



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

MODULE 6

**SPINAL DEFORMITIES:
SCOLIOSIS DURING GROWTH &
OTHER DEFORMITIES ACROSS THE LIFE
COURSE**

13-14 January 2021

PRELIMINARY PROGRAMME

QUICK FACTS

WHEN:	13-14 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:	30 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

Acquire basic knowledge on the evaluation and management of spinal deformities during growth.

LEARNING OUTCOMES

Upon successful completion of this module, learners should:

1. Diagnose spinal deformities
2. Define the prognosis of spinal deformities
3. Plan and manage a conservative and rehabilitation treatment for spinal deformities.
4. Recognise the limits and contraindications for a conservative treatment for spinal deformities

PRELEARNING

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

- Basic knowledge on the current theories and data concerning the aetiology of scoliosis and secondary scoliosis.
- Basic knowledge on the risks and problems connected to scoliosis during growth
- Basic knowledge on how to measure radiographies, when to request further imaging exams
- Basic knowledge on the current literature and scientific background of scoliosis conservative treatment

SESSION 1 CLINICAL EVALUATION

- 1.1 Evaluate a patient with scoliosis, define diagnosis and prognosis
- 1.2 Measure radiographies, and recognise when to request further imaging examinations

SESSION 2 PATIENT MANAGEMENT

- 2.1 Manage patient's and patient's family expectations
- 2.2 Advise on the impact of treatment on activities of daily living
- 2.3 Understand principles of cognitive behavioural approach and psychological-informed practice
- 2.4 Recognise the role of a case-manager
- 2.5 Recognise when to refer and to whom
- 2.6 To understand the role of each member in an interprofessional team.

SESSION 3 CONSERVATIVE TREATMENTS

- 3.1 List different kinds of braces available and their features and indications
- 3.2 Understand the basic principles of Physiotherapy Scoliosis Specific Exercises (PSSE)

SESSION 4 SPINAL PAIN DURING GROWTH

- 4.1 Describe how children and adolescents with spinal pain differ from adults
- 4.2 Describe specific diagnosis and specific approaches to the most common causes of spinal pain during growth and their limits
- 4.4 Describe psychosocial issues of spinal pain during growth.
- 4.5 Reassure and manage families and young patients' expectations
- 4.6 Demonstrate how to manage cases with multiple spinal problem choosing the right tools

SESSION 5 ADULT SPINAL DEFORMITIES

5.1 Describe the issues and natural history of the most common spinal deformities.

5.2 Demonstrate how to manage the conservative approaches for adults with spinal deformities and when to refer for surgery.

INSTRUCTIONAL METHODS

The following instructional methods will be employed in the teaching of this module:

- Pre-learning activities: Preparatory readings and online lectures.
- Classroom teaching: Interactive lectures that extends from theory to case-studies
- Workshops: Facilitated group discussions and Case studies
- E-learning methods: Online case studies and lectures

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 to read ahead of the meetings in the module
- Classroom teaching
 - Each of the subjects mentioned above will have a short 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.
- 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.
- E-learning methods: Online case studies
 - Participants will be required to go through online case studies.

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

- Di Felice F, Zaina F, Donzelli S, Negrini S, The Natural History of Idiopathic Scoliosis During Growth A Meta-Analysis, *American Journal of Physical Medicine & Rehabilitation* 2018;97:346–356.
- Zaina F, Atanasio S, Ferraro C, Fusco C, Negrini A, Romano M, Negrini S, Review of rehabilitation and orthopedic conservative approach to sagittal plane diseases during growth: hyperkyphosis, junctional kyphosis, and Scheuermann disease, *EUR J Phys Rehabil Med* 2009;45:595-603
- Negrini S, Minozzi S, Bettany-Saltikov J, Chockalingam N, Grivas TB, Kotwicki T, Maruyama T, Romano M, Zaina F, Braces for idiopathic scoliosis in adolescents (Review), *Cochrane Database of Systematic Reviews* 2015, Issue 6. Art. No.: CD006850. DOI: 10.1002/14651858.CD006850.pub3.

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RECOMMENDED READINGS

- Balagué F, Pellisé F, Adolescent idiopathic scoliosis and back pain, *Scoliosis and Spinal Disorders* (2016) 11:27 DOI 10.1186/s13013-016-0086-7
- Weinstein S, Dolan L, Wright J, Dobbs M, Effects of Bracing in Adolescents with Idiopathic Scoliosis, *N Engl J Med* 2013. DOI: 10.1056/NEJMoa1307337
- Negrini S, Donzelli S, Aulisa A, Czaprowski D, Schreiber S, de Mauroy JC, Diers H, Grivas T, Knott P, Kotwicki T, Lebel A, Marti C, Maruyama T, O'Brien J, Price N, Parent E, Rigo M, Romano M, Stikeleather L, Wynne J, Fabio Zaina F, 2016 SOSORT guidelines: orthopaedic and rehabilitation treatment of idiopathic scoliosis during growth, *Scoliosis and Spinal Disorders* (2018) 13:3 DOI 10.1186/s13013-017-0145-8

PRELEARNING (E-LEARNING)

1. Definition, aethiology, pathogenesis and risk factors (yellow flags), F. Zaina (20')
2. Natural History, epidemiology and classification, S. Donzelli (20')
3. Radiological assessment and radiology doses, A. Zerbi (20')
4. Evidence about the conservative treatment, P. Coté (20')

COURSE CHAIRMAN

FABIO ZAINA	PHYSIATRIST, PAVIA, ITALY
ALBERTO ZERBI	RADIOLOGIST, MILAN, ITALY

FACULTY

PIERRE CÔTÉ (ELEARNING)	EPIDEMIOLOGIST, TORONTO CANADA
ELISABETTA D'AGATA	PSYCHOLOGIST, BARCELONA, SPAIN
SABRINA DONZELLI	PHYSIATRIST, MILAN, ITALY
NIKOS KARAVIDAS	PHYSIOTHERAPIST, ATHENS, GREECE
ANTONIA MATAMALAS	SPINE SURGEON, BARCELONA, SPAIN
EVERARD MUNTING	SPINE SURGEON, OTTIGNES, BELGIUM

SCIENTIFIC PROGRAMME
SPINAL DEFORMITIES
WEDNESDAY, 13 JANUARY 2021
COURSE ATTENDANCE IS MANDATORY

TIME	TOPIC	FACULTY
07:30-08:00	Course Registration and Welcome Coffee	
08:00-08:10	Course Introduction	Fabio Zaina
SESSION 1 CLINICAL EVALUATION		
08:10-09:00	Clinical evaluation and diagnosis (red flags) with clinical cases	Sabrina Donzelli
09:00-9:30	Radiological Evaluation	Alberto Zerbi
09:30-10:00	Radiological Evaluation: practical exercises	Alberto Zerbi
Coffee Break 20 min		
SESSION 2 PATIENT MANAGEMENT		
10:20-11:00	Treatment guidelines	Fabio Zaina
11:00-11:30	QoL and psychological issues in scoliosis treatment	Elisabetta D'Agata
11:30-12:00	Clinical Protocols: idiopathic vs secondary scoliosis	Sabrina Donzelli
12:00 -12:30	Exercise approach to scoliosis	Nikos Karavidas
Lunch Break 60 min		
SESSION 3 CONSERVATIVE TREATMENTS		
13:30- 14:00	Bracing approach to scoliosis	Fabio Zaina
14:00-15:00	Scoliosis: clinical cases (group work with demonstration)	Fabio Zaina
Coffee Break 20 min		
SESSION 4 SPINAL PAIN DURING GROWTH		
15:20-16:00	Spinal pain during growth: general considerations and clinical cases	Antonia Matamalas
16:00-16:30	The psychological burden of spinal pain during growth	Elisabetta D'Agata
16:30-17:30	Spondylolisthesis, Scheuermann disease and other cause of spinal pain during growth: diagnosis and clinical approach	Antonia Matamalas
17:30	END OF DAY 1	

**SCIENTIFIC PROGRAMME
SPINAL DEFORMITIES
THURSDAY, 14 JANUARY 2021
COURSE ATTENDANCE IS MANDATOR**

TIME	TOPIC	FACULTY
SESSION 4 SPINAL PAIN DURING GROWTH (continued)		
08:00-08:30	Radiological issues in children with spinal pain	Alberto Zerbi
08:30-09:30	Spondylolisthesis, Scheuermann disease and other cause of spinal pain during growth: clinical cases	Sabrina Donzelli
09:30-10:00	Exercises for spinal pain during growth: theory and practice	Nikos Karavidas
Coffee Break 20 min		
SESSION 5 ADULT SPINAL DEFORMITIES		
10:20-11:30	Adult spinal deformities: overview of the problem	Fabio Zaina
11:30-12:00	Radiological issues in adults with spinal deformities	Alberto Zerbi
12:00-12:30	Case Based Discussion	Fabio Zaina
Lunch Break 60 min		
13:30-14:30	Conservative treatment for spinal deformities during adulthood	Sabrina Donzelli
14:30-15:00	Psychological issues of spinal deformities during adulthood	Elisabetta D'Agata
Coffee Break 20 min		
15:20-16:00	Surgical approach to spinal deformities	Everard Munting
16:00-17:00	Case Based Discussion	Fabio Zaina
SESSION 6 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

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COURSE ORGANISATION

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SCIENTIFIC CONTENT

Fabio Zaina, MD
Dr Alberto Zerbi, MD
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