

## Appendix Spin Instability Neoplastic Score (SINS)

<b>Spine Instability Neoplastic Score (SINS)</b>
<ul style="list-style-type: none"> <li>• SINS is used to assess the stability of the spine in patients with metastatic spinal cord compression</li> <li>• It has near-perfect inter- and intraobserver reliability in determining three clinically relevant categories of stability.</li> <li>• The sensitivity and specificity of SINS for potentially unstable or unstable lesions were 95.7% and 79.5% respectively</li> </ul>
<p><b>Location</b></p> <ul style="list-style-type: none"> <li>• 3 points: Junctional (C0–C2, C7, T2, T11–L1, L5–S1)</li> <li>• 2 points: Mobile spine (C3–C6, L2–L4)</li> <li>• 1 point: Semi-rigid (T3–T10)</li> <li>• 0 points: Rigid (S2–S5)</li> </ul> <p><b>Pain relief with recumbency and/or pain with movement/loading of the spine</b></p> <ul style="list-style-type: none"> <li>• 3 points: Yes</li> <li>• 1 point: No (occasional pain but not mechanical)</li> <li>• 0 points: Pain free lesion</li> </ul> <p><b>Bone lesion</b></p> <ul style="list-style-type: none"> <li>• 2 points: Lytic</li> <li>• 1 point: Mixed (lytic/blastic)</li> <li>• 0 points: Blastic</li> </ul> <p><b>Radiographic spinal alignment</b></p> <ul style="list-style-type: none"> <li>• 4 points: Subluxation / translation present</li> <li>• 2 points: De novo deformity (kyphosis / scoliosis)</li> <li>• 0 points: Normal alignment</li> </ul> <p><b>Vertebral body collapse</b></p> <ul style="list-style-type: none"> <li>• 3 points: &gt;50% collapse</li> <li>• 2 points: &lt;50% collapse</li> <li>• 1 point: No collapse with &gt;50% body involved</li> <li>• 0 points: None of the above</li> </ul> <p><b>Posterolateral involvement of the spinal elements (facet, pedicle or costovertebral joint fracture or replacement with tumor)</b></p> <ul style="list-style-type: none"> <li>• 3 points: Bilateral</li> <li>• 1 point: Unilateral</li> <li>• 0 points: None of the above</li> </ul>
<p><b>Interpretation of the SINS score</b></p> <ul style="list-style-type: none"> <li>• sum score 0–6: stable</li> <li>• sum score 7–12: indeterminate (possibly impending) instability</li> <li>• sum score 13–18: instability</li> <li>• SINS scores of <math>\geq 7</math> to 18 warrant surgical consultation.</li> </ul>

**Reference:** Fisher CG, DiPaola CP, Ryken TC, Bilsky MH, Shaffrey C, Berven SH, et al. A novel classification system for spinal instability in neoplastic disease: an evidence-based approach and expert consensus from the Spine Oncology Study Group. Spine 2010; 35:E1221-9.

**Status van de richtlijn**

Deze richtlijn maakt deel uit van een modulaair opgebouwde richtlijn. De modules kunnen afzonderlijk worden herzien op basis van nieuwe wetenschappelijke inzichten of professionele consensus. De meest actuele versie is te vinden op [richtlijndatabase.nl](http://richtlijndatabase.nl).