



Canadian
Physiotherapy
Association

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The Honourable Jane Philpott, MP
Minister of Health
House of Commons
Ottawa K1A 0A6

Dear Minister Philpott,

I am writing to congratulate you on your leadership on the Opioid Crisis in Canada. The Canadian Physiotherapy Association (CPA) is in absolute agreement that more must be done to prevent further harm related to opioid addiction. Our focus is on upstream solutions, preventing the initial prescription of opioids.

We were pleased to participate in the first day of the Opioid Summit, but we were disappointed to not be included in the second day's deliberations. As many of the speakers at the summit acknowledged, physiotherapy is one of the most trusted options to prescription opioids when considering conservative management of pain. We have compelling evidence to demonstrate that physiotherapy is a safe and effective alternative to opioids for relief of acute and chronic musculoskeletal pain. CPA wants to be part of the solution to this crisis. As such, we should be included as a signatory to the Opioid Action Plan and the Joint Statement of Action to Address the Opioid Crisis.

CPA is engaging with our Pain Science Division to develop and deliver education on evidence-based pain management strategies to our 15,000 members. We are currently working with the College of Family Physicians of Canada to build a toolkit for the conservative management of arthritis. We would be pleased to provide our expertise as subject matter experts to others working on non-pharmaceutical plans for the treatment of acute or chronic pain.

CPA also sees the need to demonstrate the effectiveness of conservative treatments as an alternative to opioid prescription. To that end, we have invested in a patient outcome measurement system called FOTO (Focus on Therapeutic Outcomes). We believe that the evidence collected will allow scarce health care dollars to be used most effectively.

As an association representing 15,000 physiotherapists, physiotherapist assistants and physiotherapy students, CPA is very interested in signing on to the Joint Statement of Action and adding our commitments to combat the Opioid Crisis. CPA believes it is imperative that we are included in the next steps to ensure that the Federal Government's response to this crisis is truly "comprehensive, collaborative, compassionate and evidence based."

Yours sincerely,

Michael Brennan
Chief Executive Officer