



Hellenic
Spine
Society

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 1: BASIC COMPREHENSIVE COURSE

6 May 2018

Athens Medical Group Amfitheater
Kefalari Square, Athens, Greece

Course Manager

Ioannis Magras
Associate Professor of Neurosurgery

www.dhss.gr

SCIENTIFIC
PROGRAMME

COURSE 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

CHAIRMAN Kostas Paterakis

FACULTY Dimos Bouramas
Alexandros Brotis
Ioannis Gelalis
Arion Kapinas
Apostolos Karantanas
Theofilos Palaiologos
Elias Papadopoulos
Sotiris Papastefanou
Kostas Paterakis
Apostolos Samelis
Efthimios Samoladas
Stavros Stavridis
Aristomenis Syngelakis
Panagiotis Zouboulis

SCIENTIFIC PROGRAMME,
MODULE 1: BASIC COMPREHENSIVE COURSE / SUNDAY, 06 MAY 2018
COURSE ATTENDANCE IS MANDATORY

8.30-9.00 Course Registration & Welcome Coffee

9.00-10.00 / SESSION 1: SPINE THE BIGGER PICTURE

- 9.00-9.20 Evidence Based Medicine**
A. Brotis
- 9.20-9.40 Epidemiology & Economics**
A. Syngelakis
- 9.40-10.00 Ergonomics & Psychosocial Aspects**
P. Zouboulis
- 10.00-10.30 Coffee Break

10.30-12.30 / SESSION 2: THE FUNCTIONAL SPINE

- 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**
S. Papastefanou
- 13.50-14.10 Communication skill**
E. Samoladas
- 14.10-14.30 Consenting skills exercise**
S Papastefanou
- 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



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MODULE 2: DEGENERATIVE SPINE

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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 “problem“ remains unresolved
- 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

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 :
 - o craniocervical myelopathy
 - o 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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MODULE 2: DEGENERATIVE SPINE

6-7 May 2018

Athens, Greece

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Efthimios Samoladas

Stavros Stavridis

SCIENTIFIC PROGRAMME,
MODULE 2: DEGENERATIVE SPINE / MONDAY, 07 MAY 2018

8.30-9.00 Course Registration & Welcome Coffee

**9.00-11.00 / SESSION 1: CERVICAL AND LUMBAR : HEARNIATED DISC,
DIAGNOSIS AND TREATMENT OF RADICULAR PAIN**

9.00-9.20 Epidemiology & Natural History of Radicular Pain

I. Magras

9.20-9.40 Imaging of Radicular Pain

A. Karantanas

9.40-10.00 Effective Non-Surgical Interventions for Radicular Pain

S. Stavridis

10.00-10.20 Surgery for Radicular Pain in the Lumbar Spine

K. Paterakis

10.20-10.40 Surgery for Radicular Pain in the Cervical Spine

D. Bouramas

10.40-11.00 Case Discussion

11.00-11.30 Coffee Break

11.30-12.30 / SESSION 2: LUMBAR SPINAL STENOSIS

11.30-11.50 Spinal Stenosis: Presentation, Natural History, Non-Surgical Treatment

I. Gelalis

11.50-12.10 Surgical Treatment of Lumbar Stenosis

E. Samoladas

12.10-12.30 Case Discussion

12.30-13.30 Lunch Break

13.30-14.30 / SESSION 3: CERVICAL AND THORACIC MYELOPATHY

13.30-13.45 Imaging Myelopathy: Techniques & Prognostic Indicators

A. Karantanas

13.45-14.00 Presentation, Causes, Natural History Cervical & Thoracic Myelopathy

D. Bouramas

14.00-14.15 Clinical & Surgical Decision Making In Thoracic Myelopathy

I. Magras

14.15-14.30 Clinical & Surgical Decision Making In Cervical Myelopathy

K. Paterakis

Case Discussion

14.30-15.00 / SESSION 4: SPONDYLOLYSIS AND SPONDYLOLISTHESIS

- 14.30-14.45 Degenerative Spondylolisthesis**
S. Stavridis
- 14.45-15.00 Spondylolysis & High-Grade Spondylolisthesis**
E. Samoladas
- 15.00-15.30 Coffee Break

15.30-16.30 / SESSION 5: AXIAL SPINE PAIN

- 15.30-15.50 Obstacles to Recovery**
E. Papadopoulos
- 15.50-16.10 Non-Surgical Treatment of Back Pain**
S. Papastefanou
- 16.10-16.30 Fusion Surgery for Low Back Pain**
S. Papastefanou
Case Discussion

16.30-17.00 / SESSION 6: DEGENERATIVE ADULTE DEFORMITY

- 16.30-16.50 Degenerative Lumbar Deformity**
E. Papadopoulos
- 16.50-17.00 Case Discussion**



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NOTES

A series of horizontal dotted lines for taking notes.