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The epidemic of adult spinal deformity

Statement of Problem: Adult spinal deformity surgery is increasing internationally, yet an understanding on the future healthcare demands remains unknown. The purpose of this study is to determine the trends in diagnosis and surgical management of patients with ASD in England, to predict the future healthcare needs of this condition within the UK and similar healthcare systems.

Methodology: National health data was reviewed for diagnostic and surgical codes of ASD between 2005 and 2015 in order to determine the number of patients diagnosed and surgically treated for ASD. This was compared to the national population change. Predictive trend lines were extended until 2025 to determine future surgical volumes. Similarly, the Length Of hospital Stay (LOS) and financial costs were calculated.

Findings: The number of patients diagnosed with ASD in the last decade has more than doubled, particularly in those older than 60 years. This contrasts with the 0.09 fold increase in the adult population of England over a similar time period. The volume of ASD surgery has increased 3.5 fold, with the biggest change in those older than 60 years (6.4 fold increase). The LOS has reduced from 10.1 to 8.4 days. If these trends continue we expect an additional 330 patients per year to require ASD surgery, which will result in an annual increase of 4.5 inpatients per day and an annual increase in financial cost of more than £8.1-11.5 million.

Conclusion & Significance: ASD is a growing epidemic within England, which will have future bed management and financial consequences. Recommendations are made for the NHS and similar healthcare systems to urgently minimize these affects while still providing optimal treatment.

Biography

David Kieser is a Spinal Orthopedic Surgeon in Christchurch, New Zealand. His practice is based in the South Island city of Christchurch at 9 Caledonian Road. Dr Kieser along with his clinical team are fully committed to providing patients with contemporary orthopaedic solutions that are supported by sound academic research. We seek to deliver the highest standard of personal care for spine surgery, optimised hip replacement, and general orthopaedics.

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