



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

**MODULE 5:
THE AGING PATIENT SEEKING SPINAL CARE:
ASSESSMENT, DIAGNOSIS, AND
MANAGEMENT**

11-12 January 2021

PRELIMINARY PROGRAMME

QUICK FACTS

WHEN:	11-12 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: €400 Non-member: €600
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

- Enable the learners to understand the individual and societal impact of aging and to understand the older patients' needs when seeking care for spine symptoms.
- Enable the learners to be knowledgeable about normal ageing of the spine and loss of health including frailty and the common comorbidities that affect health outcomes in older subjects with spine pain
- Enable learners to perform a complete bio-psycho-social history and a physical examination adapted to older patients
- Enable learners to understand the need for referral to imaging, specialty test or specialist consultations
- Understand the radiologists' descriptions of the old spine appropriately.
- Enable the learners to plan an evidence-based treatment plan adapted to the older people for different common spine conditions (common low back pain, osteoporosis, spinal stenosis, inflammatory diseases, fractures, tumours, etc.)

LEARNING OUTCOMES

Upon successful completion of this module, learners should:

1. Recognise spinal pathologies in older patients
2. Gather relevant information during the clinical encounter using validated tools to assess function and pain related to spine problems and general health.
3. Perform a physical examination in a way adapted to the older patient.
4. Make appropriate referral recommendations following differential diagnosis and acknowledgment of comorbidities
5. Design a plan of management including the patient's preferences, self-management techniques and bearing in mind the specificities of the older patients (risk-benefits). As a lack of evidence may be expected in several issues, focus on avoiding « dangerous » decisions may be an acceptable alternative (best evidence possible).
6. Informing the patient, the family and the carers about the prognosis, management and ongoing care needs.

PRELEARNING

The aim of the pre-learning material is to provide learners with

- An overview of the societal structure focused on the aged categories

SESSION 1 OVERVIEW OF AGING

- 1.1 Understand key demographic concepts (demographical and epidemiological transition).
- 1.2 Describe the frequency and impact of back pain in aged populations.
- 1.3 Explain the relevance of the structural changes in the anatomical structures linked with ageing (i.e. muscles and bone)
- 1.4 Specify the factors influencing the previously discussed modifications.
- 1.5 4 Acquire a better global view of aged patients.

SESSION 2 CLINICAL WORK-UP

- 2.1 Determine how to deal with an aged patient taking into account the psychological, cognitive, physical and sensory characteristics of the patient as well as the frequent spinal pathologies and comorbidities.
- 2.2 Recognise the appropriate assessment tools.
- 2.3 Determine the most common pathologies in old age that may present with back pain.
- 2.4 Describe the systemic/specific pathologies that may present with back pain in older people.
- 2.5 Explain the prevalence of incidental findings as well as the diagnostic efficacy of the different imaging techniques/strategies

SESSION 3 BACK PROBLEMS IN OLDER PEOPLE

- 3.1 Describe the frequency, relevance and management of the most frequent deformities of the elderly.
- 3.2 Describe the normal muscles and muscle function in the aged patients as well as the role of back muscles in relation with back pain and the differential diagnosis of such abnormalities.
- 3.3 Explain and provide an overview of common bone pathologies and specially of vertebral fractures , their complications and evolution.

SESSION 4 POSTER PROJECT

SESSION 5 NON-SURGICAL CLINICAL MANAGEMENT

- 5.1 Define general strategies based on the evaluation of the patients focusing on clinically relevant information specific for aged patients.
- 5.2 Describe comorbidities scales and their use.
- 5.3 Adapt the therapeutic projects to the holistic evaluation of such patients in a realistic manner

SESSION 6 SPECIFIC THERAPIES AND TREATMENTS

- 6.1 Describe and provide an overview of the non invasive self-management approaches for the treatment of back pain in these categories of age.
- 6.2 Determine the evidence available concerning spinal rehabilitation programmes.
- 6.3 Determine the evidence available concerning other physical therapy techniques.
- 6.4 Describe the different forms of manual therapy with focus on the EBM approach for elderly.
- 6.5 Determine the evidence available concerning these treatments in elderly patients.

SESSION 7 PHARMACOLOGIC TREATMENTS

- 7.1 Determine what would be appropriate in terms of pharmacologic management of pain in elderly patients
- 7.2 Determine the evidence available for the pharmacologic strategies as well as for the more invasive procedures

SESSION 8 INJECTIONS

- 8.1 Describe specific risks and benefits of these treatments in the elderly.

SESSION 9 SURGICAL REFERRALS

- 9.1 Demonstrate improved surgical referrals
- 9.2 Explain the risks and benefits of surgery in these category of patients.

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: Online case studies

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.

EDUCATIONAL ACTIVITIES

- Pre-learning activities: Preparatory readings.
 - Learners will be provided literature (1 highly relevant reference) to read ahead of the meetings in the module. Upon completion of this part of the module, learners will be familiar with the concepts and the terminology of geriatric spinal pathologies, motivated and able to follow the module.
- Classroom teaching
 - The most relevant topics will have a short (20-30') plenary introduction as a lecture given by one of the faculty members. The introduction will provide an overview of the theme based on the literature. As much as possible more interactive lectures such as group discussion or case discussion will be used.
- Workshops: Facilitated group discussions and Case studies
 - Following each introduction the learners will be divided into workshop groups to discuss the translation of the theoretical learning into practice. Role-plays and physical examination on each other may be performed. According to budget possibilities, clinical interaction with an geriatric patient (e.g. : a specialized actor). To better understand aging, techniques like simulation reality (blurry vision, balance problems, reduced hearing, etc.) may be used
- E-learning methods: Online case studies
 - To be explored

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

COMPULSORY READINGS

- TBA

RECOMMENDED READINGS

- TBA

PRELEARNING (E-LEARNING)

- Overview of aging: definitions, pyramids of age, economic consequences, financial resources, comorbidities, concern for the future
- World report on ageing and health
(http://apps.who.int/iris/bitstream/handle/10665/186463/9789240694811_eng.pdf;jsessionid=62CE6899BBBF304E887FB458EA0977FA?sequence=1)
- Each group gets one paper to read – basis for poster-preparation for GALLERY WALK (end of day 1)

COURSE CHAIR

RENATE PETTERSEN	GERIATRICIAN, BERGEN, NORWAY
ERIK WERNER	PRIMARY CARE SPECIALIST, OSLO, NORWAY

FACULTY

RICHARD BROWN	CHIROPRACTOR, GLOUCESTERSHIRE, UNITED KINGDOM
CHRISTINE CEDRASCHI	PSYCHOLOGIST, GENEVA, SWITZERLAND
STEPHANE GENEVAY	RHEUMATOLOGIST, GENEVA, SWITZERLAND
FRANÇOIS HERRMANN	GERIATRICIAN, GENEVA, SWITZERLAND
OLIVIER LANLO	CHIROPRACTOR, TOULOUSE, FRANCE
ELISABETH RYDWIK	GERIATRICIAN, BASEL, SWITZERLAND
OPINDER SAHOTA	GERIATRICIAN, NOTTINGHAM, UNITED KINGDOM
DAMIANO SALVI	OCCUPATIONAL THERAPIST, LAUSANNE, SWITZERLAND
ALBERTO ZERBI	RADIOLOGIST, MILANO, ITALY

SCIENTIFIC PROGRAMME
THE AGING PATIENT SEEKING SPINAL CARE
MONDAY, 11 JANUARY 2021
COURSE ATTENDANCE IS MANDATORY

TIME	TOPIC	FACULTY
07:30-08:00	Course Registration and Welcome Coffee	
08:00-08:15	Course Introduction	Renate Pettersen
SESSION 1 OVERVIEW OF AGING		
08:15-08:45	Introduction: epidemiology and impact of back pain in aged populations	François Herrmann
08:45-09:15	Natural history of the ageing spine: ageing of bone, discs, facets, muscles and ligaments	Opinder Sahota
9:15-10:00	Most common causes of back pain in older people. Specificities of the geriatric clinical encounter: central concepts (comorbidity, functional ability, frailty)	Renate Pettersen
Coffee Break 30 min		
SESSION 2 CLINICAL WORK-UP		
10:30 – 11:00	Assessing frailty: demonstration of useful tools	Renate Pettersen
11:00 – 12:30	Workshop for interdisciplinary groups: Clinical cases highlighting important back problems in older people. Final plenary presentation and discussions	Erik Werner, Opinder Sahota, Renate Pettersen
Lunch Break 60 min		
SESSION 3 BACK PROBLEMS IN OLDER PEOPLE		
13:30 – 14:00	The role of imaging in diagnosis	Alberto Zerbi
14:00 – 15:00	Osteoporotic vertebral fractures and their clinical consequences: choosing the optimal management. Lecture and case- based discussions	Opinder Sahota
15:00 – 16:00	Spinal stenosis. Lecture and case- based discussions	Tim Pigott
Coffee Break 30 min		
SESSION 4: POSTER PROJECT		
16:20 – 16:30	Wrap-up of day. Introduction and briefing before start of poster preparation for Gallery Walk on Day 2 (interdisciplinary groups from Session 2)	Renate Pettersen
16:30 – 18:00	Each group prepares one poster to illustrate the main message of a scientific paper (papers will be provided)	Group activity
End of Day 1		

**SCIENTIFIC PROGRAMME
THE AGING PATIENT SEEKING SPINAL CARE
TUESDAY, 12 JANUARY 2021
COURSE ATTENDANCE IS MANDATORY**

TIME	TOPIC	FACULTY
SESSION 5 NON-SURGICAL CLINICAL MANAGEMENT		
08:30-08:50	Prevention: primary (decrease in incidence), secondary (decrease impact and consequences), tertiary (long term management) and quaternary (palliative care)	Erik Werner
08:50-09:20	Indications, contraindications and limitations of therapeutic options; what is the evidence for older patients? (incl. massage, stretching, orthosis)	François Herrmann
9:20-9:40	Learners discussion with the teachers	Erik Werner and François Herrmann
Coffee Break 20 min		
SESSION 6 SPECIFIC THERAPIES AND TREATMENTS		
10:00-10:30	Psychological therapies: motivation, coping, relaxation, self-exercises, etc.	Christine Cedraschi
10:30-11:00	Spinal rehabilitation: the physiotherapist's approach	Elisabeth Rydwik
11:00-11:30	Spinal rehabilitation: the occupational therapist's approach	Damiano Salvi
11:30 – 12:10	Workshop (profession-specific groups)-one case: management possibilities	Elisabeth Rydwik, Damiano Salvi, Erik Werner, Christine Cedraschi, Olivier Lanlo and Richard Brown
12:10 – 12:30	Workshop: plenary presentation (profession-specific groups)	All
Lunch Break 60 min		
SESSION 7 PHARMACOLOGIC TREATMENTS		
13:30-14:00	Lecture: Assessment of pain and medication for pain management in older patients. Pharmacological treatment of osteoporosis. Compliance issues. Polypharmacy	Renate Pettersen
14:00 – 15:15	GALLERY WALK: POSTER PRESENTATION	All

THE AGING PATIENT SEEKING SPINAL CARE

TUESDAY, 12 JANUARY 2021

COURSE ATTENDANCE IS MANDATORY

TIME	TOPIC	FACULTY
SESSION 8 INJECTIONS		
15:45-16:00	Injections: epidural, facets	Stephane Genevay
SESSION 9 SURGICAL REFERRALS		
16:00 – 16:30	Some surgical aspects: indications, risks and benefits, anesthetic challenges.	Tim Pigott
16:30 – 17:00	Case-based discussion: 2 cases	Tim Pigott
SESSION 10 SUMMARY		
17:00-17:15	Wrap up	All faculty
17:15-17:30	Assessment and Feedback Evaluation	
17:30	END OF MODULE	



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
E: noel@eurospine.org
T: +41 76 417 90 03

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

SCIENTIFIC CONTENT

Renate Pettersen, MD, PhD
Course Chair

Erik Werner, MD, PhD
Course co-chair

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