

Riyadh, Saudi Arabia, October 8, 2020 – A group of global spine experts from the SPINE20 met virtually during the C20 summit in a dedicated “value-based spine care” session. They highlighted that eighty percent of the population will experience back pain at any stage of their life, some of them may end up having catastrophic consequences, major disabilities, loss of function or loss of job. As per Lancet Commission, musculoskeletal disorders were the cause of nearly 166 million years lived with disabilities (YLDs), neck and low back pain accounting for 69% of the total. This explains the reason spine diseases are considered to be a major cause of disability and has a significantly high cost in both emerging economies & the industrialized countries.

Value-based health care is a framework for reconstructing health care systems around the globe with overreaching of value for patients. In another way, value can be defined as being the health outcomes that matter to patient versus the cost of delivering healthcare. Standardized measurement tools are needed for both dimensions, the outcome measure and the cost. Patients, provider, payer, supplier, and society are all going to benefit from such approach.

With the new changes in the people lifestyle world-wide and the increasing ageing population, the disability from spinal disorders is escalating. The wide spectrum of spine pathology, the huge diversity in the treatment options, the multiple professional backgrounds involved, and the very fast growing medical and surgical technologies are featuring the complexity of the spine practice. There is a definite need to improve spine care globally in order to decrease spine disabilities and costs. Advocacy, education, and government policies are mandated.

Primary Recommendation:

SPINE20 urges the health systems worldwide to implement the principles of Value-Based Health Care in Spine Practice aiming for optimizing spine care in the global community and ensuring patients have access to the best valuable spine care possible in their respective regions.

Specific Recommendations:

- 1. PREVENTION:** SPINE20 urges the health systems to mitigate the increasing burden of spine disability on health, economy, and social security systems by developing policies and system level support to prevent its development and reduce its human and economic burden.
- 2. CLINICAL EFFECTIVENESS:** SPINE20 encourages the health systems to adopt the appropriate tools to achieve clinical effectiveness in spine practice, such as national registries, clinical pathways, and patient education.
- 3. CLINICAL PRACTICE GUIDELINES:** SPINE20 recommends the adoption of internationally recognized clinical practice guidelines in spine practice by means of globally harmonized continuous medical education in order to avoid the major threats of divergent treatment.
- 4. SPINE CENTERS OF EXCELLENCE:** SPINE20 recommends standardizing spine practice through establishing spine centers of excellence. Different stakeholders like patients, providers, payers and suppliers benefit from the independently certified quality of these centers.
- 5. TRACKING PROGRESS:** SPINE20 urges health systems globally to utilize the appropriate outcome measures that evaluate an individual’s health status and functional level across the spine care pathway, and to use key performance indicators to track progress and changes on all levels.

About SPINE20

SPINE20 is an advocacy group founded in 2019 by the Saudi Spine Society, EUROSPINE, the North American Spine Society and the German Spine Society in an effort to improve spine care on a global level through recommending policies in the G20 countries that help them alleviate the burden of spine disease through various means including stimulating better spine health, advance spine research, enhancing spine innovation pathways and improving spine care and treatments. The ultimate goal of SPINE20 is to provide recommendations that could optimize spine care options for communities and patients worldwide.