

EDUCATION **EURO
SPINE**

EUROSPINE Diploma in Interprofessional Spine Care

EDISC COURSE **2024**

Module 5: The aging patient seeking
spine care

General Information

EUROSPINE, the Spine Society of Europe
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Module Chair

Anette Hylan Ranhoff, Geriatrician, NO (DAY 1)

Erik Werner, Primary Care Physician, NO (DAY 2)

Nick Carleton-Bland, UK (DAY 3)

Module Faculty

Stéphane Genevay, Rheumatologist, CH

Leila Heelas, Physiotherapist, UK

Opinder Sahota, Geriatrician, UK

Damiano Salvi, Occupational Therapist, CH

David Woodward, Physiotherapist, UK

Alberto Zerbi, Radiologist, IT

Quick Facts

LIVE SESSION DATE & TIME	27 May 2024 from 09:00 – 12:30 CEST 28 May 2024 from 08:45 – 13:00 CEST 29 May 2024 from 08:45 – 12:30 CEST CEST = Central European SummerTime
VENUE	Virtual (live)
MAX. ATTENDEES	40 participants
REGISTRATION FEE	EUROSPINE Member: €200 Non-member: €300
CME CREDITS	One CME certificate is awarded for this module. Accreditation by the European Board for Accreditation of Continuing Education for Health Professionals (EBAC) is pending.
LANGUAGE	English
DRESS CODE	Smart casual. You will be interacting with fellow participants on video and will be seen on camera.
E-LEARNING	<ul style="list-style-type: none"> • Preparatory readings and videos will be available and participants are encouraged to engage with the material before the live sessions. • Access will be provided 4 weeks before the first live session.
MODULE COMPLETION	<p>Module completion is achieved when ALL the following are met:</p> <ul style="list-style-type: none"> • Attendance of ≥ 90% of the live session time AND • Completion of the CME evaluation surveys for both components
TARGET AUDIENCE	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).
IMPORTANT (!)	<ul style="list-style-type: none"> • 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> • This module has 3 virtual live sessions and attendance is mandatory. • Please log in to the Zoom session 10 minutes before live session start

E-Learning Programme

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

Time Duration	Topic	Faculty/Link
00:30	The role of imaging in the diagnosis of back pain in older people	Alberto Zerbi
00:30	Management of back pain: injections (facets/epidural)	Stéphane Genevay
02:30	Assessing mobility- assessing back pain in older age: Timed Up and Go (TUG)	https://www.youtube.com/watch?v=IAkVr5I7vOs
02:10	TUG+manual+cognitive:	https://www.youtube.com/watch?v=X-TONenxHPs
08:40	Short Physical Performance Battery (SPPB)	https://www.youtube.com/watch?v=N_rJOGhQgZ4

Virtual Live Sessions Programme

DAY 1: MONDAY 27 MAI 2024, 09:00-12:30 CET

Time	Topic	Faculty
09:00 – 09:15	Welcome and introduction	Anette Hylén Ranhoff
09:15 – 10:00	Most common causes of back pain in older people. Specificities of the geriatric clinical encounter: central concepts (comorbidity, functional ability, frailty)	Anette Hylén Ranhoff
Break 10:00 – 10:15 (15 mins)		
10:15 – 10:45	Back pain and rehabilitation in older people: the physiotherapist's approach	David Woodward
Break 10:45 – 10:50 (5 mins)		
10:50 – 11:20	Back pain and rehabilitation in older people: the occupational therapist's approach	Damiano Salvi
Break 11:20 – 11:35 (15 mins)		
11:35 – 12:05	Back pain and rehabilitation in older people: psychological therapies	Leila Heelas

12:05 –12:30	Wrap up of day, questions/comments/ discussion	Anette Hysten Ranhoff
End of day 1		

DAY 2: TUESDAY 28 MAI 2024, 08:45-13:00 CET

Time	Topic	Faculty
08:45 – 09:00	Welcome and introduction	Erik L. Werner
09:00 – 10:00	Osteoporotic vertebral fractures and their clinical consequences: choosing the optimal management. Lecture and case-based discussion	Opinder Sahota
Break 10:00 – 10:15 (15 mins)		
10:15 – 11:15	Spinal stenosis in older patients. Lecture and case-based discussion	Nick Carleton-Bland
Break 11:15 – 11:30 (15 mins)		
11:30 – 12:45	Workshop for interdisciplinary groups: different cases highlighting important back problems in old age (Breakout rooms)	Erik L. Werner, Opinder Sahota, Nick Carleton-Bland, Stéphane Genevay
12:45 – 13:00	Wrap up of day, questions/comments/ discussion	Erik L. Werner
End of Day 2		

DAY 3: WEDNESDAY 29 MAI 2024, 08:45-12:30 CET

Time	Topic	Faculty
08:45 – 09:00	Welcome and introduction	Nick Carleton-Bland
09:00 – 10:00	Some surgical aspects in older people: risks vs. benefits. Lecture and case-based discussion	Nick Carleton-Bland
Break 10:00 – 10:15 (15 mins)		
10:15 – 10:45	Assessment of pain in older people. Pharmacological treatment	Anette Hysten Ranhoff
Break 10:45 – 10:50 (5 mins)		

10:50 – 12:20	Workshop for profession-specific groups: one case-management options	Nick Carleton-Bland, Stéphane Genevay, Anette Hylén Ranhoff, Erik Werner
12:20 – 12:30	Wrap-up, assessment and Feedback evaluation	All learners and faculty
End of Module		

Aims of the Module

Enable the learners to:

- Understand the individual and societal impact of aging
- Understand the needs of older patients who seeking care for spine symptoms.
- Gain knowledge about normal ageing of the spine and loss of health including frailty and the common comorbidities that affect health outcomes in older subjects with spine pain
- Perform a complete bio-psycho-social history and a physical examination adapted to older patients
- Understand the need for referral to imaging, specialty test or specialist consultations
- Understand the radiologists' descriptions of the old spine appropriately
- Plan an evidence-based treatment plan adapted to the older people for different common spine conditions (common low back pain, osteoporosis, spinal stenosis, inflammatory diseases, fractures, tumours, etc.)

Learning Outcomes

This module aims to enable learners to:

- Recognise spinal pathologies in older patients
- Gather relevant information during the clinical encounter using validated tools to assess function and pain related to spine problems and general health
- Perform a physical examination in a way adapted to the older patient
- Make appropriate referral recommendations following differential diagnosis and acknowledgment of comorbidities
- Design a plan of management including the patient's preferences, self-management techniques and bearing in mind the specificities of the older patients (risk-benefits)
As a lack of evidence may be expected in several issues, focus on avoiding « dangerous » decisions may be an acceptable alternative (best evidence possible).
- Informing the patient, the family and the carers about the prognosis, management and ongoing care needs

Instructional Methods

- Pre-learning activities: Preparatory readings.
 - Learners will be provided literature (1 highly relevant reference) to read ahead of the meetings in the module. Upon completion of this part of the module, learners will be familiar with the concepts and the terminology of geriatric spinal pathologies, motivated and able to follow the module.
- Classroom teaching
 - The most relevant topics will have a short (20-30') plenary introduction as a lecture given by one of the faculty members. The introduction will provide an overview of the theme based on the literature. As much as possible more interactive lectures such as group discussion or case discussion will be used.
- Workshops: Facilitated group discussions and Case studies
 - Following each introduction the learners will be divided into workshop groups to discuss the translation of the theoretical learning into practice. Role-plays and examinations may be performed using case studies, videos, scans and other relevant learning material. According to budget possibilities, clinical interaction with an geriatric patient (e.g. : a specialized actor). To better understand aging, techniques like simulation reality (blurry vision, balance problems, reduced hearing, etc.) may be used

Educational Activities

The following instructional methods will be employed in the teaching of this module:

- Pre-learning activities: Preparatory readings.
- Classroom teaching: Interactive lectures that extends from theory to case-studies
- Workshops: Facilitated group discussions and Case studies
- E-learning methods: Online case studies

All instructional methods should require active participation, consistent with the range of motivations for pursuing the EDISC programme. There should also be a strong emphasis on self-directed learning and pre-reading.

E-Learning

The aim of the e-learning material is to provide learners with an overview of the societal structure focused on the aged categories

1. Overview of Aging

- 1.1 Understand key demographic concepts (i.e. epidemiological transition).
- 1.2 Describe the frequency and impact of back pain in aged populations.
- 1.3 Explain the relevance of the structural changes in the anatomical structures linked with ageing (i.e. muscles and bone).
- 1.4 Specify the factors influencing the previously discussed modifications.
- 1.5 Acquire a better global view of aged patients.

2. Clinical Work-Up

- 2.1 Determine how to deal with an aging patient taking into account the psychological, cognitive, physical and sensory characteristics of the patient as well as the frequent spinal pathologies and comorbidities.

- 2.2 Recognise the appropriate assessment tools.
- 2.3 Understand the most common pathologies experienced by aging patients with back pain.
- 2.4 Describe the systemic/specific pathologies that may present with back pain in older people.
- 2.5 Describe the prevalence of incidental findings as well as the diagnostic efficacy of the different imaging techniques/strategies.

3 Back Problems in Older People

- 3.1 Describe the frequency, relevance and management of the most frequent deformities of the elderly.
- 3.2 Describe the normal muscles and muscle function in the aged patients as well as the role of back muscles in relation with back pain and the differential diagnosis of such abnormalities.
- 3.3 Understand common bone pathologies such as vertebral fractures, their complications and evolution.

4 Non-Surgical Clinical Management

- 4.1 Define general strategies based on the evaluation of the patients focusing on clinically relevant information specific for aged patients.
- 4.2 Describe comorbidities scales and their use.
- 4.3 Develop a plan of management using a holistic evaluation of such patients in a realistic manner.

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

Mandatory Readings

- World Report on Ageing and Health.
<https://www.un.org/en/development/desa/population/publications/pdf/ageing/WorldPopulationAgeing2019-Highlights.pdf>
- Sahota O. The Ageing Spine. (provided as PDF for download)
- Weiner DK et al. Chronic low back pain in older adults: prevalence, reliability, and validity of physical examination findings. *J Am Geriatr Soc* 2006; 54: 11-20
- Cesari M et al. Evidence for the Domains Supporting the Construct of Intrinsic Capacity. *J Gerontol A Biol Sci Med Sci* 2018; 73: 1653-60
- Mody G et al. Improving musculoskeletal health- global issues. *Best Practice & Res Clin Rheumatol* 2012; 26: 237-47

Recommended Readings

- Papadakis M et al. Pathophysiology and Biomechanics of the Aging Spine. The Open Orthopaedics Journal 2011; 5: 335-42
- Weiner DK et al. Deconstructing low back pain in the older adult: Shifting the Paradigm from the spine to the person. Pain Medicine 2015; 16: 881-885
- Weiner DK et al. Deconstructing Chronic Low Back Pain in Older Adults: Summary recommendations. Pain Medicine 2016; 17: 2238-2246
- Wong AYL et al. Low back pain in older adults: risk factors, management options and future direction. Scoliosis and Spinal Disorders 2014; 12:14