

EDISC
MODULE **3**

EDUCATION / EURO
SPINE

A4

Core skills 3

**Focus on essential
communication
skills.**

General Information

Chair of Education Committee

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Johan Van Lerbeirghe

Chair, EDISC Committee

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EDISC Module 2 Chair

Lisa Roberts, Physiotherapist, UK

Module Faculty

Ivone Castro-Vale, Psychiatrist, PT

Paulo Pereira, Neurosurgeon, PT

Steven Vogel, Osteopath, UK

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Quick Facts

LIVE SESSION DATE & TIME	21 March 2026 from 09:30 – 14:00 CET (Central European Time)
VENUE	Virtual (live)
MAX. ATTENDEES	40 participants
REGISTRATION FEE	EUROSPINE Member: €100 Non-member: €150
CME CREDITS	Accreditation by the European Board for Accreditation of Continuing Education for Health Professionals (EBAC) is pending.
LANGUAGE	English
DRESS CODE	Smart casual. You will be interacting with fellow participants on video and will be seen on camera.
E-LEARNING	<ul style="list-style-type: none"> • This module has a separate e-learning component that contains video lectures and quizzes. Completion is required before the live session. • Preparatory readings 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.
MODULE COMPLETION	<p>Module completion is achieved when ALL the following are met:</p> <ul style="list-style-type: none"> • Completion of the pre-learning component AND • Attendance of $\geq 90\%$ of the live session time AND • Completion of the CME evaluation and feedback surveys
TARGET AUDIENCE	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).
IMPORTANT (!)	<ul style="list-style-type: none"> • A computer (Mac/PC) or tablet (Android/Mac) and stable internet connection are required to access the e-learning content and virtual live sessions. <u>The course evaluation is mandatory to obtain the CME certificate.</u> • This module has 1 virtual live session and attendance is mandatory. • Please log in to the Zoom session 10 minutes before live session start

Pre-Learning Programme

Video lectures and knowledge check questions (ie. quizzes) must be completed before the live session. Attendees are encouraged to engage with any preparatory material before, and actively participate in discussions and group work, during live sessions.

Time Duration	Topic	Faculty/Link
00:21	Introduction	Lisa Roberts
00:20	Knowledge check questions	
00:17	Biopsychosocial model and summary of flags - Part 1 (All flags except red flags)	Christine Cedraschi
00:29	Biopsychosocial model and summary of flags - Part 2 (All flags except red flags)	Christine Cedraschi
00:30	Knowledge check questions	
00:18	Applying theories of behavioural change	Lisa Roberts
00:20	Knowledge check questions	
00:14	Communication in virtual consultations	Lisa Roberts
00:20	Knowledge check questions	
00:08	Psychology in People with Pain - Why it Matters: Part 1	Tamar Pincus
00:20	Knowledge check questions	
00:25	Reassurance	Steven Vogel

Virtual Live Sessions Programme

SATURDAY, 21 MARCH 2026, 09:30-14:00 CET

Time	Topic	Faculty
09:30 – 09:45	Introduction and integration of e-learning	Lisa Roberts
Session 1: Opening consultations & active listening		
09:45 – 10:45	Group task & discussion: Greetings and opening questions	Lisa Roberts
10:45 – 11:45	Role play and group discussion – active listening and picking up on cues	Steven Vogel
Break 11:45 – 12:15 (30 mins)		
Session 2: Putting it into practice in the clinic		
12:15 – 13:00	Group discussion: How to explain a ‘normal’ scan to a patient	Paulo Pereira
13:00 – 13:45	Panel discussion – Communication opportunities and challenges in spinal consultations	All Faculty
13:45 – 14:00	Conclusion and final questions	Lisa Roberts and Ivone Castro-Vale
End of module		

Aims of the Module

The aim of this module is to enhance skills in communication and develop an awareness of psychologically informed practice for use in consultations with patients presenting with spinal pain. The content will be underpinned by research evidence and best practice.

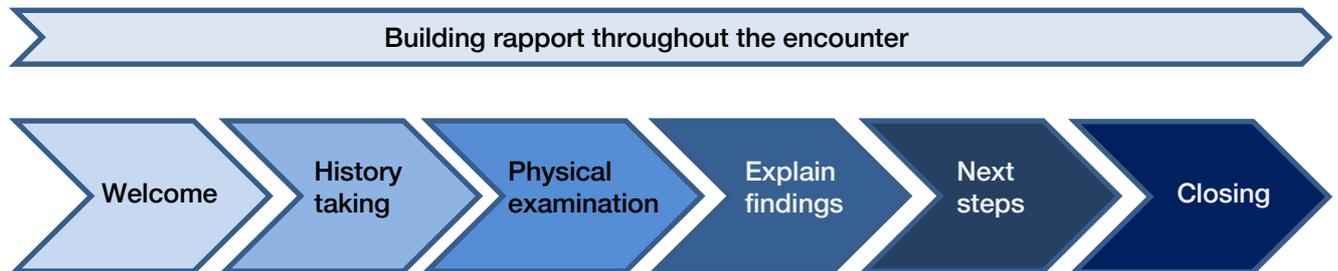
Learning Outcomes

This module aims to enable learners to:

General outcomes and objectives

1. Identify their preferred question styles (including opening questions) in a clinical consultation
2. Recognise overlaps and interruptions during history-taking
3. Understand and deliver active listening skills in the consultation
4. Be able to explain to a patient the role of psychology in spine care
5. Identify the components of cognitive and affective reassurance
6. Articulate strategies to promote positive behaviour change in patients with spine pain

Coherence of the Module



	Learning outcome
How do I build rapport in a consultation?	1, 2 & 3
↓	
How can I get the best information from the patient during history taking?	1, 2 & 3
↓	
How can I use communication skills to make the consultation person centered?	1, 2 & 3
↓	
How can I adopt a psychologically informed approach to my clinical practice?	4
↓	
How can I reassure a patient (and their partner, family etc) when appropriate?	5
↓	
What strategies am I going to use to promote positive behaviour change?	6

Instructional Methods

Pre-learning & e-learning activities:

- Preparatory reading: See list [outcomes 1, 2, 5]
- Preparatory e-learning lecture recordings and quizzes [outcomes 1- 6]
- Watch 2 short presentations (8 minutes each): Psychology in People with Pain - Why it Matters: Part 1 (<https://www.youtube.com/watch?v=N7vRyCW2XS0>) and Part 2 (<https://www.youtube.com/watch?v=PY4R19Rm94I>) [outcomes 4 and 5]
- Classroom teaching: Interactive lectures [outcomes 1 - 6]
- Facilitated group discussions based on research examples [outcomes 1- 6]

Assignment

PART 1 E-Learning

For the completion of the module, participants will be required to complete the e-learning component (including lectures and quizzes).

PART 2 Live session

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

- Michie S, van Stralen MM & West R. The behaviour change wheel: A new method for characterising

Recommended Readings

- Keefe FJ, Main CJ, George SZ. Advancing psychologically informed practice for patients with persistent musculoskeletal pain: promise, pitfalls, and solutions. *Physical Therapy* 2018;98:398–407. DOI: 10.1093/ptj/pzy024
- Roberts L, Osborn-Jenkins L. Delivering remote consultations: Talking the talk. Invited masterclass. *Musculoskeletal Science & Practice* 2021; 52(102275). DOI:10.1016/j.msksp.2020.102275