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

Aquire 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 treatmen

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


RECOMMENDED READINGS


PRELEARNING (E-LEARNING)

1. Definition, aetiology, 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

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fabio Zaina</td>
<td>Physiatrist</td>
<td>Pavia, Italy</td>
</tr>
<tr>
<td>Alberto Zerbi</td>
<td>Radiologist</td>
<td>Milan, Italy</td>
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# FACULTY

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Pierre Côté (Elearning)</td>
<td>Epidemiologist</td>
<td>Toronto, Canada</td>
</tr>
<tr>
<td>Elisabetta D'Agata</td>
<td>Psychologist</td>
<td>Barcelona, Spain</td>
</tr>
<tr>
<td>Sabrina Donzelli</td>
<td>Physiatrist</td>
<td>Milan, Italy</td>
</tr>
<tr>
<td>Nikos Karavidas</td>
<td>Physiotherapist</td>
<td>Athens, Greece</td>
</tr>
<tr>
<td>Antonia Matamalas</td>
<td>Spine Surgeon</td>
<td>Barcelona, Spain</td>
</tr>
<tr>
<td>Everard Munting</td>
<td>Spine Surgeon</td>
<td>Ottignes, Belgium</td>
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</tbody>
</table>
## SCIENTIFIC PROGRAMME
### SPINAL DEFORMITIES
**WEDNESDAY, 13 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>08:00-08:10</td>
<td>Course Introduction</td>
<td>Fabio Zaina</td>
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</tbody>
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### SESSION 1 CLINICAL EVALUATION
<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>08:10-09:00</td>
<td>Clinical evaluation and diagnosis (red flags) with clinical cases</td>
<td>Sabrina Donzelli</td>
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<tr>
<td>09:00-9:30</td>
<td>Radiological Evaluation</td>
<td>Alberto Zerbi</td>
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<tr>
<td>09:30-10:00</td>
<td>Radiological Evaluation: practical exercises</td>
<td>Alberto Zerbi</td>
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</table>

**Coffee Break 20 min**

### SESSION 2 PATIENT MANAGEMENT
<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
<th>FACULTY</th>
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</thead>
<tbody>
<tr>
<td>10:20-11:00</td>
<td>Treatment guidelines</td>
<td>Fabio Zaina</td>
</tr>
<tr>
<td>11:00-11:30</td>
<td>QoL and psychological issues in scoliosis treatment</td>
<td>Elisabetta D’Agata</td>
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<tr>
<td>11:30-12:00</td>
<td>Clinical Protocols: idiopathic vs secondary scoliosis</td>
<td>Sabrina Donzelli</td>
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<tr>
<td>12:00 -12:30</td>
<td>Exercise approach to scoliosis</td>
<td>Nikos Karavidis</td>
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**Lunch Break 60 min**

### SESSION 3 CONSERVATIVE TREATMENTS
<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>13:30-14:00</td>
<td>Bracing approach to scoliosis</td>
<td>Fabio Zaina</td>
</tr>
<tr>
<td>14:00-15:00</td>
<td>Scoliosis: clinical cases (group work with demonstration)</td>
<td>Fabio Zaina</td>
</tr>
</tbody>
</table>

**Coffee Break 20 min**

### SESSION 4 SPINAL PAIN DURING GROWTH
<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
<th>FACULTY</th>
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</thead>
<tbody>
<tr>
<td>15:20-16:00</td>
<td>Spinal pain during growth: general considerations and clinical cases</td>
<td>Antonia Matamalas</td>
</tr>
<tr>
<td>16:00-16:30</td>
<td>The psychological burden of spinal pain during growth</td>
<td>Elisabetta D’Agata</td>
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<tr>
<td>16:30-17:30</td>
<td>Spondylolisthesis, Scheuermann disease and other cause of spinal pain during growth: diagnosis and clinical approach</td>
<td>Antonia Matamalas</td>
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<tr>
<td>17:30</td>
<td>END OF DAY 1</td>
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</tbody>
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# SCIENTIFIC PROGRAMME
## SPINAL DEFORMITIES
### THURSDAY, 14 JANUARY 2021
**COURSE ATTENDANCE IS MANDATORY**

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

EUROSPINE, the Spine Society of Europe
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8610 Uster
Switzerland
www.eurospine.org
www.eurospinemeeting.com

Follow us on:
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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