

Elective Spine Surgery Preoperative Procedure

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Editorial

Given the physiologic and physical strain which will be related to spine surgery, it's important to optimize patients pre-operatively to enhance outcomes and reduce the danger of post-operative complications a method to optimize the probabilities of complication-free recovery following spine surgery is to determine protocol-based preoperative strategies that are shown to enhance postoperative metrics. The metrics particularly relevant to patients undergoing spine surgery include decreased number of postoperative days on mechanical ventilation, reduced incidence of venous thromboembolism, reduced antibiotic-resistant infections, decreased hospital costs, and decreased mortality and re-admission rates.

While other surgical specialties have published a spread of preoperative optimization regimens, there are few specifically designed for elective spine surgery. Additionally, the prevailing literature typically discusses protocols for single comorbidities like hypertension or hyperglycaemia and therefore the impact of optimization on decreased postoperative morbidity and mortality. Thanks to the paucity of literature on this subject, the necessity to rise defines

pre, peri-and postoperative protocols for this patient population are well recognized. Indeed, more prospective studies and randomized control trials (RCTs) aimed toward defining and optimizing protocols for spine surgery patients are starting to be performed. During this review, we compile existing literature to reach a comprehensive and standardized treatment protocol to preoperatively optimize patients undergoing elective spine surgery.

We review the varied medical conditions to think about in preoperative optimization, also because the best mechanisms to assess them and intervene, if necessary. To make sure the success of any protocol, it's important to define a System thereto ensures implementation and adherence. Within the preoperative setting, this at a preadmission testing center (PTC). Visits to those centers are typically led by an anaesthesiologist, who coordinates a basic history and physical, a review of pertinent comorbid conditions, and an evaluation of existing laboratory metrics. Additionally, the anaesthesiologist can typically request additional consultations or make further recommendations regarding medication initiation or termination to stabilize underlying medical conditions. The centralized system of PTC has been shown to not only decrease costs related to repetitive or unnecessary testing, but also improve various peri-operative and postoperative metrics.

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