Q Sp 30: Is there a difference in the duration of drug therapy between patients who are conservatively treated and those who undergo surgical debridement and stabilization?

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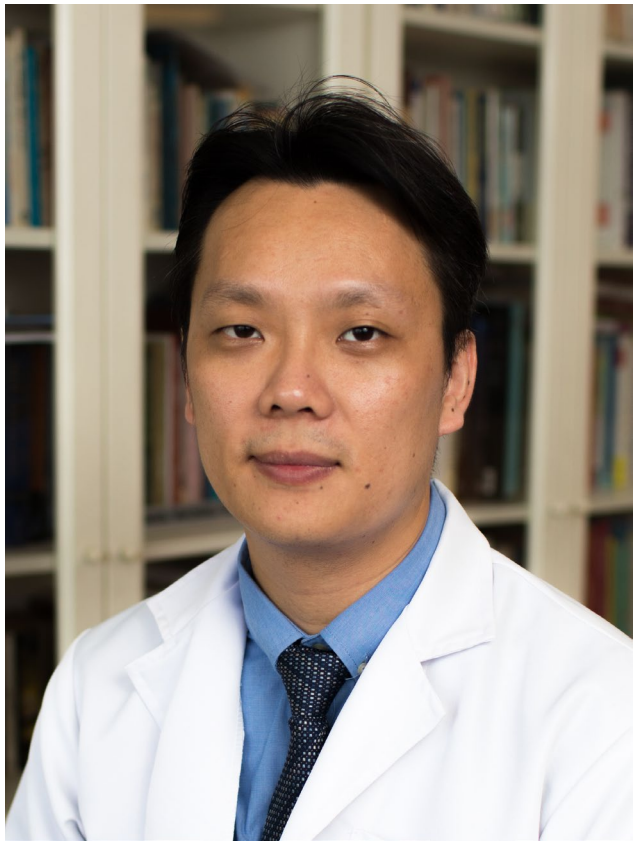

Chee Kidd Chiu

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Why is this topic Important

- **Antitubercular drugs have poor bone penetration leading to longer duration of treatment**
- **Surgical removal can potentially reduce chemotherapy duration**
- **Concerns with longer duration of treatment: Drug interactions, increasing side effects, worse patient tolerance and poor compliance**
- **Improved surgical outcomes like alignment and fusion rates suggest re-exploration of the duration of chemotherapy**

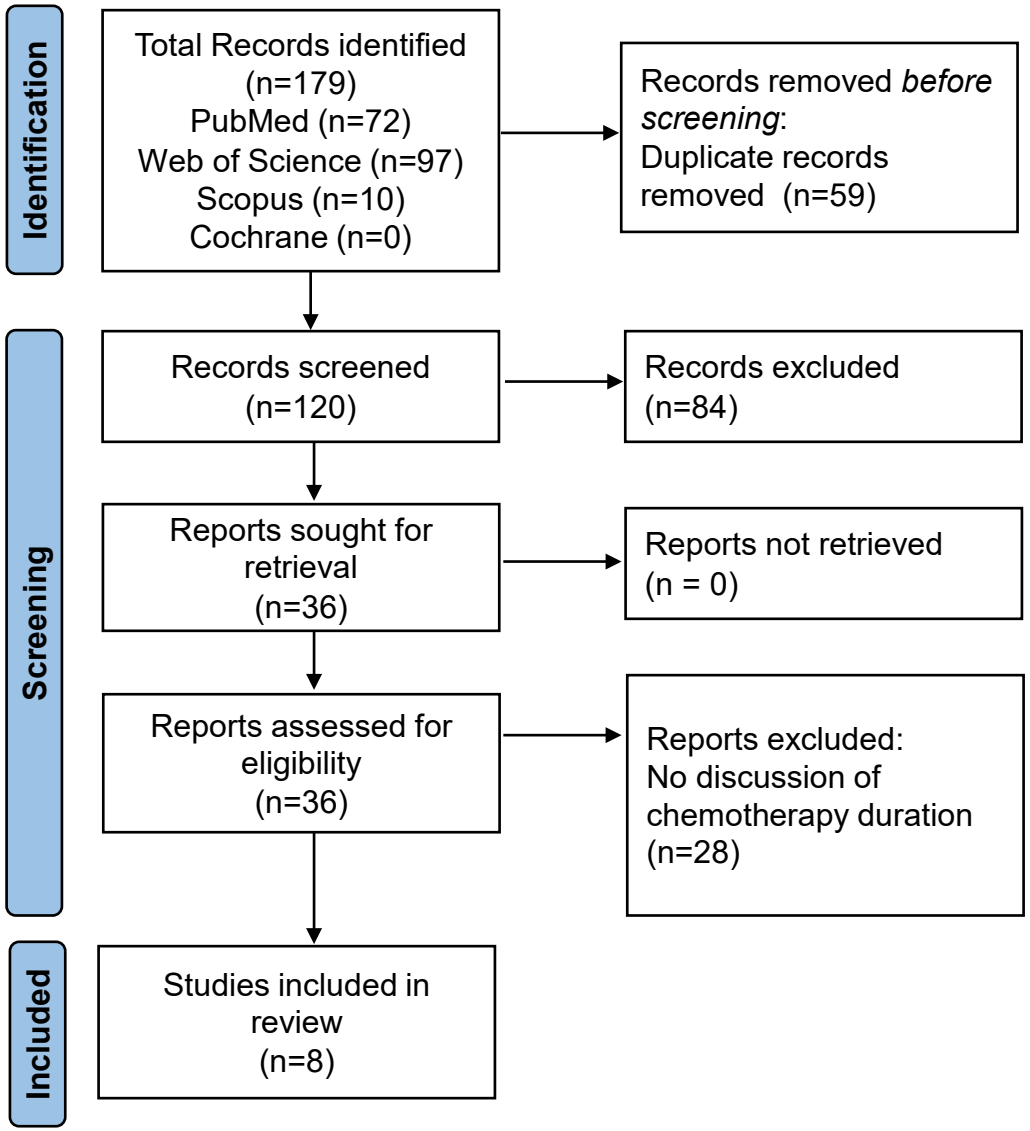
Literature Review/ Process

PubMed

Clarivate Web of Science™

Cochrane Library

Scopus



Findings from Literature

- **The 8 studies included were mostly from retrospective studies except the MRC trial and 1 recent RCT**
- **The 14th report of the MRC trials suggests 6- or 9-month regimens are the same as 18-month regimens. 9-month isoniazid plus PAS fared poorly**
- **The one recent RCT compared 6 vs 12-month treatment: The 6-months group had no worse outcomes regardless of surgical intervention. Surgical group had generally more severe pain and radiologic at-risk signs**

Findings from Literature

- **5 studies noted 6-month is adequate for eradication of disease**
- **2 studies suggested 9-months (1 had no comparison, the other noted 6-month group had more negative outcomes with kyphosis)**
- **1 study noted <12 months is adequate with radical surgery**
- **One study recommended that 4.5 months of treatment is adequate with radical surgery and instrumentation**

Question:

Is there a difference in the duration of drug therapy between patients who are conservatively treated and those who undergo surgical debridement and stabilization?

Response:

No. The duration of drug therapy should be the same for conservative and surgically managed TB spondylodiscitis.

Strength of recommendation: moderate

❖Vote:

Agree – 92.9%, Disagree – 2.4%, Abstain – 4.8%
(Unanimous Consensus)