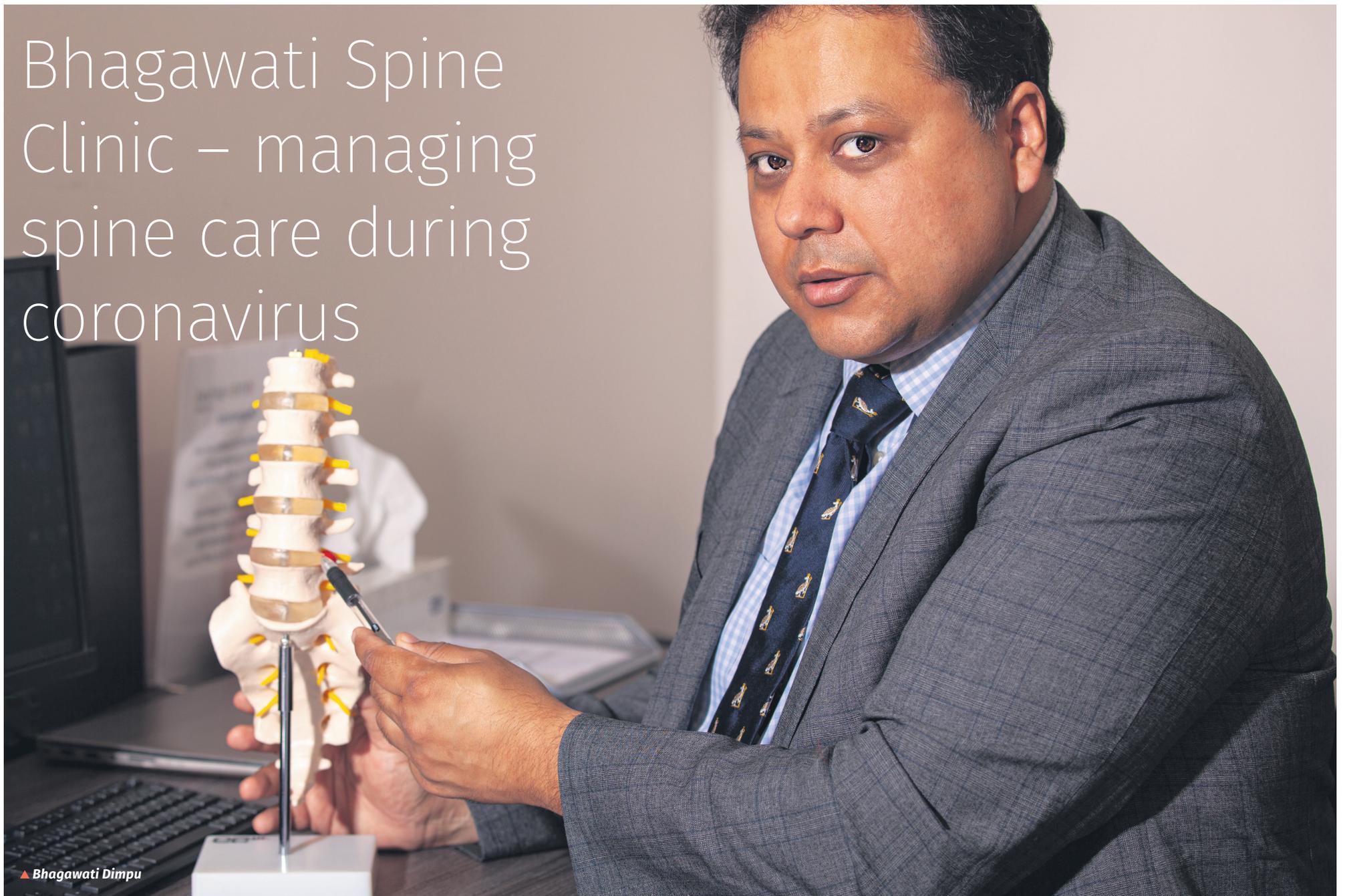


# Bhagawati Spine Clinic – managing spine care during coronavirus



▲ Bhagawati Dimpu

The Bhagawati Spine Clinic sees a large volume of patients with spinal problems. Most patients are high-functioning individuals with problems that can be in the neck, the chest part of the spine, or the low back

**T**he pain from the spine can be felt or referred to the arms, hands, legs and feet. The Bhagawati Spine Clinic aims to help patients by rapidly diagnosing their condition, providing information and carrying out prompt interventions. These are some common questions the team at the clinic is asked:

**When should I see a specialist about back pain?**

Back and neck pain is very common. Around 70% of people will suffer from this at some point in their lives and in any given year, 30% of people will have a least one episode of pain.

Thankfully for most, the pain is self-limiting and resolves within a few days or weeks. For those patients with severe debilitating pain, or pain that's lasted for more than six weeks, a specialist consultation is normally advised. Normally the process starts with seeing your GP or specialist practitioner who performs an initial assessment and direct you towards the appropriate treatment. This may include a specialist consultation.

**Will I need to have surgery?**

The clinic will help you decide which procedure is appropriate by providing simple and easy to understand information in the form of downloadable leaflets and videos. The team will advise you of the relative benefits of the different options so you can make the best choice for your lifestyle.

**Will I need major surgery?**

The clinic takes a 'three Ms' approach to its patients:

- Minimal access surgery — operations are done through small incisions. The aim is for rapid recovery and return to health. The vast majority of patients are discharged the same day as their procedure or the next day.
- Microscopic surgery — surgeries are performed using powerful modern microscopes. These allow the team to very precisely target the source



▲ Modern spinal implant

of pain, while protecting all other sensitive structures. This microscopic approach allows for early recovery and return to function.

- Multidisciplinary approach — at all stages in your journey, you'll be supported by an extensive team of medical and clerical experts. They'll help address any question, no matter silly they may sound. They'll support you in the hospital to ensure that you comfortably and efficiently pass through your stay. Finally, postoperatively, they'll help restore you to your desire level of function.

**Has the coronavirus outbreak changed the way the clinic manages spinal problems?**

Coronavirus has created problems throughout many industries. The Bhagawati Spine Clinic has worked closely with its partner hospitals to facilitate the early and safe reactivation of spinal services. You'll be seen in clinics that adhere to the latest social distancing and PPE protocols. You'll be tested prior to your procedure and be asked to self-isolate for a period of between three and 14 days, depending on the procedure. The frontline staff are carefully monitored with regard to coronavirus. All protocols are reviewed regularly.

The clinic has successfully treated a large volume of patients during recent months and to date has had no incidences of coronavirus in its patients.



▲ Multidisciplinary team

**BSC**  
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 Bespoke Care for Every Patient

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