

1 A MEMORIAL

2 DECLARING FEBRUARY 23, 2017 "#CHOOSEPT DAY" IN THE HOUSE OF
3 REPRESENTATIVES.

4
5 WHEREAS, New Mexico has one of the highest drug overdose
6 rates in the nation; and

7 WHEREAS, New Mexico is second only to West Virginia in
8 per capita deaths, primarily due to prescription and illegal
9 opioid drugs; and

10 WHEREAS, there were four thousand three hundred forty
11 deaths from overdoses in New Mexico from 2006 to 2014; and

12 WHEREAS, the federal centers for disease control and
13 prevention has indicated that heroin and prescription opioids
14 account for the majority of drug deaths; and

15 WHEREAS, according to the centers for disease control
16 and prevention, in 2012, health providers wrote two hundred
17 fifty-nine million prescriptions for opioid pain medication,
18 enough for every American adult to have his or her own bottle
19 of pills; and

20 WHEREAS, one in four people who receive prescription
21 opioids long term for non-cancer pain in primary care
22 settings struggles with addiction; and

23 WHEREAS, opioid side effects include addiction,
24 depression, overdose and withdrawal symptoms; and

25 WHEREAS, every day, more than one thousand people are

1 treated in emergency departments for misusing prescription
2 opioids; and

3 WHEREAS, since 1999, more than one hundred sixty-five
4 thousand people in the United States have died from opioid
5 pain medication-related overdoses; and

6 WHEREAS, over the past fifteen years, increasing numbers
7 of Americans have been prescribed opioids for pain
8 management, with sales of prescription opioids and deaths
9 related to opioids and heroin quadrupling since 1999; and

10 WHEREAS, the centers for disease control and prevention
11 recommends non-opioid approaches for chronic pain; and

12 WHEREAS, in March 2016, the centers for disease control
13 and prevention released guidelines urging clinicians to
14 consider opioid therapy only if the expected benefits for
15 both pain and function were anticipated to outweigh the risks
16 to the patient; and

17 WHEREAS, physical therapy is effective for numerous
18 conditions, and the centers for disease control and
19 prevention has cited evidence in support of exercise as part
20 of physical therapy treatment for familiar conditions like
21 low back pain, hip or knee osteoarthritis and fibromyalgia;
22 and

23 WHEREAS, physical therapy is a safe and effective
24 alternative to opioids for long-term pain management by
25 treating pain through movement, whereas opioids often only

1 mask the pain; and

2 WHEREAS, physical therapy provides improved mobility,
3 increased independence, decreased pain and prevention of
4 other health problems through movement and exercise; and

5 WHEREAS, the New Mexico chapter of the American physical
6 therapy association is participating in the national
7 #ChoosePT campaign to build public awareness about physical
8 therapy as an alternative to opioid prescriptions for chronic
9 pain; and

10 WHEREAS, the #ChoosePT campaign raises awareness about
11 the dangers of prescription opioids and encourages consumers
12 and those who prescribe medications to choose safer
13 alternatives, such as physical therapy; and

14 WHEREAS, the #ChoosePT campaign encourages physical
15 therapy providers to educate their patients about the dangers
16 of opioids, to ask about problems with substance abuse or
17 addiction, to listen closely to patients describing their
18 pain, to be sure that the patient feels heard and to set
19 realistic goals for pain and functioning based on the
20 patient's diagnosis; and

21 WHEREAS, #ChoosePT is consistent with the centers for
22 disease control and prevention guidelines, which encourage
23 provider's to check that non-opioid therapies have been tried
24 before prescribing opioids; and

25 WHEREAS, in cases where opioids are prescribed,

1 providers are encouraged to "start low and go slow" with
2 dosing and to combine opioids with non-drug approaches, such
3 as physical therapy;

4 NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF
5 REPRESENTATIVES OF THE STATE OF NEW MEXICO that February 23,
6 2017 be declared "#ChoosePT Day" in the house of
7 representatives; and

8 BE IT FURTHER RESOLVED that physical therapists be
9 encouraged to do their part in decreasing opioid addiction by
10 providing physical therapy as an alternative treatment to
11 opioids to manage chronic pain; and

12 BE IT FURTHER RESOLVED that a copy of this memorial be
13 transmitted to the New Mexico chapter of the American
14 physical therapy association.

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