

Focus Group: Degenerative Spinal Phenotypes

The International Taskforce on Diagnosis and Management of Lumbar Spinal Stenosis and the Disc Degeneration Focus Group will be having a combined, back-to-back focus group session in Singapore under the umbrella topic of Degenerative Spinal Phenotypes. This will be the third meeting of both groups. All interested SpineWeek participants are welcome.

Previously, the International Taskforce on Diagnosis and Management of Lumbar Spinal Stenosis involved a wide group of experts from a variety of international spine societies in an online survey on the clinical diagnosis of lumbar spinal stenosis. The result was a consensus-based set of six items from history and physical examination that led to 80% certainty of the diagnosis of lumbar spinal stenosis. Goals for the upcoming meeting in Singapore include: conducting a second Delphi study to determine other factors (e.g. imaging, electromyography, etc.) which increase certainty of diagnosis, developing a consensus definition for spinal stenosis, and laying the foundation for a Delphi study on surgical indications.

The Disc Degeneration Focus Group will conduct and share the results of a survey interpreting degenerative spinal phenotypes using MRI. In addition, strategies for effective dissemination and uptake of the group's recommendations from the last meeting on use of the term "degenerative disc disease" will be discussed.

[Read more about this focus group...](#)

International Taskforce on Diagnosis and Management of Lumbar Spinal Stenosis

At ISSLS San Francisco 2015 the Focus Group “International Taskforce on Diagnosis and Management of Lumbar Spinal Stenosis” met for a second time (after ISSLS Seoul 2014) with the twofold aim to i) discuss the results of the online survey of a wide group of international experts from the membership of ISSLS, International Spine Intervention Society, British Association of Spine Surgeons, British Scoliosis Society, Canadian Spine Society, Asia Pacific Orthopaedic Association, and the Hong Kong Orthopaedic Association; ii) reach a final consensus on which history factor are most important in the clinical diagnosis of LSS.

A set of six top items was confirmed, along with the addition of the seventh most popular item: “low back pain”. It was the consensus of the Taskforce that the presence of low back pain is an important component of history taking for LSS diagnosis, and should be included. The six top items are: “leg or buttock pain while walking”, “flex forward to relieve symptoms”, “feel relief when using a shopping cart or bicycle”, “motor or sensory disturbance while walking”, “normal and symmetric foot pulses”, “lower extremity weakness”. Within these questions clinicians are 80% certain of the clinical diagnosis of LSS. This consensus-based set of patient history items can act as practical criterion for defining LSS in both clinical and research settings.

Aim of our third Focus Group meeting at ISSLS Singapore 2016 is i) to develop a consensus definition for spinal stenosis to; ii) conduct a second Delphi Study to determine which other diagnostic factors (beyond patient history) increase the certainty of the diagnosis (e.g. physical examination findings, imaging, electromyography, etc.); iii) develop an initial question set for a Delphi study on surgical indications for LSS.

We look forward to meeting with you in Singapore!

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