

OUTCOME OF CONSERVATIVE TREATMENT FOR SPONDYLODISCITIS IN MALAYSIAN ADULTS

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INTRODUCTION:

Pyogenic spondylodiscitis is a spinal infection affecting the intervertebral disc and adjacent vertebral bodies. Late diagnosis and/or inadequate treatment often cause debilitating back pain and neurological deficit

MATERIALS & METHODS:

This is a retrospective study of 80 patients who were treated conservatively for spondylodiscitis in our center from the year 2016 to 2021. Key outcomes reported were based on clinical, laboratorial and radiological outcomes which included MacNab outcome criteria.

RESULTS:

There were 42 females (52.5%) and 38 males (47.5%) with a mean age of 69.2 ± 13 years. Common risk factors include diabetes (50% of patients), pre-existing bacteremia (19.5%), chronic kidney disease (15.9%), pre-existing malignancy (14.6%) and chronic liver disease (4.9%). Clinical presentation was mainly backpain (52.5%), backpain + radiculopathy (37.5%), and backpain + myelopathy (3%). 6% of patients were asymptomatic. The commonest region involved was lumbar with the commonest level involved being L4/L5 with a total of 25 cases. The commonest thoracic level was T11/T12 (4 cases) while the commonest cervical level was C6/C7 (3 cases). 69 patients had blood cultures taken and 28 (41%) yielded a positive culture. 57 patients underwent biopsy and 25 (44%) had a positive growth from the biopsy. The commonest organism isolated was Staph aureus from both biopsy (12%) and blood culture (22%). The mean duration of IV antibiotics was 37.1 ± 23.6 days and for oral antibiotics was 38.6 ± 19.4 days. At 2 year follow-up, 85% of patients were able to ambulate without any walking aid while 10% were wheelchair bound and 5% required the use

of a walking aid to assist in ambulation. McNab outcome criteria at final follow-up reported 50% of patients had at least a good outcome with only 14% reported with poor outcome.

Age (yr)		69.2 ± 13.0
Gender	Male	47.5%(38)
	Female	52.5%(42)
Ethnic	Malay	36.3%(29)
	Chinese	43.8%(35)
	Indian	17.5%(14)
	Others	2.5%(2)
Hospital Stay (day)		41.7 ± 24.6
Follow up (year)		2.7 ± 1.9

Table 1: Demographic Data

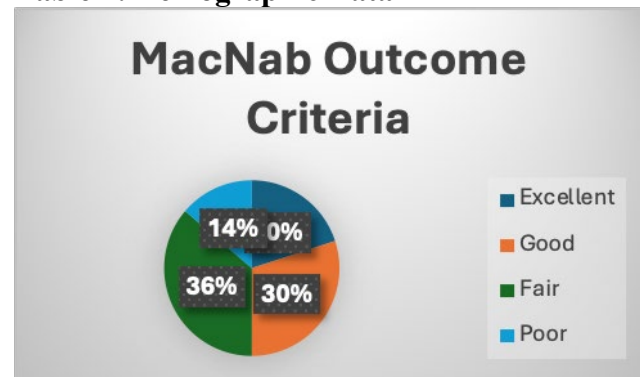


Figure 1: MacNab Outcome Criteria at 2-year follow-up

CONCLUSION:

Conservative treatment for spondylodiscitis generally has favorable outcomes if detected early and started on empirical/ culture guided antibiotics.

REFERENCES:

- Bettini, N., Girardo, M., Dema, E., & Cervellati, S. (2009). Evaluation of conservative treatment of non specific spondylodiscitis. *Eur Spine J*, 18 Suppl 1(Suppl 1), 143-150. <https://doi.org/10.1007/s00586-009-0979-8>