

## **TRANSFORAMINAL LUMBAR ENDOSCOPIC DISCECTOMY UNDER LOCAL ANAESTHESIA - HOSPITAL SULTAN ISMAIL EXPERIENCE**

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**Introduction:** Evaluate the benefit and outcome of patient neurology after endoscopic discectomy under local anaesthesia in Hospital Sultan Ismail.

**Methodology:** A retrospective study of 10 patients undergone endoscopic discectomy for radiculopathy in 2019. Patients with systemic disease and back pain were excluded. Neurology findings were compared pre and post-operatively.

**Discussion:** 70% involved single level disc prolapse which mainly affects the lumbar discs. Average age group was 40.5 years old. 50% showed reduction in nerve root irritation reflected by negative Lasègue test post-operatively. 20% had no improvement i.e. persistent sciatica and recurrence of sciatica two-months post-operative. Baseline power pre-operative range between 4-5. Reported that patients with initial power of 4 showed 100% improvement i.e. power 5 post-operatively. Two out of five patients with initial reduced sensation showed improvement (40%), while another three patients reported to have persistent reduced sensation. Duration of ward admission ranges between 1-5 days. 70% were discharged on post-op day 1. One patient needed longer admission (5 days) due to severe post-operative pain. Post-operatively, 1 patient discharged free of symptoms, 8 patients still under active follow-up and 1 patient defaulted.

**Conclusion:** Minimally invasive endoscopic discectomy helps to reduce symptoms burden towards patients with very small complication risk i.e. preserving healthy tissue, minimal blood loss, shorter hospital stays and faster recovery. However, further study with a bigger sample population and questionnaire for patient's first hand qualitative assessment are needed.