Estimating the Impact of Surgical Decompression on Quality of Life in Patients With Metastatic Spinal Cord Compression.

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Disclosure

• None
Background

- Metastatic Spinal Cord Compression (MSCC) affects 10% of all cancer patients and causes significant impairment in patient’s quality of life.

- There’s a need to quantify the improvement in quality of life following surgical decompression.
Methods

- Patients with radiologically and histologically confirmed MSCC, and true neurological deficits at presentation were included.

- Improvement in patients’ quality of life was quantified using QALY gained following surgical decompression.
Results

- Mean QALY gained directly correlated with the number of months lived after surgery.

- QALY gained:
  - 6 months post-op: 0.1 (1.2 months of life in perfect health)
  - 1 year post-op: 0.4 (5 months of life in perfect health)
Limitations

• Retrospective study

• Potential for under-reporting because of assessment of outcomes from surgeons’ follow-up charts.

• There can be differences in outcomes based on primary tumor histology, surgical skills and treatment undergoing for primary tumor.
Conclusion

• Surgical decompression provides significant improvements in neurological function and performance status.

• Surgical decompression can be beneficial to patients with a shorter life expectancy.