

A Retrospective Analysis of Management of Tuberculosis of Spine in a Tertiary Care Hospital

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Abstract

Introduction: Tuberculosis of spine is commonest osteo-articular manifestation of tuberculosis. There are about 6 million patients with radiologically diagnosed tuberculosis in India. About 1-2% of these have involvement of spine. This study was conducted to know the outcome of patients of tuberculosis of spine and the radiological changes during the course of treatment of 50 patients. **Materials & Methods:** Patients who completed their treatment between July 2013 to August 2016 were selected for the study. Patients who were more than 18 years old and completed their Anti tuberculosis drug therapy, regular in follow-up were selected. Patients with resistance to 1st line anti tuberculosis drugs were rejected. **Result:** Thoracic region was the commonest site affected (28/50). 31 cases had normal neurology and 19 patients had some form of neurodeficit. None of the patient had worsening of neurodeficit. Out of the 19 patients 5 patients improved with rest and AKT; 14 patients underwent surgery. Pre-treatment patients had either severe or moderate pain which reduced on treatment. At presentation 24 patients had kyphus which reduced to 12 after treatment. Radiological changes such as vertebral body, destruction paradiscal involvement, paravetrebral abscess and cord compression disappeared after treatment. **Conclusion:** Primary line of management for tuberculosis of spine is AKT with surgery to be done for specific indications. Prognosis after advent of neurodeficit is guarded as all the patients may not regain normal neurological status even after surgery.