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Boulder Neurosurgical & Spine Associates to Present Study Indicating

Higher Patient Expectations Before Surgery May Be Related to Improved Clinical Outcomes

(CHICAGO, Ill.)— Friday, November 5, 2011. Dr. Alan Villavicencio, a neurosurgeon and senior partner with Boulder Neurosurgical & Spine Associates (BNA) in Boulder, Colorado. will present a study entitled “Higher Patient Expectations Before Surgery May be Related to Improved Clinical Outcomes.” This and three other such novel studies presented at the 26th Annual Meeting of the North American Spine Society (NASS) annual meeting demonstrate that spine surgery success can be predicted by pre-operative psychological factors. This information can help surgeons better predict surgical outcomes.

“Determining which patients would benefit more from surgical versus nonsurgical interventions can be extraordinarily difficult,” said Dr. Alan Villavicencio, a presenting neurosurgeon at the NASS Annual Meeting who is an FDA investigator for numerous spinal devices and Program Chair of a local neurosurgical symposium in its 8th year in Colorado. “These studies are critical in assisting all types of health care providers to determine which patients will benefit from various different treatment regimens.”

“Higher Patient Expectations Before Surgery May Be Related to Improved Clinical Outcomes” analyzes whether preoperative patient expectations and SF-36 scores have any effect on clinical outcomes. A total of 79 patients who underwent a one- to three-level anterior cervical discectomy and fusion surgery were studied. The patients were evaluated using several standardized and validated functional outcome measures, including the Neck Disability Index and the SF-36. Patients were asked prior to surgery what they expected their neck and arm pain to be post-surgery. Patients who expected no pain postoperatively reported better postoperative scores on the pain-specific and non-standardized outcome measure scales, as well as the SF-36 MCS (Mental Component Summary) score. Patients with higher preoperative MCS scores had better overall clinical outcomes. The results suggest that optimism in patients’ expectations as well as mental well-being can predict improved clinical outcomes and patient satisfaction.*

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Boulder Neurosurgical and Spine Associates (BNA) is a comprehensive neurosurgical practice located in Boulder, CO, with multiple satellite locations located throughout Northern Colorado. BNA has been in practice for more than 10 years, with surgeons who have received the highest ratings in the Denver Metro area. BNA is one of the few practices in the country with expertise in both orthopedic and neurosurgical spine care. BNA has been extensively published on orthopedic and neurosurgical and spine care and BNA surgeons have presented at hundreds of national and international meetings on the most up-to-date surgical and non-surgical techniques. BNA surgeons founded the Justin Parker Neurological Institute (JPNI), a fully accredited nonprofit organization whose principle purpose is to conduct clinical research, advance knowledge and practice medicine through innovations in clinical technology, while providing evidence-based clinical guidelines and education to health care professionals. For more information visit www.bnasurg.com and find us on BNA Facebook and BNA Twitter.

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