

Press Release

Gleneagles Hong Kong Hospital launches Spine Centre

Offering systematic and comprehensive assessment on complex spine cases to foster all-rounded effective treatment strategies

The spine provides critical support to our body and any problems with the spine can lead to different impact on our body. Spinal injuries should be treated with utmost care given the many nerves around the spine. In Hong Kong, the achievements in spinal treatment are internationally renowned. To cope with the growing demand for spine treatments, Gleneagles Hong Kong Hospital (Gleneagles) has recently launched the Spine Centre, under which the team of sub-specialties from different disciplines provides a targeted, professional and comprehensive diagnosis and treatment to patients with common or complex spine-related problems. This centre-based approach offers patients a quality option of receiving optimal treatment outcomes, the latest medical technology and a comfortable and healing environment.

Enhancing clinical outcomes through professional assessment and treatment by sub-specialists

Dr Kenneth Tsang, Chief Operating Officer of Gleneagles, said that the hospital provides one-stop orthopaedic specialist services, including outpatient service, diagnostic imaging, surgery and rehabilitation. “To meet the increasing demand from orthopaedic patients, we are progressively launching different sub-specialties centres to complement our existing services. The launch of Spine Centre offers sub-specialty service which enhances treatment effectiveness and brings patients additional value. In addition, the Centre also serves as a platform for knowledge exchange among orthopaedic specialists, contributing to upholding the high healthcare standards in Hong Kong.”

Dr Tsang added that the Spine Centre is led by a team of professional and highly experienced specialists and is managed by spine sub-specialists. The team adopts a multidisciplinary

approach that combines academic research with clinical experience, offering comprehensive and personalised treatments for a wide spectrum of spine conditions in both adults and children.

Merging the latest academic research, rich clinical experience with multi-disciplinary collaboration

Dr Kenneth Cheung, Director of Spine Centre at Gleneagles, said that the team comprises medical staff from different disciplines, including spine sub-specialists, anaesthetists, orthopaedic nurses, physiotherapists etc. “Since the team has developed an effective and comprehensive clinical protocol over the years, each patient receives all-rounded and accurate assessment and diagnosing, which are crucial to the formulation of the most appropriate treatment. Such standardisation fosters effective evaluation and tracking of clinical outcomes, as well as consistency of quality. Vigorous review and audit of practices by the Centre ensure the high standard of the Centre and continuous improvement of treatment outcomes.

Dr Cheung added that the team has been managing different types of complex spine-related cases, and the multidisciplinary approach means that patients can save time seeking various specialists for treatments. The team also has access to and is experienced in the use of the latest medical technology, including minimally invasive spine surgery, which speeds up recovery time and achieves an optimal treatment outcomes.

Three common conditions of scoliosis

Dr Kenny Kwan, Specialist in Orthopaedics & Traumatology at Gleneagles, pointed out that different types of scoliosis, including complex conditions, can be found in both children and adults, with different conditions requiring treatments of different levels of complexity.

Different treatment targets and protocols for different types of scoliosis

Taking a case of a child suffering from severe scoliosis, Dr Kwan explained that the magnetically-controlled growing rod was implanted to the patient after confirming that the patient had no spinal nerve problems. The rod is adjusted externally by a magnetic device on

a monthly basis without limiting growth of the patient. The team also regularly assesses patient's bone age growth, and when it is considered that the patient is nearing the end of his/her development, spinal fusion surgery will be arranged as a further treatment. For idiopathic scoliosis, the team will determine the treatment approach in accordance with the patients' age, curvature of the spine and severity of the condition. However, if it is a child patient going through puberty, the treatment goal will be adjusted to reduce the chance of worsening of the condition and affecting his/her growth.

Dr Eric Lam, Honorary Consultant in Orthopaedics & Traumatology at Gleneagles, said that relieving the symptoms and improving the quality of life are usually the priority in treating elderly patients with idiopathic scoliosis and degenerative scoliosis. As in many cases, it may not be appropriate for elderly patients to receive total spinal fusion surgery. The team will first seek to determine the source of symptoms, and then arrange targeted treatments such as local spinal decompression surgery or local spinal fusion surgery to accelerate recovery, giving patients the best chance of regaining quality of life.

All-inclusive and fixed price medical packages for spine-related conditions offering patients peace of mind

Many patients are worried about potential complications involved with spine-related surgeries and the huge costs that may be incurred. **Dr Tsang, Chief Operating Officer of Gleneagles,** explained that the hospital strives to provide price assurance and transparency, currently, the hospital offers five all-inclusive and fixed-price medical packages on common spine-related procedures including Anterior Cervical Discectomy & Fusion, Anterior Cervical Disc Replacement, Lumbar Laminectomy. In the unlikely event of any complications, re-operation and intensive care during the pre-defined length of stay will be covered. In the longer run, Gleneagles will develop packages that can cater to more complex spine conditions such that more patients will be able to manage costs better before they make a decision on receiving treatments.