



Hellenic
Spine
Society

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

11 November 2023

Teloglion Foundation of Arts A.U.Th.



ΠΑΝΗΛΛΟΓΡΑΦΙΚΟ
ΙΔΡΥΜΑ
ΤΕΧΝΩΝ
Α.Π.Θ.

The Panhellenic Medical Association will grant credit points
of Continuing Medical Education (CME-CPD)

Course Manager

Ioannis Magras

Professor of Neurosurgery

www.dhss.gr

SCIENTIFIC PROGRAMME

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LEARNING OUTCOMES SESSION 1 CERVICAL & LUMBAR: HERNIATED DISCS, DIAGNOSIS & TREATMENT OF RADICULAR PAIN

Epidemiology & Natural History of Radicular Pain

- Use common epidemiological terms to define and outline prevalence of radicular pain
- Illustrate the natural history of radicular pain
- Identify the contributory factors

Imaging of Radicular Pain

- Differentiate between the roles of MRI and CT in disc herniation imaging
- Explain how disc herniation occurs
- Interpret images using correct nomenclature

Effective Non-Surgical Interventions for Radicular Pain

- Evaluate non-surgical options for radicular pain
- Explain these options to patients
- Identify suitable patients for non-operative management
- Differentiate between the 3 types of analgesics
- Summarise the roles of physiotherapy and injection therapy

Surgery for Radicular Pain in the Lumbar Spine

- Differentiate between absolute and relative indications for surgery
- Identify appropriate timing for surgery
- Evaluate common surgical techniques with supporting evidence
- Compare surgical and non-surgical options
- Formulate a surgical plan
- Anticipate complications and plans for return to work and activity

Surgery for Radicular Pain in the Cervical Spine

- Outline the causes and incidence of radicular pain in the cervical spine
- Justify indications for surgery
- Identify factors influencing cervical disc herniation regression
- Select appropriate surgical approach
- Evaluate surgical options
- Anticipate complications and plans for return to work and activity
- Formulate a plan when the adjacent level

Case Discussion

LEARNING OUTCOMES SESSION 2 LUMBAR SPINAL STENOSIS

Spinal Stenosis: presentations, natural history, non-surgical treatment

- Outline the signs & symptoms of lumbar spine stenosis (LSS)
- Classify LSS
- Evaluate surgical and non-surgical options
- Appraise rehabilitation alternatives

Surgical Treatment of Lumbar Stenosis

- Formulate principles for stenosis surgery
- Evaluate surgical and non-surgical options for degenerative spondylolisthesis

Case Discussion

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LEARNING OUTCOMES SESSION 3 CERVICAL & THORACIC MYELOPATHY

Imaging Myelopathy: techniques & prognostic indicators

- Describe medullary non tumoral pathology
- Compare myelography and CT myelography

Presentations, Causes, Natural History Cervical & Thoracic Myelopathy

- Compare functional and clinical presentation of spondylotic and myelopathic syndromes
- Grade disease
- Anticipate clinical traps
- Describe the natural history
- Outline the clinical presentation of:
 - craniocervical myelopathy
 - thoracic myelopathy

Clinical & Surgical Decision Making in Cervical & Thoracic Myelopathy

- Compare different surgical approaches to cervical myelopathy

Case Discussion

LEARNING OUTCOMES SESSION 4 SPONDYLOLYSIS & SPONDYLOLISTHESIS

Degenerative Spondylolisthesis

- Outline the signs & symptoms of spondylolisthesis
 - Select and interpret appropriate images
 - Evaluate surgical and non-surgical options
- #### Spondylolysis & High-Grade Spondylolisthesis
- Outline the epidemiology and natural history
 - Describe the signs & symptoms of spondylolysis & high-grade spondylolisthesis
 - Classify effectively
 - Formulate principles of management
 - Evaluate surgical options
 - Anticipate complications of instrumentation and repositioning
 - Appraise rehabilitation alternatives

Case Discussion

LEARNING OUTCOMES SESSION 5 AXIAL SPINE PAIN

Obstacles to Recovery

- Anticipate potential obstacles to recovery
- Explain how flagging can be used
- Plan strategies for managing catastrophising
 - Non-Surgical Treatment of Back Pain
- Differentiate between acute and chronic back pain
- Evaluate options for non-surgical management of back pain
- Summarise current evidence pertaining to operative and non-operative management

Fusion Surgery for Low Back Pain

- Provide a rationale for fusion surgery
- Evaluate alternative options
- Select appropriate approach
- Link to current evidence

Case Discussion

LEARNING OUTCOMES SESSION 6 DEGENERATIVE ADULT DEFORMITY

Degenerative Lumbar Deformity

- Describe the pathogenesis and natural history of adult lumbar deformity
- Explain the concept of spinal balance and the spinopelvic parameters
- Formulate a surgical plan for lumbar degenerative kyphoscoliosis

Case Discussion/EITS

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SCIENTIFIC PROGRAMME

Module 2: Degenerative Diseases of the Spine

Saturday, 11 November 2023

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 10:45	Session 1: Herniated disc, Diagnosis and Treatment of Radicular Pain
09:00 - 09:15	Epidemiology & Natural History of Radicular Pain A. Athanasiou
09:15 - 09:30	Imaging of Radicular Pain A. Karantanas
09:30 - 09:45	Conservative Treatment S. Stavridis
09:45 - 10:00	Surgery for Radicular Pain in the Lumbar Spine P. Tsitsopoulos
10:00 - 10:15	Surgery for Radicular Pain in Cervical Spine D. Bouramas
10:15 - 10:45	Case Discussion (Radiculopathy)
10:45 - 11:15	Coffee Break
11:15 - 12:15	Session 2: Myelopathy
11:15 - 11:30	Imaging Techniques and Prognostic Indicators in Myelopathy A. Karantanas
11:30 - 11:45	Presentation, Causes, Natural History in Cervical & Thoracic Myelopathy D. Bouramas
11:45 - 12:00	Clinical & Surgical Decision Making In Cervical Myelopathy K. Paterakis
12:00 - 12:15	Clinical & Surgical Decision Making In Thoracic Myelopathy A. Athanasiou

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12:15 - 13:15	Session 3: Lumbar spinal stenosis
12:15 - 12:30	Spinal Stenosis: Presentation, Natural History and Non-Surgical Treatment S. Korfiatis
12:30 - 12:45	Surgical Treatment of Lumbar Stenosis A. Kapinas
12:45 - 13:15	Case Discussion (Myelopathy and Spinal Stenosis)
13:15 - 14:15	Lunch Break
14:15 - 15:15	Session 4: Spondylolysis and Spondylolisthesis
14:15 - 14:30	Degenerative Spondylolisthesis S. Stavridis
14:30 - 14:45	Spondylolysis & High-Grade Spondylolisthesis A. Kapinas
14:45 - 15:15	Case discussion (Spondylolysis and Spondylolisthesis)
15:15 - 16:00	Session 5: Axial pain
15:15 - 15:30	Non-Surgical Treatment of Back Pain A. Brodis
15:30 - 15:45	Fusion Surgery for Low Back Pain N. Paidakakos
15:45 - 16:00	Obstacles for recovery – Failed back surgery K. Barkas
16:00 - 16:30	Coffee Break
16:30 - 17:15	Session 6: Degenerative Adult deformity
16:30 - 16:45	Degenerative cervical - cervicothoracic deformity N. Paidakakos
16:45 - 17:00	Degenerative Lumbar Deformity C. Zafiris
17:00 - 17:15	Case Discussion (Axial pain & degenerative adult deformity)



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GENERAL INFORMATION

Module

Module 2: Degenerative Diseases Of The Spine

Registration Fee

Module 2: 350 euros

Module 2 and 5: 600 euros

Course Date

11 November 2023

Course Language

English

Accreditation

The Panhellenic Medical Association grants 6 credit points of Continuing Medical Education (CME-CPD)

Course venue

Teloglion Foundation of Arts
A.U.Th., Thessaloniki, Greece

Organization

Hellenic Spine Society

Course Secretariat

M.K. Premium Congress & Social Events Solutions Ltd

Riga Feraiou & Andrea Zakou, Christina Center

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NOTES

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ΧΕΙΡΟΥΡΓΙΚΑ ΕΡΓΑΛΕΙΑ ΠΟΙΟΤΗΤΑΣ



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Center



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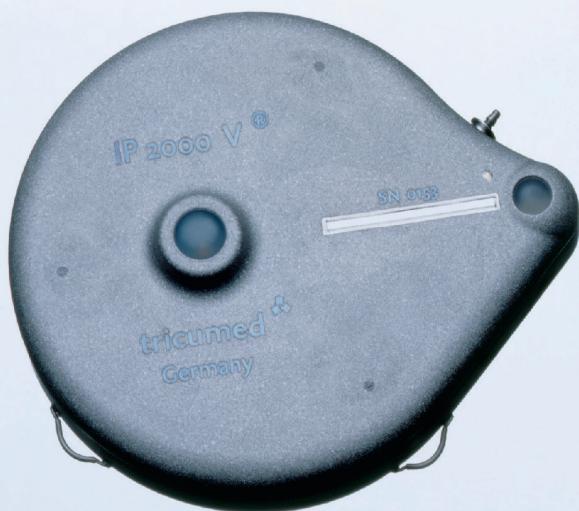
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Εμφυτεύσιμη Αντλία Ενδοραχιαίας Έγχυσης

Για την αποτελεσματική αντιμετώπιση:

- Σπαστικότητας
- Χρόνιου Πόνου

Νευροπαθητικού, Κακοήθους, Πολυεστιακού



- Χαμηλού Προφίλ
- 10ml έως 70ml χωρητικότητα
- Διάρκεια ζωής έως 25 έτη