



Hellenic
Spine
Society

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

28 April 2023

**Athens Medical Group Amphitheater
Kifisia, Athens**



**ATHENS MEDICAL
GROUP**

Always one step ahead!

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

Course Manager

Ioannis Magras
Professor of Neurosurgery

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SCIENTIFIC PROGRAMME



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Course Manager

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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

Friday, 28 April 2023

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

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



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**MODULE 2: DEGENERATIVE DISEASES
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GENERAL INFORMATION

Module

Module 2: Degenerative Diseases Of The Spine

Registration Fee

Module 2: 350 euros

Module 2 and 3: 600 euros

Course Date

28 April 2023

Course Language

English

Accreditation

The Panhellenic Medical Association grants 15 credit points of Continuing Medical Education (CME-CPD)

Course venue

Athens Medical Group Amphitheater
Kefalari Square, Athens, Greece

Organization

Hellenic Spine Society

Course Secretariat

Premium Congress & Social Events Solutions

THESSALONIKI: 47, V. Irakliou St. P.C. 54623

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MODULE 3: SPINAL DEFORMITIES

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MODULE 3: SPINAL DEFORMITIES

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LEARNING OUTCOMES: SESSION 1 PRINCIPLES OF SPINAL DEFORMITY

Scoliosis: Aetiology & Prognostic Factors

- Describe the aetiology and prognostic factors associated with
 - o idiopathic scoliosis
 - o infantile idiopathic scoliosis
 - o secondary scoliosis

Kyphosis

- Differentiate between the aetiology and prognostic factors associated with regular and angular kyphosis
- Evaluate management options for
 - o kyphosis
 - o kyphus

Clinical Assessment

- Differentiate between functional and structural deformities
- Take a structured approach to clinical evaluation
- Assess skeletal maturity
- Identify prognostic factors of progression
- Identify rotational deformity
- Perform a neurological assessment
- Explain treatment strategy to patients and their families

Imaging of Deformities

- Define the role of standard coronal and sagittal x-ray to evaluate deformity
- Define the role of bending and traction x-rays
- Differentiate between imaging in children and adults
- Minimise radiation dose to patients
- Recognise red flags, including tumours, neural tube abnormalities, connective tissue and muscular disease and their association with spinal deformity

LEARNING OUTCOMES: SESSION 2 CONSERVATIVE TREATMENT

Casting, Bracing & Role of Rehabilitation

- Justify the role of casting today
- Explain the pros and cons of different types of brace treatment
- Formulate principles of rehabilitation for patients with spine deformity
- Define the role of halo traction as definitive or interim treatment

LEARNING OUTCOMES: SESSION 3 PRINCIPLES OF SURGICAL TREATMENT

Pre-Operative Assessment: how to prepare for a complex case

- Formulate a surgical plan
- Record a comprehensive preoperative assessment
- Consider special issues including pulmonary, cardiac, hematological, nutritional and metabolic

Positioning the Patient

- Position patients safely
- Explain the rationale to other team members
- Compare the purpose of prone, lateral and supine positions

Blood Saving

- Anticipate the factors affecting blood loss
- Recognize trigger points for transfusion
- Minimise the risks of homologous transfusion
- Outline the role of erythropoietin
- Compare the pros and cons of autologous transfusion, haemodilution, hypotensive anaesthesia, anti-fibrinolytic agents, intraoperative blood salvage

Intra-Op Monitoring

- Select appropriate types of monitoring
- Differentiate between SEP and MEP
- Perform a safe and reliable wake up test
- Recognise when a wake up test is required
- Respond appropriately when monitoring indicates intervention required
- Triggered EMG pedicle screw stimulation. Pedicle Screw Guidance in Deformity
- Assess appropriate placement
- Minimise the risk of misplacement
- Balance the pros and cons of spinal navigation
- Assess the advantages and disadvantages of freehand probing

Bone Fusion

- Identify factors influencing spinal fusions
- Define the roles of osteoconduction and osteoinduction factors
- Explain the physiology of bone grafting
- Outline the risk factors associated with non-union
- Categorise bone fusion and diagnose non union

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LEARNING OUTCOMES: SESSION 4 PRINCIPLES OF SURGICAL TREATMENT

Congenital Spinal Cord Anomalies

- Differentiate between types of congenital spine deformity
- Link prognostic factors with appropriate type and timing of intervention
- Evaluate non operative, early and late operative treatment options

Congenital Spinal Deformities

- Relate the stages of development to deformities of the spinal cord
- Select appropriate investigations
- Evaluate treatment options

Neuromuscular Scoliosis

- Describe the aetiology and prognostic factors associated with neuromuscular scoliosis
- Identify factors indicating progression or risk to neurological structures
- Evaluate management options
- Assess associated pulmonary and cardiac problems

Idiopathic Adult Deformities

- Identify common problems associated with adult deformity
- Outline the progress of scoliosis through life
- Relate appropriate monitoring strategies
- Evaluate operative and non operative options for different age groups
- Relate changes to sagittal /coronal imbalance

Degenerative Deformities

- Use spino-pelvic parameters to assess degenerative deformities
- Differentiate between idiopathic and degenerative (de novo) deformity
- Perform clinical evaluation of sagittal balance and stenosis
- Select appropriate investigations
- Evaluate operative and non operative options
- Consider comorbidities associated with age
- Assess patient expectation

LEARNING OUTCOMES: SESSION 5 TECHNIQUES & STRATEGY

End Limits of Fusion in Idiopathic Scoliosis

- Use classification to determine the end limits of fusion (Lenke)
- Define the lower and upper limit of instrumentation
- Coronal & Sagittal Balance
- Plan preoperative spine assessment of coronal and sagittal balance

- Explain primary factors and compensatory mechanisms
- Evaluate surgical options
- Formulate an appropriate preoperative and surgical plan

Technique & Strategy: posterior approach

- Formulate principles of surgical correction
- Evaluate strategic surgical options
- Recognise indications for a posterior or combined approach

Technique & Strategy: anterior approach

- Differentiate between anterior release, anterior fusion and anterior instrumentation
- Select appropriate approach for procedure
- Recognise indications for
 - o anterior approach
 - o anterior instrumentation

LEARNING OUTCOMES: SESSION 6 OSTEOTOMIES

Role & Technique of Spinal Osteotomies

- Justify the aim of osteotomy
- Differentiate between the different types of osteotomy
- Relate to appropriate degree of correction
- Select appropriate level

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SCIENTIFIC PROGRAMME

Module 3: Spinal Deformities

Saturday, 29 April 2023

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 10:30	Session 1: Principles of spinal deformity
09:00 - 09:15	Scoliosis: Aetiology & prognostic factors I. Palavos
09:15 - 09:30	Kyphosis N. Paidakakos
09:30 - 09:45	Clinical Assessment A. Kapinas
09:45 - 10:00	Imaging of Deformities A. Karantanas
10:00 - 10:30	Session 2: Conservative treatment
10:00 - 10:15	The role of casting and bracing N. Sekouris
10:15 - 10:30	The role of rehabilitation N. Karavidas
10:30 - 11:00	Coffee Break
11:10 - 13:00	Session 3: Principles of Surgical treatment
11:00 - 11:15	Coronal & Sagittal Balance. What's new? Is it really "The French Conspiracy"? JC LeHuec
11:15 - 11:30	The role of Intra-Op Monitoring K. Papadopoulos
11:30 - 11:45	The role of navigation and robotics in Spinal Deformity I. Karnezis
11:45 - 12:00	The Challenge of Bone Fusion in Spinal Deformity A. Brodis
12:00 - 12:15	Decision making in deformity treatment. How to prepare for the complex case. E. Samoladas
12:15 - 12:30	Case Discussion E. Samoladas

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12:30 - 13:30	Lunch Break
13:00 - 15:00	Session 4: Principles of Surgical treatment
13:00 - 13:45	Congenital Spinal Cord Anomalies P. Tsitsopoulos
13:45 - 14:00	Congenital Spinal Deformities S. Hadgaonkar
14:00 - 14:15	Neuromuscular Scoliosis P. Korovessis
14:15 - 14:30	Idiopathic Adult Deformities P. Zoumpoulis
14:30 - 14:45	Degenerative Deformities K. Paterakis
14:45 - 15:00	Case Discussion
15:00 - 15:30	Coffee Break
15:30 - 16:15	Session 5: Technique and strategy
15:30 - 15:45	End Limits of Fusion in Idiopathic Scoliosis S. Stavridis
15:45 - 16:00	Techniques & Strategies: Posterior Approach A. Kapinas
16:00 - 16:15	Techniques & Strategies: Anterior Approach S. Stavridis
16:15 - 17:00	Session 6: Osteotomies
16:15 - 16:30	Role & Technique of Spinal Osteotomies in Deformity Treatment JC LeHuec
16:30 - 17:00	Case Discussion: JC LeHuec
17:00 - 17:05	Closing remarks P. Korovessis JC LeHuec
17:05	End of course

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GENERAL INFORMATION

Module

Module 3: Spinal Deformities

Registration Fee

Module 3: 350 euros

Module 2 and 3: 600 euros

Course Date

Saturday, 29 April 2023

Course Language

English

Accreditation

The Panhellenic Medical Association grants 12 credit points of Continuing Medical Education (CME-CPD)

Course venue

Athens Medical Group Amphitheater

Kefalari Square, Athens, Greece

Organization

Hellenic Spine Society

Course Secretariat

Premium Congress & Social Events Solutions

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