HOW TO MAKE YOUR RESEARCH MORE RELEVANT, FEASIBLE AND PUBLISHABLE

FINAL PROGRAMME
QUICK FACTS

WHEN: 10-14 September 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 European Accreditation Council for Continuing Medical Education (EACCME®) for 28 ECMEC®s. 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:
Rachid Salmi MD PhD
louis-rachid.salmi@u-bordeaux.fr
Professor
ISPED/Bordeaux School of Public Health
INSM U-1219, Centre de Recherche Bordeaux Population Health
PU-PH, Service d'information médicale, CHU de Bordeaux
Institut de Santé Publique, d'Epidémiologie et de Développement (ISPED)
Université de Bordeaux, Bordeaux, France

Marco Campello PhD
marco.campello@nyu.edu
Director
Occupational and Industrial Orthopaedic Center (OIOC)
Clinical Associate Professor
Department of Orthopedic Surgery
Program of Ergonomics and Biomechanics
NYU Langone Orthopedic Hospital
New York University Langone Health
New York University School of Medicine
New York University, New York, NY USA

Christine Cedraschi PhD
Christine.cedraschi@hcuge.ch
Professor
Multidisciplinary Pain Center
Division of Clinical Pharmacology and Toxicology &
Division of General Medical Rehabilitation
Geneva University Hospitals
Geneva, Switzerland

Pierre Côté DC, PhD
pierre.cote@uoit.ca
Canada Research Chair in Disability Prevention and Rehabilitation
Associate Professor, Faculty of Health Sciences
Director, UOIT-CMCC Centre for the Study of Disability Prevention and Rehabilitation
University of Ontario Institute of Technology (UOIT)
Oshawa, Ontario, Canada

LOCAL HOST
Janez Mohar, MD PhD
janez.mohar@ob-valdoltra.si
Orthopaedic Hospital Valdoltra
Department of spine surgery
Jadranska c. 31
6280 Ankaran, Slovenia
<table>
<thead>
<tr>
<th>GUEST FACULTY</th>
</tr>
</thead>
</table>
| **Margareta Nordin, Dr. Med, Sci.**  
dmn2@nyu.edu  
Departments of Orthopedic Surgery  
and Environmental Medicine  
New York University, New York, NY, USA |
| **Everard Munting, MD PhD**  
munting.everard@gmail.com  
Clinique Saint Pierre  
Department of Orthopaedics and traumatology  
16 Champ du curé  
1390 Ottignies, Belgium |

<table>
<thead>
<tr>
<th>CLINICAL EXPERTS</th>
</tr>
</thead>
</table>
| **Miha Vodičar, MD**  
miha.vodicar@kclj.si  
University Medical Centre Ljubljana  
Department of orthopedic surgery  
Zaloška cesta 9  
1000 Ljubljana, Slovenia |
| **David Žižek, MD, PhD**  
davidzizek@yahoo.com  
University Medical Centre Ljubljana  
Zaloška cesta 2  
1000 Ljubljana, Slovenia |
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

**Thursday 10 September 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<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:**

---

---

---

---

---

---
# SCIENTIFIC PROGRAMME DAY 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Friday 11 September 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Methodological concepts and randomised controlled trial</td>
</tr>
<tr>
<td></td>
<td><em>P. Côté, M. Campello, R. Salmi</em></td>
</tr>
<tr>
<td></td>
<td>Clinical Expert: M. Vodičar</td>
</tr>
<tr>
<td>8:30-9:30</td>
<td>General methodological concepts and choosing the appropriate design</td>
</tr>
<tr>
<td>9:30-10:15</td>
<td>Outcome domains</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</td>
</tr>
<tr>
<td>11:30-12:30</td>
<td>Workshop: choose your study design</td>
</tr>
<tr>
<td>12:30-13:30</td>
<td>Lunch</td>
</tr>
<tr>
<td>13:30-14:00</td>
<td>Feedback on workshop</td>
</tr>
<tr>
<td>14:00-15:00</td>
<td>Designing a randomised controlled trial</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</td>
</tr>
<tr>
<td>16:30-17:00</td>
<td>Feedback on workshop</td>
</tr>
</tbody>
</table>

## NOTES:

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________
## SCIENTIFIC PROGRAMME DAY 3

**Saturday 12 September 2020**

### Population selection, study conduct, cohorts and qualitative studies

*P. Côté, M. Campello, C. Cedraschi, R. Salmi*

**Clinical Expert:** Miha Vodičar

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Facilitator(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>
</tr>
</tbody>
</table>

### NOTES:

---

---

---

---

---
## 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:

- 
- 
- 
- 
-
## SCIENTIFIC PROGRAMME DAY 5

**Monday 14 September 2020**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Organizer</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>

### NOTES:

---

---

---

---

---

---

---

---

---
CONTACTS

EUROSPINE, the Spine Society of Europe
Seefeldstrasse 16
8610 Uster
Switzerland
www.eurospine.org
www.eurospinemeeting.com

Follow us on:
www.eurospinemeeting.org
facebook.com/EUROSPINE
twitter.com/EUROSPINESoc
youtube.com/EUROSPINE

COURSE ORGANISATION

Julie-Lyn Noël MD MBA
Director of Education and Research
EUROSPINE, the Spine Society of Europe
E: noel@eurospine.org
T: +41 76 417 90 03

Sandy Sutter
Manager of Education and Research
EUROSPINE, the Spine Society of Europe
E: sutter@eurospine.org
T: +41 79 316 92 78

SCIENTIFIC CONTENT

Rachid Salmi MD PhD
Chair, EUROSPINE Research Council
Course Director, EUROSPINE Task Force Research