

Centers of Excellence represent the future of medicine for complex and expensive problems like back and neck pain

The trend in medicine is to explore non-surgical solutions to various health problems. The same trend is occurring in the area of spine care.

The TRUE definition of quality is reduction of variation about the mean. As quality experts note, unless you have data, you have no business talking about quality. Consequently, in 2011, Seton Spine & Scoliosis Center was one of the first spine centers in the State of Texas to publish its clinical outcomes.

New patients coming into Seton Spine & Scoliosis Center completed an intake form that measured their pain level, severity of symptoms and functional status. Three months after their first visit, an outside nurse — not associated with, or employed by the clinic — called a random sample of these patients and interviewed them for functional status, current symptoms and patient satisfaction. This is the most unbiased, statistically relevant method for outcomes.

Clinical outcome highlights at Seton Spine & Scoliosis Center — 2011

% of patients who had therapy as part of their care.....	49%
% of patients taking 5 or more pills daily after treatment.....	15%
% of patients receiving a Home Exercise Program.....	48%
% of patients who were satisfied with the time the doctor spent with them.....	99%
% of patients who recovered from symptoms WITHOUT surgery.....	74%
% of patients who would be likely to recommend the clinic to a friend.....	95%

Seton Spine & Scoliosis Center is committed to an educated health care consumer. As a free community service, it mails out a 36-page Home Remedy Book. It also has an on-line spine encyclopedia at [SetonSpineandScoliosis Center.com](#) with exercises, symptom charts, videos and medical illustrations on back pain.

Combining multiple spine specialists, diagnostics and injection suite — all under one roof.

Few physicians provide hard data that document quality. Seton Spine & Scoliosis Center is one of the first spine centers in the State of Texas to publish a Clinical Outcome Report Card and distribute it to physician referral sources, managed care and workers compensation carriers. We recognize that if you are not collecting data, you simply have no business talking about quality. Quality is a journey, however, and we strive to continually improve our services to our patients.

SPINE SURGEONS

Matthew Geck, M.D.
Board Certified Orthopedic Surgeon
Fellowship-Trained Spine Surgeon
Co-Chief, Seton Spine & Scoliosis Center

John Stokes, M.D.
Board Certified Neurological Surgeon
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Eric Truumees, M.D.
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Fellowship-Trained Spine Surgeon

NON-SURGICAL SPINE CARE

Lee Moroz, M.D.
Board Certified
Physical Medicine & Rehabilitation

Enrique B. Pena, M.D.
Board Certified Physical Medicine & Rehabilitation
Fellowship-Trained in Interventional Spine,
Musculoskeletal & Electrodiagnostic Medicine

For Appointments & Referrals
call: **512.324.3580**

As a regional spine center, Seton Spine & Scoliosis Center distributes a free 36-page Home Remedy Book and has an on-line spine encyclopedia at [SetonSpineandScoliosis Center.com](#). The Internet site has symptom charts, medical illustrations, educational videos in English and Spanish and exercises that relieve back and neck pain.

Seton Spine & Scoliosis Center

A program of the Seton Brain & Spine Institute

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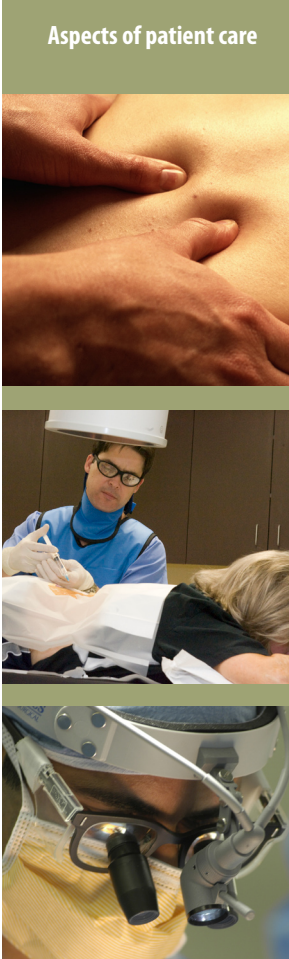
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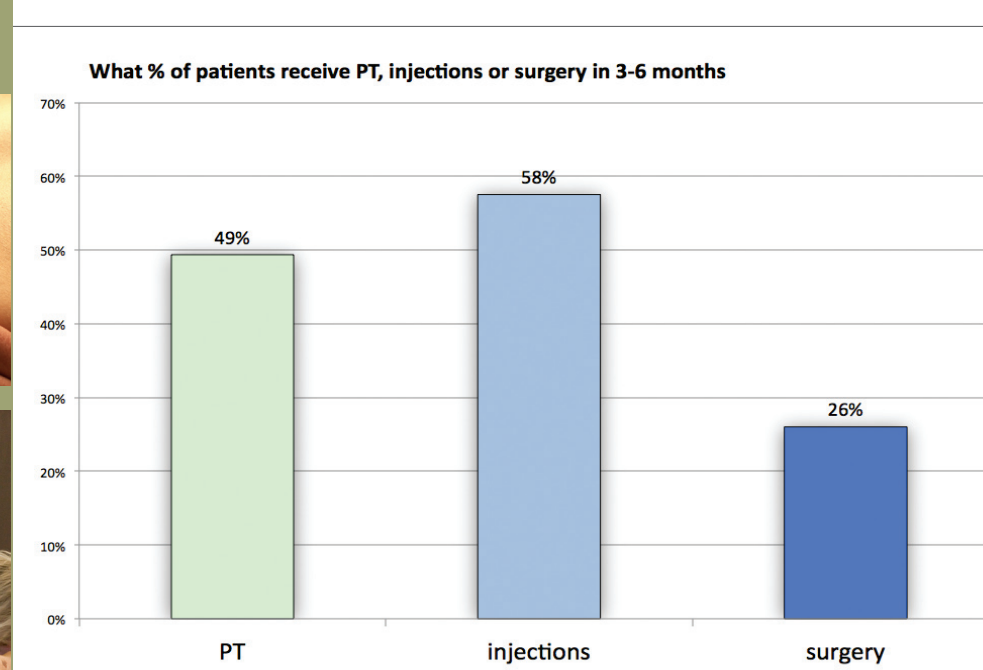
CLINICAL OUTCOME REPORT CARD

Helping those with spine problems get back to activity with a spine center approach that combines fellowship-trained spine surgeons, physical medicine physicians, diagnostics and injection suite — all under one roof.

Our Annual Report on: clinical outcomes | patient satisfaction | functional status | return to activity



Aspects of patient care

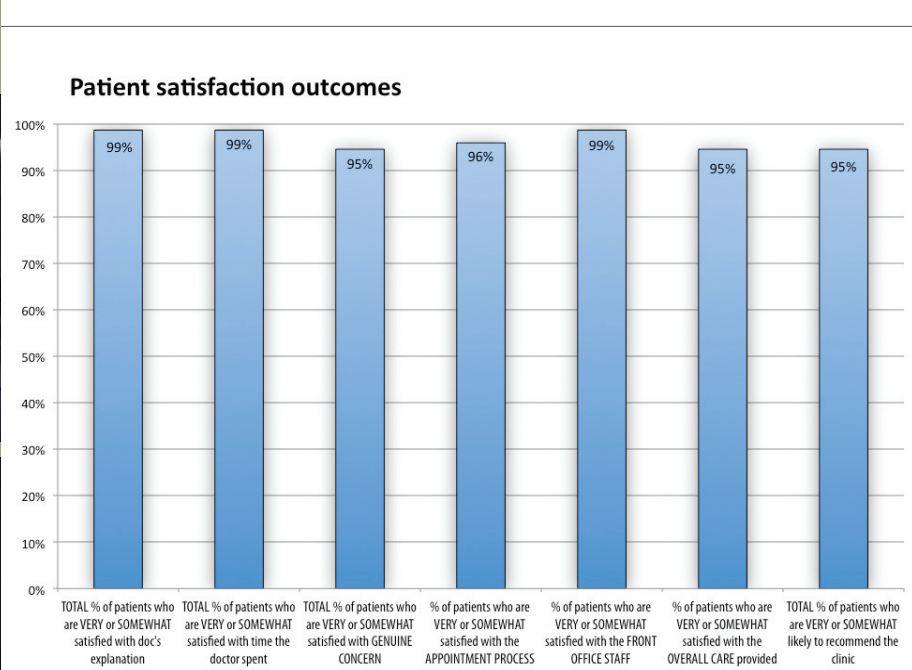


Emphasizing conservative options first

A true multidisciplinary spine center should emphasize conservative treatment options first like therapy and pain-relieving spinal injections to lessen the need for spine surgery. Single specialty practices however are biased to either injections or surgery and the patient is funneled to one or the other. At Seton Spine & Scoliosis Center, a spine center team of physical medicine, spine surgeon and affiliated spine therapists emphasized non-surgical options first, holding surgery as the last resort. Consequently, 74% of patients recovered from pain symptoms without surgery.



Patient satisfaction

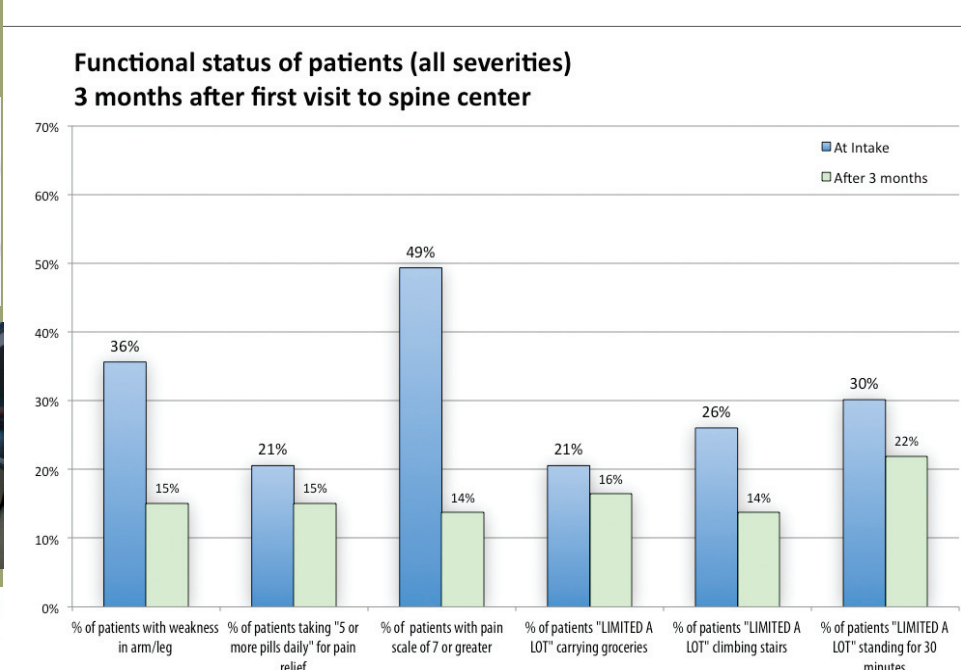


Patient satisfaction

A phone survey is used to audit patient satisfaction — the most accurate survey method possible. That's because mail surveys have an inherent sampling bias based on those who take the time to respond. Three months after the first visit an outside RN (not affiliated or employed by the center) calls a random sample of patients at home. The nurse then interviews patients on their satisfaction with the doctor seen, the time the doctor spends with the patient, the medical explanation provided, etc. Seton Spine & Scoliosis Center averaged 96% for all seven categories measured, with 95% of patients saying they would recommend the clinic to a friend.



Return to function outcomes

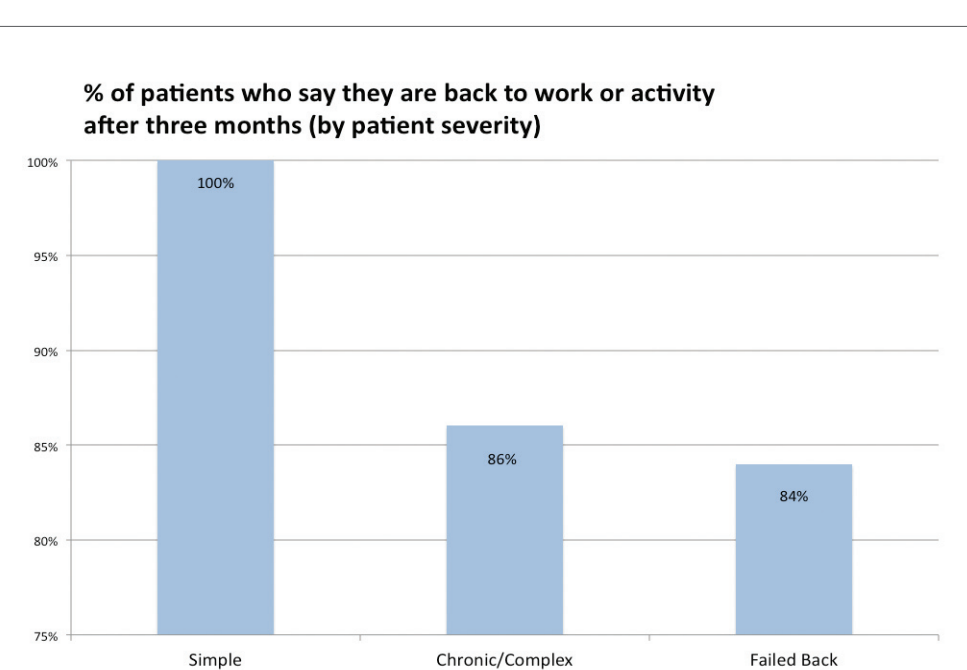


Resolving weakness & prescribing an Rx of exercise, not pills

The main reason people go to the doctor is for relief of pain. But if a spine physician focuses exclusively on pain, he can miss the target of return to function. For example, spine specialized therapists move the patient quickly into exercise. At intake, 36% of patients reported weakness in an arm or leg, implying neurological deficit. After three months, it improved to only 15% having those symptoms. Significant improvement in function did not come from masking pain with pills either. At intake, 21% of new patients were taking 5 or more pills daily. After treatment, the number decreased to 15%, which correlates to the dramatic improvement in the analog pain scale scores.



Return to work & activity



Return to work & activity

Having a more complex patient mix makes return to work more difficult than an occupational medicine clinic or primary care clinic that treats onsets of simple back pain that can go away on their own. At intake, 53% of new patients coming to Seton Spine & Scoliosis Center had back or neck pain for more than 4 months. Even so, Seton Spine & Scoliosis Center helped 85% of these chronic patients back to work or their favorite recreational activity.