



**EUROSPINE DIPLOMA IN
INTERPROFESSIONAL SPINE CARE (EDISC)
MODULE 3 (CORE SKILLS 3):
**COMMUNICATION AND CONSULTATION
SKILLS****

13 January 2021

PRELIMINARY PROGRAMME

QUICK FACTS

WHEN:	13 JANUARY 2021
WHERE:	IRCAD Hôpitaux Universitaires 1, place de l'Hôpital 67091 Strasbourg, France www.ircad.fr + 33 (0)3 88 11 90 00
MAXIMUM ATTENDEES:	50 delegates
REGISTRATION FEE:	EUROSPINE Member: €200 Non-member: €300
CME CREDITS:	Application to EACCME pending
LANGUAGE:	English
DRESS:	Casual
CME CREDITS:	Accreditation by EACCME® (European Accreditation Council for Continuing Medical Education) pending
LANGUAGE:	English
DRESS:	Casual
IMPORTANT NOTE:	Attendance at every session is mandatory. This will be a paperless course and not printed programme will be provided. A wireless Internet device (mobile phone/Ipad/computer) is mandatory to access on-line resources during the course and for completing the course evaluation. Please bring one with you. The course evaluation is mandatory to obtain the CME certificate.

TARGET AUDIENCE

- Healthcare professionals in Europe in order of availability and access: primary care physicians and surgeons involved in spine care, physiotherapist, chiropractors, osteopaths, occupational therapists, clinical psychologists, nursing practitioners, naprapath and others who are graduated as clinicians from a recognized institution (i.e. professional school or university).
- At least two years of clinical experience is recommended but all new graduates are encouraged to register.

AIMS OF THE MODULE

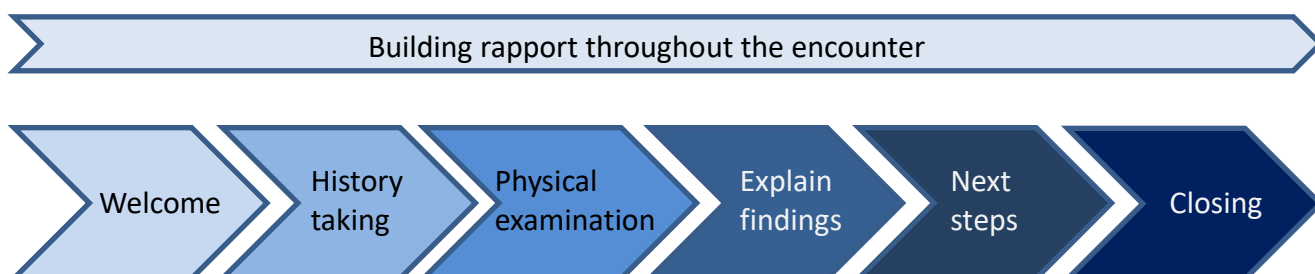
The aim of this module is to enhance skills in communication and develop an awareness of psychologically-informed practice for use in consultations with patients presenting with spinal pain. The content will be underpinned by research evidence and best practice.

LEARNING OUTCOMES

Upon successful completion of this module, learners will be able to:

1. Identify their preferred question styles (including opening questions) in a clinical consultation
2. Recognise overlaps and interruptions during history-taking
3. Understand and deliver active listening skills in the consultation
4. Be able to explain to a patient the role of psychology in spine care
5. Identify the components of cognitive and affective reassurance
6. Articulate strategies to promote positive behaviour change in patients with spine pain

Coherence of the module:



How do I build rapport in a consultation?	Learning outcome 1, 2 & 3
↓	
How can I get the best information from the patient during history taking?	1, 2 & 3
↓	
How can I use communication skills to make the consultation person centered?	1, 2 & 3
↓	
How can I adopt a psychologically informed approach to my clinical practice?	4
↓	
How can I reassure a patient (and their partner, family etc) when appropriate?	5
↓	
What strategies am I going to use to promote positive behaviour change?	6

INSTRUCTIONAL METHODS

Pre-learning & e-learning activities:

- Preparatory reading: See list [outcomes 1, 2, 5]
- Watch 2 short presentations (8 minutes each): Psychology in People with Pain - Why it Matters: Part 1 (<https://www.youtube.com/watch?v=N7vRyCW2XS0>) and Part 2 (<https://www.youtube.com/watch?v=PY4R19Rm94I>) [outcomes 4 and 5]
- Classroom teaching: Interactive lectures [outcomes 1 - 6]
- Facilitated group discussions based on research examples [outcomes 1- 6]

ASSESSMENT

For the completion of the module, participants will be required to submit a reflective essay. Requirements and structure will be given at the end of the module.

COURSE EVALUATION BY THE PARTICIPANTS

In line with EACCME's requirements for accredited activities, participants will be requested to complete a mandatory course 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

MINIMUM REQUIREMENT

- Pincus T, Holt N, Vogel S, Underwood M, Savage R, Walsh DA, Taylor SJ. Cognitive and affective reassurance and patient outcomes in primary care: a systematic review. *Pain* 2013 Nov;154(11):2407-16. DOI: 10.1016/j.pain.2013.07.019
- Keefe FJ, Main CJ, George SZ. Advancing psychologically informed practice for patients with persistent musculoskeletal pain: promise, pitfalls, and solutions. *Physical Therapy* 2018;98:398–407. DOI: 10.1093/ptj/pzy024

SUPPLEMENTARY

- Emily C Chester, Natalie C Robinson, Lisa C Roberts. Opening clinical encounters in an adult musculoskeletal setting. *Manual Therapy* 2014;19:306-10.

EXTENDED LEVEL

- Meade, L.B., Sweeney, L., Bearne, L., Godfrey, E. (2018). Behaviour change interventions associated with exercise adherence in patients with persistent musculoskeletal pain: systematic review. *British Journal of Health Psychology*, 24(1), 10-30.

COURSE CHAIRS

LISA ROBERTS	PHYSIOTHERAPIST, SOUTHAMPTON, UNITED KINGDOM
STEVEN VOGEL	OSTEOPATH, LONDON, UNITED KINGDOM
CHRISTINE CEDRASCHI	PSYCHOLOGIST, GENEVA, SWITZERLAND

FACULTY

PAULO PEREIRA	NEUROSURGEON, PORTO, PORTUGAL
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SCIENTIFIC PROGRAMME COMMUNICATION AND CONSULTATION SKILLS

WEDNESDAY, 13 JANUARY 2021

COURSE ATTENDANCE IS MANDATORY

TIME	TOPIC	FACULTY
07:30 - 08:00	Course Registration and Welcome Coffee	
08:00 - 08:15	Course Introduction and expectations	Lisa Roberts
SESSION 1: THE BIOPSYCHOSOCIAL MODEL & THE FLAGS		
08:15 – 09:00	The biopsychosocial model and summary of flags*	Christine Cedraschi
09:00 – 09:30	Group task: The flags	
09.30 – 09.45	Lecture: Meeting & greeting. Small talk	Lisa Roberts & Steve Vogel
09.45 – 10.15	Demonstration (role play) and group discussion	
Coffee Break 30 min		
SESSION 2: OPENING ENCOUNTERS & ACTIVE LISTENING		
10.45 – 11.00	Lecture: Opening questions and interruptions	Lisa Roberts
11.00 – 11.30	Group task: Identifying preferred opening questions	All
11.30 – 12.15	Role play – active listening and picking up on cues	Steven Vogel
12:15 – 12:30	Group reflection and discussion on communication skills	
Lunch Break 45 min		
SESSION 3: ENCOURAGING POSITIVE BEHAVIOR CHANGE		
13:15 – 13:45	Lecture: Applying theories of behaviour change	Lisa Roberts
13:45 – 14:25	Small group task: Behaviour change	
14:25 – 14:45	Lecture: Reassurance	Steven Vogel
Coffee Break 30 min		
SESSION 4: PUTTING IT INTO PRACTICE IN THE CLINIC		
15:15 – 15:35	Discussion: How to explain a ‘normal’ scan to a patient	Paulo Pereira
15:35 – 16:00	Open panel discussion – appropriate reassurance for people with spinal pain	All
16.00 – 16.15	Key take home messages	Christine Cedraschi
16:15 – 16:30	Complete module evaluation	Lisa Roberts
16:30 – 16:45	Course evaluation (Mandatory for all participants)	All participants
16:45	END OF MODULE	

**All flags except red flags*



CONTACTS

EUROSPINE, the Spine Society of Europe

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www.eurospinemeeting.com

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COURSE ORGANISATION

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SCIENTIFIC CONTENT

Lisa Roberts, PT, PhD, Steven Vogel & Christine Cedraschi, PhD

Course Chairs

Margareta Nordin, Dr.Med.Sci., PT & Pierre Côté, DrChir, PhD

Co-chairs, EDISC Task Force

Dominique A. Rothenfluh, MD, PhD

Chairman, Education Committee of EUROSPINE