

Quality of life in the pre and postoperative periods in Spinal Fusion and Discectomy

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The current clinical trials and policies of the health sectors have increasingly sought to improve the patient's quality of life. Within this context, assessing the impact of surgical treatment of pathologies of the spine on quality of life has grown in importance. Therefore, due to the epidemiological and functional importance of spine pathologies, and the high number of spine surgeries performed today, the main goal of this study was to evaluate the impact of spinal arthrodesis and discectomy surgeries on patients' quality of life. Methods: This is a retrospective, descriptive, and longitudinal study developed in the neurology and neurosurgery department of a strategic tertiary hospital in the state of São Paulo. Data were collected through a telephone interview, using the Oswestry questionnaire (ODI) to assess lumbar pain in patients submitted to surgery in one year. Results: There was an improvement in the ODI results in all the periods analyzed. When the evaluations were subdivided by surgical type, there was an absolute improvement in the median ODI results in

all procedures, however, only the cervical spine arthrodesis procedure was not statistically significant, probably due to the low number of procedures analyzed ($n = 12$). Conclusion: It can be concluded that the current surgical technique can contribute to the improvement of patients' quality of life.

Speaker Biography

Gibran Franzoni Rufca degree in Medicine and Neurosurgery from the School of Medicine of São José do Rio Preto. He live in the State of São Paulo and my main institution is the Hospital Santa Casa de Ourinhos, where my team and He provide neurosurgical treatments, mainly for the pathologies of the vertebral column. They brought to the region that He work the first endoscopic, functional surgeries and the first minimally invasive procedures of the spine. In constant updating, inside and outside the country, He is currently also a master's degree student in the Post-Graduation Program of the University of São Paulo - Campus Botucatu - working in the research of pain and minimally invasive surgeries of the spine, under the coordination of Prof. Dr. Flávio Ramalho Romero.

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