

# Spine Patient Outcomes Research Trial (SPORT)

The [Spine Patient Outcomes Research Trial](#) aimed to determine the comparative [effectiveness](#) of surgical care versus nonoperative care by measuring longitudinal values: outcomes, satisfaction, and costs.

Oster et al. performed a comprehensive search of PubMed, MEDLINE, and EMBASE for all English language studies of all levels of evidence pertaining to Spine Patient Outcomes Research Trial (SPORT), in accordance with Preferred Reported Items for Systematic Reviews and Meta-analyses guidelines. Although intent-to-treat analysis failed to show significant differences in patients treated surgically, results of the as-treated analysis determined statically greater improvements in those patients with spondylolisthesis who were treated surgically as compared to those treated nonoperatively. <sup>1)</sup>

Weinstein et al. aims to summarize available evidence from the Spine Patient Outcomes Research Trial by addressing 2 important questions about outcomes and costs for 3 types of spine problem:

- 1.- how do outcomes and costs of spine patients differ depending on whether they are treated surgically compared with nonoperative care?
- 2.- What is the incremental cost per quality adjusted life year for surgical care over nonoperative care?

After 4 years of follow-up, patients with 3 spine conditions that may be treated surgically or nonoperatively have systematic differences in value endpoints. The average surgical patient enjoys better health outcomes and higher treatment satisfaction but incurs higher costs.

Spine care is preference sensitive and because outcomes, satisfaction, and costs vary over time and between patients, data on value can help patients make better-informed decisions and help payers know what their dollars are buying <sup>2)</sup>

<sup>1)</sup>

Oster BA, Kikanloo SR, Levine NL, Lian J, Cho W. Systematic Review of Outcomes Following 10-Year Mark of Spine Patient Outcomes Research Trial (SPORT) for Degenerative Spondylolisthesis. Spine (Phila Pa 1976). 2020 Jun 15;45(12):820-824. doi: 10.1097/BRS.0000000000003485. PMID: 32205705.

<sup>2)</sup>

Weinstein JN, Tosteson AN, Tosteson TD, Lurie JD, Abdu WA, Mirza SK, Zhao W, Morgan TS, Nelson EC. The SPORT value compass: do the extra costs of undergoing spine surgery produce better health benefits? Med Care. 2014 Dec;52(12):1055-63. doi: 10.1097/MLR.0000000000000250. PubMed PMID: 25334052.

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