But how effective is this care model for patients with orthopaedic spinal pathologies?

Care using health-related goals rather than the traditional problem-oriented approach could improve quality and lower cost.

Pilot goal-directed care program

- Single spine surgeon
- Non-surgical spine nurse practitioner
- Survey regarding health-related goals
- Statistical analysis: Relationship between
  - Patient goals
  - Care provider seen
  - Diagnosis
  - Treatment recommendations

Patients included in analysis: N = 416

Goals analyzed: N = 13

Reported goals varied with knowledge of care provider type

Treatment recommendations significantly differed by provider type for:
- Physical therapy
- Medications
- MRI
- Surgery

Significant independent predictors of recommendation for surgery:
- Surgeon as care provider
- Thoracolumbar pathology
- Health goal of “Return to activity or social events I enjoy”
- Health goal of “Learn about spine surgery”

Patient-reported goals depend on care provider type and are associated with diagnosis and treatment recommendations.