



## C0404 - QUALITY OF LIFE IN DEGENERATIVE CERVICAL SPINE PATIENTS

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### Resumen

**Objectives:** Patients with degenerative spinal conditions can suffer from considerable disability. We have prospectively gathered data from our patients undergoing cervical arthroplasty to better delineate some of the factors that influence a patient's quality of life beyond the simple pain associated with the condition.

**Methods:** We performed a prospective gathering of data of all patients presenting for cervical arthroplasty to a single surgeon. 50 of 75 patients completed full pre and post op data sets. The dataset comprised of the Short Form-36 (SF-36), the Neck Disability Index, Modified Zung and Modified Somatic Perceptions Questionnaire, Visual Analogue Scores for neck, arm and leg pain.

**Results:** Quality of life as measured by the short form 36 correlated poorly with reported pain levels in the pre operative population ( $r$  -0.38 for neck and -0.14 for arm pain), but stronger correlation was noted with the NDI, Zung and MSPQ ( $r$  values of -0.59, -0.59 and -0.6 respectively). Post operatively all correlations strengthened markedly. The factor with the most significant correlation with improvement of quality of life in our cohort was neck pain, where change in VAS carried an  $r$  value of -0.59.

**Conclusions:** This is a small study which throws up some interesting questions as to the key influences on a person's perceived quality of life. Quality of life correlates strongly with perceived disability and psychological state, and this is strengthened post operatively. Despite having pain having seemingly less influence of pre operative QoL, improvements in neck pain were associated fairly closely with improving quality of life.