

INTRODUCTION:

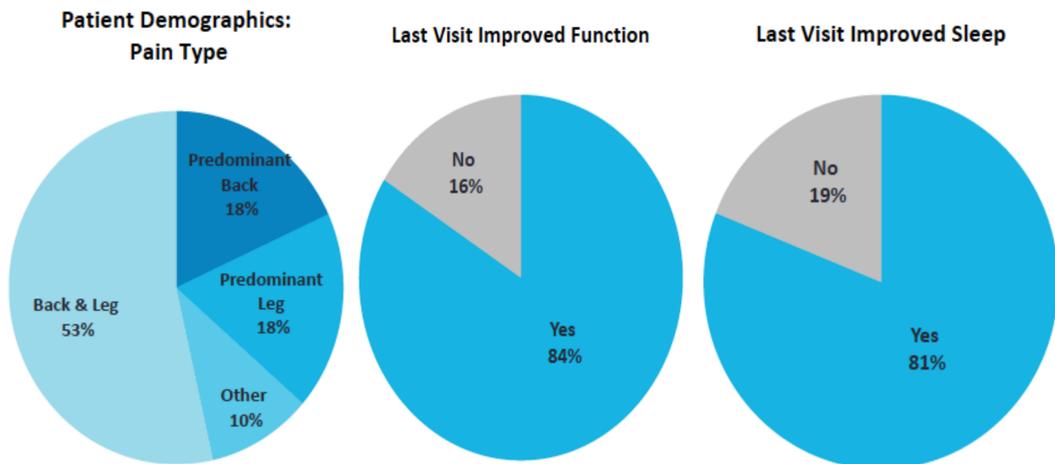
As the healthcare landscape changes, many patients are searching for alternative therapies for chronic pain. Pain physicians have also sought out additional techniques to guide patient care. With ever decreasing insurance access and increased scrutiny of opioid pain medication use, alternative treatments are at the center of discussions with patients.

METHODS:

- Fifty patients from a private practice who underwent High Frequency 10,000 Hz (HF10) Spinal Cord Stimulation (SCS) trials were sampled.
- Patients were monitored at 3, 6, 12, >18 months.
- Trial Responders, implant responders, morphine daily equivalents, pain scores, quality of life, sleep quality and device charging were monitored.

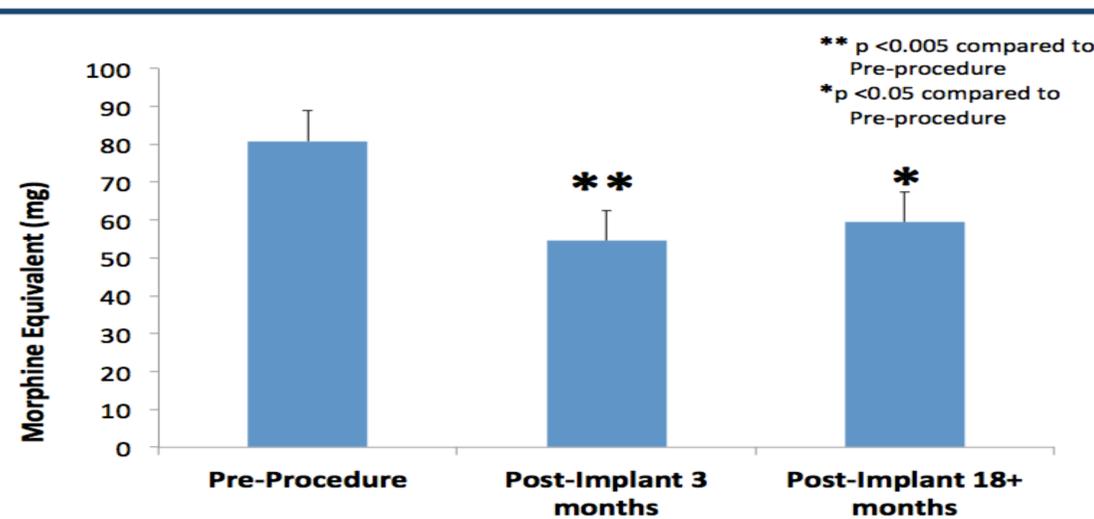
DEMOGRAPHICS:

- 53% of the 50 patients had back and leg pain, 18% back, 18% leg and 10% other pains.
- Male (40%), ages ranged from 38 – 86 years old.
- Pre trial Morphine Daily Equivalents (MDE) for all 50 patients averaged 80.8 MDE range (0 – 756 MDE) and average pre implant VAS was 7.2.

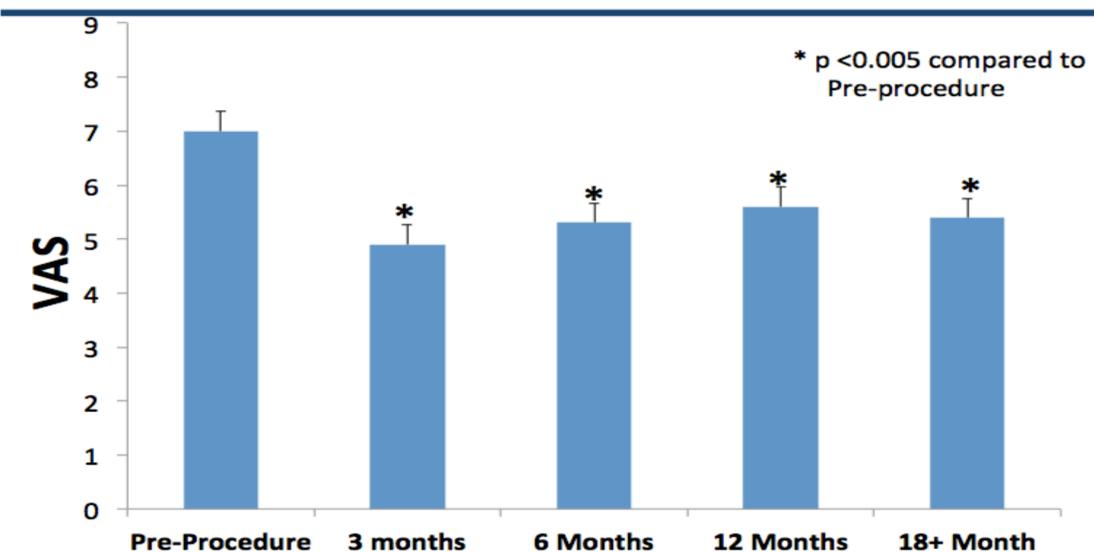


RESULTS

Morphine Equivalent Pre vs 3 & 18+ months post



VAS 18+ month Period



RESULTS:

- 43/50 patients continued on to stage 2 implants following greater than 50% relief in the target area.
- Significantly decreased MDE from pre-procedure levels (80.8) were maintained across the entire 18 month monitored period (3 months- 50 MDE, p < 0.005: 18 months- 55 MDE, p < 0.05).
- Significantly decreased pain scores from pre-procedure levels (VAS 7.2) were maintained across the entire 18 month monitored period (p < 0.005).
- Q.O.L data was incomplete, 31 patients reported they had 84% improvement in function and 81% reported improvement in sleep.
- 80% of respondents were satisfied with the device charging, 30-60 min/day.
- All patients both slept and drove with device.

DISCUSSION:

- Opioid alternatives are necessary.
- Challenges exist with:
 - Opioid tapering
 - Patient satisfaction scores
 - Healthcare access
 - Insurance coverage
 - Overall patient health

Pain and Analgesia continue to challenge our objective data.

CONCLUSION:

- HF 10 SCS has been effective in treating a variety of conditions.
- HF 10 has shown significant VAS and MDE reductions.
- Long term relief is promising.
- Pain data has many confounders.
- Opioid sparing techniques are preferred in theory.
- Challenges exist for objective data regarding pain.
- Pain is dynamic, treating one condition effectively is not enough.