

Management of Patients Presenting Late with Metastatic Spinal Cord Compression in Resource Poor Country- A Challenge

Dr Shalini Saini, Dr Kalpajit Dutta, Dr Deepti Ahuja, Dr Seema Mishra, Dr Rakesh Garg,
Dr Nishkarsh Gupta, Dr Sachidanand Jee Bharti, Dr Vinod Kumar, Dr Sushma Bhatnagar
BRA, IRCH, All India Institute of Medical Sciences, New Delhi



Objective

- To identify and judiciously use resources in patients presenting late with Metastatic Spinal Cord Compression (MSCC) in developing country
- To increase awareness among health care professionals and patients for early recognition of symptoms and prompt treatment

Background

- MSCC is a major cause of morbidity in cancer patients
- Incidence unknown
- Time of presentation is an independent factor affecting outcome
- MSCC requires early intervention as an clinical emergency
- Present knowledge about MSCC presentation and treatment is poor among health care providers

Study design

- Retrospective observational study

Methodology

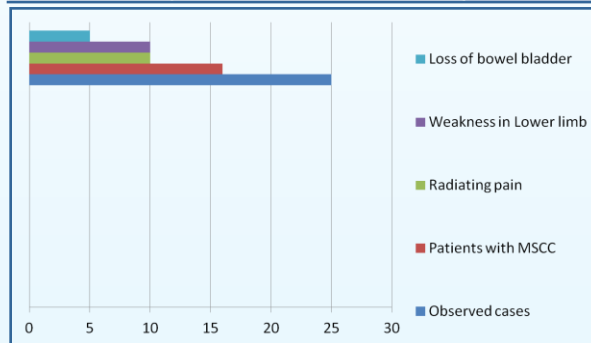
- Conducted over 6 months (July-December 2015)
- Place- Tertiary care cancer centre in India
- Patients admitted for severe back pain were observed
- Patients who were found to have MSCC were included
- Analgesic titration was achieved with intravenous Morphine infusion and adjunctive analgesics
- Patients were treated on the lines of MSCC management (Dexamethasone, Radiation therapy, Surgical intervention)

Results

- Average Numerical rating score on admission: 8.5/10
- One patient presented within 3 days of onset of weakness

	Average Time
Symptom onset & presentation	50.7 days
Presentation in OPD & treatment initiation	1.5 hr

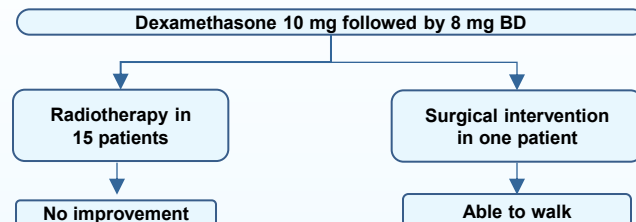
	Average power lower limb	p value
Before intervention	2.5	0.5
After intervention	2.8	



References

- Douglas et al. Prognostic factors for different outcomes in patients with metastatic spinal cord compression from cancer of unknown primary. BMC Cancer 2012; 12:261
- S. L'Espérance et al. Treatment of metastatic spinal cord compression: CEPO review and clinical recommendations. Current Oncology. Vol 19, No 6 (2012)
- H. Tanya et al. Malignant epidural spinal cord compression: the role of external beam radiotherapy. Curr Opin Support Palliat Care 2012; 6:103-108

Management



Why delay in presentation?

Lack of awareness among patients and health care providers about probable complications

Lack of proper health facilities including health care providers in periphery

Discussion

- Various factors affecting outcome
- Number of involved vertebrae
- Pre-radiotherapy ambulatory status
- Time developing motor deficits before radiotherapy
- Shortcourse vs Long course radiotherapy
- Barriers to providing treatment in developing countries
- Lack of knowledge among health care providers and patients
- Lack of training for recognition and management
- Limited resources
- Delayed presentation due to various reasons

Conclusion

- Judicious utilization of resources in developing country and the need to balance for treatment between patients with MSCC with poor vs better prognosis