

EDUCATION / EURO  
SPINE

EUROSPINE Diploma in Interprofessional Spine Care

# EDISC COURSE 2024

Module 4: Assessment, diagnosis and  
management of spinal pain

## General Information

EUROSPINE, the Spine Society of Europe  
c/o Pfister Treuhand AG  
Bankstrasse 4, 8610 Uster-Zürich, Switzerland  
W: [www.eurospine.org](http://www.eurospine.org)

### **Chair of Education Committee**

Paulo Pereira, MD PhD

### **Chair, EDISC Committee**

Pierre Côté, DC PhD

### **Director of Education and Research**

Julie-Lyn Noël

E: [noel@eurospine.org](mailto:noel@eurospine.org)

### **Education and Research Manager**

Angelika Salmen

E: [salmen@eurospine.org](mailto:salmen@eurospine.org)

### **Module Chair**

Erik Werner, Primary Care Physician, NO (DAY 1-3)

Caroline Treanor, Physiotherapist, IE (DAY 4-6)

### **Module Faculty**

Carol Cancelliere, Epidemiologist, CA

Nick Carleton-Bland, Neurosurgeon, UK

Christine Cedraschi, Psychologist, CH

Pierre Côté, Epidemiologist, CA

Alessandra Curti, Radiologist, IT

Ben Davies, Neurosurgeon, UK

Stéphane Genevay, Rheumatologist, CH

Lisa Roberts, Physiotherapist, UK

Steven Vogel, Osteopath, UK

## Quick Facts

<b>LIVE SESSION DATE &amp; TIME</b>	15, 16, 17, 22, 23 and 24 April 2024 from 13:00 – 15:30 CEST (Central European Summer Time)
<b>VENUE</b>	Virtual (live)
<b>MAX. ATTENDEES</b>	40 participants
<b>REGISTRATION FEE</b>	EUROSPINE Member: €200 Non-member: €300
<b>CME CREDITS</b>	One CME certificate is awarded for this module.  Accreditation by the European Board for Accreditation of Continuing Education for Health Professionals (EBAC) is pending.
<b>LANGUAGE</b>	English
<b>DRESS CODE</b>	Smart casual. You will be interacting with fellow participants on video and will be seen on camera.
<b>E-LEARNING</b>	<ul style="list-style-type: none"> <li>• Preparatory readings and videos will be available and participants are encouraged to engage with the material before the live sessions.</li> <li>• Access will be provided 4 weeks before the first live session.</li> </ul>
<b>MODULE COMPLETION</b>	Module completion is achieved when ALL the following are met: <ul style="list-style-type: none"> <li>• Attendance of ≥ 90% of the live session time <b>AND</b></li> <li>• Completion of the CME evaluation and feedback surveys</li> </ul>
<b>TARGET AUDIENCE</b>	Spine care professionals (non-surgical and surgical): primary care physicians and surgeons involved in spine care, physiotherapists, chiropractors, osteopaths, occupational therapists, clinical psychologists, nursing practitioners, naprapaths and others who are graduated as clinicians from a recognized institution (i.e. professional school or university).
<b>IMPORTANT (!)</b>	<ul style="list-style-type: none"> <li>• A computer (Mac/PC) or tablet (Android/Mac) and stable internet connection are required to access the e-learning content and virtual live sessions. <u>The course evaluation is mandatory to obtain the CME certificate.</u></li> <li>• This module has 6 virtual live sessions and attendance is mandatory.</li> <li>• Please log in to the Zoom session 10 minutes before live session start</li> </ul>

## E-Learning Programme

Attendees are encouraged to engage with any preparatory material before live sessions and actively participate in discussions and group work during live sessions.

Time Duration	Topic	Faculty
00:10	STarT Back Screening Tool videos and resources	<a href="https://www.keele.ac.uk/sbst/clinician/">https://www.keele.ac.uk/sbst/clinician/</a>
00:04	Brief intro to the module and the team	Erik Werner
00:48	Biopsychosocial model and summary of flags Online task on identifying flags *All flags except red flags (OPTIONAL if attended Module 3)	Christine Cedraschi Part 1 + Part 2
00:20	Asynchronous short video on shared decision-making, OPTION tool	Lisa Roberts
00:20	Stratified care	Steven Vogel

## Virtual Live Sessions Programme

### DIAGNOSTICS AND PHYSICAL EXAMINATION

DAY 1: MONDAY, 15 APRIL 2024, 13:00-15:30 CEST

Time	Topic	Faculty
13:00 – 13:10	Introduction	Erik L. Werner
13:10 – 13:30	Diagnostics and classification	Erik L. Werner
13:30 – 14:15	Diagnostic tests – how reliable are they? Including plenary discussion	Pierre Côté
<b>Break 14:15 – 14:30 (15 mins)</b>		
14:30 – 15:00	Assessments, including red flags Different professions – different assessments?	Carol Cancelliere
15:00 – 15:15	Comorbidity– as part of the assessment and possibly impacting on the outcome	Erik L. Werner
15:15 – 15:30	Wrap up of day, questions/comments/ discussion	Erik L. Werner
<b>End of Day 1</b>		

## UNDERSTANDING BACK PAIN

DAY 2: TUESDAY, 16 APRIL 2024, 13:00-15:30 CEST

Time	Topic	Faculty
13:00 – 13:10	Introduction	Erik L. Werner
13:10 – 13:45	The biopsychosocial model – what is it, what does it mean for the understanding of back pain?	Caroline Treanor
13:45 – 14:05	The patient’s perspective: how does the medical history and the patient’s perception impact on our understanding of their pain?	Erik L. Werner
<b>Break 14:05 – 14:20 (15 mins)</b>		
14:20 – 15:15	Workshop – participants divided into interprofessional groups to discuss classification and understanding based on vignettes	All faculty
15:15 – 15:30	Wrap up of day, questions/comments/ discussion	Erik L. Werner
<b>End of Day 2</b>		

## IMAGING AND ASSESSMENT

DAY 3: WEDNESDAY, 17 APRIL 2024, 13:00-15:30 CEST

Time	Topic	Faculty
13:00 – 13:10	Introduction	Erik L. Werner
13:10 – 13:45	Imaging – when to refer to imaging and which modalities to use?	Alessandra Curti
13:45 – 14:00	What is the evidence on imaging on unspecific back pain?	Erik L. Werner
<b>Break 14:00 – 14:15 (15 mins)</b>		
14:15 – 15:15	Workshop on the use of imaging diagnostics	All faculty
15:15 – 15:30	Wrap up of day, questions/comments/ discussion	Erik L. Werner
<b>End of Day 3</b>		

## MANAGEMENT OF SPINAL PAIN

DAY 4: MONDAY, 22 APRIL 2024, 13:00-15:30 CEST

Time	Topic	Faculty
13:00 – 13:15	Introduction	Caroline Treanor
13:15 – 14:15	Group task: Using clinical pathways & discussion	Pierre Côté
<b>Break 14:15 – 14:30 (15 mins)</b>		
14:30 – 15:15	Group task with case study: Advice for self-management	Caroline Treanor
15:15 – 15:30	Wrap up of day, questions/comments/ discussion	Steven Vogel
<b>End of Day 4</b>		

## MANAGEMENT OF SPINAL PAIN

DAY 5: TUESDAY, 23 APRIL 2024, 13:00-15:30 CEST

Time	Topic	Faculty
13:00 – 13:30	Presentation of stratified care + discussion	Steven Vogel
13:30 – 14:15	Group task: Evidence-based treatment approaches – PART 1: Low back pain (incl case study and presentation + discussion of case study)	Stéphane Genevay/Lisa Roberts
<b>Break 14:15 – 14:30 (15 mins)</b>		
14:30 – 15:15	Group task: Evidence-based treatment approaches – PART 2: Nerve root symptoms (incl case study and presentation + discussion of case study)	Stéphane Genevay/Lisa Roberts/Nick Carleton-Bland
15:15 – 15:30	Wrap up of day, questions/comments/ discussion	Caroline Treanor
<b>End of Day 5</b>		

## MANAGEMENT OF SPINAL PAIN

DAY 6: WEDNESDAY, 24 APRIL 2024, 13:00-15:30 CEST

Time	Topic	Faculty
13:00 – 13:30	Degenerative cervical myelopathy: Screening for DCM and evidence-based management	Ben Davies

13:30 – 14:20	Evidence based treatment approaches - PART 3: Neck pain (incl case study and presentation + discussion of case study)	Stephane Genevay/Caroline Treanor
<b>Break 14:20 – 14:30 (10 mins)</b>		
14:30 – 15:15	Q&A with participants	All faculty
15:15 – 15:30	Wrap up of day, module and remaining participant questions	Caroline Treanor
<b>End of Module</b>		

## Aims of the Module

### Assessment and Diagnosis

The aim of sessions 1, 2 and 3 is to understand the limitation of physical examination and imaging as well as the cultural differences between professions when posing a diagnosis. We will also discuss the impact of comorbidity on persistent back-pain and the influence of the biopsychosocial model in understanding back-pain.

### Management of Spinal Pain

The aim of sessions 4, 5 and 6 is to co-develop management plans for patients presenting with spinal pain +/- radiculopathy. The plans will be underpinned by research evidence and best practice and will be tailored according to the needs and characteristics of each patient.

## Learning Outcomes

This module aims to enable learners to:

### Assessment and Diagnosis:

1. Understand back and/or neck pain in a biopsychosocial perspective
2. Understand how the biopsychosocial perspective differs from other model perspectives
3. Understand how elements from the general medical history may impact on the understanding of the individual's back and/or neck pain
4. Understand when to refer for imaging examination
5. Know red flags
6. Understand risks for long-term sick leave and disability (yellow flags)
7. Be able to make decisions on modality for imaging examination
8. Be able to put the imaging description into a clinical context
9. Be able to give a diagnosis according to the biopsychosocial perspective of LBP
10. Be able to disseminate the diagnosis in a comprehensible way to the individual
11. Be able to communicate any limitations in functioning following from the diagnosis to the individual, the employer, insurer and others – or mitigate unnecessary limitations imposed by the individual himself/herself

Outcomes and objectives for session 1: Diagnostics and Physical Examination

- 1.1 Understand the practical utility of diagnostics (Red Flags/Yellow Flags/Other Flags)
- 1.2 Understand cultural differences between professions may lead to different terms that probably express the same
- 1.3 Appreciate the impact of comorbidity on persistent back and/or neck pain in adult age
- 1.4 Discuss how to make a diagnosis and how this impacts on treatment recommendations according to training and practice
- 1.5 Understand the utility and limitations of patient history and physical examination – aims and purposes what does the clinician need to know
- 1.6 Conduct a physical examination i.e. orthopaedic and neurological examination
- 1.7 Understand how the biopsychosocial model differ from other models of understanding back pain

Outcomes and objectives for session 2: Imaging

- 2.1 Summarize clinical use of imaging
- 2.2 Discuss what, when and why do we need x-ray and/or imaging
- 2.3 Discuss interpretation of imaging based on vignettes
- 2.4 Reflect on the utility and limitations of imaging examinations

Outcomes and objectives for session 3: Role Play

- 3.1 Perform the following
  - Uptake of a systematic anamnesis
  - Physical examination, orthopaedic and neurological examination
  - Discuss referral for imaging
  - Understand the impact of co-morbidity for recovery
  - Make a conclusive assessment
- 3.2 Discuss core issues for patient history taking and physical examination

**Management of Spinal Pain**

Outcomes and objectives for session 4: Clinical Pathways

- 4.1 Identify the clinical pathway for the management of a) 'non-specific back pain' and b) radiculopathy in their country, and explain how these differ to other European pathways

Outcomes and objectives for session 5: Shared Decision-Making

- 5.1 Evaluate participants shared decision-making skills, scoring an audio-recorded consultation with the OPTION tool

Outcomes and objectives for session 6: Stratified Care

- 6.1 Explain the benefits of stratified care and identify the 3 subgroups (low, medium and high risk of poor outcome) using the STarT Back Screening Tool

Outcomes and objectives for session 7: Quick Fire Task & Discussion

- 7.1 Design a plan of early and long-term management based on the risk of poor outcome, including self-management advice for a person with spinal pain

Outcomes and objectives for session 8: Evaluating the Evidence Base for Patients with and without Radiculopathy



- 8.1 Using the evidence base for spine interventions, identify treatment preferences for patients experiencing spinal pain with and without radiculopathy

## Instructional Methods

Pre-learning & e-learning activities

Assessment & Diagnosis

- Preparatory readings: Read the articles listed in the resource section below
- E-learning methods: Watch the following video prior to the course:  
<https://www.youtube.com/watch?v=BOJTegn9RuY>

Management of spinal Pain

- Preparatory reading: Search and identify the clinical pathway for the management of non-specific back pain and radiculopathy in the learner's own country and compare it to other pathways eg. UK [outcome 1]
- Audio-record a consultation with a patient consulting with spine pain (with their consent) [outcome 2]
- Watch a short presentation showing how to score the shared decision-making that took place using the OPTION tool [outcome 2]
- Watch a 9-minute video <https://www.keele.ac.uk/sbst/clinician/> outlining the STarT Back Screening Tool and how to score it and identify the 3 subgroups [outcome 3].
- Classroom teaching: Interactive lectures [outcomes 1, 2, 3, 6]
- Facilitated group discussions based on case examples [outcomes 4, 5 & 6]

## Assignment

For the completion of the module, participants will be required to complete the module feedback, which includes questions for self-reflection.

## CME Module Evaluation

In line with EBACs requirements for accredited activities, participants will be requested to complete a mandatory evaluation at the end of the module in the form of a short online survey. Responding to the survey is a condition in order for participants to obtain their CME certificates.

## List of Resources

**Assessment and Diagnosis**

**Mandatory Reading**

- Cedraschi C, Nordin M, Haldeman S, Randhawa K, Kopansky-Giles D, Johnson CD, Chou R, Hurwitz EL, Côté P. The Global Spine Care Initiative: a narrative review of psychological and social issues in back pain in low-and middle-income communities. *European Spine Journal*. 2018 Jan 27:1-0.

- Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karpainen J, Pransky G, Sieper J, Smeets RJ. What low back pain is and why we need to pay attention. *The Lancet*. 2018 Mar 21.
- Nordin M, Randhawa K, Torres P, Yu H, Haldeman S, Côté P, Torres C, Modic M, Mullerpatan R, Cedraschi C, Chou R. The Global Spine Care Initiative: a systematic review for the assessment of spine-related complaints in populations with limited resources and in low-and middle-income communities. *European Spine Journal*. 2018 Feb 28:1-2.

## **Management of Spinal Pain**

### **Recommended Reading**

- Elwyn G, Hutchings H, Edwards A, Rapport F, Wensing M, Cheung WY et al (2005) The OPTION scale: measuring the extent that clinicians involve patients in decision-making tasks. *Health Expect* 8(1):34–42
- NHS England National Pathway of Care for Low Back and Radicular Pain: [https://docs.wixstatic.com/ugd/dd7c8a\\_5adf479cb66b4e8ba547fbdcd9dcc6e5.pdf](https://docs.wixstatic.com/ugd/dd7c8a_5adf479cb66b4e8ba547fbdcd9dcc6e5.pdf)
- STarT Back Screening Tool and how to score it and identify the 3 subgroups: For further information on the tool, see: <https://www.keele.ac.uk/sbst/startbacktool/usingandscoreing/>
- <https://www.sciencedirect.com/science/article/pii/S0140673611609379>