

Spanish & Portuguese
Spine Societies

COURSE DIPLOMA
2026

Module 6
**Using Literature to
inform my Practice**

Organized by:



SPPCV
SOCIEDADE
PORTUGUESA
DE PATOLOGIA
DA COLUNA
VERTEBRAL

GEER 
SPANISH SPINE SOCIETY

When:
4 July // 2026

Where:
Virtual



SPPCV
SOCIEDADE
PORTUGUESA
DE PATOLOGIA
DA COLUNA
VERTEBRAL

Quick Facts

When	4 July 2026
Where	Virtual
Maximum Attendees	30 delegates
Registration Fee	Discount fee for SPPCV / GEER Members : 200€ Non Members: 300€
CME Credits	An application for accreditation has been submitted to the EACCME
Language	English
Dress	Casual
E-Learning	A computer (Mac/PC) or tablet (Android/Mac) and stable internet connection are required to access the e-learning content.

In preparation for the virtual live session, the mandatory self-paced e-learning component will be available from 1 June 2026 on the SPPCV Moodle page. **This component must be completed before the virtual live session.**

Module Completion	A module is only deemed as complete when participants have met ALL of the following conditions: <ul style="list-style-type: none">• Passed the e-learning component with at least 70% AND• Attended the live session AND• Submitted the course evaluations for the e-learning and the live session component
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Important Note

- Completion of elearning component is mandatory
- Attendance of the live session is mandatory

Target Audience

Senior trainees and trained surgeons, as well as other healthcare professionals in Europe in order of availability and access: primary care physicians, physiotherapists, chiropractors, osteopaths, naprapath and others who are graduated as clinicians from a recognised institution (i.e., professional school or university). At least two years of clinical experience is recommended but all new graduates are encouraged to register.

Learning Outcomes

Module 6

Aims of the Module

This course will provide participants with the necessary skills to critically appraise the quality of the spine literature. Specifically, the course will introduce basic study designs and discuss the main threats to the validity of clinical studies.

Learning methods include didactic lectures and workshops. Recently published papers will be used in the workshops. The topics covered in the course include: the importance of research to inform practice, randomised clinical trials and cohort studies.

Participants will learn to use a critical appraisal tool to assess the quality of randomised control trials and cohort/prognostic studies..

Learning Outcomes

By the end of the e-learning and live session, learners should be able to:

General learning outcomes

- Understand how critical appraisal can improve clinical practice by integrating evidence and patients' perspectives;
- Understand the basic design of a randomized controlled trial, cohort study, and systematic review;
- Evaluate the quality of randomized clinical trials, cohort studies, and systematic reviews;

Randomized clinical trials:

- Critically appraise a randomized clinical trial using a standardized critical appraisal tool and identify the main threats to its validity;
- Discuss the validity of a randomized clinical trial and relevance of results to clinical practice.

Cohort/prognostic studies::

- Critically appraise a cohort/prognostic study using a standardized critical appraisal tool and identify the main threats to its validity;
- Discuss the validity of a cohort/prognostic study and relevance of results to clinical practice.

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 extend from theory to casestudies;
- Workshops: Facilitated group discussions and practical workshops.

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

eLearning

1. Introduction to critical appraisal

- Lecture: This session will introduce learners to the importance of critically reading the clinical literature and introduce the basic principles necessary to evaluate the quality of RCTs and clinical practice guidelines.

2. The architecture of RCTs: What clinicians need to know to determine the quality of a RCT.

- Lecture: The session will provide basic knowledge of the methodological design of RCTs.
- Activity: The instructor will facilitate the evaluation of a RCT with the class by using a critical appraisal tool.

3. The architecture of cohort/prognostic studies: What clinicians need to know to determine the quality of a cohort/prognostic study.

- Lecture: The session will provide basic knowledge of the methodological design of a cohort/prognostic study.
- Activity: The instructor will facilitate the evaluation of a cohort/prognostic study with the class by using a critical appraisal tool.

Virtual Live Session

Workshop 1: Critical appraisal of an RCT

- Activity: In small groups, learners will work together to evaluate the quality of an RCT using the Centre for Evidence-based Medicine (CEBM) Randomized Controlled Trial Checklist. The instructors will serve as methodological experts to guide the small group interactions. The critical appraisal session will be followed by a consensus discussion that will involve all learners.

Workshop 2: Critical appraisal of a cohort/prognostic study

- Activity: In small groups, learners will work together to evaluate a cohort/prognostic study using the Centre for Evidence-based Medicine (CEBM) Cohort Study Checklist.

The instructors will serve as methodological experts to guide the small group interactions. The critical appraisal session will be followed by a consensus discussion that will involve all learners.

Workshop 3: Critical appraisal of a systematic review

- As a large group, learners will discuss the evaluation of systematic review using the Centre for Evidence-based Medicine (CEBM) Systematic Review Checklist. The instructors will serve as methodological experts to guide the discussion that will involve all learners.

Assignment

Participants will be provided with two articles, reporting a RCT and cohort study; they will have to fill the corresponding grid. Model abstracts will be provided shortly after the deadline for submission. Participants are then encouraged to self-evaluate.

Course Evaluation by the Participants

In line with EACCME's requirements for accredited activities, participants will be requested to complete a mandatory course evaluation at the end of the module in the form of a short online survey. Responding to the survey is a condition for participants to obtain their CME certificates.

Module Chair

Daniela Linhares *PORTUGAL*

Module Faculty:

Cristina Jácome *PORTUGAL*

Daniela Linhares *PORTUGAL*

José Miguel Sousa *PORTUGAL*

Matilde Soares *PORTUGAL*

Rui Duarte *PORTUGAL*

Scientific Programme

Module 6 - Using Literature to inform my Practice

Time	Topic	Faculty
-	-	-
E-LEARNING PROGRAMME		
-	-	-
01:00	Introduction to Critical Appraisal	Daniela Linhares
01:00	The architecture of Randomized Controlled Trials	Cristina Jácome
01:00	Critical appraisal of a Cohort study: the fundamentals	Matilde Soares
00:20	Knowledge check questions	
-	-	-
-	-	-

Virtual Live Session Programme

Saturday, 4 July 2026

Time	Topic	Faculty
-	-	-
09h00	Introduction	
09h10	Presenting clinical cases and polling participants with treatment recommendation	Daniela Linhares
09h30	Workshop 1: Clinical appraisal of parts of a randomised controlled trial (article and appraisal form, related to method and case)	Daniela Linhares
-	-	-
10h30	Break	
-	-	-
10h40	Workshop 2: Clinical appraisal of parts of a cohort study (article and appraisal form, related to method and case)	José Miguel Sousa
-	-	-
11h25	Break	
-	-	-
11h35	Workshop 3: Clinical appraisal of parts of a systematic review (article and appraisal form, related to method and case)	Rui Duarte
12h30	Applicability of study results to initial clinical case, discussion, and feedback	Daniela Linhares
13h00	Wrap Up and closing remarks	
-	-	-
	End of Module 6	
-	-	-

List of Resources

Mandatory Readings

- Centre for Evidence-based Medicine Critical Appraisal Tool for Randomized Controlled Trial – Therapy Study. Download available at: <https://www.cebm.ox.ac.uk/resources/ebm-tools/critical-appraisal-tools>
- Centre for Evidence-based Medicine Critical Appraisal Tool for Prognostic Study. Download available at: <https://www.cebm.ox.ac.uk/resources/ebm-tools/criticalappraisal-tools>
- Centre for Evidence-based Medicine Critical Appraisal Tool for Systematic Review. Download available at: <https://www.cebm.ox.ac.uk/resources/ebm-tools/criticalappraisal-tools>

Recommended Readings

- McCulloch P, Altman DG, Campbell WB, Flum DR, Glasziou P, Marshall JC, Nicholl J, the Balliol Collaboration. No surgical innovation without evaluation: the IDEAL recommendations. *Lancet*. 2009(374):1105-112.
- Greenhalgh T. Of lamp posts, keys, and fabled drunkards: A perspectival tale of 4 guidelines. *J Eval Clin Pract*. 2018;24(5):1132-8. DOI: 10.1111/jep.12974.

Contacts

Course Organisation

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**Thank you
for your participation**

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