

Future plans to expand spine care in Botswana

Tuesday May 8, 2018

Dr. Stefan Eberspaecher



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Spine Care

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FUTURE

PRESENT

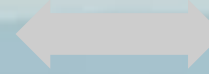
PAST



Sustainable

Integrated

Evidence based



Initial meetings with
representatives of Botswana
Government and local
Hospitals

Dr. Tiro Mmopelwa

Dr. Hildah Molate

Dr. Sheila Sebopelo

Signing of MOU

2010 2011 2012 2013 2014 2015 2016 2017 2018 Present

Mahalapye Clinic Opens

Shoshong Clinic Opens

1st Spine Care Conference

2nd Spine Care Conference

3rd Spine Care Conference

Princess Marina Clinic Opens

First Steps

- **Level 5 = Specialized spine center.**
All diagnostics and therapeutic activities are safe.
- **Level 4 = University hospital setting with departments of orthopaedics and neurosurgery.**
Most procedures are deemed safe. No consensus was achieved for complex deformity surgeries and complex tumor ablations.
- **Level 3 = A setting equivalent to a city general hospital.**
Most diagnostic procedures, non-surgical treatment modalities and basics surgeries (ie, decompression and stabilization) are deemed safe.
- **Level 2 = A setting equivalent to a district hospital.**
A few non-invasive procedures may be performed. No consensus was achieved on the safety and feasibility of all invasive procedures and some non-invasive modalities, such as treatment of infections, and prescriptions for osteoporosis.
- **Level 1 = Rural clinic setting.**
No invasive procedures are recommended as they are deemed unsafe and unfeasible. No consensus was achieved for non-invasive procedures in this setting.

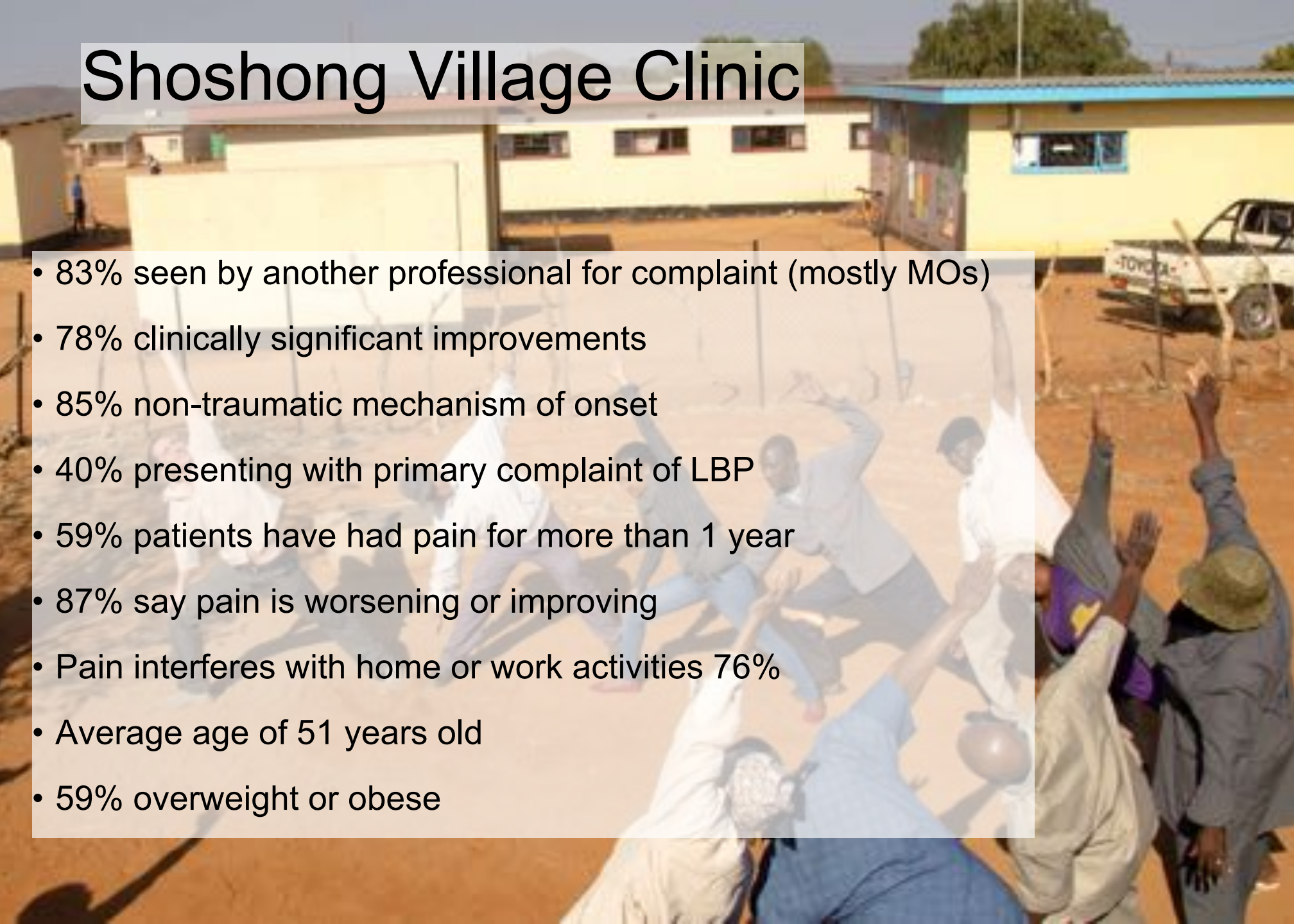
Shoshong Village Clinic

- 752 new patients, 7659 office visits
- 34 Volunteers in total since 2011 including 7 one-year CSs



Shoshong Village Clinic

- 83% seen by another professional for complaint (mostly MOs)
- 78% clinically significant improvements
- 85% non-traumatic mechanism of onset
- 40% presenting with primary complaint of LBP
- 59% patients have had pain for more than 1 year
- 87% say pain is worsening or improving
- Pain interferes with home or work activities 76%
- Average age of 51 years old
- 59% overweight or obese



Mahalapye District Hospital

1041 new patients, 9577 office visits

34 Volunteers in total since 2011 including 7 one-year CSs

Mahalapye District Hospital

- 84% seen by another professional for complaint (mostly MOs)
- 74% clinically significant improvements
- 91% non-traumatic mechanism of onset
- 56% presenting with primary complaint of LBP
- 65% patients have had pain for more than 1 year
- 87% say pain is worsening or not improving
- Pain interferes with home or work activities 76%
- 75% overweight or obese

Clinical Research Database

This allows us to keep track of our results and improve our care



What do we do?

- Evaluation
- Triaging and referral when necessary (e.g. Orthopaedic Surgery, Oncology)
- Management of appropriate cases

What do we do?

Evaluation

- Careful clinical history
- Identification of Red Flags
- Identification of Yellow Flags



What do we do?

A healthcare professional in a white uniform is examining a patient's leg on a blue table in a clinical setting. The professional is smiling and looking towards the camera. The patient is lying on the table, and the professional is leaning over them. In the background, there are medical charts on the wall and a window with blinds.

Triaging and referral when necessary

- Orthopedic Surgery
- Oncology
- Rheumatology
- Orthotics and Prosthetics
- Physiotherapy
- Occupational therapy

What do we do?

Management of the appropriate cases

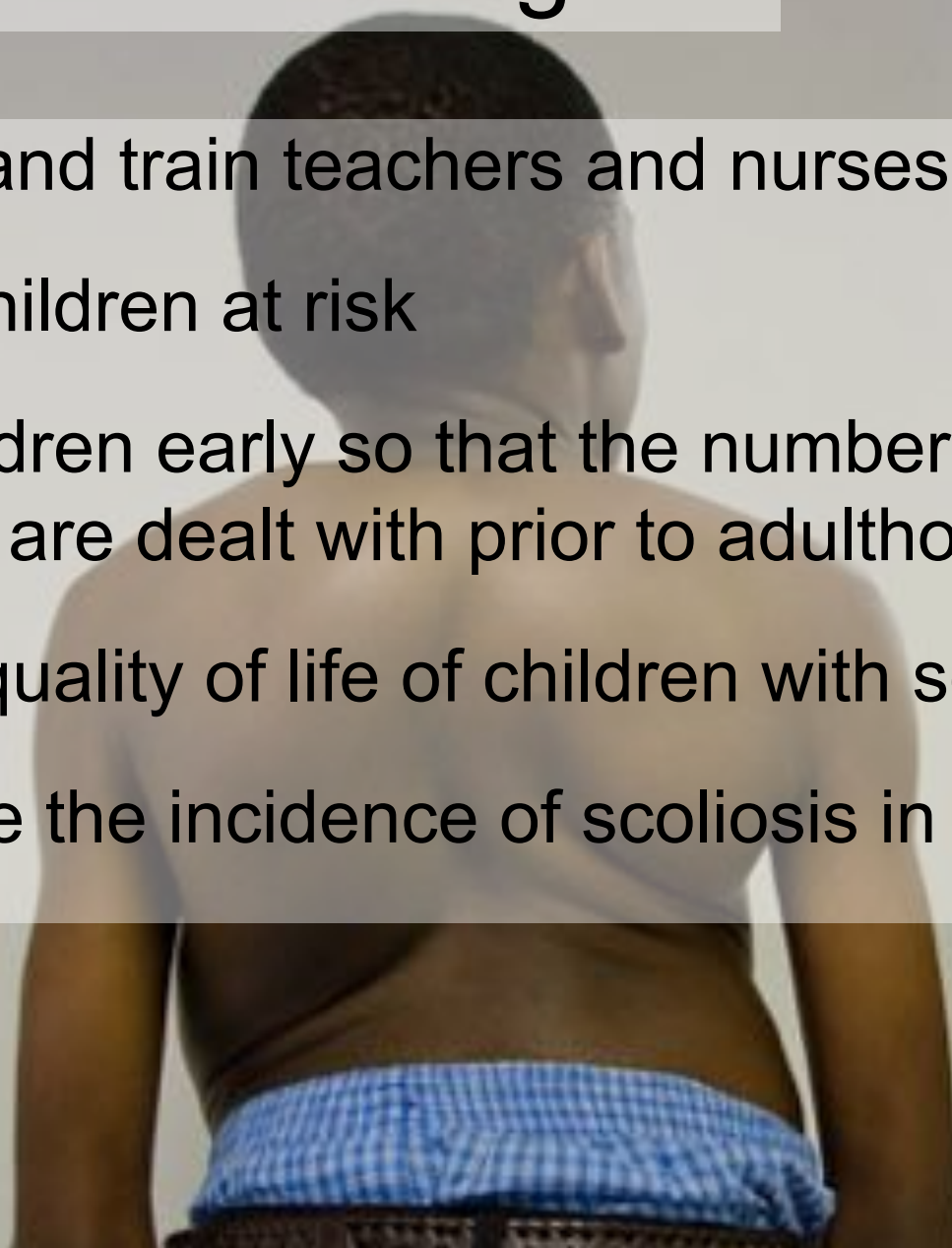
- Exercise
- Cognitive and Behavioural Therapies (CBT)
- Manual Therapy
- Spinal manipulation
- Massage
- Acupuncture
- Yoga and Mindfulness-based relaxation

A group of approximately 15 people, including men and women of various ages, are standing in front of a light-colored building with a blue roof. They are dressed in casual to semi-formal attire. To the right, a sign on a wooden post reads: "WISIC SPINE CARE SHOSHONG CLINIC MOSUPOLOCO, LABORARO LE LABONE HELPING PEOPLE WITH SPINAL DISORDERS IN UNDER-SERVICE COMMUNITIES THROUGHOUT THE WORLD TEL. +267 76 9033 www.worldspinecare.org".

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The Scoliosis Program

- Educate and train teachers and nurses
- Identify children at risk
- Treat children early so that the number of spinal problems are dealt with prior to adulthood
- Improve quality of life of children with scoliosis
- Determine the incidence of scoliosis in Botswana



The Yoga Project



Building local capacity



Where are we now?

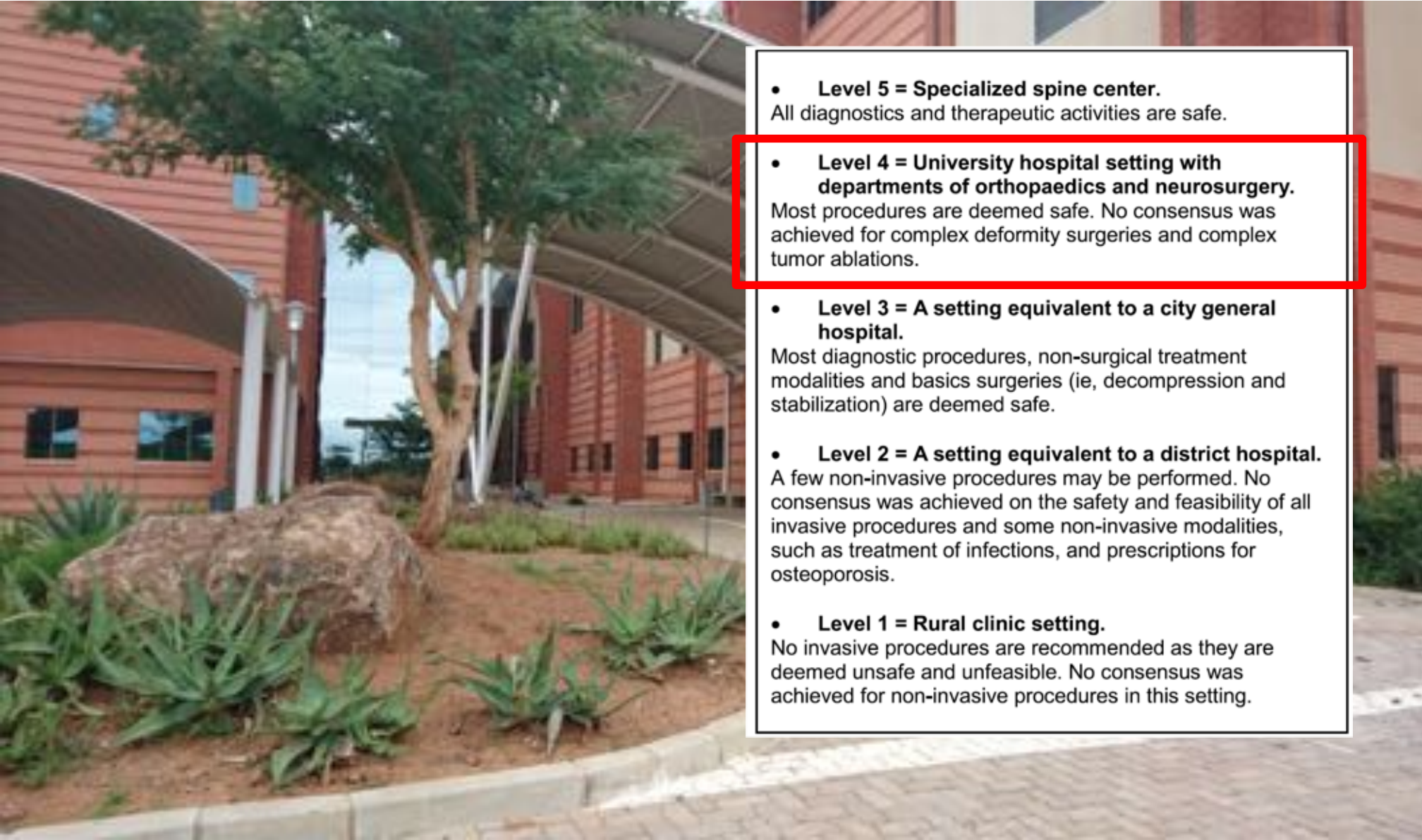
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Princess Marina Hospital



What's next?



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Expansion of the program



- Reproduce the community clinic model as in Shoshong
- Institute primary spine care clinics in the hospitals as in Mahalapye District Hospital and soon Princess Marina Hospital
- Coordinate community-based education programs
- Facilitate the training of further expertise
- Work with other key-stakeholders to develop a national framework for the management of spinal conditions

National Referral Framework

- Complete the development of the level 3 and level 4 spine care program in Gaborone
- Establish surgical facilities for advanced spine surgery
- Ensure there are qualified support surgical staff, pre-op and post-op rehabilitation
- Ensure that there are properly trained spine surgeons
- Develop a clear program for referral to the tertiary spine program
- Establish a cognitive-behavioural spine care program for those patients disabled by chronic pain program
- Integrate with the spinal cord rehabilitation program (Spinalis)
- Ensure availability and criteria for referral to advanced medical specialist care
- We have an opportunity to integrate Botswana's Spine Care resources!

How can we succeed?

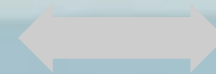
A group of diverse people, including men and women of various ethnicities, are sitting in a circle outdoors on a paved area. They are engaged in a discussion or meeting. Some are wearing hard hats, suggesting a construction or industrial setting. The background shows a building and a clear sky.

- Creating a positive work environment that sustains morale
- Promoting teamwork and cooperation
- Supporting and developing leadership and initiative
- Maintaining focus on the mission and purpose
- Developing patient centered models

Sustainable

Teamwork Communication

Integrated



Evidence
based



“The best leaders don’t just take responsibility for their job. They take Extreme Ownership of everything that impacts their mission.”

Extreme Ownership: How U.S. Navy SEALs

Lead and Win, p.30

Jocko Willink & Leif Babin

#ExtremeOwnership



Re a leboga!



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