

Fact sheet

Royal Adelaide Hospital

Spinal Outpatient Services Clinical Information Sheet

Clinical Condition	Spinal claudication (lumbar)
Eligibility	Predominantly lower limb symptoms (with or without back pain) which may be unilateral or bilateral/asymmetrical with claudicant-type features present. Neurological deficits may or may not be present on physical examination. Symptoms must be of sufficient duration (several months) and severity to warrant consideration of surgical intervention.
Pre-referral management	<ul style="list-style-type: none">• Provide reassurance and advice, promote activity/exercise as able• Recommend/prescribe appropriate use of simple analgesics +/- NSAIDs (consult the analgesia guideline for neuropathic pain of spinal origin by following the link below)• Consider CT scan or MRI (best practice) and referral for specialist opinion if symptoms are of sufficient duration and severity to consider surgical intervention.
Priority	SEMI-URGENT/NON-URGENT Refer to the Spinal Outpatient Department via completion of the mandatory referral template (Fax: 08 7074 6247).
Investigations required with referral	Include copies of all relevant investigation findings (as suggested in pre-referral management above) with referral. <u>Note:</u> Pre-referral investigations are not mandatory if a clear clinical diagnosis can be made.
Discharge Criteria/information	Discharge following improvement/resolution of symptoms and/or surgical management options no longer being considered
Fact sheets	Refer to www.sahealth.sa.gov.au/lumbardisorders

For more information:
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www.sahealth.gov.au