate professor at New York Chiropractic College (NYCC). He currently teaches chiropractic in clinical settings at the Lighthouse Free Chiropractic Clinic and the Depew Health Center. Dr. Stevens received his DC at NYCC, M.S. in Pathology (LSU Medical Center) and a M.P.H. (SUNY Buffalo). He has received Faculty Excellence Awards in Research and Scholarly Activity and Citizenship.

Dr. Stevens serves his profession on the local, state and national levels. Locally he is the treasurer for New York State Chiropractic Association (NYSCA) District 17 and annually organizes a continuing education fundraiser with over 250 chiropractors in attendance (last 3 years). He is part of the Erie County Opioid Task Force serving as part of the Provider Education group. On the state level, he serves NYSCA as an officer (Recording Secretary), Chair of the Clinical Practice Committee and Chair of their Opioid Task Force. Nationally, he is the District 1 Director (Northeast) for the ChiroCongress.

Dr. Stevens is an avid traveler, visiting 29 countries, 28 national parks, 6 continents and 48 states. Gerald enjoys hiking with his crowning achievement climbing Mt. Kilimanjaro. He is active in Toastmasters International and has achieved its highest rank of Distinguished Toastmaster (DTM). He and his wife Maureen, adopted a family of 4 (3 girls, 1 boy) all at once. Dr. Stevens proudly served his country for six years in the Army National Guard as an infantryman.

Time Block: 1 hour

Session Format: Discussion/Lecture/PowerPoint
50-minute presentation/10 minute Q & A

Session Description:

The overall goal of this presentation is to provide details on what the chiropractic can do to assist with the opioid crisis. This session is designed to enhance healthcare provider knowledge about chiropractic. Chiropractic treatment can assist in eliminating, decreasing and preventing musculoskeletal pain. Chiropractic is a pain intervention that does not utilize medication. A discussion of common chiropractic myths, contraindications and risks will be undertaken. A myriad of chiropractic treatment options for acute and chronic pain patients will be discussed.

Session Objectives:

- 1) Describe how chiropractic can assist with the opioid crisis.
- 2) Describe what treatments chiropractors can do to help your patients with musculoskeletal pain.
- 3) Discuss chiropractic myths, contraindications and risks.
- 4) Discuss how different types of cases chiropractors can assist patients in an evidence based manner.
- 5) Detail what the chiropractic profession is doing to assist with opioid crisis.
- 6) Facilitate an interactive forum to produce audience participation.

Session Outline:

- 1) Describe how the opioid crisis is effecting families (5 minutes)
- 2) Review opioid epidemic data nationally and in Erie County (5-10 minutes)
- 3) Discuss what chiropractic is doing to assist with opioid crisis (5 minutes)
- 4) Provide treatment options that chiropractic can provide help patients with musculoskeletal pain (5-10 minutes)
- 5) Describe how effective chiropractic evidenced based treatment can be for patients (5 minutes)
- 6) Discuss chiropractic myths, contraindications and risks (5-10 minutes)
- 7) Question and Answer period (5-10 minutes)