

Efficacy Of Intradiscal Steroid Injection In Treating Patients With Discogenic Low Back Pain

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INTRODUCTION:

This study evaluate the clinical outcome of patients who underwent diagnostic discogram together with intradiscal steroid injection.

METHODS:

A prospective observational study carried out at Hospital Raja Perempuan Zainab II from January 2020 till December 2022. A total number of 27 patients were included. Discogram was performed at the affected disc based on MRI, the concordant pain were recorded followed by intradiscal steroid injection with 3cc ropivacaine plus 40mg triamcinolone. The effectiveness of intradiscal steroid injection was investigated using Visual Analogue Score (VAS) and OSWESTRY Disability Index (ODI) and assessed immediately, 6 weeks and 3 months post procedure.

RESULTS:

From the total 27 patients; 15 were female (56%) and 12 were male (44%). 6 patients (22.2%) reported concordant pain during discogram. 20 patients had single level discogram, 6 patients had two level discogram, while remaining 1 patients had three level discogram. From total of 27 discogram recorded, noted 11 irregular (40.7%), 10 fissured (37%), 5 lobular (18.5%), 1 ruptured (3.7%) in shape. 14 patients (52%) had significant pain reduction (immediate and post 3 months VAS difference > 30%), 12 patients (44.4%) had improvement in ADI.

Table 1. VAS reduction > 30% after 3 months, ODI improvement after 3 months

DISCUSSIONS:

MRI have good sensitivity to point the affected disc. Discogram is useful to demonstrate the pattern of affected disc together with concordant pain. Steroid is used to suppress the inflammatory process within the affected disc.

CONCLUSION:

The study measure the outcome compare between immediate and 3 months post injection, suggested that intradiscal steroid injection can improve clinical outcomes in patients with discogenic back pain.

REFERENCES:

1. Transforaminal epidural steroid injections for the treatment of lumbosacral radicular pain in a Nigeria tertiary hospital: observational study ZA Suleimana*, IK Kolawolea, BA Ahmedb, OM Babalolaband GH Ibraheemba Department of Anaesthesia, University of Ilorin, Ilorin Nigeriab Department of Surgery, University of Ilorin, Ilorin Nigeri

	No (%)
VAS	14 (52%)
ODI	12 (44.4%)