EUROSPINE Diploma in Interprofessional Spine Care

EDISC COURSE 2024

Module 7: Management and prevention of disability
Module 7: Management and prevention of disability

General Information

EUROSPINE, the Spine Society of Europe
c/o Pfister Treuhand AG
Bankstrasse 4, 8610 Uster-Zürich, Switzerland
W: www.eurospine.org

Chair of Education Committee
Paulo Pereira, MD PhD

Module Chair
Pierre Côté, Epidemiologist, CA
Marco Campello, Physiotherapist, USA

Chair, EDISC Committee
Pierre Côté, DC PhD

Module Faculty
Nick Carleton-Bland, Neurosurgeon, UK
Christine Cedraschi, Psychologist, CH
Berit Schiøttz-Christensen, Rheumatologist, DK
Erik Werner, Primary Care Physician, NO
Eva Skillgate, Epidemiologist, SE

Director of Education and Research
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## Quick Facts

<table>
<thead>
<tr>
<th>LIVE SESSION DATE &amp; TIME</th>
<th>1 November 2024 from 13:00 – 16:30 CET  2 November 2024 from 13:00 – 17:00 CET  3 November 2024 from 13:00 – 14:30 CET  CET = Central European Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>VENUE</td>
<td>Virtual (live)</td>
</tr>
<tr>
<td>MAX. ATTENDEES</td>
<td>40 participants</td>
</tr>
<tr>
<td>REGISTRATION FEE</td>
<td>EUROSPINE Member: €100  Non-member: €150</td>
</tr>
<tr>
<td>CME CREDITS</td>
<td>One CME certificate is awarded for this module.  Accreditation by the European Board for Accreditation of Continuing Education for Health Professionals (EBAC) is pending.</td>
</tr>
<tr>
<td>LANGUAGE</td>
<td>English</td>
</tr>
<tr>
<td>DRESS CODE</td>
<td>Smart casual. You will be interacting with fellow participants on video and will be seen on camera.</td>
</tr>
<tr>
<td>E-LEARNING</td>
<td>• Preparatory readings and videos will be available and participants are encouraged to engage with the material before the live sessions.  • Access will be provided 4 weeks before the live session.</td>
</tr>
<tr>
<td>MODULE COMPLETION</td>
<td>Module completion is achieved when ALL the following are met:  • Attendance of ≥ 90% of the live session time AND  • Completion of the session 5 group work AND  • Completion of the CME evaluation and feedback surveys</td>
</tr>
<tr>
<td>TARGET AUDIENCE</td>
<td>Spine care professionals (non-surgical and surgical): primary care physicians and surgeons involved in spine care, physiotherapists, chiropractors, osteopaths, occupational therapists, clinical psychologists, nursing practitioners, naprapaths and others who are graduated as clinicians from a recognized institution (i.e. professional school or university).</td>
</tr>
<tr>
<td>IMPORTANT (!)</td>
<td>• A computer (Mac/PC) or tablet (Android/Mac) and stable internet connection are required to access the e-learning content and virtual live sessions.  The course evaluation is mandatory to obtain the CME certificate.  • This module has 3 virtual live sessions and attendance is mandatory.  • Please log in to the Zoom session 10 minutes before live session start</td>
</tr>
</tbody>
</table>
E-Learning Programme

E-learning access will be provided four weeks before the start of the live session. Attendees are encouraged to engage with any preparatory material before a live session and actively participate in discussions and group work during live sessions.

<table>
<thead>
<tr>
<th>Time Duration</th>
<th>Topic</th>
<th>Link</th>
</tr>
</thead>
<tbody>
<tr>
<td>03:29</td>
<td>WHO: What’s disability to me?</td>
<td><a href="https://www.youtube.com/watch?v=pkoF-A1891A">https://www.youtube.com/watch?v=pkoF-A1891A</a></td>
</tr>
<tr>
<td>13:09</td>
<td>When we design for disability, we all benefit</td>
<td>TED Talk</td>
</tr>
</tbody>
</table>

Virtual Live Sessions Programme

**DAY 1: FRIDAY, 1 NOVEMBER 2024, 13:00-16:30 CET**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Faculty</th>
</tr>
</thead>
<tbody>
<tr>
<td>13:00 – 13:15</td>
<td>Introduction</td>
<td>Pierre Côté</td>
</tr>
<tr>
<td>13:15 – 13:55</td>
<td>Workshop</td>
<td>Christine Cedraschi and Berit Schiøtttz-Christensen</td>
</tr>
<tr>
<td>14:25 – 14:35</td>
<td>Debrief</td>
<td>Pierre Côté and Eva Skillgate</td>
</tr>
<tr>
<td>Break 15:05 – 15:20</td>
<td>(15 mins)</td>
<td>Pierre Côté and Eva Skillgate</td>
</tr>
<tr>
<td>15:20 – 16:10</td>
<td>Workshop</td>
<td>Pierre Côté and Eva Skillgate</td>
</tr>
<tr>
<td>16:10 – 16:20</td>
<td>Debrief</td>
<td>Pierre Côté and Eva Skillgate</td>
</tr>
<tr>
<td>16:20 – 16:30</td>
<td>Wrap up, comments, discussion</td>
<td>Pierre Côté</td>
</tr>
</tbody>
</table>
### DAY 2: SATURDAY, 2 NOVEMBER 2024, 13:00-17:00 CET

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Faculty</th>
</tr>
</thead>
<tbody>
<tr>
<td>13:00 – 13:15</td>
<td>Introduction</td>
<td>Pierre Côté</td>
</tr>
<tr>
<td></td>
<td><strong>Session 3</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>How to assess disability in patients with spinal disorders?</td>
<td></td>
</tr>
<tr>
<td>13:15 – 13:45</td>
<td>How should clinicians approach the evaluation of a patient with spine disability?</td>
<td>Marco Campello and Berit Schiøttz-Christensen</td>
</tr>
<tr>
<td>13:45 – 14:35</td>
<td>Workshop</td>
<td></td>
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<tr>
<td>14:35 – 14:45</td>
<td>Debrief</td>
<td></td>
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<td></td>
<td><strong>Break 14:45 – 15:00 (15 mins)</strong></td>
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<tr>
<td></td>
<td><strong>Session 4</strong></td>
<td></td>
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<tr>
<td></td>
<td>How to establish a plan of management for a patient with spinal disorder who is on sick leave?</td>
<td></td>
</tr>
<tr>
<td>15:00 – 15:30</td>
<td>Principles and issues of rehabilitation</td>
<td>Erik L. Werner, Pierre Côté and Nick Carleton-Bland</td>
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<tr>
<td>15:30 – 16:00</td>
<td>Case discussion</td>
<td></td>
</tr>
<tr>
<td>16:00 – 16:30</td>
<td>Approach to design of a multidisciplinary rehabilitation plan for a patient with disability who is on sick leave</td>
<td></td>
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<tr>
<td>16:30 – 16:45</td>
<td>Debrief</td>
<td></td>
</tr>
<tr>
<td>16:45 – 17:00</td>
<td>Wrap up, comments, discussion</td>
<td>Pierre Côté</td>
</tr>
</tbody>
</table>

**End of Day 2**

### DAY 3: SUNDAY, 3 NOVEMBER 2024, 13:00-14:30 CET

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Faculty</th>
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</thead>
<tbody>
<tr>
<td>13:00 – 13:15</td>
<td>Introduction</td>
<td>Pierre Côté</td>
</tr>
<tr>
<td></td>
<td><strong>Session 5</strong></td>
<td></td>
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<tr>
<td></td>
<td>Summary</td>
<td></td>
</tr>
<tr>
<td>13:15 – 14:00</td>
<td>Wrap-up session</td>
<td>All faculty</td>
</tr>
<tr>
<td>14:00 – 14:15</td>
<td>Group presentations</td>
<td>All participants</td>
</tr>
<tr>
<td>14:15 – 14:30</td>
<td>Conclusions, reflections and summary</td>
<td>Pierre Côté</td>
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</tbody>
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**End of Module**
Module 7: Management and prevention of disability

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

This module aims to enable learners 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.

E-Learning

- 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

Live Sessions

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. (40 minutes)
  - Case study
  - Breakout rooms – what is MY role in managing this case, while interacting/working in a interprofessional team? Who’s who and who is doing what?
- Report: Each group reports the outcome of the workshop. (10 minutes)
Module 7: Management and prevention of disability

- **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 (Pierre Côté and Marco Campello) (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)
  - Focus on risk factors divided into domains (socio-demographic, comorbidity, psychosocial, environmental)
- **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)
  - Discuss how to assess disability in all age groups
    - Working age adults – work disability
    - Adolescents – QoL, body image
    - Retired individuals
- **Workshop**: The learners will be divided into groups of three (patient, clinician, observer). One learner will be a patient with disability and the other learner will play the role of a health care provider. Each group 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**: Marco Campello 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)**

- **Short introduction lecture to frame the workshop**
- **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. (30 minutes)
- **Lecture (Facilitated Conversation with the experts)**: This session will provide an approach to design of a multidisciplinary rehabilitation plan for a patient with disability who is on sick leave (30 minutes)
  - Developing common goals and effective communication with to the patient
  - How do we collaborate with other health care professionals?
  - How do you communicate with the workplace?
  - How do you communication with the social security system?
Module 7: Management and prevention of disability

- How do you combine evidence and clinical experience?
- How do you communicate with the family?
- Debrief: Lessons learned from workshop and lecture (10 minutes)
- Instructor: Erik Werner, Pierre Côté and Nick Carleton-Bland → Related to learning outcomes 5 and 6

Session 5: General evaluation (1.5 hours)

- Evaluation: In this wrap-up session, learners will work in small groups and will reflect on what they have learned during the module. A spokesperson who is nominated by the group will summarize the discussion and present 3-4 key learning highlights to the class.
- Instructors: Marco Campello, Nick Carleton-Bland, Christine Cedraschi, Berit Schiøttz-Christensen, Pierre Côté, Eva Skillgate, Erik Werner,
  - Application to aging population

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.

Assignment

PART 1: See above – Session 5.
PART 2: For the completion of the module, participants will be required to complete the module feedback, which includes questions for self-reflection.

CME Module Evaluation

In line with EBACs requirements for accredited activities, participants will be requested to complete a mandatory 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


Mandatory Videos

- WHO: What's disability to me? https://www.youtube.com/watch?v=pkoFA_l89IA
- 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