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Our first 72 Spine endoscopy cases. Impressions of a learning curve

Luís Soares, Ricardo Simões, Emanuel Homem, João Cruz

Hospital do Divino Espírito Santo, Portugal

We retrospectively reviewed records from november-2019 to May-2022. Patients had undergone FELD were included and follow-up was done at 4 days, 2 and 6 weeks and 3 months. We started to do spine endoscopy cases in November 2019. In totally we have done a total of 72 surgeries for 60 patients. 12 patients had 2 techniques at same operation. The median age was 46,7 (74-20), 48 left sided surgeries and 24 right sided, from these we had 23 males and 37 females. A total of 54 transforaminal and 18 inter laminar surgeries, and 66 cases of LDH and 6 of LS and the location was in 44 for L4L5, 19 for L5S1, 8 for L3L4 and 1 for L2L3. The average length of stay was 1,23 days (max 4 and min 7 hours), and the average operation time was 82 minutes (160-30). In the year 2022 all patients were operated in ambulatory mode. As for the results in overall we had 79 % excellent results, 10,3% good results, 1 % fair results and 9,7% of poor results according to MacNab classification. The VAS leg had a pre op of 9,62 (8-3) and pos op 3 months of 1 (3-0), the VAS back had a pre op of 6,28 (9-0) and pos op 3 months of 2 (4-1). The Oswestry score had a pre op of 47,9 (76-8) and a pos op at 3 months 15,2 (50-4). We had 7 patients with a reherniation (9,7%) and 1 patient with a LS that had a spine lumbar arthrodesis, and no infection cases. Although this is a small case study, we had a 89,3% excellent and good results, which gives us a good incentive for continuing doing spine endoscopy. The good results make it a promising technique for lumbar problems.

Recent Publications

1. Traumatismos da coluna cervical - Erros na interpretação dos exames radiológicos - pseudofracturas Manuel Carvalho Simões, Luís Machado Soares, Rev Port Ortop Traum 11:137-140, 2003.
2. Fractura-Avulsão da tuberosidade anterior da tibia-Caso clínico, Luís Machado Soares, Carlo Villacreses, Carolina Escalda, Craveiro Lopes, Revista Colóquios do Hospital Garcia de Orta
3. Condrioblastomas - Tumor Raro e...às vezes agressivo. Experiência do Hospital Pediátrico de Coimbra, Gabriel Matos, Luís Machado Soares, Rev Port Ortop Traum 14 (2):73-79, 2006.

Biography

Luís Soares is working as an Orthopedic Senior Consultant since 2015. He did his National Portuguese Board Exam in 2007, got his Medical degree in 1998. Currently he is interested in spine surgery, spine endoscopy and awake spine surgery. He was responsible with his department of the residency program as well as the Spine Surgery until 2020. He was functioning as the director of the Emergency Room and Operating Room departments of my Hospital. He is the author of a published book "Ortopedia – Realidade e prática no serviço de urgência" 2012. He is responsible for 20 editions of the Basic Orthopedic Course in my Hospital. He has also published 12 papers and presented more than 90 presentations.

dr.luis.ortopedista@gmail.com