



## Minimalism but comprehensiveness in Spine Care; are we giving adequate emphasis ?

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### Abstract

Minimalism is “the concept of focusing on the most essential things in order to provide greater fulfillment. In minimalism, excess belongings, distractions, things to do and time commitments are whittled down to only those providing true value while eliminating things providing mediocre or superficial value”.

Conservative treatment is “the state or condition of including all or nearly all elements or aspects of something” or “providing for the full range of personal health services for diagnosis, treatment, follow up and rehabilitation”.

The Principles of Minimalism have been along lines of the historic ethical mantra of medicine, “Primum non nocere”

- First, do no harm!
- Second, relieve suffering!
- Third, contain cost!

Minimalism has become increasingly recognized in the spinal injury field: the less treatment that is “done to” the patient and the more the patient is trained to provide self-care strategies, the better the outcome. The clinician requires skills in decision-making regarding when, what and how much direct treatment is needed in each patient and equally important when no treatment is necessary.

The spinal injury care professionals would have to understand that often in spine care “less is more”. approach that focuses on education, maximizes patient empowerment and minimizes practitioner-driven intervention is likely to be most beneficial. This would allow the practitioner to focus on the value of care (i.e. outcome per unit cost which would not only benefit patients but also the health care system and society as a whole by helping control costs while expediting early return to a productive life.

In the presentation the following will be discussed

- Minimalism : It's origin
- Application of Minimalism to Spinal Injury Care and its advantages
  - Reducing unnecessary investigations
  - Recognising where no treatment is required
  - Giving an appropriate conservative trial unless contra-indicated
  - Appropriate choice of surgery with minimum intervention and tissue trauma
  - Do no harm
  - Ensuring no compromise on comprehensiveness
  - Whether there is adequate emphasis on Minimalism