

What Is L5 S1 Disc Bulge?

Bulging disc pressing on nerve

Herniated discs are caused by aging and/or

Intervertebral discs are the cushions between the vertebrae. They contain the pulp or nucleus of the disc, which is surrounded by a tough outer layer called the annulus.

YouTube

Lumbar Discectomy: as a Source of Patient Information and Education

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Introduction

YouTube contains around 70% of all videos on the internet. Its popularity has increased and is a source of patient education and information. It is unregulated for the quality of its videos. This project was designed to assess the quality of videos on YouTube describing Lumbar Discectomy.

Material and Methods

A systematic search of YouTube was performed. Search terms were lumbar and discectomy. Information relating to the date of publishing, the publisher and the number of viewings were recorded. The content was reviewed using criteria based on recommendations from the BASS and Health on the Net Foundation websites. Content was assessed and points awarded for information relating to management options, description of the procedure including anaesthetic, recovery and outcome and complications as well as information relating to the author and institute. An overall rating of inadequate, poor, average and good were given. All videos were reviewed independently. A random selection of videos was then reviewed by the two senior authors to validate the score.

Results

81 videos were identified with a total number of viewings of 2,722,964 (Range 139 to 111,891) with an average viewing of 34,037. Overall average ratings were 16 good ; 25 average; 40 rated poor or inadequate. Kappa coefficient between the two reviewers was 0.623 with an inter-class correlation of 0.914. There was absolute agreement in 59 videos. This corresponded with the senior authors evaluations.

Conclusions

Most videos posted on YouTube are promoting a surgeons practice. Few videos are generally informative about lumbar discectomies. Quality of videos is variable which we feel represents the unregulated nature of broadcasts on YouTube. Patient's need to be warned of the nature of these videos and those posting should give thought to information in videos prior to placement.

References

- Vance K, Howe W, Dellavalle RP. Social Internet sites as a source of public health information. *Dermatol Clin* 2009; 27:133-6
Sood A, Sarangi S, Pandey A, Murugiah K. YouTube as a source of information on kidney stone disease. *Urology* 2011;77(3):558-62