

Minimally Invasive Spine and Pain Interventions are set to be game changers in healthcare Industry.

The need of a specialty arises as the burden of the disease increases. Spine Interventions is one such new paradigm of medicine that require specialists who understand the distinctive needs of patients who suffer from chronic and complex Spinal pain.



Bengaluru, Karnataka Dec 6, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Swati Bhat, the esteemed Director of [IPSC Pain and Spine Hospital](#) and the Consulting Head at IPSC Bengaluru, sheds light on the growing necessity for minimally invasive interventions in pain and spine care. As the prevalence of spinal

conditions escalates, there emerges a critical need for specialized care. Spine Interventions represent a groundbreaking shift in medical practice, demanding dedicated specialists adept at addressing the unique challenges faced by patients enduring chronic and intricate spinal pain.

Spine Interventions

Interventional techniques are minimally invasive, non-surgical procedures including percutaneous precision needle placement, with placement of drugs in targeted areas or ablation of targeted nerves; and some surgical techniques for the diagnosis and management of chronic, persistent, or intractable pain such as laser or [endoscopic discectomy](#) and spine procedures, [Vertebroplasty for spinal fractures](#), [intrathecal infusion pumps for cancer pain and spasticity](#), and [spinal cord stimulators for chronic neuropathic pains](#).

There is overwhelming evidence showing an association of chronic pain with significant economic, societal, and health outcomes. With the increasing geriatric population and even more alarming, the young population is getting affected with chronic pain. A study from across 42 countries identified that self-reported chronic pain among adolescent populations was common. Chronic pain affects up to 30% of those aged 18–39 yr.

Prevalence of Chronic Pain Worldwide.

According to a study published by the Centres for Disease Control and Prevention (CDC) in 2012, around 20.3% of the population in the U.S. suffer from lower back pain.

The World Health Organization predicts that by 2030, chronic pain will be an important co-morbidity of the four leading causes of the global burden of disease.

Prevalence of Chronic pain in India and its impact.

A prevalence study published in the Indian Journal of Palliative Care shows a huge chronic burden in India by a prevalence rate of 19.3%, which translates into 180–200 million adults having chronic pain. Thirty-six percent of respondents were not able to do their routine work due to pain. 25.5% had accepted pain as part of their lives. 14.1% of respondents had anxiety and depression due to CP.

Musculoskeletal disorders, pain related to operations and injuries, and spine problems represent the largest global burden of pain, with low back pain being the leading cause of years lived with disability worldwide and prohibiting physical activities

Unmanaged pain also has a tremendous economic impact and vice versa, both at the individual and societal levels. A European study shows that 61% of chronic pain sufferers were less able or unable to work outside the home, and 19% lost their jobs due to pain.

Cost Effectiveness of Minimally Invasive Interventions for Sub Acute and Chronic PainBased on the clinical experience we hypothesize that for patients with chronic pain, minimal interventional procedures will be more effective than a programme without these procedures.

The main effect is not only pain reduction but this will be associated with improved functioning and quality of life. The costs of minimal interventional procedures are approximately half to one third of surgical procedures.

Most of these procedures can be done in a daycare setting, which significantly reduces the overall cost. Also, improved clinical outcomes and more rapid recovery result in less additional healthcare consumption and lower costs of work absenteeism and consequently in lower additional costs. This is especially important for the younger population.

The Opportunity

The rising prevalence of chronic pain is expected to increase the demand for interventional pain management techniques for its treatment, thereby fuelling interventional pain management market growth in the near future.

Most of the market surveys have predicted significant growth in the field of Interventional Pain management and the demand for these techniques for the next 5 years (2018–2023). Indian doctors have already shown their potential in managing chronic pain patients and patients from this part of the world have tremendous faith in Indian Doctors and pain physicians because of their ethical practice and expertise in this field. With this background, India can take a lead role in medical tourism to attract patients with chronic Spinal pain from this part of the world.

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