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

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.
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 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.
  o 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
  o 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
  o 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
  o 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

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>RENATE PETTERSEN</td>
<td>GERIATRICIAN</td>
<td>BERGEN, NORWAY</td>
</tr>
<tr>
<td>ERIK WERNER</td>
<td>PRIMARY CARE SPECIALIST</td>
<td>OSLO, NORWAY</td>
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## FACULTY

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
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<tbody>
<tr>
<td>RICHARD BROWN</td>
<td>CHIROPRACTOR</td>
<td>GLOUCESTERSHIRE, UNITED KINGDOM</td>
</tr>
<tr>
<td>CHRISTINE CEDRASCHI</td>
<td>PSYCHOLOGIST</td>
<td>GENEVA, SWITZERLAND</td>
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<tr>
<td>STEPHANE GENEVAY</td>
<td>RHEUMATOLOGIST</td>
<td>GENEVA, SWITZERLAND</td>
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<tr>
<td>FRANÇOIS HERRMANN</td>
<td>GERIATRICIAN</td>
<td>GENEVA, SWITZERLAND</td>
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<tr>
<td>OLIVIER LANLO</td>
<td>CHIROPRACTOR</td>
<td>TOULOUSE, FRANCE</td>
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<tr>
<td>ELISABETH RYDWIK</td>
<td>GERIATRICIAN</td>
<td>BASEL, SWITZERLAND</td>
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<tr>
<td>OPINDER SAHOTA</td>
<td>GERIATRICIAN</td>
<td>NOTTINGHAM, UNITED KINGDOM</td>
</tr>
<tr>
<td>DAMIANO SALVI</td>
<td>OCCUPATIONAL THERAPIST</td>
<td>LAUSANNE, SWITZERLAND</td>
</tr>
<tr>
<td>ALBERTO ZERBI</td>
<td>RADIOLOGIST</td>
<td>MILANO, ITALY</td>
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# SCIENTIFIC PROGRAMME

**THE AGING PATIENT SEEKING SPINAL CARE**

**MONDAY, 11 JANUARY 2021**

*COURSE ATTENDANCE IS MANDATORY*

<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
<th>FACULTY</th>
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<tbody>
<tr>
<td>07:30-08:00</td>
<td>Course Registration and Welcome Coffee</td>
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<tr>
<td>08:00-08:15</td>
<td>Course Introduction</td>
<td>Renate Pettersen</td>
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## SESSION 1 OVERVIEW OF AGING

<table>
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<tr>
<th>TIME</th>
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<th>FACULTY</th>
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<tbody>
<tr>
<td>08:15-08:45</td>
<td>Introduction: epidemiology and impact of back pain in aged populations</td>
<td>François Herrmann</td>
</tr>
<tr>
<td>08:45-09:15</td>
<td>Natural history of the ageing spine: ageing of bone, discs, facets, muscles and ligaments</td>
<td>Opinder Sahota</td>
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<tr>
<td>09:15-10:00</td>
<td>Most common causes of back pain in older people. Specificities of the geriatric clinical encounter: central concepts (comorbidity, functional ability, frailty)</td>
<td>Renate Pettersen</td>
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**Coffee Break 30 min**

## SESSION 2 CLINICAL WORK-UP

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<tr>
<th>TIME</th>
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<tbody>
<tr>
<td>10:30 – 11:00</td>
<td>Assessing frailty: demonstration of useful tools</td>
<td>Renate Pettersen</td>
</tr>
<tr>
<td>11:00 – 12:30</td>
<td>Workshop for interdisciplinary groups: Clinical cases highlighting important back problems in older people. Final plenary presentation and discussions</td>
<td>Erik Werner, Opinder Sahota, Renate Pettersen</td>
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</tbody>
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**Lunch Break 60 min**

## SESSION 3 BACK PROBLEMS IN OLDER PEOPLE

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<tr>
<th>TIME</th>
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<th>FACULTY</th>
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<tbody>
<tr>
<td>13:30 – 14:00</td>
<td>The role of imaging in diagnosis</td>
<td>Alberto Zerbi</td>
</tr>
<tr>
<td>14:00 – 15:00</td>
<td>Osteoporotic vertebral fractures and their clinical consequences: choosing the optimal management. Lecture and case- based discussions</td>
<td>Opinder Sahota</td>
</tr>
<tr>
<td>15:00 – 16:00</td>
<td>Spinal stenosis. Lecture and case- based discussions</td>
<td>Tim Pigott</td>
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**Coffee Break 30 min**

## SESSION 4: POSTER PROJECT

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<tr>
<th>TIME</th>
<th>TOPIC</th>
<th>FACULTY</th>
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<tbody>
<tr>
<td>16:20 – 16:30</td>
<td>Wrap-up of day. Introduction and briefing before start of poster preparation for Gallery Walk on Day 2 (interdisciplinary groups from Session 2)</td>
<td>Renate Pettersen</td>
</tr>
<tr>
<td>16:30 – 18:00</td>
<td>Each group prepares one poster to illustrate the main message of a scientific paper (papers will be provided)</td>
<td>Group activity</td>
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# SCIENTIFIC PROGRAMME

**THE AGING PATIENT SEEKING SPINAL CARE**

**TUESDAY, 12 JANUARY 2021**

**COURSE ATTENDANCE IS MANDATORY**

<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
<th>FACULTY</th>
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<tbody>
<tr>
<td>08:30-08:50</td>
<td>Prevention: primary (decrease in incidence), secondary (decrease impact and consequences), tertiary (long term management) and quaternary (palliative care)</td>
<td>Erik Werner</td>
</tr>
<tr>
<td>08:50-09:20</td>
<td>Indications, contraindications and limitations of therapeutic options; what is the evidence for older patients? (incl. massage, stretching, orthosis)</td>
<td>François Herrmann</td>
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<tr>
<td>09:20-09:40</td>
<td>Learners discussion with the teachers</td>
<td>Erik Werner and François Herrmann</td>
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<td><strong>Coffee Break 20 min</strong></td>
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<tr>
<td>10:00-10:30</td>
<td>Psychological therapies: motivation, coping, relaxation, self-exercises, etc.</td>
<td>Christine Cedraschi</td>
</tr>
<tr>
<td>10:30-11:00</td>
<td>Spinal rehabilitation: the physiotherapist’s approach</td>
<td>Elisabeth Rydwik</td>
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<tr>
<td>11:00-11:30</td>
<td>Spinal rehabilitation: the occupational therapist’s approach</td>
<td>Damiano Salvi</td>
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<tr>
<td>11:30 – 12:10</td>
<td>Workshop (profession-specific groups)-one case: management possibilities</td>
<td>Elisabeth Rydwik, Damiano Salvi, Erik Werner, Christine Cedraschi, Olivier Lanlo and Richard Brown</td>
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<tr>
<td>12:10 – 12:30</td>
<td>Workshop: plenary presentation (profession-specific groups)</td>
<td>All</td>
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<td><strong>Lunch Break 60 min</strong></td>
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<tr>
<td>14:00 – 15:15</td>
<td><strong>GALLERY WALK: POSTER PRESENTATION</strong></td>
<td>All</td>
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# THE AGING PATIENT SEEKING SPINAL CARE

**Tuesday, 12 January 2021**

**Course Attendance is Mandatory**

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<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Faculty</th>
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<tbody>
<tr>
<td>15:45-16:00</td>
<td>Injections: epidural, facets</td>
<td>Stephane Genevay</td>
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<tr>
<td><strong>SESSION 8 INJECTIONS</strong></td>
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<tr>
<td>16:00 – 16:30</td>
<td>Some surgical aspects: indications, risks and benefits, anesthetic challenges.</td>
<td>Tim Pigott</td>
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<tr>
<td>16:30 – 17:00</td>
<td>Case-based discussion: 2 cases</td>
<td>Tim Pigott</td>
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<tr>
<td><strong>SESSION 9 SURGICAL REFERRALS</strong></td>
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<tr>
<td>17:00-17:15</td>
<td>Wrap up</td>
<td>All faculty</td>
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<tr>
<td>17:15-17:30</td>
<td>Assessment and Feedback Evaluation</td>
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<tr>
<td>17:30</td>
<td><strong>END OF MODULE</strong></td>
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CONTACTS

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COURSE ORGANISATION

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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