2019 Spine Institute of Connecticut
Outcomes Report
International Consortium for Health Outcomes Measurement Affiliate

Designated as a

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Center+ for Spine Surgery
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Being an informed healthcare consumer is difficult. We spend hours researching restaurants, movies, and cars. In healthcare, however, reliable, credible information is scarce. The Spine Institute of Connecticut is dedicated to providing you with the essential data necessary to make informed decisions regarding your orthopedic care.

**Why is this important to you?**

The information in this report will help answer questions you may have regarding your decision to have surgery. As always, your surgeon is the final authority on your care.
**HCAHPS:** Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) is a public report that compares patient experience across hospitals. **A higher percentage indicates better patient experience.**

<table>
<thead>
<tr>
<th>Category</th>
<th>National</th>
<th>Connecticut</th>
<th>Spine Institute</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall Rating</td>
<td>75%</td>
<td>81%</td>
<td>86%</td>
</tr>
<tr>
<td>Willingness to Recommend</td>
<td>76%</td>
<td>86%</td>
<td>75%</td>
</tr>
<tr>
<td>Communication with Nurses</td>
<td>76%</td>
<td>81%</td>
<td>86%</td>
</tr>
<tr>
<td>Communication with Doctors</td>
<td>76%</td>
<td>81%</td>
<td>86%</td>
</tr>
<tr>
<td>Responsiveness of Staff</td>
<td>71%</td>
<td>81%</td>
<td>86%</td>
</tr>
</tbody>
</table>

Why is this important to you?

The HCAHPS survey asks discharged patients 18 care questions about their overall hospital experience. The results are shared and compared across all hospitals. This survey provides an understanding of what to expect at the Spine Institute. The Spine Institute continues to strive to exceed regional and national benchmarks.
How many spine surgeries are performed annually?

Why is this important to you?

Higher volume surgical institutes have more experience and generally are run by more proficient surgeons and staff, ultimately resulting in better outcomes for patients.
Lumbar laminectomy is a relatively safe procedure however there are some things to be aware of. Below shows our complication and unplanned visit rates.

<table>
<thead>
<tr>
<th>Complications</th>
<th>Return to Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>99.2%</strong></td>
<td><strong>1.7%</strong></td>
</tr>
<tr>
<td>Complication Free</td>
<td>Return to Hospital Rate</td>
</tr>
</tbody>
</table>

Why is this important to you?

It is important to be an informed consumer. While lumbar laminectomy is elective and primarily an outpatient procedure, complications can occur. Out of 237 patients, between July 2017 and June 2018, one patient had a stroke, and one patient had a surgical site infection after lumbar laminectomy at the Spine Institute.
The Oswestry Disability Index (ODI) is a survey that measures patients’ disability.

Why is this important to you?

Patient reported outcomes are tools to measure improvement in function.

Functional improvement is predictable after lumbar laminectomy.

The EQ-5D-3L is a survey that measures patients’ health status.

Why is this important to you?

Health status improvement is also predictable after lumbar laminectomy.

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PATIENT-REPORTED OUTCOMES
LUMBAR LAMINECTOMY

The Oswestry Disability Index (ODI) is a survey that measures patients’ disability.

Why is this important to you?

Patient reported outcomes are tools to measure improvement in function.

Functional improvement is predictable after lumbar laminectomy.

The EQ-5D-3L is a survey that measures patients’ health status.

Why is this important to you?

Health status improvement is also predictable after lumbar laminectomy.
Lumbar discectomy is a relatively safe procedure however there are some things to be aware of. Below shows our complication and unplanned visit rates.

<table>
<thead>
<tr>
<th>Complications</th>
<th>Return to Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>97.0%</strong></td>
<td><strong>2.2%</strong></td>
</tr>
<tr>
<td>Complication Free</td>
<td>Return to Hospital Rate</td>
</tr>
</tbody>
</table>

**Why is this important to you?**

It is important to be an informed consumer. While lumbar discectomy is an elective and primarily an outpatient procedure, complications can occur. Out of 325 patients, between July 2017 and June 2018, five patients had a surgical site infection, one patient had a cerebrospinal fluid leak, one patient had a pulmonary embolism (PE), one patient had a hematoma and a nerve injury, and one patient had a deep vein thrombosis (DVT) after lumbar discectomy at the Spine Institute.
The Oswestry Disability Index (ODI) is a survey that measures patients’ disability.

Why is this important to you?

Patient reported outcomes are tools to measure improvement in function.

Functional improvement is predictable after lumbar discectomy.

The EQ-5D-3L is a survey that measures patients’ health status.

Why is this important to you?

Health status improvement is also predictable after lumbar discectomy.
LUMBAR FUSION
COMPLICATION AND RETURN TO HOSPITAL RATES

Lumbar fusion is a relatively safe procedure however there are some things to be aware of. Below shows our complication and unplanned visit rates.

<table>
<thead>
<tr>
<th>Complications</th>
<th>Return to Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>94.3% Complication Free</td>
<td>3.1% Return to Hospital Rate</td>
</tr>
</tbody>
</table>

**Why is this important to you?**

It is important to be an informed consumer. While lumbar fusion is an elective surgery complications can occur. Out of 226 patients, between July 2017 and June 2018, four patients had a cardiac arrhythmia, three patients had a cerebrospinal fluid leak, two patients had an implant malposition, two patients had a deep vein thrombosis (DVT), one patient had a gastrointestinal hemorrhage, and one patient had a stroke after lumbar fusion at the Spine Institute.
The Oswestry Disability Index (ODI) is a survey that measures patients’ disability.

Why is this important to you?

Patient reported outcomes are tools to measure improvement in function.

Functional improvement is predictable after lumbar fusion.

The EQ-5D-3L is a survey that measures patients’ health status.

Why is this important to you?

Health status improvement is also predictable after lumbar fusion.
Anterior cervical disc fusion (ACDF) is a relatively safe procedure however there are some things to be aware of. Below shows our complication and unplanned visit rates.

### Complications

- **96.3%** Complication Free

### Return to Hospital

- **1.2%** Return to Hospital Rate

Why is this important to you?

It is important to be an informed consumer. While ACDF is an elective and primarily an outpatient procedure, complications can occur. Out of 242 patients, between July 2017 and June 2018 seven patients had dysphagia, one patient had a cardiac arrhythmia, and one patient had an acute myocardial infarction after ACDF at the Spine Institute.
The Neck Disability Index (ODI) is a survey that measures patients’ disability.

Why is this important to you?

Patient reported outcomes are tools to measure improvement in function.

Functional improvement is predictable after anterior cervical disc fusion (ACDF).

The EQ-5D-3L is a survey that measures patients’ health status.

Why is this important to you?

Health status improvement is also predictable after ACDF.
Acute Myocardial Infarction: a blockage of blood flow to the heart.

Anterior Cervical Disc Fusion (ACDF): a surgery to remove a protruding or deteriorating disc in the neck.

Blood Clot: a collection of clotted blood cells that develop in the veins.

Cardiac Arrhythmia: an irregular heartbeat.

Cerebrospinal Fluid Leak: a tear or hole that allows the clear fluid surrounding the spine to escape.

Deep Vein Thrombosis: a blood clot that forms in a vein deep in the body.

Dysphagia: a difficulty swallowing.

Gastrointestinal Hemorrhage: bleeding in the stomach or intestines.

Implant Malposition: the breaking or coming loose of the device placed into the body to restore function or replace a damaged structure.

Infection: invasion of one's body by bacteria.

Lumbar Discectomy: a surgery to remove a protruding vertebral disc.

Lumbar Fusion: a surgery that joins two or more vertebrae together.

Lumbar Laminectomy: a surgery that creates space by removing lamina (the back part of a vertebra) to relieve pressure on the spine, this surgery is sometimes referred to as a decompression.

Pulmonary Embolism: a condition in which an artery in the lungs becomes blocked by a blood clot.

Stroke: a blockage or bursting of a blood vessel that carries oxygen and nutrients to the brain.

Surgical Site Infection: an infection after surgery at the site of operation.

Vertebrae: the bone segments that make up the spine.

Vertebral Disc: the shock absorbing structure between each vertebra.
This report was produced by the Musculoskeletal Outcomes Institute at Saint Francis Hospital and Medical Center.