HOW TO MAKE YOUR RESEARCH MORE RELEVANT, FEASIBLE AND PUBLISHABLE

13-17 March 2019 – Bordeaux, France

EVENT SUMMARY
11 participants took part in the EUROSPINE 2019 TFR Course “How to make your research more relevant, feasible and publishable”. This highly interactive course was hosted by Professor Jean-Charles Le Huec on 13-17 March 2019 at the Radisson Blu in Bordeaux, France.

Participants represented 10 countries worldwide: France (n=2), Chile (n=1), China (n=1), Croatia (n=1), Denmark (n=1), Iraq (n=1), Russian Federation (n=1), Switzerland (n=1), Tunisia (n=1), United Kingdom (n=1).

Spine specialists including orthopedic surgeons (n=6) and neurosurgeons (n=2) were well represented. A primary care physician, a researcher in basic science and a neurologist also took part and greatly contributed.

The course had lectures covering the theory and methodologies of clinical research and practical workshops. During the workshops, each group of 3-4 participants was requested to formulate a research question, design and plan a study.

During the workshop, and at each stage of the study design and planning, participants were provided with guidance and feedback from the faculty and clinical experts. One of the practical workshops was organised as a focus group, which was very much appreciated by the participants.

Finally, the groups were left to work on their own to prepare their research project protocols. They presented their protocols to the faculty on the last morning of the course. Faculty gave valuable comments and assessed their research projects.

One group decided to design a study on the use of non-anti-inflammatory medication in the treatment of acute disc herniation. The hypothesis derived that patients with acute back and leg pain caused by herniated discs treated with non-anti-inflammatory medication would present less leg pain than patients treated with NSAIDs at 3 months follow-up.

Another group worked on a randomised control trial to assess the efficacy of intramuscular Bupivacaine versus placebo to delay postoperative opioid use after elective posterior cervical surgery.
Dr Tim Pigott, EUROSPINE President, had shared valuable information regarding Spine Tango registry data and its use for clinical research.

This resulted in the third group planning a historical cohort study from Spine Tango registry, questioning if the surgical approach affects the outcome in lumbar mono-segmental fusion for degenerative disc disease and low-grade spondylolisthesis.

During the week, participants also had the opportunity to hear from each of the faculty’s experience on publishing research and, were provided with recommendations for their future publications.

Participants’ enthusiasm and hard work contributed to making the 2019 TFR course a success, and we wish to thank them all for their assiduity as they conscientiously prepared their practice research projects.

We also wish to express our gratitude to our faculty members for the quality of their teaching and for coaching each group throughout this very intense week of education.

Our thanks to our hosts, Professor Le Huec for organising this course and to our local clinical experts, Dr de Sèze and Prof. Richez, for providing participants with their expert feedback.

Our deepest thanks Ms Katrien Mergaert and Ms Miabi Rosenfeld (Porta Mundi), who have been instrumental in organising this live event’s logistics and to the Radisson Blu Bordeaux.

This course is held every year in March in a different venue. This is highly recommended to anyone with an interest in research, all clinicians to do research or those who plan to apply for research grants.

The EUROSPINE also sponsors development, pilot study and main study grants. Additional information can be found on EUROSPINE website, under Activities=>Research=>Funding for Research. The application process for 2019 is closed but the 2020 application deadline will be advertised on EUROSPINE website and newsletter.

**2019 Travel Grants**

For the first time this year, EUROSPINE sponsored 4 travel grants to attend the 2019 TFR Course in Bordeaux.

Travel grants were awarded following complete application and review process. Grantees were selected for the quality of their application and relevance of the TFR Course to their careers. Congratulations to the 4 grantees!
Read about their experience at the TFR Course below.

“I would like to express my gratitude for such great opportunity to participate in EUROSPINE 2019 TFR Course. This was a great opportunity to acquire basic understanding in my clinical research, to know the main tools and concepts. My take home message? “There must be no politic in science”. We are all from different countries and culture. But all of us thrive towards one goal: cultivate science! Thank you EUROSPINE for such a possibility and a great study course!” A. Tkachev

“I would like to thank EUROSPINE for providing Travel Grants which will help spread the teaching of quality scientific research, and to express my gratitude for the organising team and the faculties for the quality of the organisation, the warm welcome and the scientific level throughout the course. The TFR course helped me fill the gaps that I had in carrying out a scientific research. During workshops, we worked on the practical aspects of the research and there was a good match between the theory we learned at the beginning of the day and what we practiced during workshops with the help of the faculties who provided guidance to solve problems. “The Brightest Minds in Spine Are Members of EUROSPINE”. M. Nefiss

“I would like to thank EUROSPINE for awarding me a travel grant to attend this course. It was a wonderful and useful experience. The faculty members were very patient while answering a lot of questions from the participants. I will use the knowledge gained about the structure of the research studies in my future career and would recommend this course to all young researchers who are interested in details about how to make a scientific study.” I. Domazet