



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

**MODULE 7:
MANAGEMENT AND PREVENTION OF
DISABILITY**

15 January 2021

PRELIMINARY PROGRAMME

QUICK FACTS

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WHEN:	15 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: €200 Non-member: €300
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

This module aims to:

- Enable learners to understand disability from a biopsychosocial perspective;
- Enable learners to measure disability;
- Enable learners to plan for effective interventions to prevent disability (such as the prevention and management of sick leave);
- Enable learners to plan an approach to rehabilitate a patient with spinal disability (such as return to work).

LEARNING OUTCOMES

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

1. Define and evaluate disability from a biopsychosocial perspective;
2. Differentiate spinal disability from spinal pain;
3. Describe the risk factors for disability in patients with a spinal disorder;
4. Conduct a clinical evaluation to describe disability in patients with spinal disorders;
5. Design a plan of management (including self-management) for patients with a spinal disorder;
6. Communicate the nature of a patient's disability to patients, other health care providers, employers and insurers.

PRELEARNING ACTIVITIES

- Recognize the differences between the medical and biopsychosocial models of disability [activity: reading of relevant material]
 - related to learning outcome 1
- Describe the structure and key elements of the WHO International Classification of Functioning, Disability and Health (ICF) [(activity: review material on the ICF Education portal (<http://icfeducation.org>))]
 - related to learning outcome 1 and 2
- Use the ICF to describe the personal and environmental factors related to the disability experienced by patient with a spinal disorder [activity: analysis of online case study]
 - related to learning outcome 1, 2 and 4

SESSION 1 WHAT IS THE ROLE OF A HEALTH CARE PROVIDER IN MANAGING DISABILITY FROM A BIOPSYCHOSOCIAL PERSPECTIVE? (1.5 hours)

- Workshop: Learners will be divided in multidisciplinary teams and discuss how they understand the biopsychosocial model of disability and how they see their role. (50 minutes)
 - Lecture: Build on the pre-learning activities and the workshop, clinicians will be provided with an understanding of how they can contribute to the prevention and management of disability from a biopsychosocial perspective in a multidisciplinary team. (30 minutes)
 - Debrief: Lessons learned from workshop and lecture (10 minutes)
 - Instructor: Christine Cedraschi and Berit Schiøttz-Christensen.
- Related to learning outcomes 1,2,5 and 6

SESSION 2 HOW CAN HEALTH CARE PROVIDERS IDENTIFY PATIENTS WITH SPINE DISORDERS WHO ARE AT RISK OF CHRONIC DISABILITY? (1.5 hours)

- Lecture: Presentation and discussion of the risk factors for the development of disability and classify them according to the ICF (30 minutes)
 - Workshop: The instructors will present a case study and facilitate a class discussion regarding the approach to be used to determine the risk of disability in a case scenario. (50 minutes)
 - Debrief: Lessons learned from workshop and lecture (10 minutes)
 - Instructor: Pierre Côté and Eva Skillgate
- Related to learning outcomes 3

SESSION 3 HOW TO ASSESS DISABILITY IN PATIENTS WITH SPINAL DISORDERS? (1.5 hours)

- Lecture: Presentation of an approach for the evaluation of disability in patients with spinal disability. Methods for the measurement of disability from a biopsychosocial perspective will be discussed. (30 minutes)
 - Workshop: The learners will be divided into pairs. One learner will be a patient with disability and the other learner will play the role of a health care provider. Each pair will apply the knowledge gained in the lecture by conducting an evaluation of disability given a specific clinical presentation. (50 minutes)
 - Debrief: Lessons learned from workshop and lecture (10 minutes)
 - Instructors: Margareta Nordin and Berit Schiøttz-Christensen
- Related to learning outcomes 4 and 6

SESSION 4 HOW TO ESTABLISH A PLAN OF MANAGEMENT FOR A PATIENT WITH SPINAL DISORDER WHO IS ON SICK LEAVE? (1.5 hours)

- Workshop/Case Discussion: The instructor will present a case study and facilitate a class discussion regarding the best approach to return to work a patient on sick leave because of a spinal disorder. (50 minutes)
 - Lecture: This lecture will provide an approach to design of a multidisciplinary rehabilitation plan for a patient with disability who is on sick leave (30 minutes)
 - Debrief: Lessons learned from workshop and lecture (10 minutes)
 - Instructor: Erik Werner, Pierre Côté and Tim Pigott
- Related to learning outcomes 5 and 6

SESSION 5 GENERAL DISCUSSION AND WRAP-UP (1.0 hours)

- Workshop: In this wrap-up session, learners will reflect on the clinical career and share examples of cases of patients with disability where the outcome of the rehabilitation care was successful, or not successful. Learners will then be asked to use the knowledge gained during the day to propose solutions to implement and deliver an effective rehabilitation strategy.
- Instructors: Christine Cedraschi, Berit Schiøttz-Christensen, Pierre Côté, Tim Pigott, Margareta Nordin, Eva Skillgate, Erik Werner

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: Video and Blogs

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.

ASSESSMENT

The evaluation will follow a reflective learning approach. Each participant will be asked to develop a one-page case study illustrating the assessment and management of one of their patient with disability (prior to the beginning of the session). The participant will be expected to revise her/his case study (after completion of the session) and demonstrate how the assessment and management would be modified with the new knowledge. Using the case study, the participant will be expected to outline a step by step approach to the rehabilitation of the patient within the biopsychosocial approach to the management of disability.

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

Mandatory readings

1. Stier-Jarmer M, Cieza A, Borchers M, Stucki G; World Health Organization. How to apply the ICF and ICF core sets for low back pain. *Clin J Pain*. 2009 Jan;25(1):29-38. doi: 10.1097/AJP.0b013e31817bcc78.
2. Bartys S, Frederiksen P, Bendix T, Burton K. System influences on work disability due to low back pain: An international evidence synthesis. *Health Policy*. 2017 Aug;121(8):903-912. doi: 10.1016/j.healthpol.2017.05.011.

Recommended videos to watch

1. WHO: What's disability to me? https://www.youtube.com/watch?v=pkoFA_l89IA
2. When we design for disability, we all benefit | TED Talk https://www.ted.com/talks/elise_roy_when_we_design_for_disability_we_all_benefit

COURSE CHAIRS

PIERRE CÔTÉ (CHAIR)	EPIDEMIOLOGIST, TORONTO, CANADA
MARGARETA NORDIN (CO-CHAIR)	PHYSIOTHERAPIST, ROMORANTIN, FRANCE

FACULTY

CHRISTINE CEDRASCHI	PSYCHOLOGIST, GENEVA, SWITZERLAND
BERIT SCHIØTTZ-CHRISTENSEN	RHEUMATOLOGIST, ODENSE, DENMARK
ERIK L. WERNER	PRIMARY CARE SPECIALIST, OSLO, NORWAY
EVA SKILLGATE	NAPRAPATH, STOCKHOLM, SWEDEN
TIM PIGOTT	SPINE SURGEON, LIVERPOOL, UNITED KINGDOM

SCIENTIFIC PROGRAMME MANAGEMENT AND PREVENTION OF DISABILITY

FRIDAY, 15 JANUARY 2021

COURSE ATTENDANCE IS MANDATORY

TIME	TOPIC	FACULTY
07:30-08:00	Course Registration and Welcome Coffee	
08:00-08:15	Module introduction	Pierre Côté
SESSION 1 WHAT IS THE ROLE OF A HEALTH CARE PROVIDER IN MANAGING DISABILITY FROM A BIOPSYCHOSOCIAL PERSPECTIVE?		
08:15-09:05	Workshop	Christine Cedraschi and Berit Schiøttz-Christensen
09:05-09:35	Lecture: How can clinicians contribute to the prevention of spine disability?	
09:35-09:45	Debrief	
SESSION 2 HOW CAN HEALTH CARE PROVIDERS IDENTIFY PATIENTS WITH SPINE DISORDERS WHO ARE AT RISK OF CHRONIC DISABILITY?		
09:45-10:15	What are the risk factors for disability? How do you measure the presence of risk factors during ?	Pierre Côté and Eva Skillgate
Coffee Break 30 min		
10:15-11:05	Workshop	
11:05-11:15	Debrief	
SESSION 3 HOW TO ASSESS DISABILITY IN PATIENTS WITH SPINAL DISORDERS?		
11:15- 12:15	How should clinicians approach the assessment of a patient with spine disability?	Margareta Nordin and Berit Schiøttz-Christensen
Lunch Break 60 min		
13:15-14:15	Workshop	All faculty
SESSION 4 HOW TO ESTABLISH A PLAN OF MANAGEMENT FOR A PATIENT WITH SPINAL DISORDER WHO IS ON SICK LEAVE?		
14:15-15:05	Workshop	Erik L. Werner, Pierre Côté and Tim Pigott
15:05-15:35	As a clinician, how do I plan a return to work program?	
15:35-15:45	Debrief	
Coffee Break 15 min		
SESSION 5 SUMMARY		
16:00-16:30	Wrapup session	All faculty
16:30-16:45	Assessment and Feedback Evaluation	
16:45	END of Module	



CONTACTS

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SCIENTIFIC CONTENT

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