

Research Paper (4)

One-year evaluation of epiduroscopy in chronic back pain with and without radiculopathy: a retrospective study

The Egyptian Journal of Neurology, Psychiatry and Neurosurgery. January 2020; 56:4

Abstract

Background: Back pain is a frequent complaint among the individuals in the society. It significantly affects the daily activities and the social and psychological life aspects leading to an economic health burden. Epiduroscopy is a relatively new minimally invasive technique that is used as a diagnostic and therapeutic tool in cases of chronic back pain.

Aim of the study: To evaluate the extent of long-term benefit of epiduroscopy in patients with refractory chronic back pain with/without radiculopathy.

Materials and methods: Retrospective data of 148 patients with failed back surgery syndrome (FBSS) and/or symptomatic lumbosacral disc prolapse who underwent epiduroscopy were collected. A 50% reduction in the visual analog scale (VAS) score was set as the primary outcome. Pre- and post-procedure analgesic use, quality of sleep, and changes in the activities of daily livings (ADLs) after 1-year follow-up were reviewed. Incidence and types of complications were recorded.

Results: The mean age of the studied sample was 56.6 years with a higher percentage of females (61.5%). Patients having radicular pain represented 45.1%. Disc prolapse was prevalent (61.5%) compared to patients with FBSS (38.5%). A reduction of 50% or more in VAS score was reached in 52.7% ($p < 0.01$). This reduction was more evident in younger patients ($p = 0.004$). There was an improvement in ADLs ($p < 0.01$), quality of sleep ($p < 0.05$), and analgesic intake ($p < 0.05$).

Conclusion: Epiduroscopy is a relatively recent, safe, and minimally invasive tool that showed effectiveness in the difficult to treat patients with back pain with/without radiculopathy especially in FBSS.

Keywords: Epiduroscopy, Chronic back pain, Radiculopathy, Disc prolapse, Fail back surgery syndrome