



Hellenic
Spine
Society

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 1: BASIC COMPREHENSIVE COURSE

4 April 2019

Athens Medical Group Amfitheater
Kefalari Square, Athens, Greece



ATHENS MEDICAL
GROUP

www.dhss.gr

Course Manager

Ioannis Magras
Associate Professor of Neurosurgery

SCIENTIFIC
PROGRAMME

FACULTY

COURSE CHAIR Athanasios Spiliotopoulos

FACULTY

- Ioannis Balogiannis
- Dimosthenis Bouramas
- Alexandros Brodis
- Arion Kapinas
- Apostolos Karantanas
- Theofilos Palaiologos
- Elias Papadopoulos
- Konstantinos Paterakis
- Apostolos Samelis
- Konstantinos Soultanis
- Stavros Stavridis
- Panagiotis Zouboulis

LEARNING OUTCOMES MODULE 1

1. Explain the impact of spinal disorders on the individual and society
2. Evaluate a spinal patient
3. Recognise serious and urgent spinal disorders
4. Formulate a plan for the safe early management of emergency and serious spine disorders, based on sound principles of treatment.
5. Demonstrate sound clinical judgment in planning patient management around selected cases

DETAILED LEARNING OUTCOMES: SESSION 1 - SPINE - THE BIGGER PICTURE

Evidence Based Medicine

- Rank levels of evidence
- Define the needs of individual patients in the context of EBM
- Explain the risk of bias
- Justify the role of EBM, guidelines and registries

Epidemiology & Economics

- Quantify the problem of back pain in society
- Propose a strategy to reduce the problem
- Explain research definitions of back pain and study methodology

Ergonomics & Psychosocial

- Describe the impact of media and society on beliefs of patients
- Separate myth from knowledge in the relationship between disease and disability
- Anticipate obstacles to recovery
- Explain the role of manual handling and workplace factors in spinal disability

SESSION 2 - THE FUNCTIONAL SPINE

Biomechanics

- Outline loads in different positions of the spine
- Explain how loading changes with age and pathology
- Describe the basic principles of biomaterials and biocompatibility

Radiology

- Explain risks of exposure to radiation and minimize risks for patients and staff
- Justify the role of the team in evaluating radiological requests and investigations
- Select the most appropriate investigations in spinal disorders

The Young Spine

- Describe growth of the spine and growth velocity
- Define specific trauma related factors in the child

The Old Spine

- Identify common disorders in elderly patients
- Explain the natural history and treatment of fragility fractures of the spine
- Describe the impact of age and co-morbidity on risk assessment and patient safety

SESSION 3 - CLINICAL EVALUATION

Case Discussion: Recognising Serious Spine Disorders: Red Flags

- Use clinical information to formulate a diagnosis and treatment plan

Communication Skills

- Identify actual and potential communication problems within their own practice
- Assess own strengths and weaknesses in communicating with patients, their families and other team members.

Top Tips Clinical Examination

- Select appropriate clinical tests for a clinical situation
- Perform a safe and effective clinical examination

Safety & Ethics

- Apply an ethical framework to critical thinking
- Formulate principles of informed consent
- Evaluate organizational and personal factors involved in patient safety
- Identify non-technical aspects of safe surgery

SESSION 4- EMERGENCIES

Trauma. Evaluation. Transport

- Recognise and document details of a spinal cord injury (SCI)
- Plan transport, investigation and treatment of a patient with a spinal cord injury
- Anticipate potential complications and how to avoid them
- Plan a simple rehabilitation programme for a patient with SCI

Acute Cord Compression

- Recognise and investigate a progressive neurological spinal problem
- Formulate a plan for the pre surgical management of metastatic cord compression
- Outline the common causes and treatments of acute cord compression

Cauda Equina Syndrome

- Explain the impact on the patient of cauda equina syndrome (CES)
- Justify the difficulties in timing diagnosis and treatment

Case Discussion: Systemic Diseases & The Spine

- Use clinical information to formulate a diagnosis and treatment plan

Case Discussion

- Interpret clinical information to formulate a diagnosis and treatment plan

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SCIENTIFIC PROGRAMME,
MODULE 1: BASIC COMPREHENSIVE COURSE / THURSDAY, 04 APRIL 2019
COURSE ATTENDANCE IS MANDATORY
COURSE CHAIR: A. SPILIOPOULOS
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08.30-09.00 Course Registration & Welcome Coffee

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09.00-10.00 / SESSION 1: SPINE THE BIGGER PICTURE
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09.00-09.20 Evidence Based Medicine

A. Brodis

09.20-09.40 Epidemiology & Economics

A. Brodis

09.40-10.00 Ergonomics & Psychosocial Aspects

P. Zouboulis

10.00-10.30 Coffee Break

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10.30-12.30 / SESSION 2: THE FUNCTIONAL SPINE
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10.30-10.50 Radiology Imaging

A. Karantanas

10.50-11.10 Biomechanics

D. Bouramas

11.10-11.30 The Young Spine

A. Kapinas

11.30-11.50 The Old Spine

E. Papadopoulos

11.50-12.30 Case Discussion

12.30-13.30 Lunch Break

13.30-15.30 / SESSION 3: CLINICAL EVALUATION

- 13.30-13.50 Case Discussion: Recognising Serious Spine Disorders: Red Flags**
K. Paterakis
- 13.50-14.10 Communication skill**
A. Kapinas
- 14.10-14.30 Consenting Skills Exercise**
K. Soultanis
- 14.30-14.50 Top Tips For Clinical Examination**
K. Paterakis
- 14.50-15.10 Safety & Ethics**
S. Stavridis
- 15.10-15.30 Case Discussion**
- 15.30-16.00 Coffee Break

16.00-17.30 / SESSION 4: EMERGENCIES

- 16.00-16.20 Trauma. Evaluation. Transport**
A. Samelis
- 16.20-16.40 Acute Cord Compression**
Th. Palaiologos
- 16.40-17.00 Cauda Equina Syndrome**
I. Balogiannis
- 17.00-17.20 Case Discussion: Systemic Diseases & The Spine**
E. Papadopoulos
- 17.20-17.30 Case Discussion**

GENERAL INFORMATION

Modules

Module 1: Basic Comprehensive Course

Module 4: Trauma

Registration Fees

Module 1: 300 euros

Module 4: 300 euros

Module 1 and 4: 500 euros

Course Dates

4 - 5 April 2019

Course Language

English

Course venue

Athens Medical Group Amfitheater

Kefalari Square, Athens, Greece

Organization

Hellenic Spine Society

Course Secretariat

Premium / Congress & Social Events Solutions

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MODULE 1: BASIC COMPREHENSIVE COURSE
MODULE 4: TRAUMA

4-5 April 2019
Athens, Greece

Course Manager

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Associate Professor of Neurosurgery

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NOTES

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