



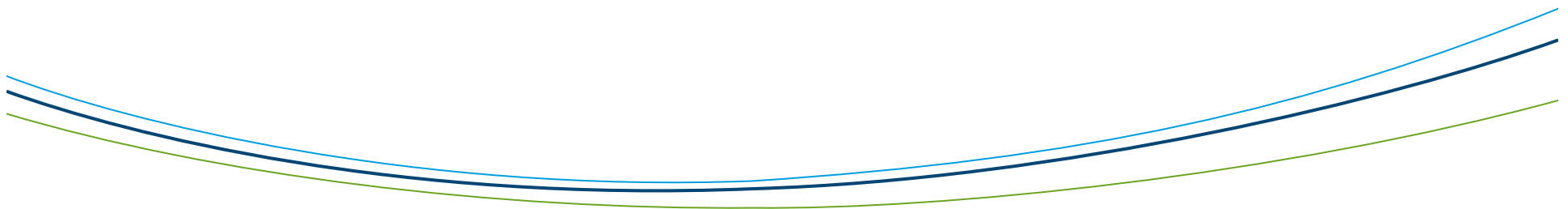
The influence of health care services on the chronification of pain?

Prof. Dr. med. Dr. h.c. J. Nadstawek

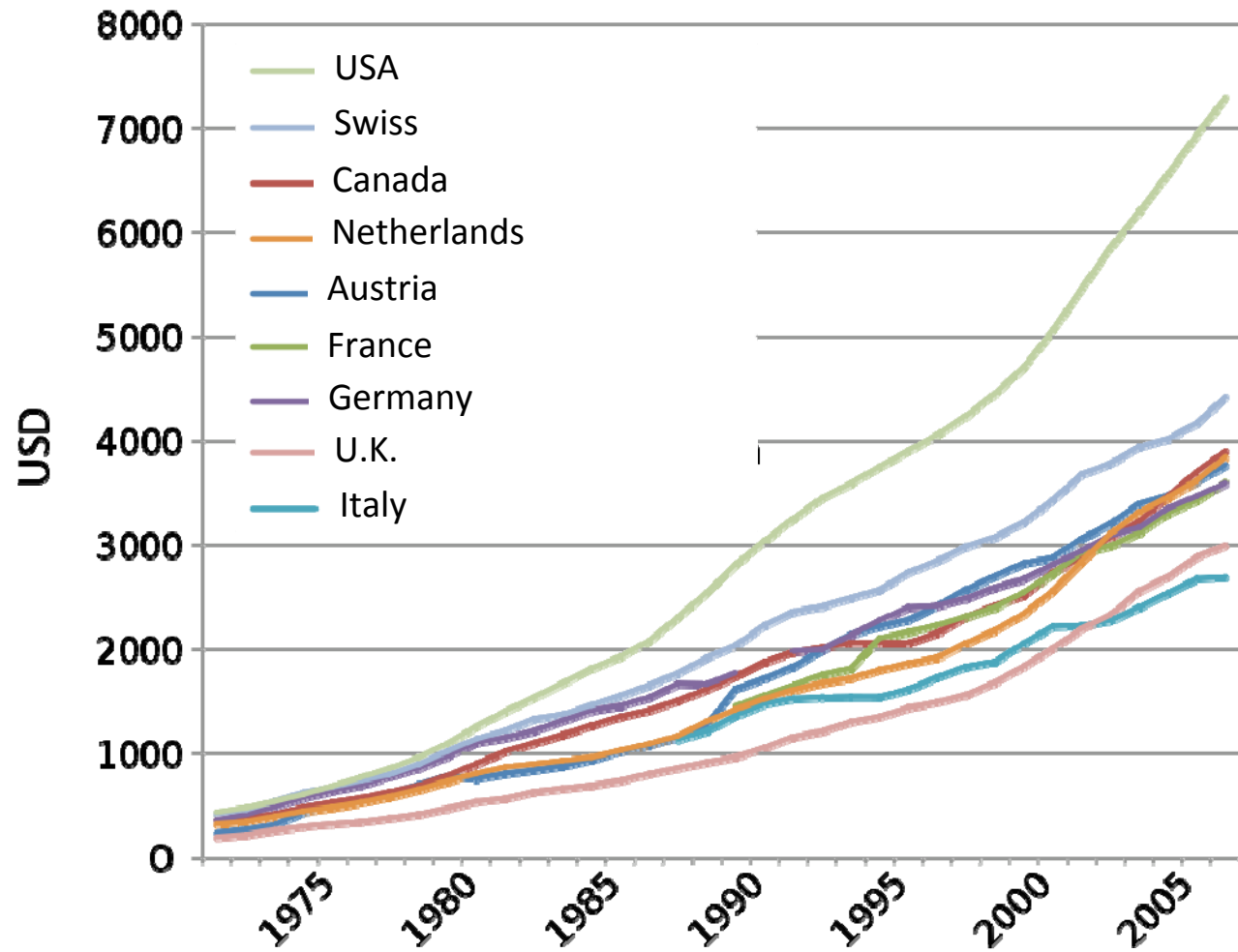
Costs of Healthcare



the cost of health care is increasing year for year

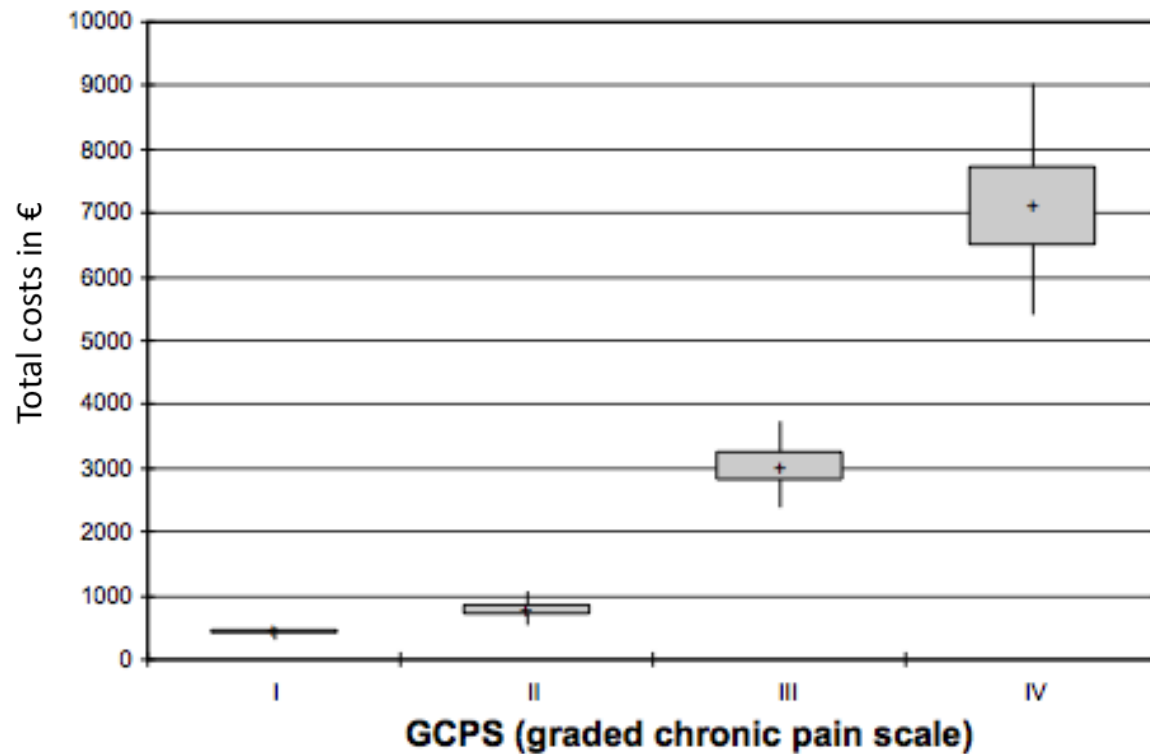


Costs of Healthcare



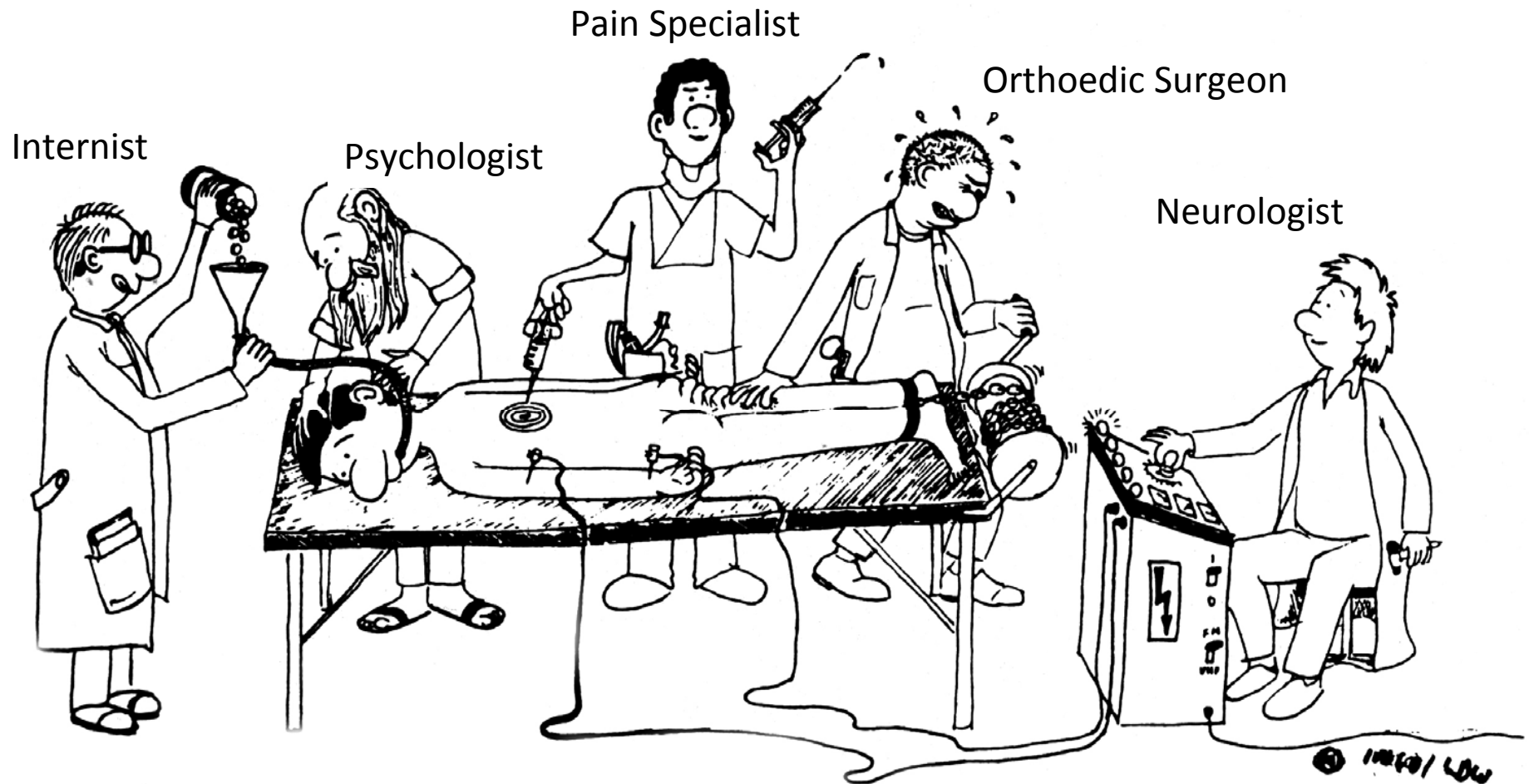
Absolute health care costs per capita in USD in different countries according to OECD

Costs of back pain - Germany



Costs differ significantly between patients across pain grades with a sharp increase in higher pain classes. Patients in grade 3 and 4 accounted for 62% of the total costs.

Back pain – who treat?

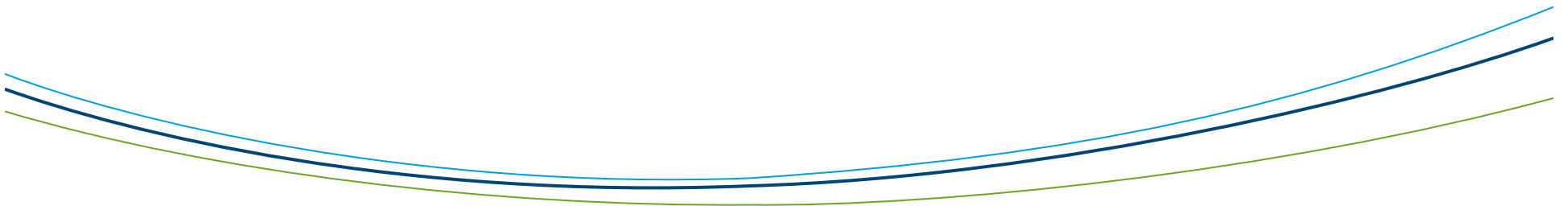


Back pain – who treat?

- many types of health practitioners that care for patients with back pain
- each has a slightly different role

But which is the most appropriate type of health professional?
...depends on...

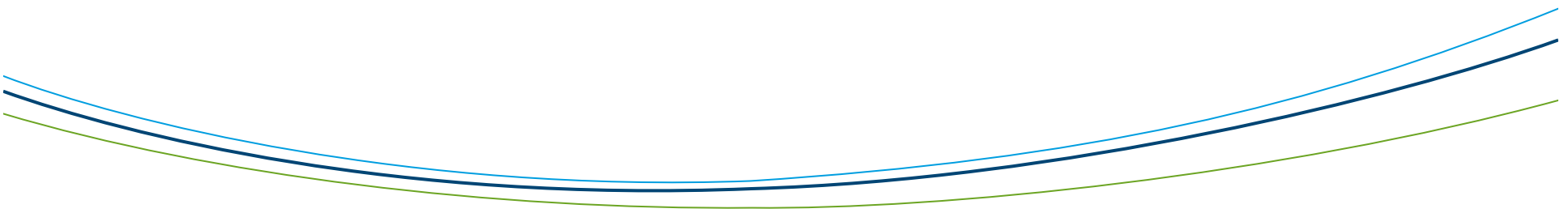
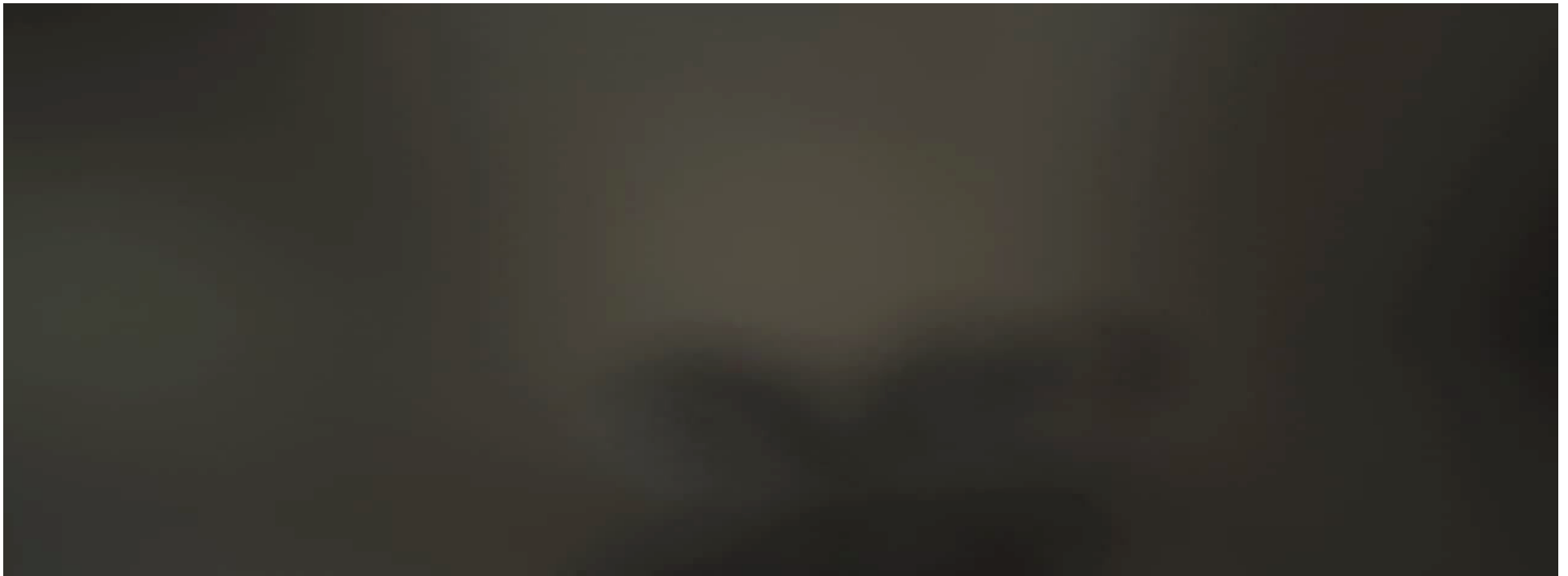
- etiology,
- patient's symptoms,
- comorbidity,
- the length of time the symptoms have been present etc.



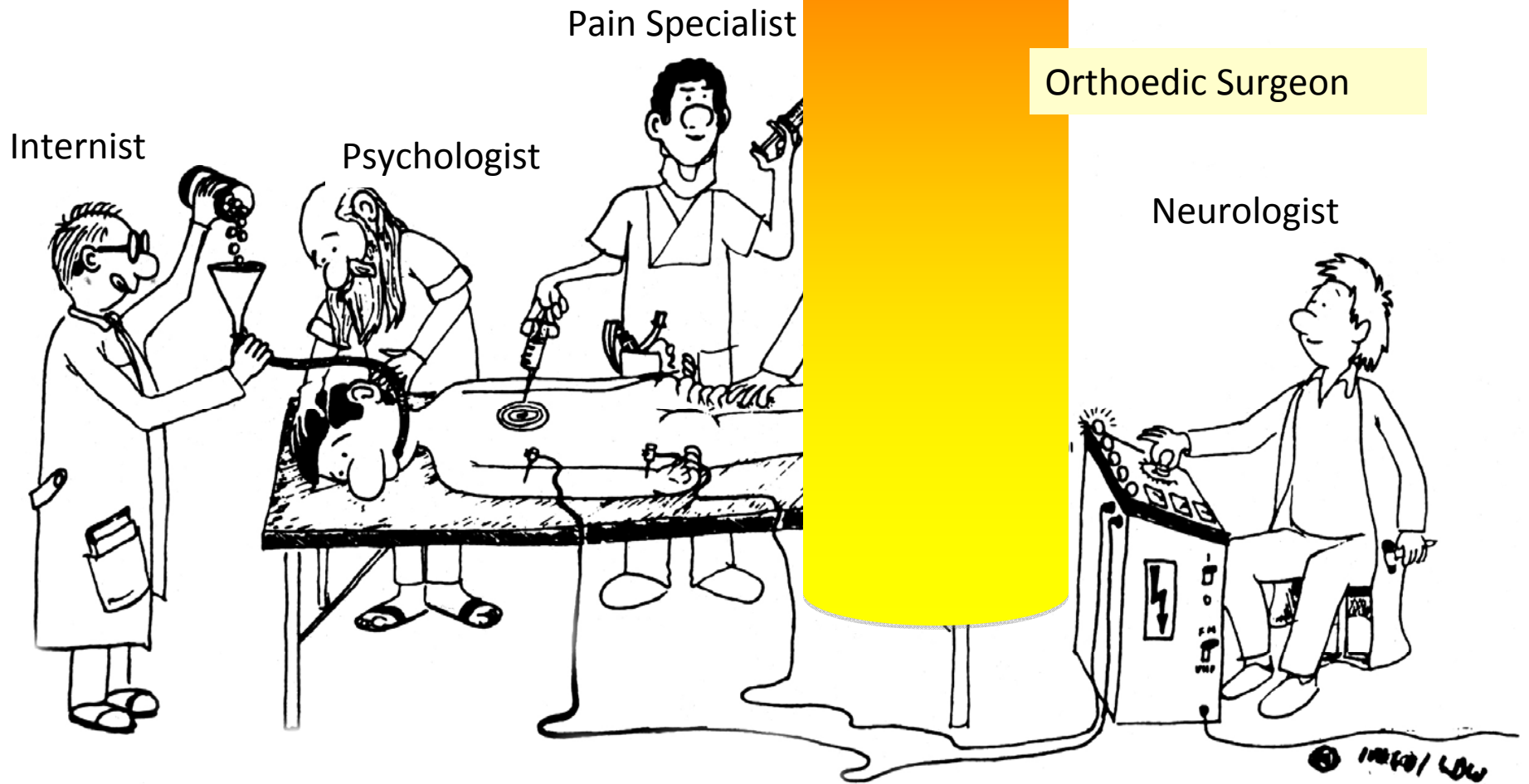
Back pain – who treat?



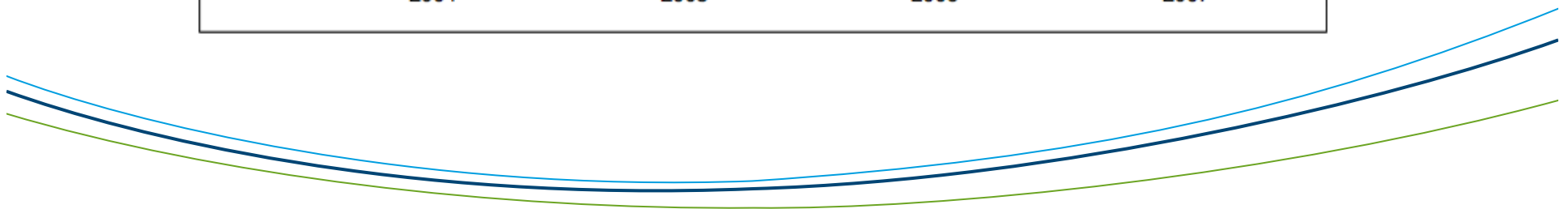
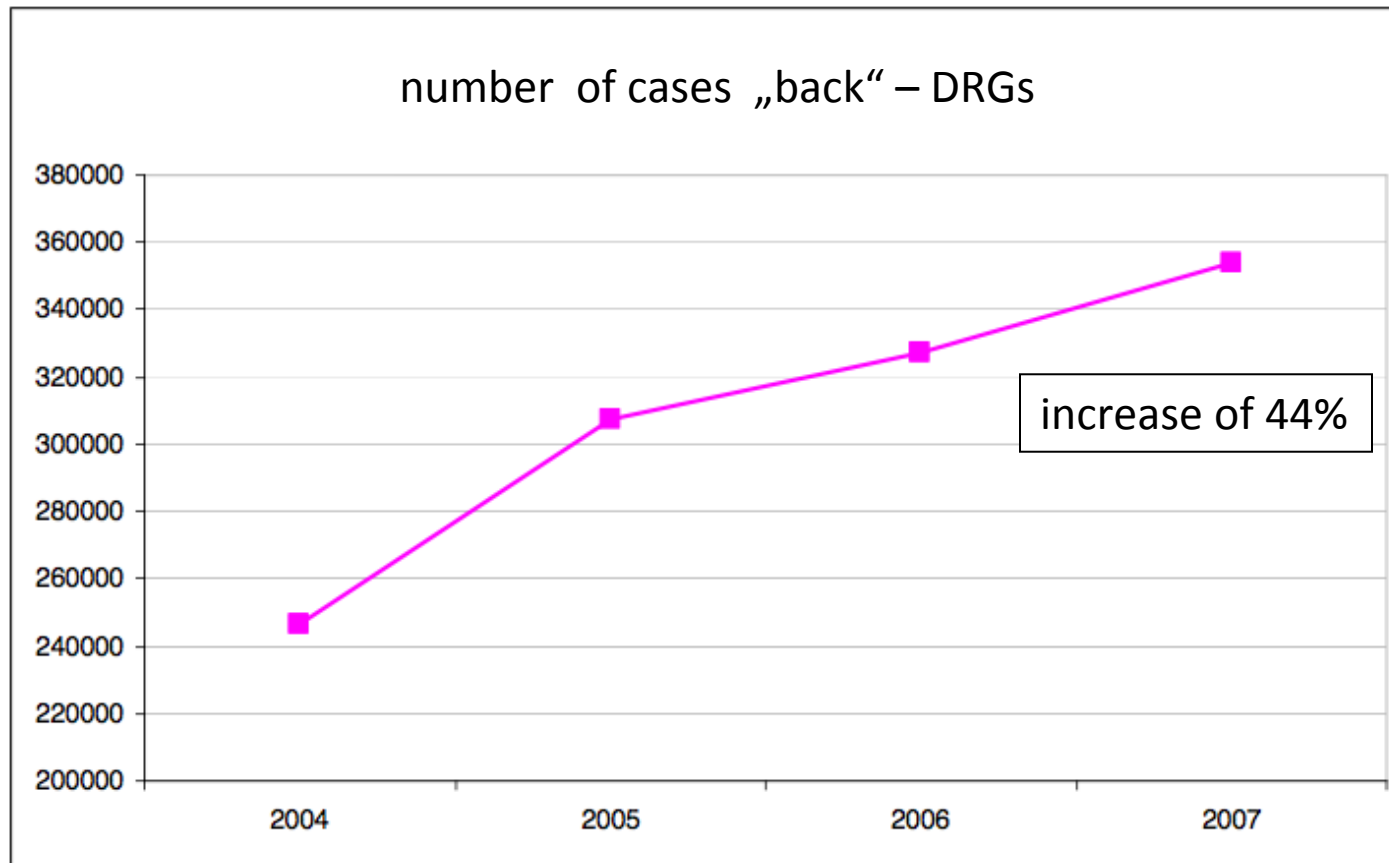
...or depends (also) on payment for medical procedures?



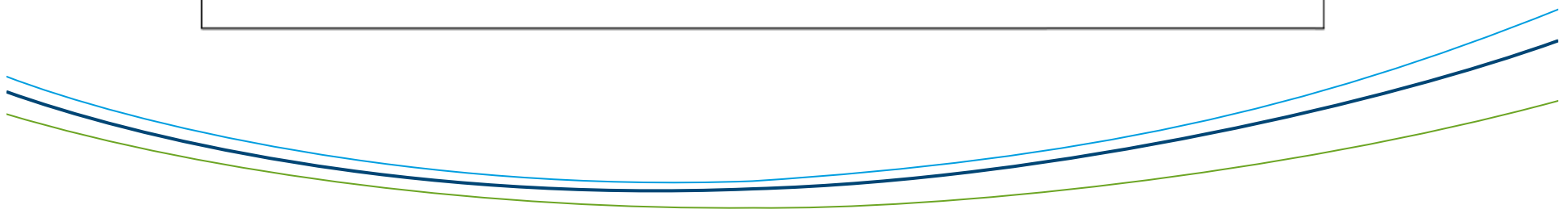
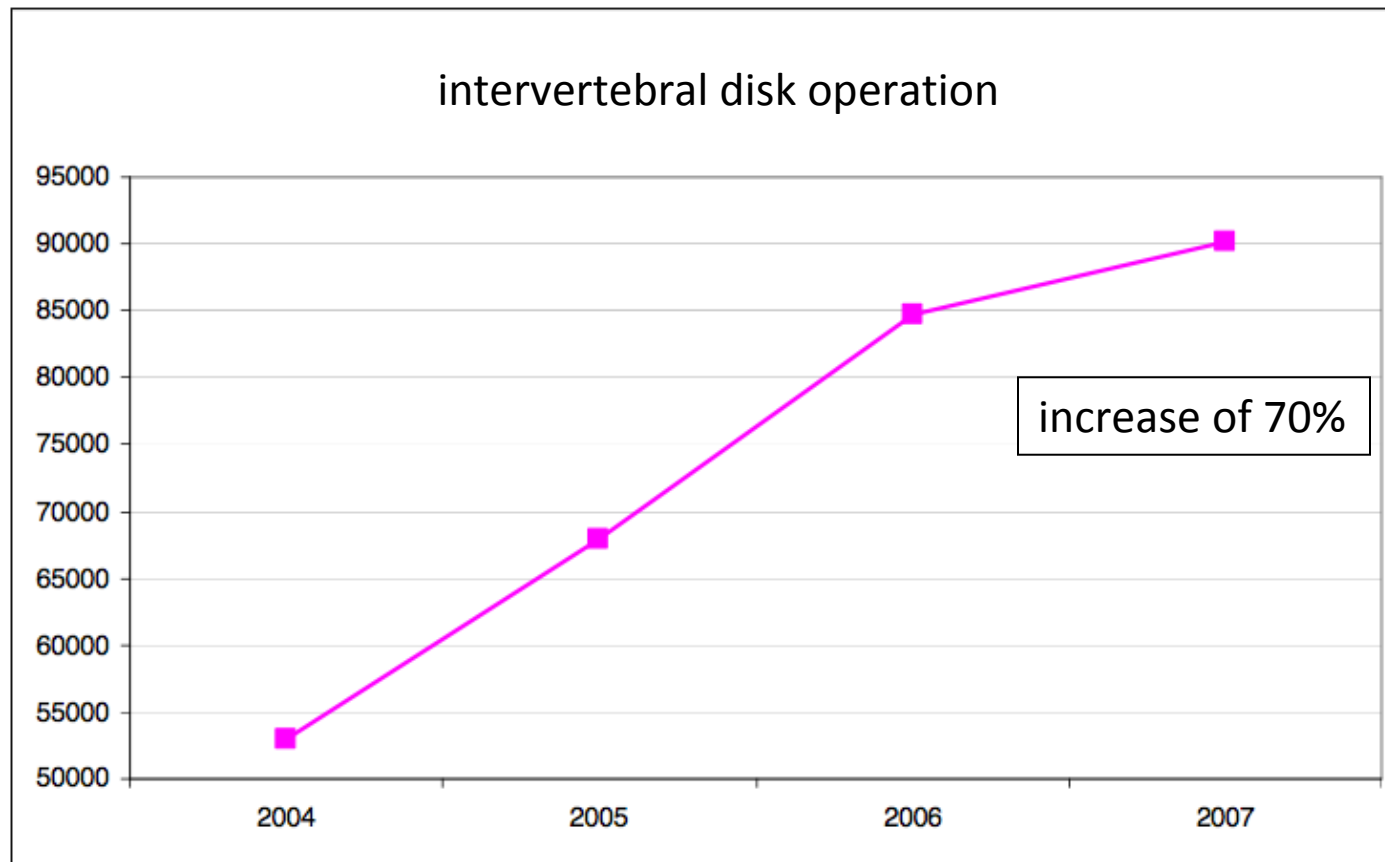
Back pain – who treat?



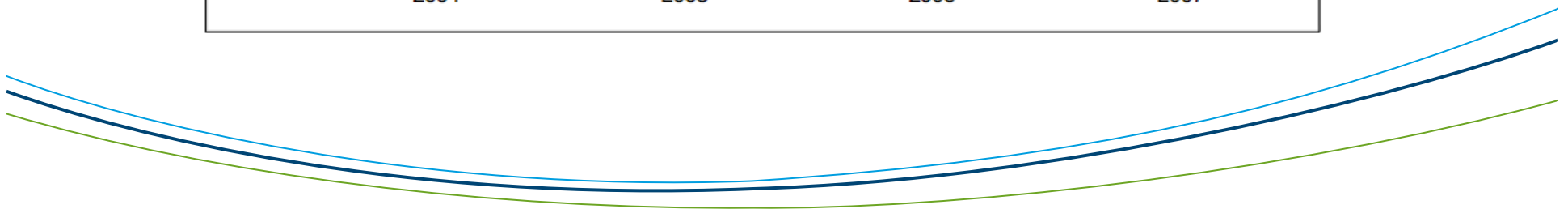
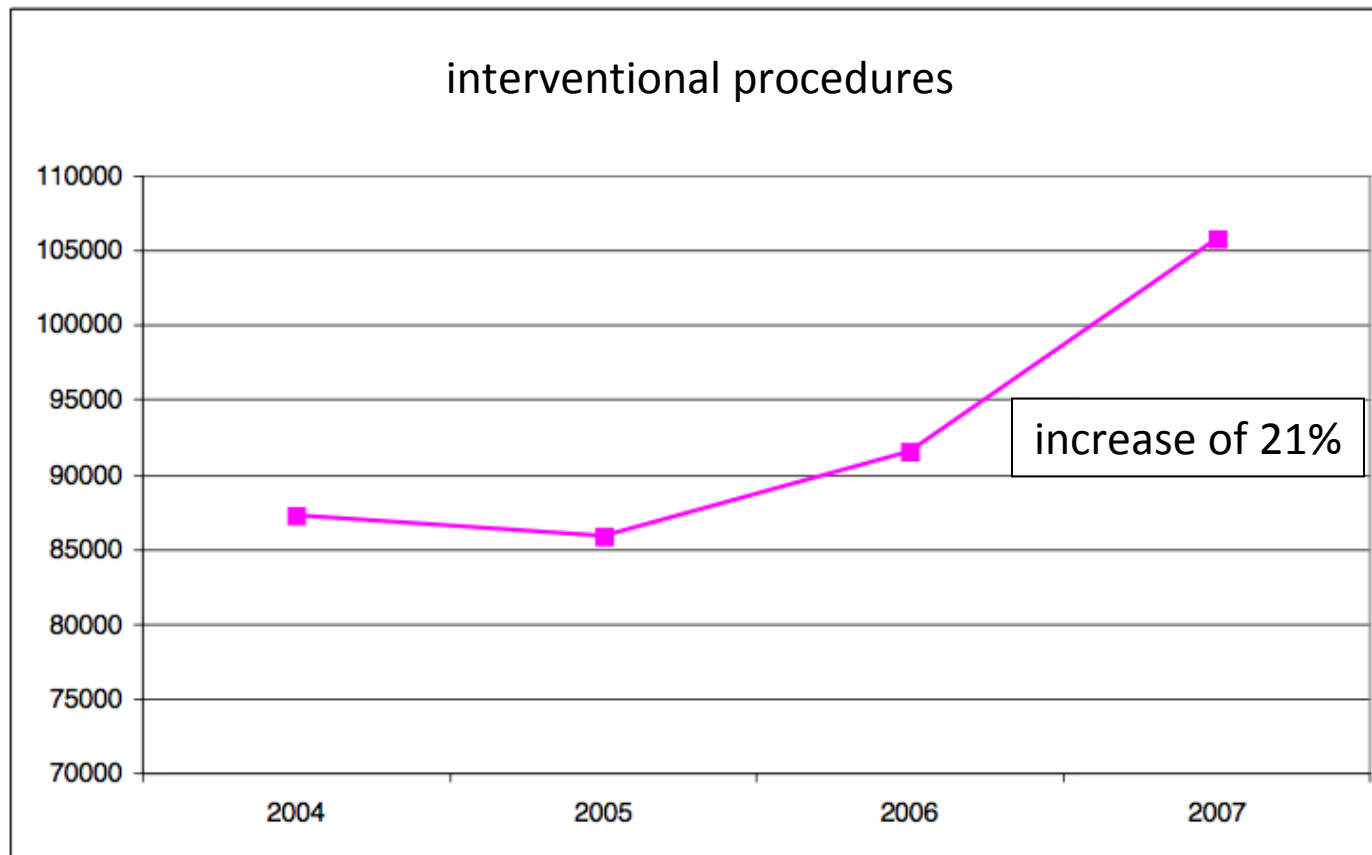
Back pain 2004 – 2007



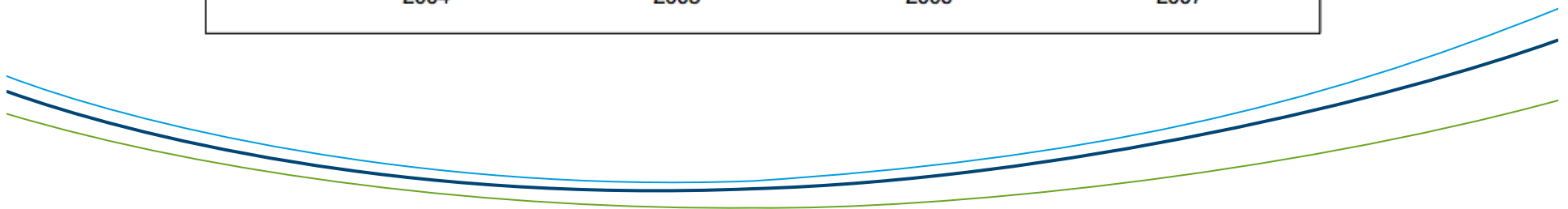
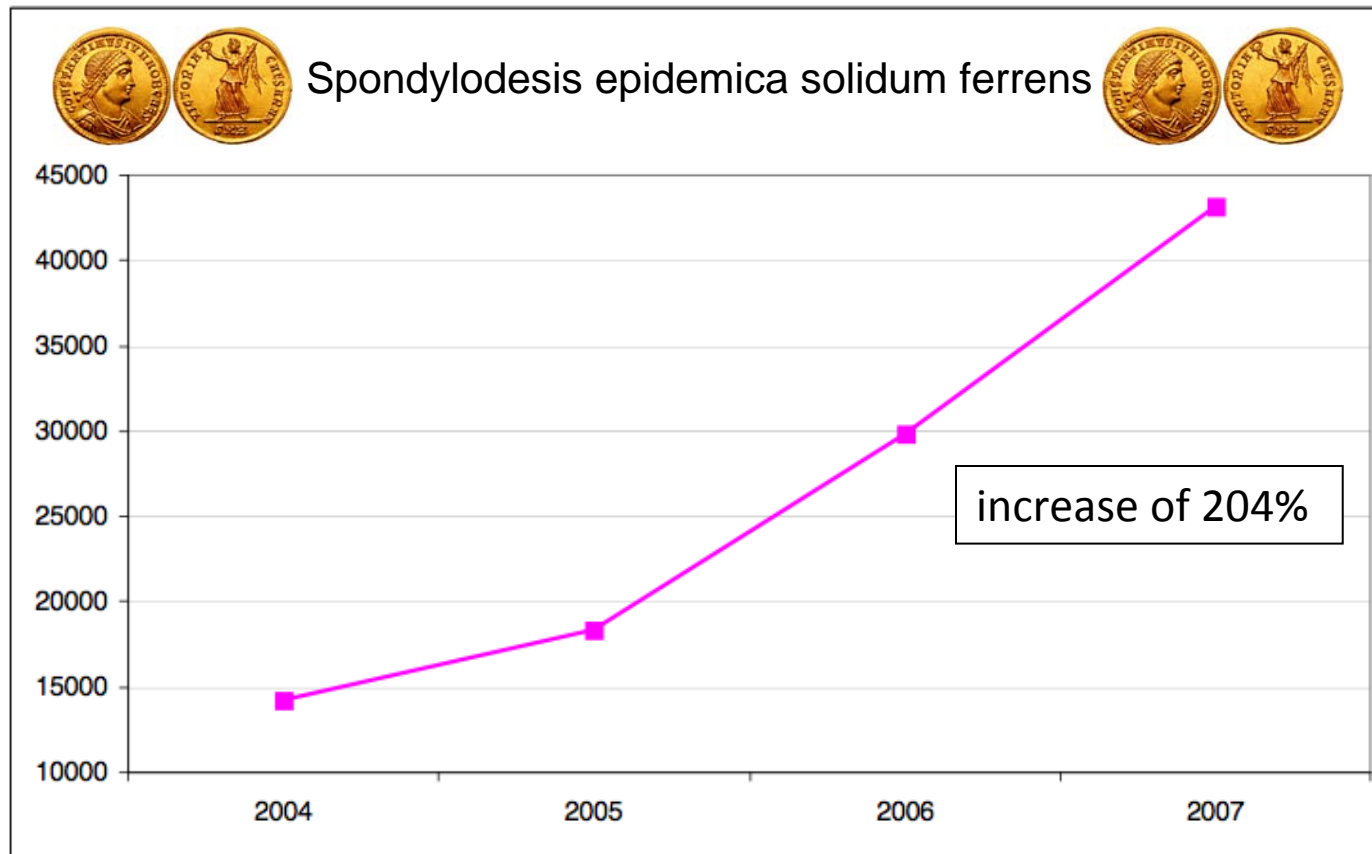
Back pain 2004 – 2007



Back pain 2004 – 2007



Back pain 2004 – 2007

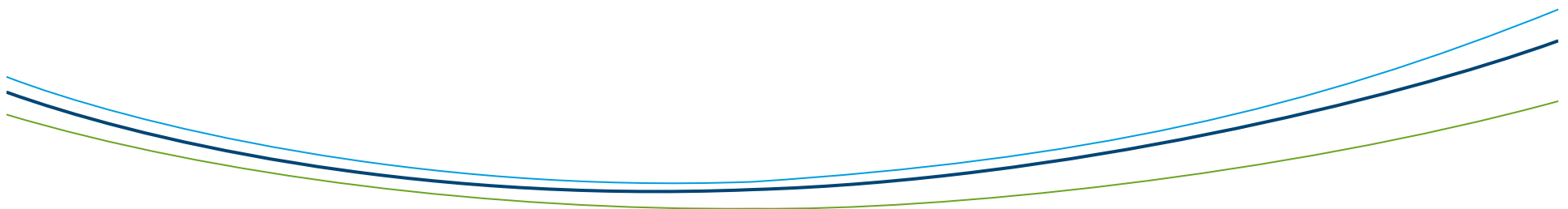


Surgery for Back pain – Review of the Evidence



» **nonradicular low back pain with common degenerative changes**

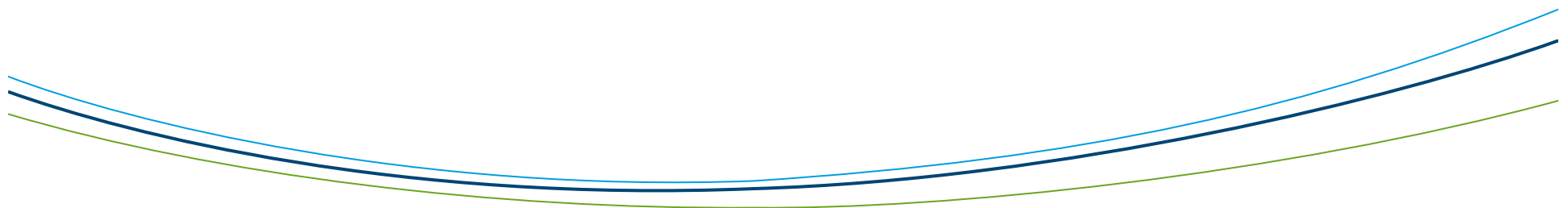
- fusion is no better than **intensive** rehabilitation with a cognitive-behavioral emphasis for improvement in **pain or function**
- **less than half of patients** experience optimal outcomes (defined as no more than sporadic pain, slight restriction of function, and occasional analgesics) following fusion



Surgery for Back pain – Review of the Evidence

»radiculopathy with herniated lumbar disc

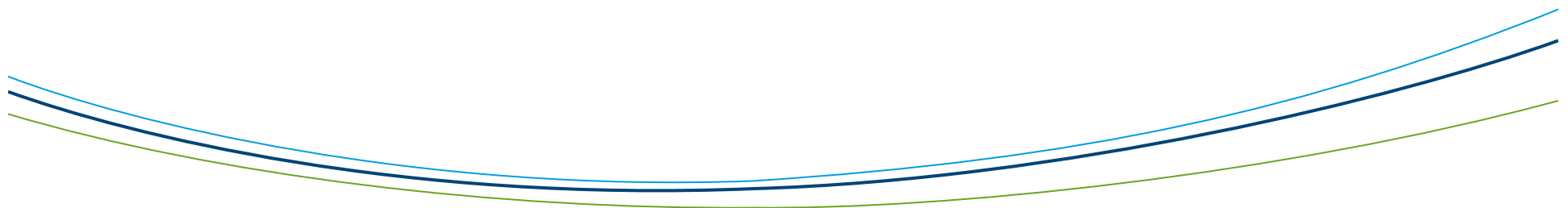
- evidence that standard open discectomy and microdiscectomy are **moderately superior** to nonsurgical therapy for improvement in pain and function **through 2 to 3 months**



Surgery for Back pain – Review of the Evidence

» **symptomatic spinal stenosis with or without degenerative spondylolisthesis**

○ evidence that decompressive surgery is **moderately superior** to nonsurgical therapy **through 1 to 2 years**



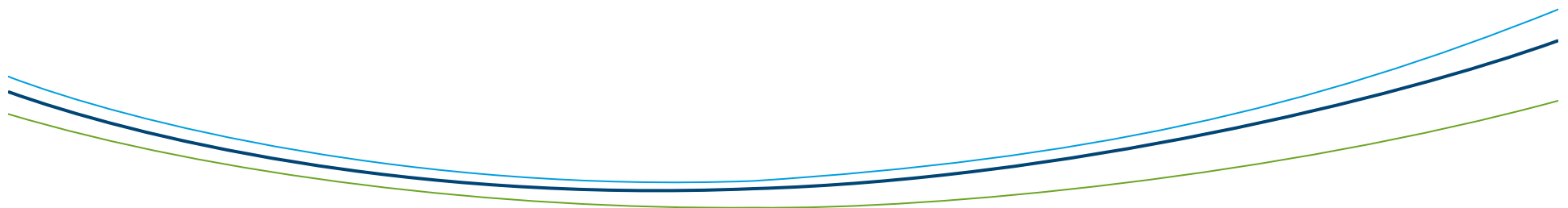
Surgery for Back pain – Review of the Evidence

„Surgery for radiculopathy...and symptomatic spinal stenosis is associated with **short-term** benefits compared to nonsurgical therapy, though benefits diminish with long-term follow-up...For nonradicular back pain with common degenerative changes, **fusion is no more effective than intensive rehabilitation**, but associated with small to moderate benefits compared to standard nonsurgical therapy.“

Biopsychosocial therapy for Back pain



„...a psychotherapeutic element in the treatment of low back pain appears to positively influence **pain, functional status and work performance** when conducted at an early stage of chronification and helps in the achievement of a better outcome.“



Intensive Rehabilitation for Back pain

Multidisciplinary bio-psycho-social rehabilitation for chronic low-back pain (Review)

Guzmán J, Esmail R, Karjalainen K, Malmivaara A, Irvin E, Bombardier C

„evidence that
rehabilitation
improves patient
outcomes did
not show im-



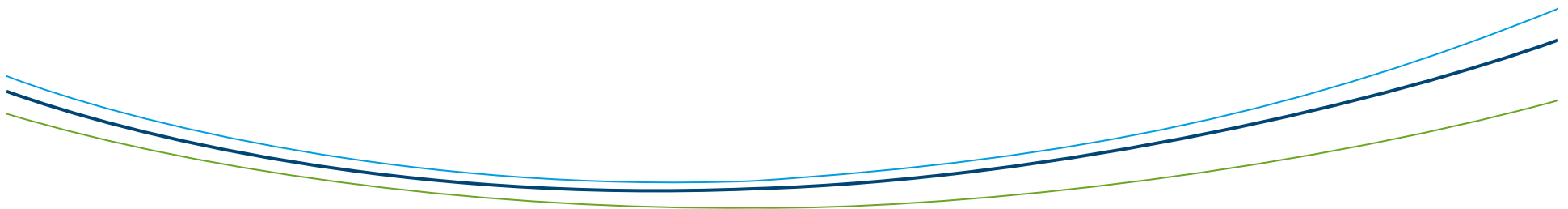
THE COCHRANE
COLLABORATION®

psycho-social
approach
interventions did
not show im-

Payment of procedures in pain therapy



<u>KV</u>	<u>RLV/Case value</u>	<u>max. case number</u>	<u>30.7.1</u>	<u>30.7.2</u>	<u>Psychosomatic</u>	<u>Acupuncture</u>
Bavaria		300		QZV: 37,29 €	QZV: 9,83 €	QZV: 48,16 €
	<u>Anaesth.:</u> 8,36€		-			
	<u>Orthop.+ Trauma Spec.:</u> 18,92€		-	29,95 €	QZV: 14,41 €	QZV: 79,09 €
	<u>Gen. Med.:</u> 42,43€		QZV: 110,07 €	27,68 €	QZV: 25,76 €	QZV: 177,29 €
	<u>Neurol.:</u> 36,96€		QZV: 70,05 €	8,74 €	QZV: 12,70 €	-
	<u>Neur/Psych.:</u> 56,64€		QZV: 72,11 €	15,25 €	QZV: 15,44 €	-
	<u>Phys.Reha.:</u> 26,05€		QZV: 49,63 €	21,94 €	QZV: 13,62 €	QZV: 79,63 €

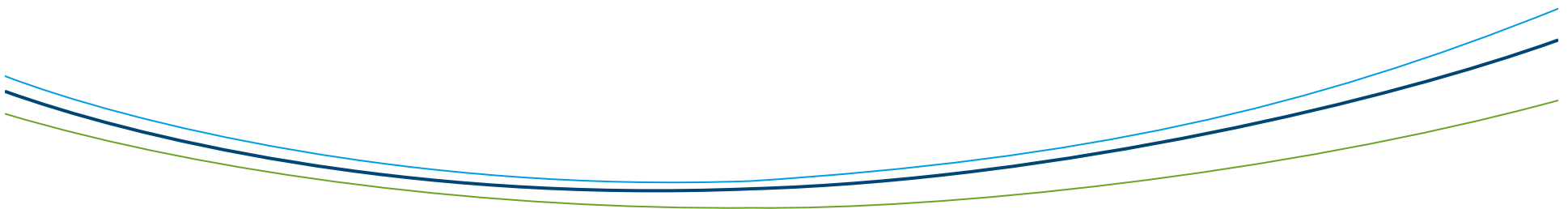


the average proceeds of a simple spinal fusion

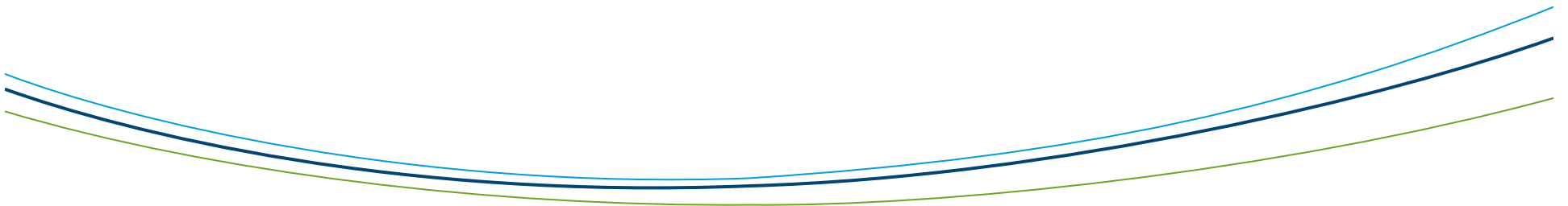
about 6000 Euros

proceeds for double or multi-segmental spinal fusion

more than 11000 Euros



The invasive pain treatment seems to be more profitable than noninvasive, multimodal pain therapy. Thus financial incentives might promote pain chronification.



**Thank you
for your attention!**

