

EDUCATION / EURO
SPINE

EUROSPINE Diploma in Interprofessional Spine Care

EDISC COURSE 2024

Module 7: Management and prevention of
disability

General Information

EUROSPINE, the Spine Society of Europe
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Pierre Côté, Epidemiologist, CA

Marco Campello, Physiotherapist, USA

Module Faculty

Nick Carleton-Bland, Neurosurgeon, UK

Christine Cedraschi, Psychologist, CH

Berit Schiøttz-Christensen, Rheumatologist, DK

Erik Werner, Primary Care Physician, NO

Eva Skillgate, Epidemiologist, SE

Quick Facts

LIVE SESSION DATE & TIME	1 November 2024 from 13:00 – 16:30 CET 2 November 2024 from 13:00 – 17:00 CET 3 November 2024 from 13:00 – 14:30 CET CET = Central European Time
VENUE	Virtual (live)
MAX. ATTENDEES	40 participants
REGISTRATION FEE	EUROSPINE Member: €100 Non-member: €150
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 live session.
MODULE COMPLETION	Module completion is achieved when ALL the following are met: <ul style="list-style-type: none"> • Attendance of $\geq 90\%$ of the live session time AND • Completion of the session 5 group work AND • Completion of the CME evaluation and feedback surveys
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

E-learning access will be provided four weeks before the start of the live session. 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	Link
03:29	WHO: What's disability to me?	https://www.youtube.com/watch?v=pkofA_l89IA
13:09	When we design for disability, we all benefit TED Talk	https://www.ted.com/talks/elise_roy_when_we_design_for_disability_we_all_benefit

Virtual Live Sessions Programme

DAY 1: FRIDAY, 1 NOVEMBER 2024, 13:00-16:30 CET

Time	Topic	Faculty
13:00 – 13:15	Introduction	Pierre Côté
Session 1		
What is the role of a health care provider in managing disability from a biopsychosocial perspective?		
13:15 – 13:55	Workshop	Christine Cedraschi and Berit Schiøttz-Christensen
13:55 – 14:25	Lecture: How can clinicians contribute to the prevention of spine disability?	
14:25 – 14:35	Debrief	
Session 2		
How can health care providers identify patients with spine disorders who are at risk of chronic disability?		
14:35 – 15:05	What are the risk factors for disability?	Pierre Côté and Eva Skillgate
Break 15:05 – 15:20 (15 mins)		
15:20 – 16:10	Workshop	Pierre Côté and Eva Skillgate
16:10 – 16:20	Debrief	
16:20 – 16:30	Wrap up, comments, discussion	Pierre Côté
End of Day 1		

DAY 2: SATURDAY, 2 NOVEMBER 2024, 13:00-17:00 CET

Time	Topic	Faculty
13:00 –13:15	Introduction	Pierre Côté
Session 3 How to assess disability in patients with spinal disorders?		
13:15 –13:45	How should clinicians approach the evaluation of a patient with spine disability?	Marco Campello and Berit Schiøttz-Christensen
13:45 –14:35	Workshop	
14:35 –14:45	Debrief	
Break 14:45 – 15:00 (15 mins)		
Session 4 How to establish a plan of management for a patient with spinal disorder who is on sick leave?		
15:00–15:30	Principles and issues of rehabilitation	Erik L. Werner, Pierre Côté and Nick Carleton-Bland
15:30–16:00	Case discussion	
16:00–16:30	Approach to design of a multidisciplinary rehabilitation plan for a patient with disability who is on sick leave	
16:30 – 16:45	Debrief	
16:45 – 17:00	Wrap up, comments, discussion	Pierre Côté
End of Day 2		

DAY 3: SUNDAY, 3 NOVEMBER 2024, 13:00-14:30 CET

Time	Topic	Faculty
13:00–13:15	Introduction	Pierre Côté
Session 5 Summary		
13:15–14:00	Wrap-up session	All faculty
14:00–14:15	Group presentations	All participants
14:15–14:30	Conclusions, reflections and summary	Pierre Côté
End of Module		

Aims of the Module

This module aims to:

- Enable learners to understand disability from a biopsychosocial perspective;
- Enable learners to measure disability;
- Enable learners to plan for effective interventions to prevent disability (such as the prevention and management of sick leave);
- Enable learners to plan an approach to rehabilitate a patient with spinal disability (such as return to work).

Learning Outcomes

This module aims to enable learners to:

1. Define and evaluate disability from a biopsychosocial perspective;
2. Differentiate spinal disability from spinal pain;
3. Describe the risk factors for disability in patients with a spinal disorder;
4. Conduct a clinical evaluation to describe disability in patients with spinal disorders;
5. Design a plan of management (including self-management) for patients with a spinal disorder;
6. Communicate the nature of a patient's disability to patients, other health care providers, employers and insurers.

E-Learning

- Recognize the differences between the medical and biopsychosocial models of disability [activity: reading of relevant material]
 - related to learning outcome 1
- Describe the structure and key elements of the WHO International Classification of Functioning, Disability and Health (ICF) [(activity: review material on the ICF Education portal (<http://icfeducation.org>))]
 - related to learning outcome 1 and 2
- Use the ICF to describe the personal and environmental factors related to the disability experienced by patient with a spinal disorder [activity: analysis of online case study]
 - related to learning outcome 1, 2 and 4

Live Sessions

Session 1: What is the role of a health care provider in managing disability from a biopsychosocial perspective? (1.5 hours)

- Workshop: Learners will be divided in multidisciplinary teams and discuss how they understand the biopsychosocial model of disability and how they see their role. (40 minutes)
 - Case study
 - Breakout rooms – what is MY role in managing this case, while interacting/working in a interprofessional team? Who's who and who is doing what?
- Report: Each group reports the outcome of the workshop. (10 minutes)

- Lecture: Build on the pre-learning activities and the workshop, clinicians will be provided with an understanding of how they can contribute to the prevention and management of disability from a biopsychosocial perspective in a multidisciplinary team. (30 minutes)
- Debrief: Lessons learned from workshop and lecture (Pierre Côté and Marco Campello) (10 minutes)
- Instructor: Christine Cedraschi and Berit Schiøttz-Christensen.
→ Related to learning outcomes 1,2,5 and 6

Session 2: How can health care providers identify patients with spine disorders who are at risk of chronic disability? (1.5 hours)

- Lecture: Presentation and discussion of the risk factors for the development of disability and classify them according to the ICF (30 minutes)
 - Focus on risk factors divided into domains (socio-demographic, comorbidity, psychosocial, environmental)
- Workshop: The instructors will present a case study and facilitate a class discussion regarding the approach to be used to determine the risk of disability in a case scenario. (50 minutes)
- Debrief: Lessons learned from workshop and lecture (10 minutes)
- Instructor: Pierre Côté and Eva Skillgate
→ Related to learning outcomes 3

Session 3: How to assess disability in patients with spinal disorders? (1.5 hours)

- Lecture: Presentation of an approach for the evaluation of disability in patients with spinal disability. Methods for the measurement of disability from a biopsychosocial perspective will be discussed. (30 minutes)
 - Discuss how to assess disability in all age groups
 - Working age adults – work disability
 - Adolescents – QoL, body image
 - Retired individuals
- Workshop: The learners will be divided into groups of three (patient, clinician, observer). One learner will be a patient with disability and the other learner will play the role of a health care provider. Each group will apply the knowledge gained in the lecture by conducting an evaluation of disability given a specific clinical presentation. (50 minutes)
- Debrief: Lessons learned from workshop and lecture (10 minutes)
- Instructors: Marco Campello and Berit Schiøttz-Christensen
→ Related to learning outcomes 4 and 6

Session 4: How to establish a plan of management for a patient with spinal disorder who is on sick leave? (1.5 hours)

- Short introduction lecture to frame the workshop
- Workshop/Case Discussion: The instructor will present a case study and facilitate a class discussion regarding the best approach to return to work a patient on sick leave because of a spinal disorder. (30 minutes)
- Lecture (Facilitated Conversation with the experts): This session will provide an approach to design of a multidisciplinary rehabilitation plan for a patient with disability who is on sick leave (30 minutes)
 - Developing common goals and effective communication with to the patient
 - How do we collaborate with other health care professionals?
 - How do you communicate with the workplace?
 - How do you communication with the social security system?

- How do you combine evidence and clinical experience?
- How do you communicate with the family?
- Debrief: Lessons learned from workshop and lecture (10 minutes)
- Instructor: Erik Werner, Pierre Côté and Nick Carleton-Bland
→ Related to learning outcomes 5 and 6

Session 5: General evaluation (1.5 hours)

- Evaluation: In this wrap-up session, learners will work in small groups and will reflect on what they have learned during the module. A spokesperson who is nominated by the group will summarize the discussion and present 3-4 key learning highlights to the class.
- Instructors: Marco Campello, Nick Carleton-Bland, Christine Cedraschi, Berit Schjøttz-Christensen, Pierre Côté, Eva Skillgate, Erik Werner,
 - Application to aging population

Instructional Methods

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: Video and blogs

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.

Assignment

PART 1: See above – Session 5.

PART 2: 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

- Stier-Jarmer M, Cieza A, Borchers M, Stucki G; World Health Organization. How to apply the ICF and ICF core sets for low back pain. Clin J Pain. 2009 Jan;25(1):29-38. doi: 10.1097/AJP.0b013e31817bcc78.
- Bartys S, Frederiksen P, Bendix T, Burton K. System influences on work disability due to low back pain: An international evidence synthesis. Health Policy. 2017 Aug;121(8):903-912. doi: 10.1016/j.healthpol.2017.05.011.

Mandatory Videos

- WHO: What's disability to me? https://www.youtube.com/watch?v=pkoFA_l89IA
- When we design for disability, we all benefit | TED Talk
https://www.ted.com/talks/elise_roy_when_we_design_for_disability_we_all_benefit