



**EUROSPINE DIPLOMA IN  
INTERPROFESSIONAL SPINE CARE (EDISC)**

**MODULE 4:  
ASSESSMENT, DIAGNOSIS AND  
MANAGEMENT OF SPINAL PAIN**

**14-15 January 2021**

**PRELIMINARY PROGRAMME**

## QUICK FACTS

<b>WHEN:</b>	14-15 JANUARY 2021
<b>WHERE:</b>	IRCAD Hôpitaux Universitaires 1, place de l'Hôpital 67091 Strasbourg, France <a href="http://www.ircad.fr">www.ircad.fr</a> + 33 (0)3 88 11 90 00
<b>MAXIMUM ATTENDEES:</b>	50 delegates
<b>REGISTRATION FEE:</b>	EUROSPINE Member: €400 Non-member: €600
<b>CME CREDITS:</b>	Application to EACCME pending
<b>LANGUAGE:</b>	English
<b>DRESS:</b>	Casual
<b>CME CREDITS:</b>	Accreditation by EACCME® (European Accreditation Council for Continuing Medical Education) pending
<b>LANGUAGE:</b>	English
<b>DRESS:</b>	Casual
<b>IMPORTANT NOTE:</b>	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

### Assessment & Diagnosis

The aim of day 1 is to understand the limitation of physical examination and imaging as well as the cultural differences between professions when posing a diagnosis. We will also discuss the impact of comorbidity on persistent back-pain and the influence of the biopsychosocial model in understanding back-pain.

### Management of Spinal Pain

The aim of day 2 of this module is to co-develop management plans for patients presenting with spinal pain +/- radiculopathy. The plans will be underpinned by research evidence and best practice, and will be tailored according to the needs and characteristics of each patient.

## LEARNING OUTCOMES

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

### Assessment & Diagnosis (DAY 1)

1. Understand back and/or neck pain in a biopsychosocial perspective
2. Understand how the biopsychosocial perspective differs from other model perspectives
3. Understand how elements from the general medical history may impact on the understanding of the individual's back and/or neck pain
4. Understand when to refer for imaging examination
5. Know red flags
6. Understand risks for long-term sick leave and disability (yellow flags)
7. Be able to make decisions on modality for imaging examination
8. Be able to put the imaging description into a clinical context
9. Be able to give a diagnosis according to the biopsychosocial perspective of LBP
10. Be able to disseminate the diagnosis in a comprehensible way to the individual
11. Be able to communicate any limitations in functioning following from the diagnosis to the individual, the employer, insurer and others – or mitigate unnecessary limitations imposed by the individual himself/herself

### SESSION 1 DIAGNOSTICS AND PHYSICAL EXAMINATION

- 1.1 Understand the practical utility of diagnostics (Red Flags/Yellow Flags/Other Flags)
- 1.2 Understand cultural differences between professions may lead to different terms that probably express the same
- 1.3 Appreciate the impact of comorbidity on persistent back and/or neck pain in adult age
- 1.4 Discuss how to make a diagnosis and how this impacts on treatment recommendations according to training and practice
- 1.5 Understand the utility and limitations of patient history and physical examination – aims and purposes what does the clinician need to know
- 1.6 Conduct a physical examination i.e. orthopaedic and neurological examination
- 1.7 Understand how the biopsychosocial model differ from other models of understanding back pain

## **SESSION 2 IMAGING**

- 2.1 Summarize clinical use of imaging
- 2.2 Discuss what, when, and why do we need x-ray and/or imaging
- 2.3 Discuss interpretation of imaging based on vignettes
- 2.4 Reflect on the utility and limitations of imaging examinations

## **SESSION 3 ROLE PLAY**

- 3.1 Perform the following
  - Uptake of a systematic anamnesis
  - Physical examination, orthopaedic and neurological examination
  - Discuss referral for imaging
  - Understand the impact of co-morbidity for recovery
  - Make a conclusive assessment
- 3.2 Discuss core issues for patient history taking and physical examination

## **Management of Spinal Pain (Day 2)**

### **SESSION 4 CLINICAL PATHWAYS**

- 4.1 Identify the clinical pathway for the management of a) 'non-specific back pain' and b) radiculopathy in their country, and explain how these differ to other European pathways

### **SESSION 5 SHARED DECISION-MAKING**

- 5.1 Evaluate participants shared decision-making skills, scoring an audio-recorded consultation with the OPTION tool

### **SESSION 6 STRATIFIED CARE**

- 6.1 Explain the benefits of stratified care and identify the 3 subgroups (low, medium and high risk of poor outcome) using the STarT Back Screening Tool

### **SESSION 7 QUICK FIRE TASK & DISCUSSION**

- 7.1 Design a plan of early and long-term management based on the risk of poor outcome, including self-management advice for a person with spinal pain

### **SESSION 8 EVALUATING THE EVIDENCE BASE FOR PATIENTS WITH AND WITHOUT RADICULOPATHY**

- 8.1 Using the evidence base for spine interventions, identify treatment preferences for patients experiencing spinal pain with and without radiculopathy

## INSTRUCTIONAL METHODS

### Pre-learning & e-learning activities

#### Assessment & Diagnosis

- Preparatory readings: Read the articles listed in the Ressource section below
- E-learning methods: Watch the following video prior to the course:  
<https://www.youtube.com/watch?v=BOjTegn9RuY>

#### Management of spinal Pain

- Preparatory reading: Search and identify the clinical pathway for the management of non-specific back pain and radiculopathy in the learner's own country and compare it to other pathways eg. UK [outcome 1]
- Audio-record a consultation with a patient consulting with spine pain (with their consent) [outcome 2]
- Watch a short presentation showing how to score the shared decision-making that took place using the OPTION tool [outcome 2]
- Watch a 9-minute video <https://www.keele.ac.uk/sbst/clinician/> outlining the STarT Back Screening Tool and how to score it and identify the 3 subgroups [outcome 3].
- Classroom teaching: Interactive lectures [outcomes 1, 2, 3, 6]
- Facilitated group discussions based on case examples [outcomes 4, 5 & 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

### Assessment and diagnosis

#### MINIMUM REQUIREMENT

- Cedraschi C, Nordin M, Haldeman S, Randhawa K, Kopansky-Giles D, Johnson CD, Chou R, Hurwitz EL, Côté P. The Global Spine Care Initiative: a narrative review of psychological and social issues in back pain in low-and middle-income communities. *European Spine Journal*. 2018 Jan 27:1-0.
- Hartvigsen J, Hancock MJ, Kongsted A, Louw Q, Ferreira ML, Genevay S, Hoy D, Karppinen J, Pransky G, Sieper J, Smeets RJ. What low back pain is and why we need to pay attention. *The Lancet*. 2018 Mar 21.
- Nordin M, Randhawa K, Torres P, Yu H, Haldeman S, Côté P, Torres C, Modic M, Mullerpatan R, Cedraschi C, Chou R. The Global Spine Care Initiative: a systematic review for the assessment of spine-related complaints in populations with limited resources and in low-and middle-income communities. *European Spine Journal*. 2018 Feb 28:1-2.

### Management of spinal Pain

#### MINIMUM REQUIREMENT

- Elwyn G, Hutchings H, Edwards A, Rapport F, Wensing M, Cheung WY et al (2005) The OPTION scale: measuring the extent that clinicians involve patients in decision-making tasks. *Health Expect* 8(1):34–42

#### SUPPLEMENTARY

- NHS England National Pathway of Care for Low Back and Radicular Pain: [https://docs.wixstatic.com/ugd/dd7c8a\\_5adf479cb66b4e8ba547fbdcd9dcc6e5.pdf](https://docs.wixstatic.com/ugd/dd7c8a_5adf479cb66b4e8ba547fbdcd9dcc6e5.pdf)
- STarT Back Screening Tool: 9-minute video: <https://www.keele.ac.uk/sbst/clinician/>

#### EXTENDED LEVEL

- National Institute for Health and Care Excellence: Low back pain and sciatica in over 16s: assessment and management. Guidelines available from: <https://www.nice.org.uk/guidance/ng59>
- STarT Back Screening Tool and how to score it and identify the 3 subgroups: For further information on the tool, see: <https://www.keele.ac.uk/sbst/startbacktool/usingandscoreing/>  
<https://www.sciencedirect.com/science/article/pii/S0140673611609379>

## **COURSE CHAIRS**

<b>LISA ROBERTS</b>	<b>PHYSIOTHERAPIST, SOUTHAMPTON, UNITED KINGDOM</b>
<b>ERIK L. WERNER</b>	<b>PRIMARY CARE SPECIALIST, OSLO, NORWAY</b>

## **FACULTY**

<b>CHRISTINE CEDRASCHI</b>	<b>PSYCHOLOGIST, GENEVA, SWITZERLAND</b>
<b>PIERRE CÔTÉ</b>	<b>EPIDEMIOLOGIST, TORONTO, CANADA</b>
<b>STEPHANE GENEVAY</b>	<b>RHEUMATOLOGIST, GENEVA, SWITZERLAND</b>
<b>OLIVIER LANLO</b>	<b>CHIROPRACTOR, TOULOUSE, FRANCE</b>
<b>STEVEN VOGEL</b>	<b>OSTEOPATH, LONDON, UNITED KINGDOM</b>
<b>ALBERTO ZERBI</b>	<b>RADIOLOGIST, MILANO, ITALY</b>

**SCIENTIFIC PROGRAMME**  
**ASSESSMENT, DIAGNOSIS AND MANAGEMENT OF SPINAL PAIN**  
**THURSDAY, 14 JANUARY 2021**  
**COURSE ATTENDANCE IS MANDATORY**

TIME	TOPIC	FACULTY
07:30-08:00	Participants' check-in and welcome	
08:00-08:10	Introduction	Erik L. Werner
<b>SESSION 1 DIAGNOSTICS &amp; PHYSICAL EXAMINATION</b>		
08:10-08:30	Diagnostics and classification	Erik L. Werner
08:30-09:15	What makes a good diagnostic test? Including plenary discussion	Pierre Côté
09:15-09:45	Assessments, including red flags Different professions – different assessments?	Olivier Lanlo
09:45-10:00	Comorbidity– as part of the assessment and possibly impacting on the outcome	Erik L. Werner
<b>Coffee Break 30 min</b>		
10:30-11:15	The biopsychosocial model – what is it, what does it mean for the understanding of back pain?	Christine Cedraschi
11:15-11:45	The patient's perspective: how does the medical history and the patient's perception impact on our understanding of his/her pain?	Olivier Lanlo
11:45-12:30	Workshop – participants divided into interprofessional groups to discuss classification and understanding based on vignettes	All faculty
<b>Lunch Break 45 min</b>		
<b>SESSION 2 IMAGING</b>		
13:15-13:45	Imaging – when to refer to imaging and which modalities to use?	Alberto Zerbi
13:45-14:00	What are the evidence on imaging on unspecific back pain?	Erik L. Werner
13:45-14:45	Plenary discussion on the use of imaging diagnostics	All faculty
<b>Coffee Break 30 min</b>		
<b>SESSION 3 WORKSHOP</b>		
15:15-16:15	Workshop – participants divided into interprofessional groups to discuss assessment and communication based on one video vignette ELW /stepwise followed by plenary discussion for each step	All faculty
16:15-16:30	Summary and adjourn	
<b>End of day 1</b>		



**SCIENTIFIC PROGRAMME  
MANAGEMENT OF SPINAL PAIN  
FRIDAY, 15 JANUARY 2021  
COURSE ATTENDANCE IS MANDATORY**

TIME	TOPIC	FACULTY
07:30 - 08:00	Course Registration and Welcome Coffee	
08:00 - 08:10	Course Introduction	Lisa Roberts
<b>SESSION 4 CLINICAL PATHWAYS</b>		
08:10 - 08:30	Lecture: Outlining clinical pathways for spinal pain	Steven Vogel
08:30 - 09:00	Facilitated group discussion1: Variations in pathways	
<b>SESSION 5 SHARED DECISION-MAKING</b>		
09:00 - 09:30	Lecture: Shared decision-making (SDM)	Lisa Roberts
09:15 - 10:15	Reflection on OPTION task and facilitated discussion on how to enhance SDM2	
10:15 - 10:30	Outline of assessment of module: What is required with opportunity for questions	Lisa Roberts
<b>Coffee Break 30 min</b>		
<b>SESSION 6 STRATIFIED CARE</b>		
11:00 - 11:15	Lecture: Stratified care	Steven Vogel
11:15 - 12:00	Early and late treatment plans Group case study using stratified care3	
<b>SESSION 7 QUICK FIRE TASK &amp; DISCUSSION</b>		
12:00 - 12:30	Advice for self-management4	Lisa Roberts
<b>Lunch Break 60 min</b>		
<b>SESSION 8 EVALUATING THE EVIDENCE BASE FOR PATIENTS WITH AND WITHOUT RADICULOPATHY</b>		
13:30 - 13:45	Outline the task and 4 brief case studies	Stephane Genevay
13:45 - 14:45	Small group discussions to rank evidence of treatment approaches for the case studies5	Stephane Genevay + Faculty
14:45-15:15	Plenary discussion	Stephane Genevay
<b>SESSION 9 SUMMARY</b>		
15.15 – 15.30	Complete module evaluation	Lisa Roberts
<b>END of module</b>		

## CONTACTS

### **EUROSPINE, the Spine Society of Europe**

Seefeldstrasse 16  
8610 Uster  
Switzerland  
[www.eurospine.org](http://www.eurospine.org)  
[www.eurospinemeeting.com](http://www.eurospinemeeting.com)

Follow us on:

[www.eurospinemeeting.org](http://www.eurospinemeeting.org)

[facebook.com/EUROSPINE](https://facebook.com/EUROSPINE)

[twitter.com/EUROSPINESoc](https://twitter.com/EUROSPINESoc)

[youtube.com/EUROSPINE](https://youtube.com/EUROSPINE)

## COURSE ORGANISATION

Julie-Lyn Noël, MD, MBA  
Director of Education and Research  
E: [noel@eurospine.org](mailto:noel@eurospine.org)  
T: +41 76 417 90 03

Sandy Sutter  
Manager of Education and Research  
E: [sutter@eurospine.org](mailto:sutter@eurospine.org)  
T: +41 79 316 92 78

## SCIENTIFIC CONTENT

Lisa Roberts, PhD, PT & Erik Werner, MD, 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