

BEST PRACTICES IN THE REHABILITATION OF SINGLE- AND DOUBLE LEVEL LUMBAR FUSION SURGERY: RESULTS OF A MODIFIED DELPHI STUDY

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*shared contribution

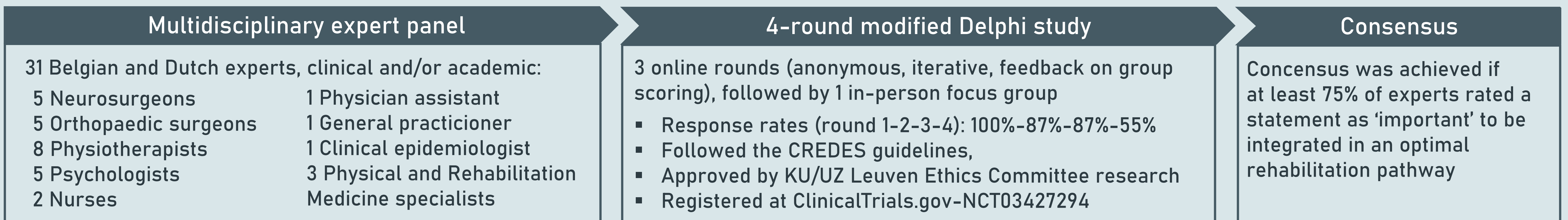


Summary

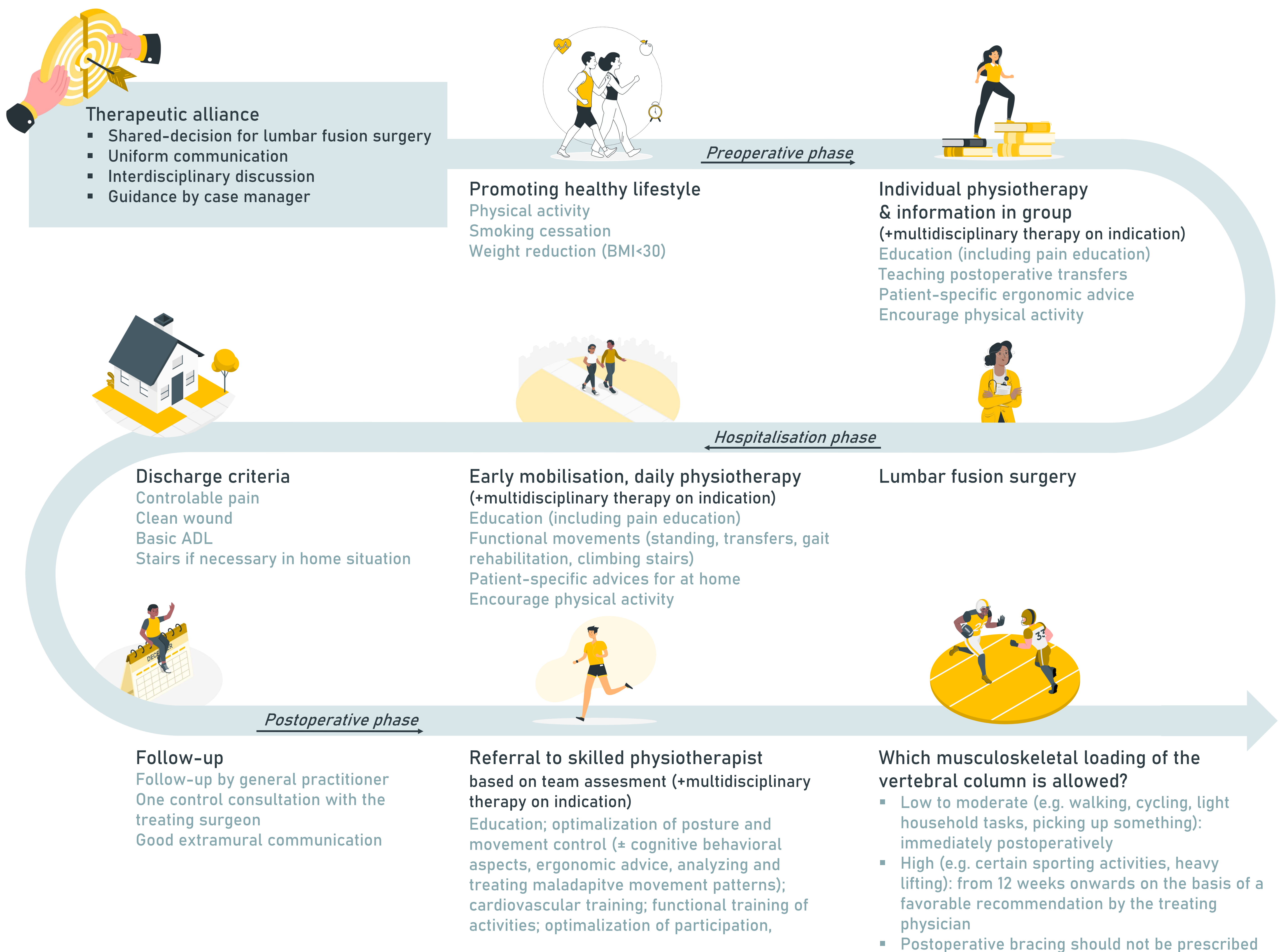
Extensive variation and uncertainty in rehabilitation of lumbar fusion calls for consensus on the best rehabilitation pathway

In this modified Delphi study, expert consensus on best practices in the rehabilitation of single- and double level lumbar fusion surgery for degenerative conditions was achieved

Study design



Best practices in the pre-, peri- and postoperative rehabilitation of single- and double-level lumbar fusion: 122 statements



Patient's perspective on this expert-consensus?

9 patients that underwent lumbar fusion surgery
 ▲ highlighted a need for early guidance in return-to-work
 ✓ agreed on the beneficial effect of uniform communication, and case manager guidance

Clinical implications?

- These consensus statements form the *building blocks* for developing and implementing a streamlined, much-needed rehabilitation pathway.
- Patient's perspective shows an additional *need* for early guidance in return-to-work in this rehabilitation pathway.