



# Florida Acupuncture Physicians Reduce Healthcare Costs & Improve Patient Outcomes



[fsoma.org/acupuncture](https://fsoma.org/acupuncture)



Florida State Oriental  
Medical Association

## **OUR MISSION**

We are committed to improving the health and well-being of Floridians by advancing the practice of Eastern Medicine and Acupuncture.

[www.fsoma.org](http://www.fsoma.org)



Using expensive and radical procedures like surgery leads to an increase in addiction to opioids and fails in up to 47% of the cases to eliminate pain.

Using acupuncture first dramatically lessens the need for surgery and the reliance on strong pain - relieving medications.

**It make sense to utilize other less invasive  
and less costly treatments first!**



## **Numerous studies show that surgery fails**

### **1<sup>st</sup> Study - “Failed Back Surgery Syndrome: A Review Article”**

**The overall failure rate of lumbar spine surgeries: 10%–46%.**

4

**Conclusion:** The number of patients developing Failed Back Surgery Syndrome (FBSS) can be expected to increase continuously.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5913031/>



## 2<sup>nd</sup> Study - "Long-term Outcomes of Lumbar Fusion Among Workers Compensation Subjects: a Historical Cohort Study"

	2 years after injury (no surgery)	2 years after Lumbar fusion
Returned to work	67%	26% <u>(2.5x worse)</u>
Repeat Surgeries	0%	27%
Permanently disabled	2%	11% <u>(5x worse)</u>
Opioids use	49%	85% <u>(2x worse)</u>
Increase after surgery	NA <sup>5</sup>	41%
# of days off work:	316 days	1,140 days <u>(3.5x worse)</u>

**Conclusion: Lumbar fusion** for the diagnoses of disc degeneration, disc herniation, and/or radiculopathy in a WC setting is associated with significant increase in disability, **opiate use, prolonged work loss, and poor RTW (return to work) status.**



### 3<sup>rd</sup> - Overtreating Chronic Back Pain: Time to Back Off?

**629% increase** in Medicare expenditures for epidural steroid injections.

**423% increase** in expenditures for opioids for back pain.

**307%** increase in the number of lumbar magnetic resonance images among Medicare beneficiaries.

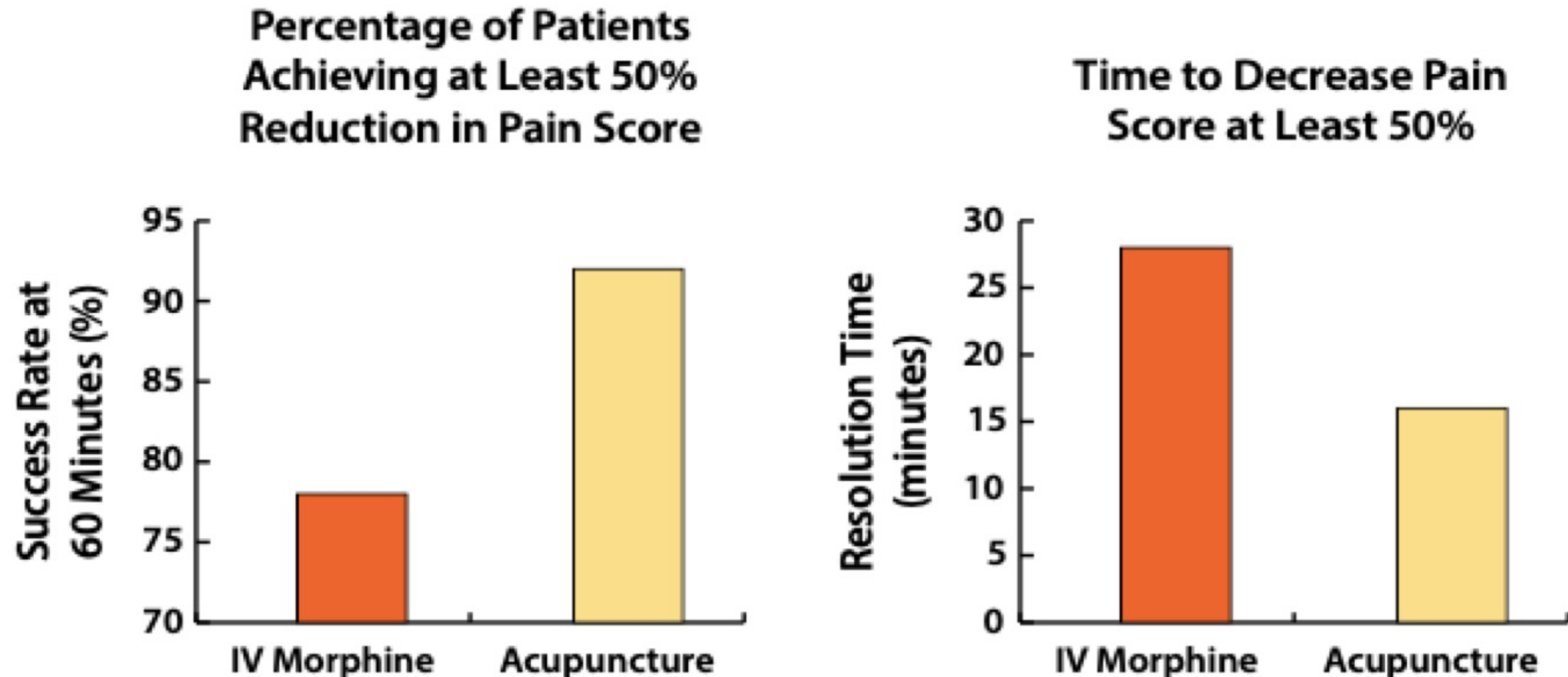
**220%** increase in spinal fusion surgery rates.

*Conclusion:* These increases have not been accompanied by population-level improvements in patient outcomes or disability rates.



*For every 48 patients prescribed a new opioid in the emergency department 1 will become a long-term user (from the VA)*

**Figure 6. Acupuncture Was More Effective and Faster Acting than Intravenous Morphine in the Management of Acute Pain in the Emergency Department<sup>16</sup>**





## Vermont Study

### Here's what they found:

- People received about 8 acupuncture treatments in 60 days.
- **More than half (57%)** felt better and needed less of pain-relieving medicines (non-opioid).
- About **one-third (32%)** who took opioids for pain needed less of it.
- Many people with jobs (74%) said **they could do their work better after acupuncture.**
- **Almost everyone (96%)** said they would recommend acupuncture to their friends who have long-lasting pain.
- Also, **91% of patients felt better in different ways** – like moving better (physical), doing things better (functional/behavioral), and feeling better emotionally (psycho-emotional).
- So, the study shows that acupuncture helped a lot of people feel better in different ways, and they liked it!

Read more here: <https://pubmed.ncbi.nlm.nih.gov/29662722/>





**Integrated Chronic Pain Program (ICPP) in Rhode Island** used different methods like massage, acupuncture, and chiropractic care to help 345 patients.

- ER Visits went down by 61%.
- **Prescription medication use went down by 63%, and for strong pain medicine (opioids), it went down a lot more, by 86%!**
- Pain levels went down by 42%.

The program didn't just help people feel better; it also saved money.

- The **cost for medical care for each person in a year went down by 27%**. And for every dollar spent on the program, they **saved \$2.41 in medical expenses!** That's like getting more for your money.

Read more here: [https://www.integrativestrategies.us/wp-content/uploads/2017/02/RI-AMI-ICPP-Summary\\_120616\\_Final.pdf](https://www.integrativestrategies.us/wp-content/uploads/2017/02/RI-AMI-ICPP-Summary_120616_Final.pdf)



## **Does Acupuncture Treatment Affect Utilization of Other Hospital Services at an Urban Safety-Net Hospital?**

**After an average of 7–9 treatments the largest average decrease in total charges was \$8,967.24**

*Conclusion:* These data, coupled with strong support for the therapeutic efficacy of acupuncture, suggest that **the addition of acupuncture may have positive economic results for hospitals**, especially urban safety-net hospitals, and therefore for patients and insurance companies.

<https://pubmed.ncbi.nlm.nih.gov/26982686/>



## Diagnosis

## Savings per Patient

with acupuncture treatment

### Post Stroke Rehabilitation

Johanssen, K. et al(1994) Neurology 43:2189-2192

**\$26,000**

### Angina Pectoris

Reduction of hospitalization by 90% and a 70% reduction in surgery

-Altern. J. Complement Med 5:405-413

**\$32,000 / 5 yrs**

### Severe Osteoarthritis

11

Compared to arthroplasty surgery

“Acupuncture in the treatment of severe osteoarthritis: a long term study”

**\$9,000**

### Carpal Tunnel Syndrome

Laser acupuncture vs medically treated without surgery

[Medicine \(Baltimore\)](#). 2019 Jul; 98(30): e16516.

**\$4,248**



**Florida Licensed Acupuncturists must complete a doctoral (6-year) or masters' (4-year) post-graduate training program approved by the US Dept of Education.**

Florida Statutes require licensees complete:

- |   |                 |
|---|-----------------|
| ● Clinically Supervised Patient Care          | 870 hours       |
| ● Anatomy, Physiology, and Pathophysiology    | 705 hours       |
| ● Traditional & Contemporary Eastern Medicine | 510 hours       |
| ● Traditional Eastern Herbal Medicine         | 450 hours       |
| ● Counseling, Communications, & Ethics        | <u>90 hours</u> |
| Total   | 2,625 hours     |



**The use of Acupuncture Can**

**Save money**

**Reduce<sup>13</sup> Opioid Use**

**Improve Outcomes**