

Evaluation of the Utility of Sacroiliac Injection in Treating Lower Back Pain at Providence Health Center



Adam M. Borowski MD, Grant B. Morgan PhD, Samina Ali MD, Julia Armstrong RN BSN, Stacy Fehner, Pascale Bouchard
 Providence Health Center & Baylor University Pre-Health Programs – Waco, Texas

Research Question

What are the outcomes of pain relief as a result of administration of sacroiliac joint (SI) injections from September, 2015 to February, 2016 at Providence Health Center.

Abstract

According to the American Chiropractic Association, lower back pain is experienced by 31 million Americans. Only a small fraction of these cases, however, can be attributed to the sacroiliac joint. Consequentially, sacroiliac pain is often misdiagnosed and satisfaction with treatment varies. In this cohort study, forty-five patients from September, 2015 to February, 2016 completed a questionnaire which was used to evaluate efficacy of SI injections and patients' satisfaction with the procedure. Additionally, this project assessed the cost of steroid injections for patients. The results revealed that 81% of the patients were satisfied with the procedure and 76% would recommend the procedure. There was a notable reduction in pain from before and after the procedure and only 19% of patients experienced complications, such as dizziness, bruising and recurrence of pain. Overall, the results suggest a positive relationship between the reported pain relief and SI injections received.

Background

- It is estimated that each year approximately 38% of the people worldwide experience lower back pain.
- Sacroiliac joint pain can be difficult to diagnose. The Journal of Craniovertebral Junction and Spine reported a prevalence rate of sacroiliac joint pain as low as 5% out of 1125 subjects with lower back pain.
- Treatment options include corticosteroid injections, anti-inflammatory medications and physical therapy. Surgery can be considered as a last resort.
- Medical literature suggests that post-surgical complications are fewer and less severe for patients receiving injections compared to other treatment options.
- Studies have shown the long term effectiveness of sacroiliac joint steroids having success ranging from 50-70% for a minimum duration of 2 years.

Objectives

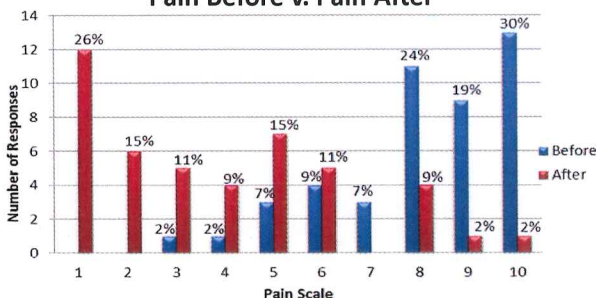
- Primary: Evaluate the efficacy of SI Injections based on reported pain relief.
- Secondary: Assess the cost of steroid injections for patients.

Methods and Criteria

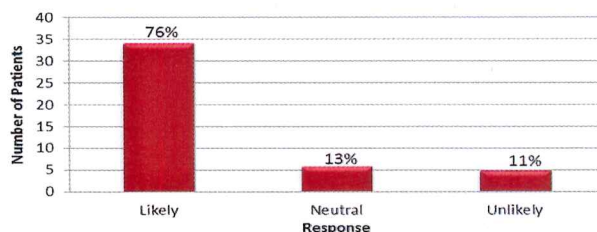
- The design is a cohort study evaluating the efficacy of Sacroiliac Injections in treating lower back pain and includes a telephone survey of patients treated with Sacroiliac Injections at Providence Health Center from September 2015 to February 2016.
- Subject of pain relief was reported based on a standard Visual Analog Scale (VAS) system.
- Inclusion Criteria: Subject 18 years of age or older and has received SI Injection(s).

Results

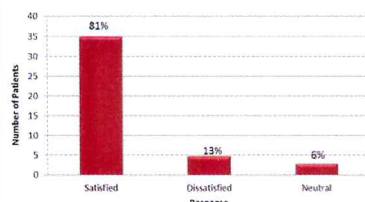
Pain Before v. Pain After



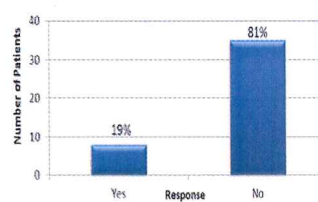
Likelihood of Recommending Procedure to Others



Satisfaction with Procedure



Problems Since Procedure



Conclusion

- A total of 45 patients were surveyed.
- Of the patients receiving the injections, 76% were female and 82% were over the age of fifty.
- 81% of patients were satisfied with the procedure.
- 76% of patients would recommend the procedure to others.
- There was a notable reduction in pain from before and after the procedure.
- Only 19% of patients surveyed experienced complications, such as dizziness, bruising and recurrence of pain.
- Evaluation of historical data demonstrates an approximate 10 fold increase in volume of these procedures at this facility in the past 5 years.
- Based on the volume of procedures during this six month survey, we expect this to generate approximately \$116,000 in additional annual charges in this facility.

Citations

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