

CHIROPRACTIC & HEALTH

A Natural Connection

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Insurance Data from Hundreds of Thousands of Patients Shows Superior Benefits, Reduced Costs, and Superior Safety with Chiropractic Care

Elton, D. (2018) Session 1: Nonpharmacological Approaches to Pain Management – Evidence on Effectiveness and Safety, Emerging Models of Care; and Session 3: Policies to Promote Evidence-Based Nonpharmacological Approaches. National Academies of Sciences Presentations 12/04-05/18.

QUOTE BOARD:

Patients were 75-90% less likely to have short, or long-term exposure to opioids if the first provider they saw was a chiropractor compared to if first provider was a medical doctor – and the outcomes for the patients were better!

There was a direct inverse relationship between percent of cases that involved manipulation and percent of cases that involved an opioid.

Conclusion:

There are large financial barriers in the form of copayments standing in the way of receiving chiropractic care and other conservative care that is preventing patients from receiving the most evidence-based care, the most effective care, and the most cost-effective care.

This is costing insurance companies huge amounts of money and they realize that the only solution is to encourage more use of chiropractic care and other conservative interventions and less use of medical care, drugs, injections, and surgery.

Key Concepts:

Insurance companies have, by an exponential margin, the largest amounts of data from real clinical encounters regarding the effectiveness, cost-effectiveness, and safety from all interventions for low back pain and other spinal health issues.

Unlike small studies with small numbers of highly selected patients, often in artificial settings that don't reflect clinical practice, insurance data is from real clinical practice and real-life patients. Insurance data is the best data to determine what works in the real world.

Key Take Home Points:

When the biases are removed, when the barriers to receiving care are removed, and when real life data from millions of real patient encounters are analyzed, the picture becomes very clear.

The more that chiropractic care is utilized instead of medical care, the less opioids, less surgeries, less other drugs and the less any other medical procedures are ever utilized or required - and the less cost, better outcomes, and better safety!

Science just keeps pointing to the same conclusion: chiropractic adjustment/manipulation is the most evidence-based intervention available. Now that insurance companies have unequivocal evidence that the more their clients utilize chiropractic services the more money they will save and the quicker their clients will get better, they are moving toward strategies to encourage greater use of chiropractic – finally!

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