

THE DARTMOUTH INSTITUTE
FOR HEALTH POLICY & CLINICAL PRACTICE

The Effect of Expectations and Preferences on Treatment Outcome for Lumbar Intervertebral Disc Herniation

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Primary Care Research on Low
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WHERE KNOWLEDGE INFORMS CHANGE

TDI **JAMA**
The Journal of the American Medical Association

ORIGINAL CONTRIBUTION

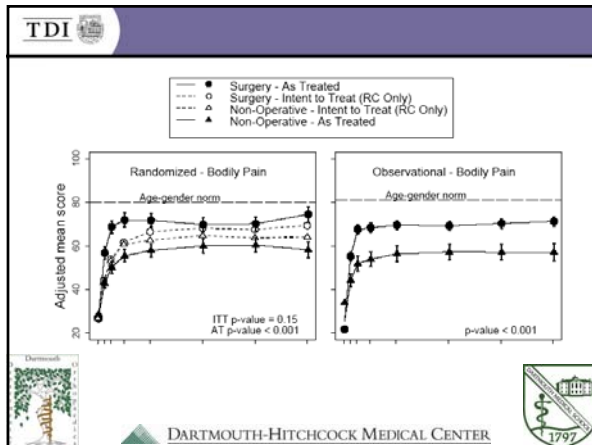
Surgical vs Nonoperative Treatment for Lumbar Disk Herniation

The Spine Patient Outcomes Research Trial (SPORT):
A Randomized Trial

Surgical vs Nonoperative Treatment for Lumbar Disk Herniation

The Spine Patient Outcomes Research Trial (SPORT)
Observational Cohort

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TDI **Treatment Preference**

Treatment Preference

What is your current preference for how to treat your spine-related problem?

- Definitely prefer to continue non-surgical treatment
- Probably prefer to continue non-surgical treatment
- I'm not sure what treatment I prefer at this time
- Probably prefer to have surgery
- Definitely prefer to have surgery

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TDI **Baseline Preferences**

Baseline Preference	RCT	OBS
Surgery	27%	66%
Unsure	33%	6%
Non-OP	41%	28%

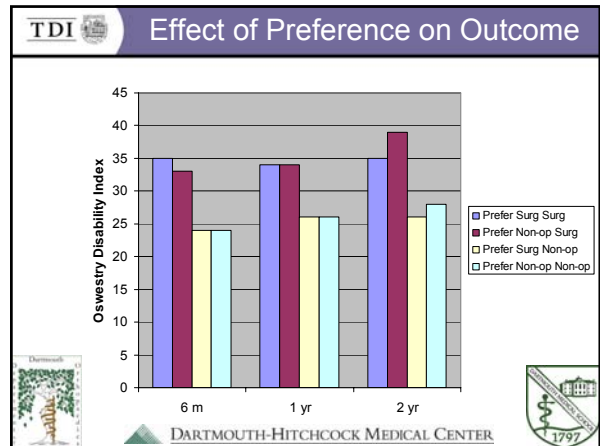
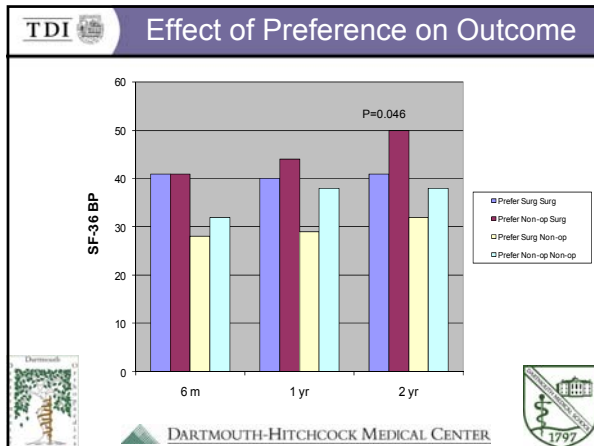
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TDI **Baseline Preferences**

Treatment Received (w/in 3 months)

Baseline Preference	RCT		OBS	
	Surg	Non-op	Surg	Non-op
Surgery	45%	15%	91%	10%
Unsure	32%	33%	4%	10%
Non-OP	23%	53%	5%	80%

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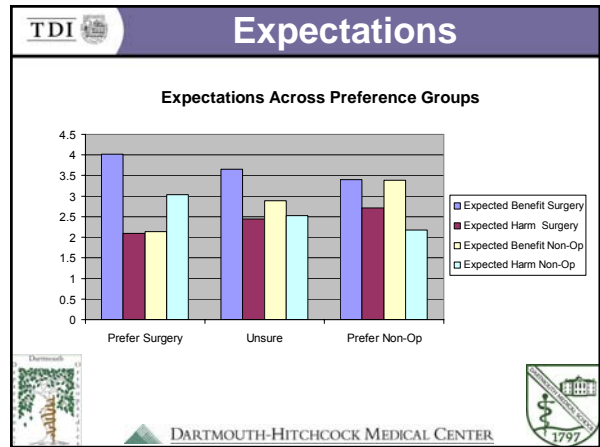
TDI SPORT

Expected Benefit from Surgery for Symptoms

What is your best guess about the chance that you will be free of symptoms - like pain, stiffness, swelling, numbness, weakness - if you have spine surgery?

- No Chance (0%)
- Small Chance
- Moderate Chance
- Big Chance
- Certain (100%)

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TDI Expectations

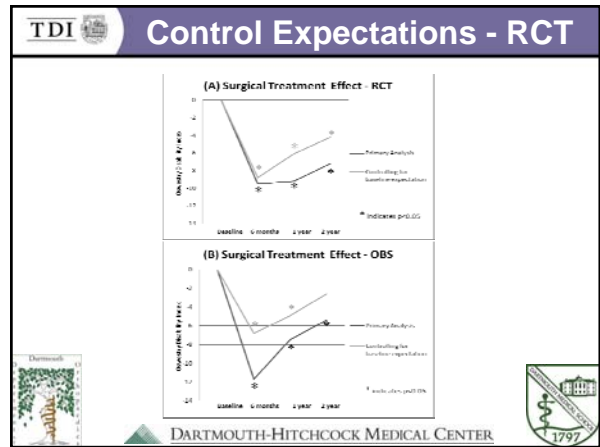
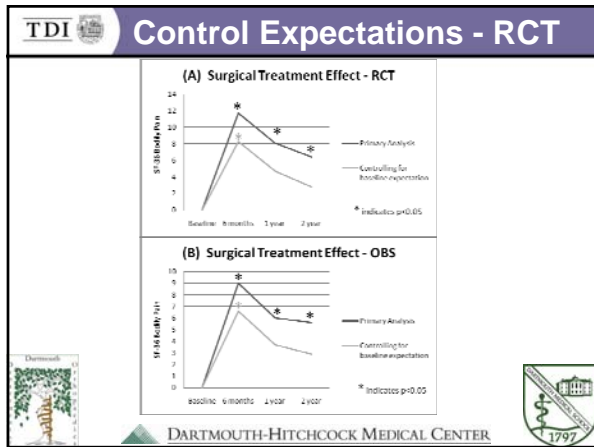
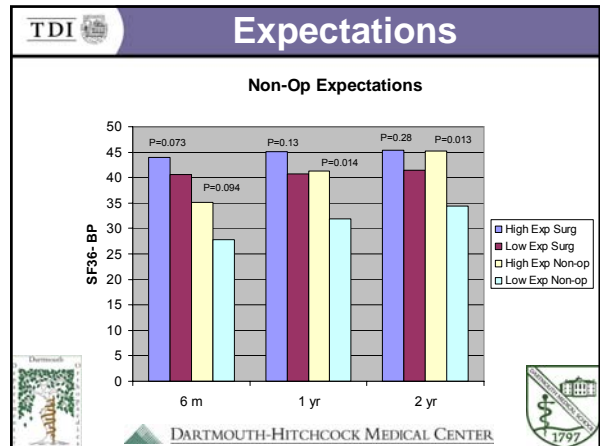
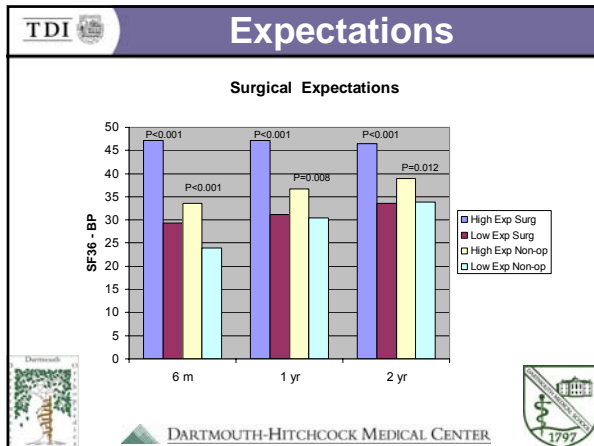
Expect Big Surgical Benefit	Treatment Received w/in 3 months	
	Surgery n=588	Non-Op N=442
Yes	76%	50%
No	24%	50%

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TDI Expectations

Expect Big Non-Op Benefit	Treatment Received w/in 3 months	
	Surgery n=594	Non-Op N=442
Yes	7%	31%
No	93%	69%

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TDI Summary

Preferences

- Strong predictor of treatment received
- Small if any effect of outcome

Expectations

- + effect on outcome
- Surgical expectations - general effect
- Non-op expectations - more specific effect

Function may be a more reliable outcome measure than pain in unblinded trials

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