

**Madrid, Spain**  
12 November 2024



**SPPCV**  
SOCIEDADE  
PORTUGUESA  
DE PATOLOGIA  
DA COLUNA  
VERTEBRAL

# Spanish & Portuguese Spine Societies Course Diploma

## Module 1

# Basic Comprehensive Course

**PROGRAMME**

**Application for  
accreditation of  
continuing medical  
education**

**Technical Secretariat:**

López Garrido Viajes y Congresos (V. Villarreal)  
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## QUICK FACTS

### WHEN:

12 November 2024

### WHERE:

**Madrid. Spain**

*Course Venue:*

Hotel AC La Finca  
Pº del Club Deportivo, 1. Ed. 17  
Parque empresarial La Finca  
Pozuelo de Alarcón  
28223 Madrid

### REGISTRATION FEE:

**300 € for Members\***

**400 € for Non Members**

\*Discounts for GEER and SPPCV members are available.

### MAXIMUM ATTENDEES:

30 delegates

### CME CREDITS:

Application for accreditation of continuing medical education

### LANGUAGE:

English, Spanish and Portuguese (*The speaking is in Spanish or Portugues, but the slides are in English, live discussions are also in Spanish-Portuguese without translation available*)

### DRESS:

Casual

### IMPORTANT NOTE:

- Attendance at every session is mandatory.

## COURSE CHAIRMAN

- **Luis Álvarez Galovich**  
Spain

## COURSE FACULTY

- Luis Álvarez Galovich
- Carlos Atienza Vicente
- Juan F. Blanco Blanco
- Alberto Hernández Fernández
- Rafael Lombart Blanco
- M<sup>a</sup> Lourdes Peñalver Barrios
- Félix Tomé Bermejo

## TARGET AUDIENCE

Senior trainees and trained surgeons, who are planning a career in spinal surgery

## LEARNING OUTCOMES

### LEARNING OUTCOMES SESSION 1 LOW BACK PAIN (LBP)

#### CLINICAL EXAMINATION

- Select appropriate clinical tests for a clinical situation
- Perform a safe and effective clinical examination
- Select appropriate communication skills with patients and their families

#### IMAGING IN LOW BACK PAIN

- Select appropriate radiologic exams for a clinical situation
- Discuss advantages and disadvantages of radiologic examination methods
- Be aware of radiation exposure when selecting an exam

#### DIFFERENTS PERSPECTIVES IN LBP

- Select appropriate radiologic exams for a clinical situation
- Discuss advantages and disadvantages of radiologic examination methods
- Be aware of radiation exposure when selecting an exam

#### REHABILITATION AND MANUAL THERAPY

- Be aware of the principles of the bio-psycho-social model
- Discuss the principles of a rehabilitation program
- Select appropriate patients for manual therapy

#### CASE BASED DISCUSSION: DIAGNOSTIC ALGORITHMS AND NON-SURGICAL APPROACH TO LOW BACK PAIN

- Use clinical information to formulate a diagnosis and treatment plan
- Recognising serious spine disorders: rule out red flags

## LEARNING OUTCOMES SESSION 2 FUNDAMENTAL RESEARCH I

### BIOMECHANIC IN VITRO MODELS

- Outline loading in different positions of the spine
- Explain how loading changes with age and pathology
- Describe the basic principles of an in vitro experiment
- Discuss the interpretation and limitation for evaluation of biomaterials

### FINITE ELEMENT MODELS

- Discuss applications for FE models
- Explain setup, boundary conditions and validation of FE models
- Interpretation and value of FE studies

### BIOLOGY OF THE LUMBAR INTERVERTEBRAL DISC

- Outline principles of cellular and molecular biology of the nucleus
- Explain the role of nutrition and changes with age
- Discuss the role of genetics in disc degeneration
- Mechanical alteration of microstructures in the annulus

### CELLULAR AND MOLECULAR

- Describe pre-clinical models for the intervertebral disc
- Outline principles of stem cell therapy for disc regeneration
- Explain the role of molecular for disc regeneration

## LEARNING OUTCOMES SESSION 3 FUNDAMENTAL RESEARCH II

### EPIDEMIOLOGY & ECONOMICS

- Be aware of the impact of LBP on the society
- Explain outcome measures for quality of life and economy (QUALY)
- Discuss the impact of direct and indirect medical costs in LBP

### PRINCIPLES OF CLINICAL RESEARCH

- How to design an appropriate clinical study and select classification criteria
- Discuss the use of study results for own clinical practice
- Define the role of registries

# Module 1: Basic Comprehensive Course Scientific Programme

Chairman: Luis Álvarez Galovich

Course attendance is mandatory

**TUESDAY, 12 NOVEMBER**

TIME	TOPIC	FACULTY
07:30-07:55	Course Registration	
07:55-08:00	Introduction	Luis Álvarez Galovich
<b>SESSION 1: LOW BACK PAIN (LPB)</b>		
08:00-08:20	Clinical Examination	Félix Tomé Bermejo
08:20-08:40	Imaging in Low Back Pain	Alberto Hernández Fernández
08:40-09:00	Different Perspectives on Low Back Pain	Félix Tomé Bermejo
09:00-09:20	Low Back Pain: Rehabilitation and Manual Therapy	M <sup>a</sup> Lourdes Peñalver Barrios
09:20-09:50	Case Based Discussion - Diagnostic Algorithms and Non-Surgical Approach to Low Back Pain	Alberto Hernández Fernández
<b>SESSION 2: FUNDAMENTAL RESEARCH</b>		
09:50-10:10	Biomechanic - In Vitro Models	Carlos Atienza Vicente
10:10-10:30	Finite Element Models	Carlos Atienza Vicente
10:30-10:50	Biology of the Lumbar Intervertebral Disc	Juan F. Blanco Blanco
10:50-11:10	Cellular and Molecular Research	Juan F. Blanco Blanco
11:10-11:30	Discussion	All Faculty
11:30-12:00	<b>Coffee Break</b>	
<b>SESSION 3: EPIDEMIOLOGY AND CLINICAL RESEARCH</b>		
12:00-12:20	Epidemiology & Economics	Rafael Llombart Blanco
12:20-12:40	Principles of Clinical Research	Rafael Llombart Blanco
12:40-13:00	Discussion	All Faculty
13:00-13:20	Closing Remarks, Diploma and Mandatory Course Evaluation	Luis Álvarez Galovich
13:30-14:30	<b>Lunch</b>	

**END OF MODULE**

# Recommended Reading

**Part I Basic Module 1: Conservative Therapy. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach. Switzerland: Springer.**

- E. Shiban and B. Meyer (2019). Treatment for Acute, Subacute and Chronic Low Back Pain. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 3-8). Switzerland: Springer.
- M. Jägersberg and E. Tessitore (2019). Indications for Emergency Surgical Treatment. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 9-15). Switzerland: Springer.





# Notes

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# Sponsors



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## Course Organisation



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