GUIDELINE FOR PATIENTS OPERATED ON FOR LUMBAR DISK HERNIATION

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Abstract

Intervertebral disc hernia often occurs among middle-aged patients. This problem is of great socio-economic significance, as the disease lead to long-term disability.

There is no Guideline in neurosurgical fluid in Armenia which can shortly introduce the important information to patient, so we decided to write it in which the most important point is to inform the patient that there are different methods of lumbar disc hernia treatment but we suggest endoscopic transforaminal surgery as a much safer method. We also inform about the differente complications that can occure during and after surgery including the complications that we have never met but they are discribed in the literature.

Recurrent disc hernia or residual pain often leads to a conflict between the patient and the doctor. To solve this problem, we suggest to use our Guidline. We will be glad to hear the opinion of our colleagues on this issue, which will help us to improve the presented guideline.

The first part of the guideline is a questionnaire, which briefly describes the most frequent complaints while intervertebral disc hernia. It gives an opportunity to give their qualitative and quantitative rating. This guideline is filled by the patient himself, which is very important because the comparison of preoperative and early postoperative lets us objectively assess and record the effectiveness of surgical treatment.

The second part of the guideline is an informative letter, where all the possible methods of intervertebral disc hernia treatment are described, as well as their effectiveness, disadvantages, indications, contraindications. In this part we also introduce the surgical instruments cleaning and sterilization process which in cases of postoperative inflammatory complications will approve not iatrogenic occurance

References

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