





PUT PHOTO OF CONSENT FORM HERE



## British Spine Registry Consent Form

*Helping to improve patient care through knowledge*

Please tick to confirm that you have been given / read the 'BSR patient information leaflet'

**Surname:** \_\_\_\_\_

**First Name:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_/\_\_\_\_/\_\_\_\_

**Postcode:** \_\_\_\_\_

**Email address** (if you are happy for us to send you email links to questionnaires):

\_\_\_\_\_

### I CONSENT to:

- Personal details being recorded in the British Spine Registry.
- I understand information in the Registry will be used to look at the outcomes of treatment and may be used for research purposes and results will be published.
- I understand that data identifying me will not be released to anyone unless required by law or where there is a clear public need to do so.
- Your data may be accessed by other spinal medical professionals in the future who are involved in your medical care.
- I understand that I may ask for my details to be removed at any time and may request access to my personal data.
- I understand that my health data may be linked to other national health databases.

Patient / Parent agreement to data collection for Registry and Research:

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

To be completed by the person accepting patient consent

**Name:** \_\_\_\_\_ **Position:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

This form should be retained.

## Thromboprophylaxis Recommendations

### Specialty specific advice

**Acute spinal injury (T&O):** Patients should receive mechanical prophylaxis. Please discuss with the consultant spinal surgeon if enoxaparin should be prescribed as they may require surgical intervention.

**Elective spinal surgery (T&O):** Prescribe mechanical prophylaxis (stockings, plus foot impulse devices). Do not prescribe enoxaparin pre-operatively. Discuss with consultant spinal surgeon before starting enoxaparin post-operatively. Patients with ruptured cranial/spinal vascular malformations or acute traumatic/non traumatic haemorrhage must not be offered enoxaparin prophylaxis until the lesion is secured or the patient's condition stabilised


**Cardiac surgery:** Patients should be prescribed enoxaparin pre-operatively *unless contraindicated*, but enoxaparin should be omitted for at least 24 hours prior to surgery. Patients should be prescribed mechanical prophylaxis. Prescribe prophylactic enoxaparin post-operatively until discharge, unless patient is receiving therapeutic anticoagulation (either IV heparin or therapeutic enoxaparin) or acquires a contraindication.

**Head and Neck surgery:** Prophylaxis is not routinely used for this patient group

**Ophthalmology:** Day case / SSSU patients do not require VTE prophylaxis if (1) LA (2) GA less than 90mins. Patients with GA > 90mins should receive AES prophylaxis. This does not apply to paediatric cases.

**Trauma:** There is an increased **initial** risk of haemorrhage in patients following poly-trauma, multi part or unstable pelvic fractures and potentially unstable spinal pathology pending MRI scan. Discuss with consultant

**Nephrology and transplant:** For this patient group refer to **appropriate** risk assessment form

Patient details  (affix addressograph)	 <b>NHS WALES GIG CYMRU</b> Cardiff and Vale University Health Board Bwrdd Iechyd Prifysgol Caerdydd a'r Fro	Weight: .....kgs Date recorded:..... <div style="text-align: center; border: 1px solid black; padding: 5px;"><b>COMPLETE AND FILE IN PATIENT'S NOTES</b></div>
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**THROMBOPROPHYLAXIS FOR ELECTIVE ADULT ORTHOPAEDIC SURGERY (exc hip/ knee replacement)**

**UNLESS CONTRAINDICATED: Prescribe both pharmacological and mechanical thromboprophylaxis for all patients:**

- **undergoing surgery** who have  $\geq 1$  risk factor for venous thromboembolism
- **undergoing surgery** where duration of anaesthesia & surgery to the lower limb/pelvis  $\geq 60$  minutes

**DOES THE PATIENT HAVE RISK FACTORS FOR VENOUS THROMBOEMBOLISM? (VTE) (✓)**

Age $\geq 60$ years	Obesity (BMI $> 30\text{kg/m}^2$ )
Active cancer or cancer treatment	Personal or first degree relative with history of VTE
Chronic inflammatory conditions	Pregnancy or $\leq 6$ weeks post partum
Critical care admission (planned or unplanned)	Use of hormone replacement therapy
Dehydration	Use of oestrogen-containing contraceptive therapy
Duration of anaesthesia & lower limb/pelvic surgery $\geq 60$ minutes	Varicose veins with active phlebitis
Known thrombophilia	

Risk identified?	Y/N	Thromboprophylaxis indicated?	Y/N	Sign	Name	Date
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**PATIENT AGE:**      If patient  $\geq 70$  years old request an eGFR since they may have undiagnosed renal impairment

**DOES THE PATIENT HAVE A CONTRAINDICATION TO:**

pharmacological thromboprophylaxis?					mechanical methods?				
Assessment	1	2	✓		Assessment	1	2	✓	
Currently receiving therapeutic anticoagulation					Arterial insufficiency (suspected or proven):				
Uncontrolled systolic hypertension $> 180\text{mmHg}$					- absent or weak foot pulses				
Thrombocytopenia: platelet count $< 70 \times 10^9/l$					- intermittent claudication				
New-onset stroke, intra-cerebral haemorrhage or untreated sub-arachnoid haemorrhage					- slow capillary filling (pinched nailbed/toepad that takes $>3$ seconds to return to normal colour)				
Severe liver disease					Peripheral neuropathy				
Known bleeding disorder *					Severe peripheral oedema/pulmonary oedema				
Renal impairment with eGFR $< 30\text{ml/min}^*$					Known allergy to material of manufacture				
Active bleeding or at risk of bleeding					Currently receiving noradrenaline *				
Known heparin allergy *					Skin: - pressure ulcer				
Previous heparin induced thrombocytopenia *					- 'tissue paper' skin				
Lumbar puncture/epidural/spinal anaesthesia within past 4 hours or expected in next 12 hours / <b>SPINAL SURGERY</b>					- recent skin graft				
					- skin infections				
					- leg or foot ulceration				
<b>Contraindication present? (✓/ X)</b>					<b>Contraindication present? (✓/ X)</b>				

\* seek further advice from coagulation registrar/patient's consultant

**PRESCRIBE THROMBOPROPHYLAXIS, ACCORDING TO RISK ASSESSMENT, ON DRUG CHART**  
N.B. Reassess risk of bleeding and venous thromboembolism within 24 hours and if clinical situation changes

Pre-op / first 24 hours post-op	Consultant:				Reassessment at 24 hours post-op	Consultant:			
<b>Enoxaparin (Clexane) sub-cutaneously</b>	✓	Select one mechanical method	✓		<b>Enoxaparin (Clexane) sub-cutaneously</b>	✓	Select one mechanical method	✓	
Weight (Kg)      Dose					Weight (Kg)      Dose				
$< 50$ Seek advice *		Calf length anti-embolism stockings			$< 50$ Seek advice *		Calf length anti-embolism stockings		
50 - 100      40mg od		Foot impulse devices			50 - 100      40mg od		Foot impulse devices		
101- 150      40mg bd		Intermittent pneumatic compression devices			101- 150      40mg bd		Intermittent pneumatic compression devices		
$> 150$ 60mg bd					$> 150$ 60mg bd				
Contraindication present		Contraindication present			Contraindication present		Contraindication present		
<b>If using bd dose omit a.m. dose on day of surgery</b>					<b>If using bd dose omit a.m. dose on day of surgery</b>				

If no contraindications exist and thromboprophylaxis is not prescribed state reason:

Sign	Name	Date	Sign	Name	Date
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**PRESCRIBING ADVICE**

**TIMING of enoxaparin administration:**

- **if given day before surgery:** administer **no later** than 18:00hrs
- **day of surgery:** administer at 18:00hrs OR 6 hours post-op for afternoon cases (d/w consultant surgeon/anaesthetist)
- **subsequent post-op days:** prescribe at 18:00hrs

**Following surgery under spinal/epidural anaesthesia:** Wait at least 4 hours before giving enoxaparin

**Patients with epidural analgesia post-op:** Do not remove epidural catheter within 12 hours of enoxaparin  
Following removal of epidural catheter wait 4 hours before giving next dose of enoxaparin

**Heparin induced thrombocytopenia (HIT):** Check platelet count before commencing and following 5-7 days of treatment  
**Reassess need for ongoing thromboprophylaxis prior to discharge/transfer**

## Approximate Recovery Times in Weeks for Spinal Operations

The following is a guide for recovery times following spinal surgery. It is important to note that recovery times will vary between patients and that this is only a guide.

	<b>Lumbar Microdiscectomy / Decompression</b>	<b>Multilevel Lumbar Decompression</b>	<b>Lumbar Decompression and Fusion</b>	<b>Thoracolumbar Fusions: PLF / TLIF / XLIF / ALIF and #s*</b>
Wound Healing	2 to 4	2 to 4	2 to 4	2 to 4
Office / Desk Job	4 to 6+	6+	6+	6+
Manual Job	6+	6 to 12	12+	12+
Driving	Approximately 4 to 6 weeks when you are comfortable getting into and out of a car, can turn your body to look out of the back window and can safely perform an emergency stop.			
Walking	As soon as able. This is an excellent form of gentle exercise to aid your recovery. It is important to slowly pace yourself and build up distances gradually.			
Showering	Initially the wound should be covered by a waterproof dressing whilst taking brief showers. Once it has healed fully longer showers and bathing are permitted.			
Housework	When comfortable. Avoid bending at the back and use your knees. Avoid twisting when hoovering and when ironing make sure the board is set at an appropriate level or you can sit down to iron. Avoid over stretching.			
Lifting	Lifting light objects and shopping can be performed when comfort allows. Avoid bending at the back and use your knees. Use both arms to carry shopping and avoid carrying for long periods.			
Swimming	Your wound must have healed fully before you can swim. If you have been fused please wait until you have had a follow up X-Ray. In line strokes are best following lumbar spine surgery (front crawl and back stroke).			
Gardening	6+	6+	12+	12+
Cycling	6+	6+	6+	6 to 12+
Racquet sports, golf, cricket, jogging	6+	12+	12-24+**	12-24+**
Yoga, Pilates, tai chi, aerobics, gentle aerobic gym activity	6+	6+	12+**	12+**
Weight lifting, contact sports, gymnastics (including football and rugby)	12+	12+	26-52 (if at all)**	26-52 (if at all)**

\* PLF = Posterolateral Fusion, TLIF = Transforaminal Lumbar Interbody Fusion, XLIF = Extreme Lateral Interbody Fusion, ALIF = Anterior Lumbar Interbody Fusion, #s = Fractures

\*\* After discussion with your surgeon

## Approximate Recovery Times in Weeks for Spinal Operations

The following is a guide for recovery times following spinal surgery. It is important to note that recovery times will vary between patients and that this is only a guide.

	<b>Anterior Cervical Discectomy and Fusion</b>	<b>Posterior Cervical Decompression and Fusion</b>	<b>Adult Deformity Correction</b>	<b>Paediatric Deformity Correction</b>
Wound Healing	1 to 2	2 to 4	2 to 4	2 to 4
Office / Desk Job	4 to 6	6+	8 to 12+	6+
Manual Job	12+	12+	26+**	12+ N/A**
Driving	Approximately 4 to 6 weeks when you are comfortable getting into and out of a car, can turn your body to look out of the back window and can safely perform an emergency stop.			
Walking	As soon as able. This is an excellent form of gentle exercise to aid your recovery. It is important to slowly pace yourself and build up distances gradually.			
Showering	Initially the wound should be covered by a waterproof dressing whilst taking brief showers. Once it has healed fully longer showers and bathing are permitted.			
Housework	When comfortable. Avoid bending at the back and use your knees. Avoid twisting when hoovering and when ironing make sure the board is set at an appropriate level or you can sit down to iron. Avoid over stretching.			
Lifting	Lifting light objects and shopping can be performed when comfort allows. Avoid bending at the back and use your knees. Use both arms to carry shopping and avoid carrying for long periods.			
Swimming	Your wound must have healed fully before you can swim. If you have been fused please wait until you have had a follow up X-Ray. In line strokes are best following lumbar spine surgery (front crawl and back stroke).			
Gardening	12+	12+	26+	12+ N/A
Cycling	6 to 12+	6 to 12+	12+	12+
Racquet sports, golf, cricket, jogging	12+	12+	26+	26+**
Yoga, Pilates, tai chi, aerobics, gentle aerobic gym activity	12+**	12+**	26 to 52 (if at all)**	26+**
Weight lifting, contact sports, gymnastics (including football and rugby)	26 to 52 (if at all)**	26 to 52 (if at all)**	52+ (if at all)**	52+**

\*\* After discussion with your surgeon



## Anticipated Times and Information for Spinal Operations

	Anaesthetic	Operative	Recovery	Length of Hospital Stay	Urinary Catheter
<b><i>Cervical Surgery</i></b>					
ACDF IVDR 1-2 Levels	<30 mins	1-2 hours	30-45 mins	1 day	No
ACDF IVDR ≥ 3 Levels	<30 mins	2-3 hours	30-45 mins	2 days	No
Anterior Cervical Corpectomy	30-45 mins	2 hours	60 mins	2-3 days	No
Posterior Cervical Decompression +/- Fusion / Laminoplasty	30-45 mins	2-3 hours	60 mins	3 days	No
<b><i>Lumbar Surgery</i></b>					
Microdiscectomy / microdecompression	<30 mins	1-2 hours	30 mins	1 day	No
Decompression 1-2 Levels	<30 mins	1-2 hours	30-45 mins	1-2 days	No
Decompression ≥ 3 Levels	<30 mins	2-3 hours	45-60 mins	2-3 days	Not Routinely
Decompression and Instrumented Fusion 1-2 Levels	<30 mins	2-3 hours	45-60 mins	3-4 days	Not Routinely
Decompression and Instrumented Fusion ≥ 3 Levels	<30 mins	3 hours	60-90 mins	4-5 days	Likely
PLIF / TLIF 1-2 Levels	30-45 mins	3-4 hours	60-90 mins	3-5 days	Likely
XLIF 1-2 Levels	30-45 mins	1-2 hours	60-90 mins	1-2 days	Possible
XLIF 1-2 Levels plus Posterior Surgery	30-45 mins	3-4 hours	60-90 mins	3-4 days	Possible
ALIF 1-2 Levels	30-45 mins	2-3 hours	60-90 mins	3-4 days	Yes
ALIF 1-2 Levels plus Posterior Surgery	30-45 mins	4 hours	60-90 mins	3-5 days	Yes
<b><i>Deformity Surgery / Other</i></b>					
Paediatric Posterior Scoliosis Correction	45-60 mins	3-4+ hours	60-90 mins	5 days	Yes
Adult Posterior Spinal Deformity Correction with osteotomy / cages	45-60 mins	5+ hours	60-90 mins	1+ week	Yes
Posterior Thoracolumbar Fracture / Tumour / Infection Fixation	45-60 mins	2-3+ hours	60-90 mins	1+ week	Yes (Possible for Fracture)
Anterior Thoracolumbar Fracture / Tumour / Infection Fixation	45-60 mins	3+ hours	60-90 mins	1+ week	Yes

## **Useful Links:**

### **American Academy of Orthopaedic Surgeons**

<http://www.orthoinfo.org/menus/spine.cfm>

### **Backcare**

<https://backcare.org.uk>

### **British Association of Spine Surgeons**

<http://www.spinesurgeons.ac.uk>

### **British Pain Society**

<http://www.britishpainsociety.org>

### **Education Programs for Patients in Wales**

<http://www.eppwales.org>

### **Eurospine Patient Information**

<https://www.eurospine.org/patient-line-spine-diseases.htm>

### **Getting It Right First Time**

<https://gettingitrightfirsttime.co.uk>

### **National Institute of Clinical Excellence**

<http://www.nice.org.uk>

### **NHS Wales**

<http://www.wales.nhs.uk>

### **North American Spine Society Patient Information Leaflets**

<http://www.knowyourback.org/Pages/Brochures/Default.aspx>

### **Patient.info**

<http://www.patient.info>

### **Scoliosis Association UK**

<http://www.sauk.org.uk>

### **Scoliosis Research Society**

[http://www.srs.org/patient\\_and\\_family](http://www.srs.org/patient_and_family)

### **Spine Dragon:**

<http://www.spinedragon.com>

### **Spine Health:**

<https://www.spine-health.com>

### **Spine Universe:**

<http://www.spineuniverse.com>

### **Understand Spine Surgery**

<http://understandspinesurgery.com>

### **WebMD:**

<https://www.webmd.com>



## **British Spine Registry – Patient Information**

*Helping to improve patient care through knowledge*

### **What is the British Spine Registry (BSR)?**

It aims to collect information about spinal surgery across the UK. This will help us to find out which spinal operations are the most effective and in which patients they work best. This should improve patient care in the future.

The Registry will allow patient outcomes to be assessed using questionnaires. These will allow surgeons to see how much improvement there has been from treatment.

This has worked for hip and knee joint replacements through the National Joint Registry. We need your help to improve spinal surgery in the UK.

### **What data is collected?**

Your personal details allow the BSR to link you to the surgery you have had. They also allow us to link together all the questionnaires you complete. If you need any further spinal surgery in the future, details of previous operations will be available to your surgeon.

Personal details needed by the BSR are: Name, Gender, Date of birth, Address, Email, NHS number

Your personal details are treated as confidential at all times and will be kept secure. This data is controlled by the British Association of Spine Surgeons (BASS) and held outside the NHS. Personal details will be removed before any data analysis is performed retaining only age and gender. Your personal data and e-mail address will not be available to anyone outside BASS and its secure IT provider. Anonymised data may be released to approved organisations for approved purposes but a signed agreement will restrict what they can do with the data so patient confidentiality is protected.

Your personal data is very important as this will allow us to link details of your diagnosis and surgery with any problems or complications after surgery. You may also be asked to complete questionnaires before and after surgery to work out how successful the surgery has been. These will only be possible if we can connect you to the questionnaires through your personal details.

### **Do I have to give consent?**

No, your participation in the BSR is voluntary and whether you consent or not, your medical care will be the same. Your personal details cannot be kept without your consent. This will be obtained either by getting you to physically sign a consent form or electronically sign one through an email link to a questionnaire or at questionnaire kiosk in the outpatient clinic.

You can withdraw your consent at any time or request access to your data by contacting your Consultant.

## **Research**

Your consent will allow the BSR to examine details of your diagnosis, surgical procedure, any complications, your outcome after surgery and your questionnaires. These are known as 'service evaluations' or 'audits'.

Operation and patient information including questionnaires in the BSR may be used for medical research. The purpose of this research is to improve our understanding and treatment of spinal problems. The majority of our research uses only anonymised information that means it is impossible to identify individuals. From time to time researchers may wish to gather additional information. In these cases, we would seek your approval before disclosing your contact details. You do not have to take part in any research study you are invited to take part in and saying no does not affect the care you receive.

All studies using data from the Registry will be recorded on the BSR website: [www.britishspineregistry.com](http://www.britishspineregistry.com)

## **Children**

Parents are asked to consent for data to be collected from their child. Looking at the outcome of spinal surgical procedures is just as vital in children as it is in adults.

## **Can I find out more information?**

The BSR website ([www.britishspineregistry.com](http://www.britishspineregistry.com)) contains more information including details of any studies and any information obtained through the Registry data.

If you want to see what data is stored on you, please write us at the BSR Centre (see below).

## **Contact Details:**

Visit our website at:

[www.britishspineregistry.com](http://www.britishspineregistry.com)

Send an email to:

[Customer.support@amplitude-clinical.com](mailto:Customer.support@amplitude-clinical.com)