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ASSESSMENT OF THE EFFICIENCY OF THE INSTRUMENTAL METHOD OF RESEARCH IN COMPLEX TREATMENT OF PATIENTS WITH THE PAIN SYNDROME IN THE LOWER PART OF THE BACK

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ABSTRACT

This article is devoted to the effectiveness of various diagnostic methods in the treatment of patients with low back pain syndrome. We examined 130 patients with vertebrogenic back pain, and were on outpatient treatment in the neurological department of TMA. For the effectiveness of treatment, all patients were examined: ultrasound, MRI, X-ray of the lumbosacral department.

KEYWORDS: Pain syndrome, effectiveness, patients, chronic pain, acute pain.

INTRODUCTION

Pain in the lower back (BNS), being a global problem of modern health care,[1,6] occupies one of the leading places among the reasons for going to doctors of various specialties and the disability of people of different age categories.[3,9] According to modern scientific medical research by a number of authors, an episode of back pain, at least once in a lifetime, is noted by 100% of the working-age population of developed countries.[1] A multidisciplinary approach in treating LBP is one of the main methods in modern rehabilitation.[4,8] Optimization of existing methods of treating BNS with regard to modern approaches in rehabilitation allows accelerating the recovery of patients and reduces labor and time costs. Of particular importance is the problem of outpatient treatment due to the fact that the methods of therapeutic measures used in most medical institutions are adapted exclusively to the inpatient stage.[10] The stereotypes of therapeutic approaches in daily clinical practice are based on drug therapy, while the possibilities of other influencing factors are underestimated and undeservedly forgotten. At the same time, the effectiveness of exposure in pathogenetic approaches in individual clinical cases exceeds the possibilities of drug therapy. Given the high level of morbidity, the most frequent lesion of the able-bodied contingent, the socio-economic significance of this problem is obvious, which dictates the need for further study of dystrophic lesions of the lumbar spine, searching for an algorithm for diagnosis, treatment and prevention.[1,8]

Purpose of the study

To evaluate the effectiveness of various diagnostic methods in the treatment of patients with low back pain.

MATERIAL AND RESEARCH METHODS

For the study, 130 patients (46 men and 84 women) with vertebral back pain, who were on outpatient treatment in the neurological department of TMA, were examined. The patients were between the ages of 20 and 55. All patients were conducted instrumental methods of research.

RESULTS

For the effectiveness of the treatment, all the examined patients underwent an ultrasound examination, MRI, and x-ray of the lumbosacral region. The results of ultrasound examination of the lumbosacral spine in patients with pain syndrome in the lower back revealed changes in 28% of cases, which made it possible to establish the specificity of this examination method as 72%. 115 patients from the whole group underwent MRI of the lumbosacral spine as a reference method of examination. Full coincidence of the results of ultrasound and MRI was observed in 71.3% of patients, which indicated a rather high level of sensitivity of the ultrasound method. In the process of the examination, all patients with LSI underwent radiography of the lumbosacral spine in 2 projections, which made it possible to compare the data series of this method of radiation diagnosis with the results of ultrasound. The full coincidence of the indicators was 53.43%. According to the ultrasound in almost all patients with LBP (97.71%), disc protrusions were diagnosed.

Evaluation of the effectiveness of therapy was carried out on the basis of the dynamics of changes in clinical data, the results of ultrasound of the lumbosacral spine and indicators of QoL. At the beginning of the observation, patients in most percent of the cases received diclofenac when the disease worsened. Physiotherapy was administered to all patients for 10 days - phonophoresis with 1% hydrocortisone ointment in the lumbar region.

Patients during the entire period underwent 4 courses of treatment with Hondrolon, each with 20 intramuscular injections (ii) at a dose of 0.1 g (1 ampoule) every other day. In patients after the 4^{th} course of treatment with Hondrolon, a significant decrease in fibrous ring fragmentation on the upper intervertebral discs was observed.

FINDINGS

The effectiveness of the ultrasound method and MRI was observed in 71.3% of patients, which indicated a rather high level of sensitivity of the ultrasound method. All patients underwent a course of anti-inflammatory treatment with diclofenac + 4 courses of treatment with Hondrolon + 10 days of physiotherapy, as well as after the course, patients took nise, the side effects of which were not noted. The efficacy of treatment was compared using an ultrasound method, in conclusion of which there was a decrease in the fragmentation of the fibrous ring on the upper intervertebral disks.

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