HOW TO MAKE YOUR RESEARCH MORE RELEVANT, FEASIBLE AND PUBLISHABLE

FINAL PROGRAMME
QUICK FACTS

WHEN: 10-14 March 2020
WHERE: Lev Hotel, Vosnjakova 1, Ljubljana, Slovenia
MAXIMUM ATTENDEES: 30 participants, priority will be given to EUROSPINE members
REGISTRATION FEE: EUR 400 for residents/students, EUR 600 for EUROSPINE Members, EUR 800 for Non-Members
CME CREDITS: This course has been accredited by the the European Accreditation Council for Continuing Medical Education (EACCME®) for 28 ECMECs®. Participants must attend the whole duration of the course and complete the post-event survey in order to receive their CME Credits.

LANGUAGE: English

CORE FACULTY
L. Rachid Salmi, MD PhD  
(Course Director)
Marco Campello, PT PhD
Christine Cedraschi, PhD
Pierre Côté, DC PhD

GUEST FACULTY
Everard Munting, MD PhD
Margareta Nordin, PT PhD

LOCAL HOST
Janez Mohar, MD PhD

CLINICAL EXPERTS
Miha Vodičar, MD
David Žižek, MD, PhD

IMPORTANT NOTE:
Attendance throughout the whole course from Tuesday to Saturday is mandatory. The course evaluation is also mandatory in order to obtain the CME certificate.

PURPOSE
The course is open to all professionals interested in gaining a basic understanding of clinical research. This course will provide an overview of the methodology used to conduct clinical research. The purpose of the course is to provide clinicians with the fundamental concepts and tools to design clinical studies.

STRUCTURE OF THE COURSE

The course is divided in 5 modules which will cover the following topics:
1) Conceptual overview of clinical research
2) Randomised controlled trials and other study designs
3) Study implementation and analysis
4) Applications of research
5) Communication of research

Each module will include combinations of lectures and workshops, where clinicians will build their skills to participate in clinical studies or develop their own clinical study protocol.
COURSE DIRECTOR:
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COURSE OBJECTIVES

At the end of the course, attendees will be able to:

1. Develop a research question and formulate a hypothesis
   - What is the problem to be solved?
   - How do I select a conceptual model?
   - How do I develop a research hypothesis?
   - What is the best study design to answer my question?

2. Apply basic methodological steps involved in clinical research
   - How do I select my study sample?
   - What outcome measures do I use?
   - How long do I follow my population?
   - When and how often do I measure these variables?
   - How do I collect the data? The need to select valid and reliable methods of data collection.
   - What potential biases may compromise the validity of my study? How do I prevent these biases?

3. Develop a study protocol
   - Is my study feasible?
   - How do I make it feasible?
   - What are the clinical issues I have to deal with?
   - With whom do I have to collaborate?
   - What are the elements of a statistical analysis?
   - How many participants do I need in my study?

4. Discuss the basic principles of qualitative research
   - When do I use it?
   - What is the added value to clinical research?

5. Contribute clinical experience to evidence-based decision making in spinal care
   - Why it is important to standardize data collection in clinical practice?
   - What are the roles of registries?

6. Understand the process of research publishing
## SCIENTIFIC PROGRAMME DAY 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday 10 March 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Course Introduction</strong></td>
<td></td>
</tr>
<tr>
<td>R. Salmi, J. Mohar, M. Campello, C. Cedraschi</td>
<td></td>
</tr>
<tr>
<td><strong>Clinical Expert</strong>: J. Mohar</td>
<td></td>
</tr>
<tr>
<td>12:00-13:00</td>
<td>Registration and buffet lunch</td>
</tr>
<tr>
<td>13:00-13:15</td>
<td>Welcome address</td>
</tr>
<tr>
<td>13:15-14:15</td>
<td>Why do we need research? What is a research protocol?</td>
</tr>
<tr>
<td>14:15-14:45</td>
<td>How to choose a model?</td>
</tr>
<tr>
<td>14:45-15:15</td>
<td>How to develop a research question and hypothesis?</td>
</tr>
<tr>
<td>15:15-15:30</td>
<td>Coffee break</td>
</tr>
<tr>
<td>15:30-17:00</td>
<td>Workshop: formulate a research question</td>
</tr>
<tr>
<td>17:00-17:30</td>
<td>Feedback on workshop</td>
</tr>
<tr>
<td>17:30-18:30</td>
<td>Welcome cocktail</td>
</tr>
</tbody>
</table>

### NOTES:

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<table>
<thead>
<tr>
<th>Time</th>
<th>Wednesday 11 March 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:30</td>
<td>General methodological concepts and choosing the appropriate design P. Côté</td>
</tr>
<tr>
<td>9:30-10:15</td>
<td>Outcome domains M. Campello</td>
</tr>
<tr>
<td>10:15-10:30</td>
<td>Coffee break</td>
</tr>
<tr>
<td>10:30-11:30</td>
<td>Basic statistical concepts R. Salmi</td>
</tr>
<tr>
<td>11:30-12:30</td>
<td>Workshop: choose your study design All</td>
</tr>
<tr>
<td>12:30-13:30</td>
<td>Lunch</td>
</tr>
<tr>
<td>13:30-14:00</td>
<td>Feedback on workshop All</td>
</tr>
<tr>
<td>14:00-15:00</td>
<td>Designing a randomised controlled trial P. Côté</td>
</tr>
<tr>
<td>15:00-15:15</td>
<td>Coffee break</td>
</tr>
<tr>
<td>15:15-16:30</td>
<td>Workshop: design your study All</td>
</tr>
<tr>
<td>16:30-17:00</td>
<td>Feedback on workshop All</td>
</tr>
</tbody>
</table>

NOTES:
## SCIENTIFIC PROGRAMME DAY 3

**Thursday 12 March 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:15</td>
<td>Planning the population and data collection</td>
<td>R. Salmi</td>
</tr>
<tr>
<td>9:15-10:00</td>
<td>Workshop: start planning your study</td>
<td>All</td>
</tr>
<tr>
<td>10:00-10:15</td>
<td>Coffee break</td>
<td></td>
</tr>
<tr>
<td>10:15-10:45</td>
<td>Feedback on workshop</td>
<td>All</td>
</tr>
<tr>
<td>10:45-11:45</td>
<td>Designing a cohort study</td>
<td>P. Côté</td>
</tr>
<tr>
<td>11:45-12:30</td>
<td>Workshop: continue planning your study</td>
<td>All</td>
</tr>
<tr>
<td>12:30-13:30</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>13:30-14:00</td>
<td>Feedback on workshop</td>
<td>All</td>
</tr>
<tr>
<td>14:00-15:00</td>
<td>Basic principles of qualitative studies</td>
<td>C. Cedraschi</td>
</tr>
<tr>
<td>15:00-15:15</td>
<td>Coffee break</td>
<td></td>
</tr>
<tr>
<td>15:15-16:30</td>
<td>Workshop: focus group</td>
<td>C. Cedraschi / M. Campello / R. Salmi</td>
</tr>
<tr>
<td>16:30-17:00</td>
<td>Feedback on workshop</td>
<td>All</td>
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</tbody>
</table>

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## SCIENTIFIC PROGRAMME DAY 4

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:15</td>
<td>Planning the analysis</td>
<td>R. Salmi</td>
</tr>
<tr>
<td>9:15-10:00</td>
<td>Workshop: continue planning you study</td>
<td>All</td>
</tr>
<tr>
<td>10:00-10:15</td>
<td>Coffee break</td>
<td></td>
</tr>
<tr>
<td>10:15-10:45</td>
<td>Planning the sample size</td>
<td>R. Salmi</td>
</tr>
<tr>
<td>10:45-11:30</td>
<td>Workshop: planning your sample size</td>
<td>All</td>
</tr>
<tr>
<td>11:30-12:00</td>
<td>Publishing your research</td>
<td>M. Nordin</td>
</tr>
<tr>
<td>12:00-12:30</td>
<td>Spine Tango</td>
<td>E. Munting</td>
</tr>
<tr>
<td>12:30-13:30</td>
<td>Lunch</td>
<td></td>
</tr>
<tr>
<td>13:30-14:00</td>
<td>Role of clinical experience</td>
<td>M. Campello / J. Mohar</td>
</tr>
<tr>
<td>14:00-15:00</td>
<td>Workshop: continue planning you study</td>
<td>All</td>
</tr>
<tr>
<td>15:00-15:15</td>
<td>Coffee break</td>
<td></td>
</tr>
<tr>
<td>15:15-17:00</td>
<td>Workshop: finalising slides for next day’s presentation</td>
<td>All participants</td>
</tr>
<tr>
<td>19:30</td>
<td>Course dinner</td>
<td>All faculty and participants</td>
</tr>
</tbody>
</table>

**NOTES:**

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</table>


### SCIENTIFIC PROGRAMME DAY 5

**Saturday 14 March 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Details</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30-9:00</td>
<td>Why research and EUROSPINE are rewarding and fun</td>
<td>M. Nordin</td>
</tr>
<tr>
<td>9:00-10:00</td>
<td>Group presentations (1)</td>
<td>All</td>
</tr>
<tr>
<td>10:00-10:15</td>
<td>Coffee break</td>
<td></td>
</tr>
<tr>
<td>10:15-11:15</td>
<td>Group presentations (2)</td>
<td>All</td>
</tr>
<tr>
<td>11:15-11:45</td>
<td>Mandatory course evaluation</td>
<td>All</td>
</tr>
<tr>
<td>11:45-12:00</td>
<td>Acknowledgments and adjourn</td>
<td>R. Salmi/J. Mohar</td>
</tr>
<tr>
<td>12:00-13:00</td>
<td>Lunch</td>
<td></td>
</tr>
</tbody>
</table>

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EUROPEAN UNION OF MEDICAL SPECIALISTS (UEMS)
EUROPEAN ACCREDITATION COUNCIL ON CME (EACCME®)
Rue de l’Industrie 24, BE - 1040 BRUSSELS
T +32 2 649 51 64
https://eaccme.uems.eu - accreditation@uems.eu

EUROSPINE, the Spine Society of Europe
Operngasse 20b
1040 Vienna
Austria

Brussels, 13/02/2020

Dear Ms Wagner

Subject: EACCME® Accreditation of event reference #LEE20-00161

We are pleased to inform you that your application for EACCME® accreditation of
EUROSPINE Task Force Research Course 2020, Ljubljana, Slovenia, 10/03/2020-14/03/2020
has been granted 28 European CME credits (ECMEC®s) by the European Accreditation Council for
Continuing Medical Education (EACCME®).

Accreditation Statement

Accreditation by the EACCME® confers the right to place the following statement in all
communication materials including the event website, the event programme and the certificate of
attendance. The following statements must be used without revision:

“The EUROSPINE Task Force Research Course 2020, Ljubljana, Slovenia, 10/03/2020-14/03/2020 has
been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®)
with 28 European CME credits (ECMEC®s). Each medical speciality should claim only those hours of
credit that he/she actually spent in the educational activity.”

“Through an agreement between the Union Européenne des Médecins Spécialistes and the American
Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA
Category 1 Credits™. Information on the process to convert EACCME® credit to AMA credit can be
found at www.ama-assn.org/education/earn-credit-participation-international-activities.

“Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for
ECMEC®s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the
Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.”

EACCME® credits

Each participant can only receive the number of credits he/she is entitled to according to his/her
actual participation at the event once he/she has completed the feedback form. Cf. criteria 9 and 23

UEMSade - Union Européenne des Médecins Spécialistes
IBAN BE28 0001 3283 3820 | BIC (SWIFT) BPOTBE1 | VATn® BE 0469.067.848
of UEMS 2016.20.

In order to help you issue individual certificates to each participants, please find below the breakdown of ECMEC®s per day:

<table>
<thead>
<tr>
<th>Date</th>
<th>ECMEC®s</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.03.2020</td>
<td>4.00</td>
</tr>
<tr>
<td>11.03.2020</td>
<td>7.00</td>
</tr>
<tr>
<td>12.03.2020</td>
<td>7.00</td>
</tr>
<tr>
<td>13.03.2020</td>
<td>7.00</td>
</tr>
<tr>
<td>14.03.2020</td>
<td>3.00</td>
</tr>
</tbody>
</table>

The EACCME® awards ECMEC®s on the basis of 1 ECMEC® for one hour of CME with a maximum of 8 ECMEC®s per day. Cf. Chapter X of UEMS 2016.20.

**Logo**

The UEMS-EACCME® logo is a service mark of the European Union of Medical Specialists – European Accreditation Council for CME. Only after confirmation of accreditation has been received can the Provider use the UEMS-EACCME® logo on material related to the LEE. The logo may only be used in conjunction with, and in proximity to, the EACCME® accreditation statement and must not be associated with any commercial logo. The logo cannot be used in notices, advertising, or promotion of activities other than in association with the EACCME® accreditation statement.

**Feedback report**

Based on the participants' individual feedback, the provider must submit an event report to the EACCME® within four weeks of the completion of the event. This report must include the participants' feedback, information on the total number of participants and any perception of bias by participants. Failure to provide feedback could jeopardise recognition of any future applications.

**Final programme**

The EACCME® also requires you to send by post a copy of the final printed programme brochure/book.

The UEMS-EACCME Secretariat
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www.eurospinemeeting.com

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SCIENTIFIC CONTENT

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Course Director, EUROSPINE Task Force Research