

# **EURO SPINE** **TASK FORCE RESEARCH**



**HOW TO MAKE YOUR RESEARCH MORE RELEVANT,  
FEASIBLE AND PUBLISHABLE**

**PRELIMINARY PROGRAMME**

## QUICK FACTS

**WHEN:** March 13-17, 2019

**WHERE:** Bordeaux, France (venue to be confirmed)

**MAXIMUM ATTENDEES:** 30 participants, priority will be given to EUROSPINE members

**REGISTRATION FEE:** EUR 400 for residents/students, EUR 600 for EUROSPINE Members, EUR 800 for Non-Members

**CME CREDITS:** Accreditation with EACCME pending

**LANGUAGE:** English

### CORE FACULTY

L. Rachid Salmi, MD PhD  
(Course Director)  
Marco Campello PT PhD  
Christine Cedraschi, PhD  
Pierre Côté, DC PhD

### GUEST FACULTY

Robert Gunzburg, MD PhD  
Anne Mannion, PhD  
Margareta Nordin, PT Dr. Med. Sci.

### LOCAL HOST

Prof. Jean-Charles Le Huec

### IMPORTANT NOTE:

Attendance throughout the whole course from Wednesday to Sunday is mandatory. The course evaluation is also mandatory in order to obtain the CME certificate.

### PURPOSE

The course is open to all clinicians interested in gaining a basic understanding of clinical research. This course will provide an overview of the methodology used to conduct clinical research. The purpose of the course is to provide clinicians with the fundamental concepts and tools to design clinical studies.

### STRUCTURE OF THE COURSE

The course is divided in 5 modules which will cover the following topics:

- 1) Conceptual overview of clinical research
- 2) Randomised controlled trials and other study designs
- 3) Study implementation and analysis
- 4) Applications of research
- 5) Communication of research

Each module will include combinations of lectures and workshops, where clinicians will build their skills to participate in clinical studies or develop their own clinical study protocol.

**COURSE DIRECTOR:**

**Rachid Salmi MD PhD**

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**LOCAL HOST: Jean-Charles Le Huec**

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**SCHULTHESS CLINIC**  
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and Environmental Medicine  
New York University, New York, NY, USA



## COURSE OBJECTIVES

At the end of the course, attendees will be able to:

1. Develop a research question and formulate a hypothesis
  - What is the problem to be solved?
  - How do I select a conceptual model?
  - How do I develop a research hypothesis?
  - What is the best study design to answer my question?
2. Apply basic methodological steps involved in clinical research
  - How do I select my study sample?
  - What outcome measures do I use?
  - How long do I follow my sample population?
  - When and how often do I measure these variables?
  - How do I collect the data? The need to select valid and reliable methods of data collection.
  - What potential biases may compromise the validity of my study? How do I prevent these biases?
3. Develop a study protocol
  - Is my study feasible?
  - How do I make it feasible?
  - What are the clinical issues I have to deal with?
  - With whom do I have to collaborate?
  - What are the elements of a statistical analysis?
  - How many participants do I need in my study?
4. Discuss the basic principles of qualitative research
  - When do I use it?
  - What is the added value to clinical research?
5. Contribute clinical experience to evidence-based decision making in spinal care
  - Why it is important to standardize data collection in clinical practice?
  - What are the roles of registries?
6. Understand the process of research publishing

## SCIENTIFIC PROGRAMME DAY 1

Time	13 March 2019, Wednesday	
<b>Course Introduction (All faculty)</b>		
12:00-13:00	Registration and buffet lunch	
13:00-13:15	Welcome address	R. Salmi/J-Ch. Le Huec
13:15-14:15	Why do we need research? What is a research protocol?	R. Salmi
14:15-15:15	How to develop a question, a hypothesis and choose a model?	M. Campello / C. Cedraschi
15:15-15:30	Coffee break	
15:30-17:00	Workshop: formulate a research question	
17:00-17:30	Feedback on workshop	
17:30-19:00	Welcome cocktail	

### NOTES:

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## SCIENTIFIC PROGRAMME DAY 2

Time	14 March 2019, Thursday	
8:30-9:15	General methodological concepts and choosing the appropriate design	P. Côté
9:15-10:00	Outcome domains	M. Campello
10:00-10:15	Coffee break	
10:15-11:00	Basic statistical concepts	R. Salmi
11:00-12:30	Workshop: start designing you study	All
12:30-13:30	Lunch	
13:30-14:00	Feedback on workshop	All
14:00-15:00	Designing a randomised controlled trial	P. Côté
15:00-15:15	Coffee break	
15:15-16:30	Workshop: continue designing you study	All
16:30-17:00	Feedback on workshop	All

### NOTES:

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### SCIENTIFIC PROGRAMME DAY 3

Time	15 March 2019, Friday	
8:30-9:15	Planning the population and data collection	R. Salmi
9:15-10:00	Workshop: start planning you study	All
10:00-10:15	Coffee break	
10:15-10:45	Feedback on workshop	All
10:45-11:45	Designing a cohort study	P. Côté
11:45-12:30	Workshop: continue planning you study	All
12:30-13:30	Lunch	
13:30-14:00	Feedback on workshop	All
14:00-15:00	Basic principles of qualitative studies	C. Cedraschi
15:00-15:15	Coffee break	
15:15-16:30	Workshop: focus group	C. Cedraschi /M. Campello/R. Salmi
16:30-17:00	Feedback on workshop	All

#### NOTES:

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## SCIENTIFIC PROGRAMME DAY 4

Time	16 March 2019, Saturday	
8:30-9:15	Planning the analysis and sample size	R. Salmi
9:15-10:00	Workshop: continue planning you study	All
10:00-10:15	Coffee break	
10:15-10:45	Feedback on workshop	All
10:45 -11:15	Publishing your research	R. Gunzburg (by visioconference)
11:15-11:45	Role of clinical experience	M. Campello /J.-Ch. Le Huec
11:45 -12:30	Workshop: continue planning you study	All
12:30-13:30	Lunch	
13:30-14:15	Spine tango	A. Mannion
14:15-15:00	Workshop: continue planning you study	All
15:00-15:15	Coffee break	
15:15-17:00	Workshop: finalising slides for next day's presentation	All participants

### NOTES:

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## CONTACTS

### **EUROSPINE, the Spine Society of Europe**

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## COURSE ORGANISATION

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Chair, EUROSPINE Research Council

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