



IMPROVING LIVES IN UNDERSERVED COMMUNITIES THROUGH
SUSTAINABLE, INTEGRATED, EVIDENCE BASED SPINE CARE

Botswana Spine Care Conference: Putting Evidence Based Care into Practice

**Cresta Hotel, Mahalapye, Botswana
April 21 and April 22, 2016**

The Conference is provided with the support of and in collaboration with:

- *The Botswana Ministry of Health and Mahalapye District Hospital*
- *EuroSpine (www.eurospine.org)*
- *International society for the Study of the Lumbar spine (www.issls.org)*
- *The South African Spine Society (www.saspine.org)*
- *The Chiropractic Association of South Africa (www.chiropractic.co.za)*
- *The Canadian Memorial Chiropractic College (www.cmcc.ca)*

Lunch and refreshment breaks, graciously donated by the Botswana Ministry of Health

Conference fees:

- Botswana citizens who are government employees: no charge.
- Non-Botswana citizens and private practitioners: 70 USD.
- Students – medical, chiropractic, physical therapy, nursing: 35 USD
- A certificate of attendance will be issued to all attendees.

Use the following link to register for the conference:

<https://www.eventbrite.ca/e/botswana-spine-care-conference-putting-evidence-based-care-into-practice-tickets-21128086676>

Recommended Accommodation:

Mahalapye Cresta Hotel: <http://www.crestahotels.com/hotels/cresta-mahalapye>

Additional accommodation:

Seduda lodge <http://www.jovago.com/en-gb/botswana/o13642/seduda-lodge-mahalapye>

Maeto Lodge: <http://www.madbookings.com/botswana/mahalapye/maeto-lodge.html>

Madiba Inn: <https://www.safarinow.com/go/madibainmahalapye/>

Premiere Hotel: <http://www.jovago.com/en-gb/botswana/o13755/premier-hotel-mahalapye?adults=1&roomCount=1&children=0&fromSearch=1>

2016 Mahalapye Spine Care Conference **Faculty**

1. Scott Haldeman DC, MD, Ph.D., FRCP, FAAN – President World Spine Care, Clinical Professor, Department of Neurology, University of California, Irvine, Adjunct Professor, Department of Epidemiology, School of Public health, University of California, Los Angeles, Past President, North American Spine Society.
2. Margareta Nordin Dr.Med.Sci., PT – Vice President, World Spine Care, Research Professor, New York University, Past President, International Society for the Study of the Lumbar Spine, Vice-president, European Spine Society.
3. Geoff Outerbridge DC. MSc. Clinical Director, World Spine Care
4. Ian Vlok HOD. Neurosurgeon - Tygerberg Hospital and Associated Professor, University of Stellenbosch, South Africa.
5. Tiro Mmopelwa MD. Orthopedic Surgeon - Mahalpye District Hospital
6. Raquel Rojo Delgado PT, DC, MS. Clinical Coordinator, Botswana WSC Clinics.
7. Allan L. Brook, MD, FSIR, Director of Interventional Neuroradiology, Montefiore Medical Center, Professor of Clinical Radiology and Neurosurgery, Albert Einstein College of Medicine, New York
8. Maria Hondras DC, Ph.D., World Spine Care Research Scientist, University of Southern Denmark
9. Deborah Kopansky-Giles, BPHE, DC, FCCS, MSc. Professor, Graduate Education and Research, Canadian Memorial Chiropractic College. St. Michael's Hospital, Department of Family and Community Medicine, Toronto
10. Norman Fisher-Jeffes MD, Neurosurgeon. Cape Town, South Africa
11. Vincent Setlhare MD. Acting head of Department of Family Medicine and Public Health. Faculty of Medicine. University of Botswana.
12. Jean Moss DC, MBA, CEO World Spine Care, President Emerita, Canadian Memorial Chiropractic College.
13. Barrie Risman BA. Certified Yoga Teacher, E-RYT. Co-director Shri Yoga Montreal, Shri Yoga Institute for Therapeutic Yoga and Shri Yoga Teacher Training Program, Montreal Canada
14. Erin Moon. Certified Yoga Teacher, E-RYT. Three sister yoga New York City, Portland Oregon, Faculty for Yoga Anatomy Liliya Vinyasa Vancouver Canada

DAY 1: THURSDAY 21 APRIL, 2015
GENERAL SESSION
EVIDENCE BASED SPINE CARE

- 9:00 – 9:10 AM **Opening statements from the Botswana Government:** Ms. Shenaaz el-Halabi MPH - Permanent Secretary, Botswana Ministry of Health
- 9:10 – 9:15 AM **Welcome statement from Mahalapye:** Dr. Kunal Bose – Superintendent, Mahalapye District Hospital
- 9:15 – 9:25 AM **Welcome statement from World Spine Care:** Dr. Jean Moss
- 9:25 – 9:30 AM **Welcome from the Global Alliance for Musculoskeletal Health (BJD):** Prof. Deborah Kopansky-Giles
- 9:30 – 10:00 AM **The impact of spinal disorders on communities and the necessity for a spine care program:** Prof. Scott Haldeman
- 10:00 – 10:30 AM **The World Spine Care Evidence Based Model of Care for Spinal Disorders:** Prof. Margareta Nordin
- 10:30 – 10:45 AM Tea break
- 10:45 – 11:15 AM **People-centered and integrated spine care delivery - a new paradigm for the 21st Century.** Prof. Deborah Kopansky-Giles
- 11:15 – 11:45 AM **The management of spinal pain without serious pathology or neurological deficits:** Dr. Geoff Outerbridge
- 11:45 – 12:00 AM **Scoliosis and deformity screening of adolescents** (report of the results of recent screening in Mahalapye and Shoshong): Dr. Raquel Rojo Delgado
- 12:00 – 1:00 PM Lunch
- 1:00 – 1:30 PM **The indications for and interpretation of spine imaging.** Prof. Allan Brook.
- 1:30 – 2:00 PM **The role of surgery in the treatment of spinal pain and radiculopathy:** Dr. Norman Fisher-Jeffes
- 2:00 – 2:30 PM **Appropriate indications for fusion in low back pain.** Dr. Tiro Mmopelwa
- 2:30 – 3:00 PM **Identifying the patient who requires emergency spine surgery:** Prof. Ian Vlok
- 3:00 – 3:15 PM Tea break
- 3:15 – 3:45 PM **Evidence based pharmaceutical interventions for the management of spinal pain.** Dr. Vicent Setlhare
- 3:45 – 4:00 PM **Evidence in favor of yoga, tai chi and regular exercise in the management of spinal pain.** Geoff Outerbridge, Barrie Risman and Erin Moon
- 4:00 – 4:20 PM **Report of the cases seen in the World Spine Care Clinics in Mahalapye and Shoshong:** Dr. Raquel Rojo Delgado
- 4:20 – 4:40 PM **The WSC research programs in Botswana:** Prof. Margareta Nordin and Dr. Maria Hondras
- 4:40 – 4:55 PM **Summary of the World Spine Care Model for the management of spinal disorders and future goals of WSC in Botswana:** Professor Scott Haldeman
- 4:55 – 5:00 PM **Closing statements:** Shenaaz el-Halabi and Dr. Bose

DAY 2: FRIDAY 22 APRIL, 2015
WORKSHOP and PANEL DISCUSSIONS
EVIDENCE BASED SPINE CARE

7:00 – 8:00 AM **Community yoga for all conference attendees.** Barrie Risman and Erin Moon

8:30 – 9:00 AM Breakfast

Demonstrations:

9:00 – 9:30 AM **The patient presents with spinal disorder. What is the first clinical decision? Intervention based classes or categories:** Prof. Margareta Nordin

9:30 – 10:00 AM **Revisiting the neurological examination of a patient presenting with a spinal disorder. A demonstration –** Prof. Scott Haldeman

10:00 – 10:30 AM **The examination of the patient who presents with a spinal problem. Demonstration.** Dr. Geoff Outerbridge.

10:30 – 10:45 AM Tea break

10:45 – 12:00 AM **Panel Discussion**
How should I treat patients with back and/or neck pain that do not require surgery??

Prof. Margareta Nordin - chair
Prof. Deborah Kopansky-Giles
Dr. Geoff Outerbridge
Dr. Vincent Setlhare
Dr. Norman Fisher-Jeffes

12:00 – 1:00 PM Lunch

1:00 – 2:30 PM **Panel Discussion**
When should I refer for spine surgery??

Prof. Scott Haldeman - chair
Prof. Ian Vlok
Dr. Norman Fisher-Jeffes
Dr. Tiro Mmopelwa
Prof. Deborah Kopansky-Giles
Radiologist – not confirmed

Alternative Workshop
Break out session

**Teaching Yoga to the community:
Mindfulness, Meditation and Breathing**

Barrie Risman
Erin Moon

Alternative workshop
Break out session

Basic soft tissue manual spinal therapies

Dr. Geoff Outerbridge,
Dr. Raquel Delgado

2:30 – 3:30 PM **Panel Discussion:**
Questions from the audience: Entire faculty

3:30 PM Adjourn

Visit to the Shoshong Clinic for those who are interested.