

Abstract:

The presenting project regarding 'Quality of life in patients with degenerative disorders of the spine' is subdivided into two parts – first theoretical introduction, second the empirical part. Theoretical part consists of an anatomical and physiological issues of the spine, description of the low back pain syndrome, degenerative disorders of the spine with its symptomatology, diagnosis, treatment and nursing. In the empirical part I followed a cohort of patients. Each of the patient fulfilled a 'Quality of life questionnaire' prior to spinal surgery and at least six months after spinal surgery, then the results were compared. The median age group was 60 yo, i.e. 44.12 % of all operated patients with degenerative spinal disorders. 41.18 % of the patients went to vocational school and 41.18 % were manual workers with physically demanding work. According to the results, quality of life after spinal surgery was overall improved, low back pain lessened and patients reduced using pain killers. There was a significant improvement in daily activities and patients subjectively felt themselves in better health condition.