



Hellenic  
Spine  
Society

# Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

**MODULE 1: BASIC COMPREHENSIVE COURSE**

**MODULE 5: TUMORS AND INFLAMMATORY  
DISEASES OF THE SPINE**

**11 September 2020**

**Athens Medical Group Amphitheater**



ΟΜΙΛΟΣ ΙΑΤΡΙΚΟΥ  
ΑΘΗΝΩΝ

*Πάντα ένα βήμα μπροστά!*

The Panhellenic Medical Association grants 13 credit points  
of Continuing Medical Education (CME-CPD)

## **Course Manager**

**Ioannis Magras**

Associate Professor of Neurosurgery

**SCIENTIFIC PROGRAMME**

[www.dhss.gr](http://www.dhss.gr)

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11 September 2020

### Course Manager

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Associate Professor of Neurosurgery

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## FACULTY

**CHAIRMAN** Konstantinos Soultanis

**FACULTY** Balogiannis Ioannis  
Bouramas Dimos  
Brotis Alexandros  
Kapinas Arion  
Kelekis Alexios  
Palaiologos Theofilos  
Papadopoulos Elias  
Paterakis Konstantinos  
Samelis Apostolos  
Stavridis Stavros  
Soultanis Konstantinos  
Zouboulis Panagiotis

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### LEARNING OUTCOMES:

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

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### 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** FRIDAY, 11 SEPTEMBER 2020

COURSE ATTENDANCE IS MANDATORY

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. Brotis

09:20 - 09:40 Epidemiology & Economics

A. Brotis

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. Kelekis

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



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13:30 - 15:30	Session 3: Clinical Evaluation
13:30 - 13:50	<b>Case Discussion: Recognising Serious Spine Disorders: Red Flags</b> K. Paterakis
13:50 - 14:10	<b>Communication skill</b> A. Kapinas
14:10 - 14:30	<b>Consenting skills exercise</b> K. Soultanis
14:30 - 14:50	<b>Top Tips for Clinical Examination</b> K. Paterakis
14:50 - 15:10	<b>Safety &amp; Ethics</b> S. Stavridis
15:10 - 15:30	<b>Case Discussion</b>
15:30 - 16:00	Coffee break

16:00 - 17:30	Session 4: Emergencies
16:00 - 16:20	<b>Trauma / Evaluation / Transport</b> A. Samelis
16:20 - 16:40	<b>Acute Cord Compression</b> Th. Palaiologos
16:40 - 17:00	<b>Cauda Equina Syndrome</b> I. Balogiannis
17:00 - 17:20	<b>Systemic Diseases &amp; The Spine</b> E. Papadopoulos
17:20 - 17:30	<b>Case Discussion</b>



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## GENERAL INFORMATION

### Module

Module 1: BASIC COMPREHENSIVE COURSE

### Registration Fee

Module 1: 300 euros

Module 1 and 5: 500 euros

### Course Date

13 March 2020

### Course Language

English

### Accreditation

The Panhellenic Medical Association grants 13 credit points of Continuing Medical Education (CME-CPD)

### Course venue

Athens Medical Group Amfitheater  
Kefalari Square / Athens, Greece

### Organization

Hellenic Spine Society

### Course Secretariat

**M.K. Premium Congress & Social Events Solutions Ltd**

Riga Feraiou & Andrea Zakou, Christina Center

Zip Postal Code 58256, 3732, Limassol, Cyprus

Tel: +357 99812240

E-mail: [info@mk-premium.com](mailto:info@mk-premium.com)

[www.mk-premium.com](http://www.mk-premium.com)

# Diploma of the Hellenic Spine Society

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## MODULE 5: TUMORS AND INFLAMMATORY DISEASES OF THE SPINE

12 September 2020

### Course Manager

Ioannis Magras

Associate Professor of Neurosurgery

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## FACULTY

### CHAIRMAN

Voulgaris Spyridon

### FACULTY

Apostolou Thomas  
Bouramas Dimos  
Dimitroulas Theodoros  
Hadgaonkar Shailesh  
Kotsa Kalliopi  
Paterakis Konstantinos  
Patsalas Ioannis  
Polyzoidis Stavros  
Spiliotopoulos Athanasios  
Stavridis Stavros  
Toulios Petros  
Tsitsopoulos Parmenion  
Voulgaris Spyridon

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## MODULE 5: TUMORS AND INFLAMMATORY DISEASES OF THE SPINE

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## LEARNING OUTCOMES:

### SESSION 1 - VERTEBRAL OSTEOMYELITIS

#### Evidence Based Medicine

- Explain the aetiology of vertebral osteomyelitis including: bacterial, tuberculous, and fungal
- Describe the pathogenesis including venous route, arterial inoculation and iatrogenic direct extension
- Anticipate the routes of spread: vertebral body & intervertebral disc

#### Symptoms & Diagnosis

- Recognise the signs and symptoms of vertebral osteomyelitis
- Identify the risk factors (immunodeficiency etc)
- Select appropriate investigations
- Distinguish on MRI and x-ray the key features that define and contrast both pyogenic and tuberculous spinal lesions

#### Conservative Management & Indications for Surgical Treatment

- Evaluate options for conservative treatment
- Compare absolute and relative indications for conservative treatment

#### Surgical Management of Spinal Infections

- Formulate a plan for infection specific treatment
- Anticipate complications
- Plan appropriate management
- Appraise current evidence concerned with spondylitis outcome and prognosis

#### Case Discussion

### SESSION 2 - RHEUMATOID DISEASE

#### Etiology, Pathogenesis, Symptoms, Diagnosis

- Explain the aetiology of rheumatoid disease
- Describe the pathogenesis relating rheumatoid disease and joint changes
- Recognise the signs and symptoms
- Select and interpret appropriate investigations and imaging
- Recognise signs of the rheumatoid spine ankylosing spondylitis

#### Stabilizing & Corrective Surgery of the Spine

- Describe indications for corrective surgery for ankylosing spondylitis
- Diagnose occipito-atlantoaxial complex and subaxial cervical spine
- Differentiate between horizontal and vertical atlantoaxial instability

#### Diagnosis & Treatment of the Occipito-Atlantoaxial Complex

- Identify the commonly used radiographic lines and measurements for the C0 to C2 complex
- Plan appropriate treatment for C0 to C2 and sub-axial rheumatic neck problems
- Appraise current evidence regarding outcome and prognosis

#### Case Discussion



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### SESSION 3 - METABOLIC BONE DISEASES

#### Bone Disorders

- Paget's disease
- Rickets
- DISH (Forestier's disease)
- Metabolic bone disease Osteoporosis
- Outline the etiology of osteoporosis
- Diagnose osteoporosis using appropriate investigations

#### Surgical Considerations In Disorders of the Bone

- Evaluate treatment options
- Compare minimally invasive techniques including vertebroplasty, kyphoplasty and vertebral body stenting

#### Case Discussion

### SESSION 4 - TUMOURS OF THE AXIAL SKELETON

#### Primary benign tumours and tumour like lesions

##### Diagnosis and management

- Explain the aetiology of tumours and tumour like lesions
- Describe the pathogenesis relating to tumours and tumour like lesions
- Differentiate between primary benign tumours and tumour like lesions
- Select appropriate investigations, interpret results and stage tumour like lesions
- Evaluate treatment options

- Anticipate outcomes

- Formulate a plan for long term monitoring

#### Secondary malignant tumours

##### Diagnosis and management

- Justify the relative importance of combined tumour therapy including surgery, radiotherapy and chemotherapy

- Evaluate surgical options and results

- Formulate a multidisciplinary management plan

- Justify the risks, benefits and impact of radiotherapy and chemotherapy

- Evaluate surgical options

- Anticipate complications

#### Case Discussion

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## SCIENTIFIC PROGRAMME

### MODULE 5: TUMORS & INFLAMMATORY DISEASE OF THE SPINE

SATURDAY, 12 SEPTEMBER 2020

COURSE ATTENDANCE IS MANDATORY

**CHAIRMAN: VOULGARIS SPYRIDON**

08:30 - 09:00 Course Registration & Welcome Coffee

#### 09:00 - 10:30 Session 1: VERTEBRAL OSTEOMYELITIS

09:00 - 09:15 **Etiology, Pathogenesis, Routes of Spread**  
S. Stavridis

09:15 - 09:30 **Symptoms & Diagnosis**  
S. Stavridis

09:30 - 09:45 **Conservative Treatment & Indications for Surgical Treatment**  
P. Tsitsopoulos

09:45 - 10:00 **Surgical Management of Spinal Infections**  
S. Hadgaonkar

10:00 - 10:30 **Case Discussion**

10.30 - 11.00 Coffee break

#### 11:00 - 12:45 Session 2: RHEUMATOID DISEASE

11:30 - 11:45 **Etiology, Pathogenesis, Symptoms, Diagnosis**  
Th. Dimitroulas

11:45 - 12:00 **Stabilizing & Corrective Surgery of the TL Spine (Especially Ankylosing Spondylitis)**  
K. Paterakis

12:00 - 12:15 **Diagnosis & Treatment of the Occipito Atlantoaxial Complex**  
D. Bouramas

12:15 - 12:45 **Analysis and discussion of a surgical procedure (Video)**  
D. Bouramas

12.45 - 13.15 Lunch break

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### 13:15 - 14:30 Session 3: METABOLIC BONE DISEASES

#### 13:15 - 13:30 Bone Disorders

K. Kotsa

#### 13:30 - 13:45 Osteoporosis (Etiology, Diagnosis, Drug Therapy)

K. Kotsa

#### 13:45 - 14:00 Surgical Considerations in Disorders of the Bone

S. Polyzoidis

#### 14:00 - 14:30 Case Discussion

### 14:30 - 15:45 Session 4: PRINCIPLES OF SURGICAL TREATMENT

#### 14:30 - 14:45 Benign Tumours and Tumour Like Lesions: diagnosis and management

Th. Apostolou

#### 14:45 - 15:00 Primary Malignant Tumours: diagnosis and management

A. Spiliotopoulos

#### 15:00 - 15:15 Secondary Malignant Tumours: diagnosis and management

P. Toullos

#### 15:15 - 15:45 Case Discussion

#### 15:45 - 16:15 Coffee break

### 16:15 - 17:15 Session 5: TUMORS OF THE SPINAL CORD

#### 16:15 - 16:30 Intradural extra medullary Tumours

S. Voulgaris

#### 16:30 - 16:45 Intramedullary Tumours

I. Patsalas

#### 16:45 - 17:15 Analysis and discussion of a surgical procedure (Video)

I. Patsalas

## GENERAL INFORMATION

### Module

Module 5: TUMORS & INFLAMMATORY DISEASE OF THE SPINE

### Registration Fee

Module 5: 300 euros

Module 1 and 5: 500 euros

### Course Date

14 March 2020

### Course Language

English

### Accreditation

The Panhellenic Medical Association grants 13 credit points of Continuing Medical Education (CME-CPD)

### Course venue

Athens Medical Group Amfitheater

Kefalari Square / Athens, Greece

### Organization

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### Course Secretariat

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