



Hellenic  
Spine  
Society

# Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

## MODULE 1: BASIC COMPREHENSIVE COURSE

**20 April 2024**

**Athens Medical Group Amphitheater  
Kefalari Square, Athens, Greece**



ΟΜΙΛΟΣ ΙΑΤΡΙΚΟΥ  
ΑΘΗΝΩΝ

*Πάντα ένα βήμα μπροστά!*

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

### Course Manager

**Ioannis Magras**  
Professor of Neurosurgery

## SCIENTIFIC PROGRAMME

SECRETARIAT



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## **FACULTY**

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**CHAIRMAN**      Tsitsopoulos Parmenion

**FACULTY**

- Athanasiou Alkinoos
- Balogiannis Ioannis
- Barkas Konstantinos
- Bouramas Dimosthenis
- Brotis Alexandros
- Kapinas Arion
- Karantanas Apostolos
- Palaiologos Theofilos
- Paterakis Konstantinos
- Starantzis Konstantinos
- Stavridis Stavros
- Tsitsopoulos Parmenion

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### LEARNING OUTCOMES

#### MODULE 1

1. Explain the impact of spinal disorders on the individual and society
2. Evaluate a spinal patient with a spine problem
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 - GENERAL FEATURES

###### Epidemiology of spine diseases

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

###### Evidence Based Medicine

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

###### Surgical Anatomy of the Spine

- Understand the most important anatomical features in spine care
- Identify the main anatomical points during surgical spinal approaches

###### Radiology Standards

- 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

###### Spine Journals and literature

- Become familiar with the main spine journals
- Acquire ability to perform focused search on spine topics
- Understand and interpret the spine literature

##### 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

###### The Young Spine

- Describe spine growth 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

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### SESSION 3 - CLINICAL EVALUATION & MEDICAL ETHICS

#### Hints and tips during clinical examination

- Identify actual and potential communication problems within practice
- Assess own strengths and weaknesses in communicating with patients, their families and other team members
- Select appropriate clinical tests for a clinical situation
- Perform a safe and effective clinical examination

#### Warnings during clinical decision making

- Recognise Serious Red Flags during spine care
- Use clinical information to formulate a diagnosis and treatment plan

#### Ethics & Medicolegal Issues

- Apply an ethical framework to critical thinking
- Formulate principles of informed consent
- Identify the main medicolegal issues and how to avoid them in spine practice
- Evaluate organizational and personal factors involved in patient safety

### SESSION 4 - SPINAL EMERGENCIES

#### Evaluation & management principles of spine trauma

- Recognise and document details of a spinal cord injury
- 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 strategy for a patient with spinal cord injury

#### Incomplete spinal cord injury

- Recognise and investigate an incomplete spinal cord injury
- Formulate a plan for the presurgical management of incomplete spinal cord injury and compression
- Outline the common causes and treatment options of acute spinal cord compression

#### Conus Medullaris & Cauda Equina Syndrome

- Justify the difficulties in proper diagnosis and treatment of conus medullaris and cauda equina syndrome
- Explain the impact of cauda equina syndrome on patient's life

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## SCIENTIFIC PROGRAMME

**MODULE 1: BASIC COMPREHENSIVE COURSE** FRIDAY, 19 APRIL 2024

COURSE ATTENDANCE IS MANDATORY

08:30 - 09:00	Course Registration & Welcome Coffee
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09:00 - 10:30	Session 1: General Features
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09:00 - 09:15	Epidemiology of spine diseases <b>A. Brotis</b>
09:15 - 09:30	Evidence Based principles <b>A. Brotis</b>
09:30 - 09:50	Practical anatomy of the cervical spine <b>E. Antoniadis</b>
09:50 - 10:10	Practical anatomy of the thoracolumbar spine <b>K. Barkas</b>
10:10 - 10:30	Radiological standards and methods <b>A. Karantanis</b>
10:30 - 11:00	Coffee break
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11:00 - 12:15	Session 2: The Functional Spine
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11:00 - 11:15	Biomechanical principles <b>P. Tsitsopoulos</b>
11:15 - 11:30	Biomechanics of spine constructs <b>D. Bouramas</b>
11:30 - 11:45	Peculiarities and specific features of the young spine <b>A. Kapinas</b>
11:45 - 12:00	Peculiarities and specific features of the aged spine <b>S. Stavridis</b>
12:00 - 12:15	Case Discussion <b>Faculty</b>
12.15 - 13.00	Lunch break

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<b>13:00 - 14:30</b>	<b>Session 3: Clinical Evaluation &amp; Spinal Emergencies</b>
13:00 - 13:15	Hints and tips through clinical examination <b>K. Barkas</b>
13:15 - 13:30	Warnings and dilemmas during clinical decision making <b>K. Paterakis</b>
13:30 - 13:45	Evaluation & management principles of spine trauma <b>A. Athanasiou</b>
13:45 - 14:00	Incomplete spinal cord injury <b>T. Palaiologos</b>
14:00 - 14:15	Conus medullaris & Cauda Equina Syndrome <b>S. Korfias</b>
14:15 - 14:30	Case Discussion <b>Faculty</b>
14:30 - 15:00	Coffee Break
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<b>15:00 - 16:10</b>	<b>Session 4: Medical Ethics, Research &amp; Innovative technologies</b>
15:00 - 15:20	Ethics & Medicolegal issues <b>S. Stavridis</b>
15:20 - 15:40	Literature search and types of clinical studies <b>P. Tsitsopoulos</b>
15:40 - 16:00	Artificial Intelligence and technical innovations in spine practice <b>A. Athanassiou</b>
16:00 - 16:10	Closing Remarks <b>I. Magras</b>

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## GENERAL INFORMATION

### Module

Module 1: BASIC COMPREHENSIVE COURSE

### Registration Fee

Module 1: 300 euros

Module 1 and 4: 500 euros

### Date

20 April 2024

### Official Language:

English

### Accreditation

The Panhellenic Medical Association grants 14 credit points of Continuing Medical Education (CME-CPD)

### Venue

Centre for Dissemination of Research Results of Aristotle University of Thessaloniki (KE.D.E.A.) A.U.TH. | Thessaloniki, Greece

### Organization

Hellenic Spine Society

### Course Secretariat



### Premium Congress & Social Events Solutions

Vas. Irakliou 47, Gr 54623 | Thessaloniki, Greece

Tel.: +30 2310 226 250, +30 2310 219 407, fax: +30 2316 009 072

Email: [conference2@premium-events.gr](mailto:conference2@premium-events.gr)

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## NOTES

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