

DECISION QUALITY WORKSHEET TREATMENTS FOR SPINAL STENOSIS

Instructions

This survey has questions about what it is like for you to make decisions about treating your spinal stenosis.

Please check the box or circle the number 2 to answer each item.

Your answers will tell us three important things:

1. What matters most to you?
2. How well are we doing our job of giving you information?
3. What do you talk about with your health care providers?

Thank you!

Section 1: What Matters Most to You

This set of questions includes some reasons people have given for choosing how to treat their spinal stenosis. We are interested in what is important to you.

Please mark on a scale from 0 to 10, how important each of the following are to you as you are thinking about how to treat your spinal stenosis.

How important is it to you to . . .

	0	1	2	3	4	5	6	7	8	9	10
1.1. relieve your back and leg pain quickly?.....											
1.2. not be limited in what you can do because of your back and leg pain?..											
1.3. <u>avoid</u> a treatment with a long recovery time?.....											
1.4. <u>avoid</u> having back surgery?.....											
1.5. <u>avoid</u> taking pain medicine for a long time?.....											

1.6. Which treatment do you want to do to treat your spinal stenosis?

- Have Surgery
- Non-surgical treatment options
- I am not sure

Section 2: Facts About Spinal Stenosis

This set of questions asks about some facts doctors think are important for patients to know about spinal stenosis. The correct answer to each question is based on medical research. Please do your best to answer each question.

2.1. Over time, without back surgery, what usually happens to back and leg pain caused by spinal stenosis?

- Gets better
- Stays the same
- Gets worse

2.2. Which treatment is most likely to provide faster relief from pain caused by spinal stenosis?

- Surgery
- Non-surgical treatments
- Both are about the same

2.3. If 100 people have surgery for spinal stenosis, about how many will have less back or leg pain 1 year after the surgery?

- 35
- 50
- 65
- 80

2.4. Serious complications can happen after surgery for spinal stenosis including life-threatening blood clots, infections, heart attacks, and even death.

If 100 people who have surgery for spinal stenosis, about how many will have a serious complication within 1 month after surgery?

- 5
- 15
- 25
- 35

2.5. After several years, which treatment is better at relieving pain from spinal stenosis?

- Surgery
- Non-surgical treatments
- Both are about the same

Section 3: Talking With Health Care Providers

Please answer these questions about what happened when you talked with health care providers including doctors, nurses and other health care professionals about spinal stenosis surgery and other non-surgical treatments, such as exercise or medicine, for spinal stenosis.

3.1. Did any of your health care providers talk about spinal stenosis surgery as an option for you?

Yes

No

3.2. How much did you and your health care providers talk about the reasons to have surgery to treat your spinal stenosis?

A lot

Some

A little

Not at all

3.3. How much did you and your health care providers talk about the reasons **not** to have surgery to treat your spinal stenosis?

A lot

Some

A little

Not at all

3.4. Did any of your health care providers talk about non-surgical treatments for your spinal stenosis?

Yes

No

3.5. How much did you and your health care providers talk about the reasons to have non-surgical treatments for your spinal stenosis?

- A lot
- Some
- A little
- Not at all

3.6. How much did you and your health care providers talk about the reasons **not** to have non-surgical treatments for your spinal stenosis?

- A lot
- Some
- A little
- Not at all

3.7. Did any of your health care providers ask you whether you wanted to have surgery for your spinal stenosis?

- Yes
- No

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