

CEU Institute

XLIF- Spinal Procedure

**Category of Course
and Audience:**

Optional: Medical

This course is designed for all licensed healthcare and claims professionals.

Location:

On-Site Course (No fee charged)

Contributing Faculty:

Patricia Salem, RN, CRRN
Thaiyananthan, Gowriharan, MD- SCOO

Designation of Credit:

CEU Institute designates this continuing education activity for **1 contact hour**.

About the Sponsor:

The purpose of CEU Institute is to provide challenging curricula that assists nurses, adjusters, and allied healthcare professionals gain professional expertise while fulfilling their continuing education requirements, thereby improving the quality of healthcare and insurance case management delivery.

Our contributing faculty members have taken all measures to ensure that the information and recommendations are accurate and compatible with the standards generally accepted at the time written. The sponsor disclaims any liability, loss or damage incurred as a consequence, directly or indirectly, of the use and application of any of the contents.

Introduction:

About 10 million adults suffer from chronic back pain each year, making it the number one cause of healthcare expenditures in the U.S. In fact, back pain has a direct cost of more than \$50 billion annually for diagnosis, treatment, and rehabilitation. Most patients' spine disorders are related to degenerative conditions that can result in instability and intrusion into the spinal cord and surrounding nerves. This causes back pain and/or radiating pain in the arms or legs.

The eXtreme Lateral Interbody Fusion, or XLIF[®] procedure, is a new surgical option being performed at Northridge Hospital to provide relief to patients who have lived with back or leg pain through failed treatments, such as steroid injections, physical therapy, or pain medication.

This minimally invasive technique results in less tissue disruption and minimal blood loss, producing faster recovery times and reduced hospital stays for patients. In fact, many of my patients are up and walking the same day of surgery and are returning to work within weeks.

Benefits	XLIF Approach	Traditional Approaches
Surgical Time	1 hour	2-4 hours
Hospital Stay	1-2 days	2-5 days
Return to Activities of Daily Living	4-6 weeks	6 or more months

The minimally disruptive XLIF procedure can be performed for a number of clinical conditions, such as degenerative disc disease, adult degenerative scoliosis, and spondylolisthesis.

Learning Objectives/Outline:

Upon the completion of this course, the learner will be able to:

- | | | |
|------|---|---------|
| I. | Scope of the problem.
- Incidence of back pain and trends over time
- Incidence of disability from back pain
- Costs | 10 mins |
| II. | What is really going on with back injuries?
- What causes the pain?
- Medical model
- Biopsychosocial model | 10 mins |
| III. | Risk factors.
- Gender
- Occupational Risk Factors | 10 mins |
| IV. | Expected clinical course of back injuries.
- Timetables to expected recovery- XLIF | 10 mins |
| V. | Treatment guidelines.
- Evidence based protocols | 10 mins |
| VI. | Lumbar fusion, MIS XLIF.
- What does the evidence based literature say? | 10 mins |