

Short Communication

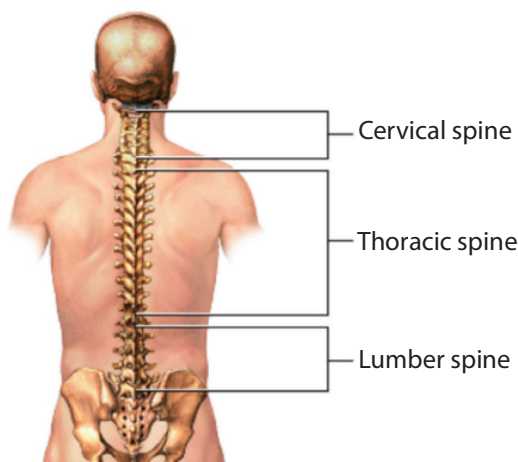
Spine Surgery- Scopes, Expectation and Drives in Bangladesh: On How to Alleviate Patients' Sufferings

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Globally, 'spine surgery' remains a sophisticated procedure, thus, a bit difficult and "complex" as some spine/neuro-surgeons referred.¹

This surgery requires more concentration and advanced long curve training. Inappropriate training may lead to unexpected PO and future complications. Though this rate is merely high, but it may cause longstanding disability. Nevertheless, this very message of 'complications' spreads too faster than fairies that often generates superfluous fear and/or needles anxiety among the patients who need surgery.

Posterior Spinal Anatomy



There are so many expectations among patients. Multiple demographic, psychological and clinical characteristics are associated with expectations, where disability due to pain is the most consistently associated variable.²

Managing patients' expectations is crucial while providing treatment to the patients undergoing spinal surgery. Patients' satisfaction is associated with improved clinical outcomes and can be upgraded when patients' and surgeons' expectation are aligned and patient preferences are met.

As Spine surgery is largely elective, patients often seek treatment to improve quality of life and relieve subjective symptoms. Understanding patients' expectation is critical to ensure that patients and physicians are working towards similar goals.³

In the perspective of Bangladesh, patients say, "Is there any treatment without surgery? We are afraid of surgery because after surgery neurological conditions maybe deteriorated or patient maybe permanently disabled or paralyzed or can't give guaranty whether I'll be fully cured by surgery or not."

Indications of surgery in spine disorders are

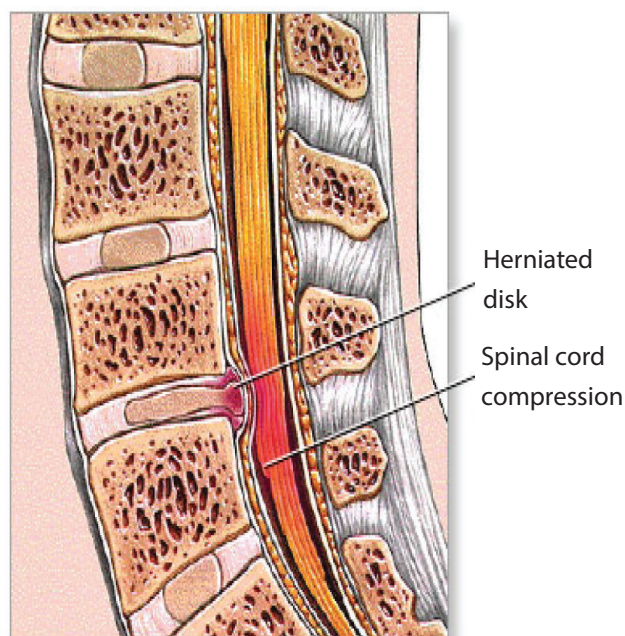
- Disc Prolapsed in Lumbar, Cervical or dorsal regions which is not cured by conservative procedures.
- Cauda Equina syndrome due to huge disc prolapse.
- Degenerative disc disease with unstable spine.
- Spinal Canal stenosis or spinal cord compression
- Spinal space occupying lesions or spinal tumor usually primary or single level secondary tumor.

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- Spinal infections-pyogenic abscess or tubercular infection which causes neurological deficit and does not improve by conservative treatment.
- Spinal injury- unstable or stable.

Scope of spinal surgery in Bangladesh

- Institutes or Hospitals where spine surgeries are done mostly present in Capital City in Government level such as **BSM Medical University, Dhaka Medical College Hospital** and **Sir Salimullah Medical College Hospital, NITOR** (National Institute of Traumatology Orthopedics Rehabilitation), **NINS** (National Institute of Neuro Science) and some well-known private hospitals.
- Outside Dhaka some medical colleges have facilities for spine surgeries and some private hospitals have limited scope also but there is no scope for spine surgeries in District Sadar Hospital. Surgeons who perform better surgeries are also limited. Spine surgeons come from both the Orthopedic & Neurosurgery disciplines. All orthopedic surgeons are not spine surgeons, because many senior orthopedic surgeons were not used to do spine surgeries rather than trauma and routine orthopedic operations. Young orthopedic generation are very much interested about spine surgery. In Bangladesh, usually most of the neurosurgeon performs spine surgeries but

expertization is always demanding and limited. So good spine surgeons are less in number. It is not true for not only Bangladesh, but also for other countries in the world. Spine surgeries are costly in all over the world as well as in Bangladesh, especially in private hospitals or private institutes. In Government medical college surgeries are done almost free of cost but scope for bed and surgeons are very limited than its demand. Very limited number of patients get the scope for admission. One can get the chance for admission after visiting outdoor department for several visit. Duration for waiting is almost one month and after admission patient get serial for operation after another month. So, in Government hospital patient can get scope for surgery one and average after two months.

Patient from all over Bangladesh moves towards Dhaka as facilities for surgery are limited only in some large medical colleges.

Sufferings of Patients

- They have to travel long distance (Periphery to Capital City)
- They have to maintain long que for admission.
- Long waiting time for operation.
- More money in good private hospital and less hospitality and more complications like infection in Government hospital.

Hope

There are hope for future improve facilities. Government institutes and hospital are trying for creating more accommodation as well as private sectors also growing. Our societies for spine surgeons like Bangladesh Spine society and Neuro Spine Society both are trying to improve the skill of surgeons by arranging training program in home and abroad. So, we are waiting for a golden future.

Pictorial evidences of most important Govt. ran hospitals/Institutes where spine surgeries are performed regularly in Dhaka- the Capital of Bangladesh:

- **BSM Medical University, Dhaka** and
- **Sir Salimullah Medical College,**
- **NITOR** (National Institute of Traumatology Orthopedics Rehabilitation),

- **NINS** (National Institute of Neuro Science) and some well-known private hospitals.

And, some of the private &/or corporate level specialized hospitals do also perform spine surgery:

1. Ad-din Women's Medical College Hospital, Moghbazar, Dhaka.
2. Ibn Sina Hospital, Dhanmondi, Dhaka.
3. Islami Bank Central Hospital, Kakrail, Dhaka.
4. Northern International Medical College and Hospital, Dhanmondi, Dhaka.

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