



Hellenic
Spine
Society

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 4: TRAUMA

19 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

www.dhss.gr

SECRETARIAT



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Tel. +30 2310226250, www.mk-premium.com

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Stavridis Stavros

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LEARNING OUTCOMES

MODULE 4

1. Select & interpret appropriate x-ray, CT and MRI in spinal trauma
2. Classify fractures of C0-2, subaxial C-spine, TL-spine and sacrum
3. Compare surgical and conservative treatment methods at different levels, including C0-2, subaxial C, TL and sacrum
4. Define special features of conditions including AS, osteoporosis and trauma of the immature spine
5. Plan how to prevent complications in spinal trauma
6. Describe characteristics of spinal shock and spinal cord injury syndromes

DETAILED LEARNING OUTCOMES:

SESSION 1 - TRAUMA CERVICAL SPINE

Imaging of Cervical Trauma

- Select appropriate imaging for suspected cervical spinal injury
- Evaluate options for x-ray views
- Select CT and/or MRI as appropriate
- Differentiate between requirements following major and minor cervical spine trauma

Trauma of C0-C2:

Classification & Management

- Define the role of ligaments in cervical spine stability
- Classify and relate to treatment
- Occipital condyle fractures
- Occipito-cervical dislocation
- Occipito-atlantal dislocation
- Axial atlanto-axial Instability
- Atlas (C1) fracture
- Axis (C2) fracture
- Traumatic spondylolisthesis C2

Trauma of Subaxial C- Spine:

Classification & Management

- Estimate the incidence of and classify using the AO classification
- Use other classifications to determine treatment and prognosis
- Anticipate diagnostic pitfalls
- Evaluate non-surgical management options and when appropriate
- Recognise indications for surgical management
- Emergency
- Urgent
- Elective
- Justify different surgical approaches (anterior vs posterior, combined ant-post or post - ant)

SESSION 2 - TRAUMA THORACOLUMBAR SPINE

Imaging of Thoracic/Thoracolumbar Trauma

- Use the AO classification
- Select appropriate imaging for major and minor trauma
- Assess x-ray images
- Define the indications of CT and MRI as appropriate
- Identify specific conditions with compromised spinal function

Trauma of TL spine: classification & management

- Recognise the signs and symptoms of TL spine trauma
- Differentiate Denis, AO and TLICS classifications
- Explain the role of PLC for burst fractures, hematological, nutritional and metabolic
- Evaluate surgical techniques in:
- Anterior surgery including MIS techniques
- Posterior surgery including MIS techniques

Sacral Fractures:

classification & management

- Describe the relevant anatomy
- Differentiate sacral fracture types
- Use the AO classification
- Recognize signs and symptoms of sacral fractures
- Compare surgical vs conservative treatment
- Evaluate surgical options

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Trauma of Spine with Ankylosing Spondylitis and DISH: features & management

- Explain the aetiology of ankylosing spondylitis
- Define the role of the spine surgeon in AS
- Formulate a surgical management plan for AS fractures
- Anticipate particular difficulties in this patient population
- Explain what kind of imaging is mandatory and why

Osteoporotic Fractures: Classification & Management (Case based Presentation).

- Define osteoporosis
- Describe medical management of osteoporosis
- Summarize the diagnosis of osteoporotic fractures
- Use the AO Spine osteoporotic fracture classification
- Evaluate surgical options
- Outline the indications for vertebral augmentation procedures
- Outline indications for spinal instrumentation ± VBR

SESSION 3 - PAEDIATRIC TRAUMA AND SCI TOPICS

Paediatric Spinal Trauma: features & management

- Outline features of the immature cervical and thoracolumbar spine
- Define SCIWORA/SCIWORET
- Explain mechanism of:
 - C-spine injury
 - Lumbar apophyseal injuries
- Plan appropriate investigations and management of injuries

Spinal Shock and Incomplete SCI Syndromes

- Explain spinal shock and its pathomechanism
- Define the different types of incomplete spinal cord injury
- Classify SCI by using the ASIA impairment scale and explain its clinical and surgical relevance
- Describe the clinical symptoms and pathomechanism of Central Cord Syndrome
- Discuss the importance of timing of surgery
- Explain why there is no role for methylprednisolone in SCI (NASCIS I-III)

Biomaterials in Spine Surgery

- Evaluate different biomaterial options in spine surgery
- Differentiate between Calcium-phosphate/ Hydroxyapatite act osteoconductive, whereas Bone Morphogenetic Proteins act osteoinductive
- Evaluate the options for cement stabilisation
- Explain the mechanical behaviour of calcium phosphate and BMP

SESSION 4 - POST-TRAUMATIC KYPHOSIS

Management of Post-Traumatic Kyphosis

- Discuss the reasons of post traumatic kyphosis
- Formulate therapeutic goals
- Explain how to restore sagittal balance
- Evaluate surgical options
- Justify a multidisciplinary team approach

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SCIENTIFIC PROGRAMME

Module 4: Trauma

Saturday, 19 April 2024

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 10:30	Session 1: Trauma Cervical Spine
09:00 - 09:10	Introduction Frank Kandziora, Stavros Stavridis
09:10 - 09:30	Imaging of Cervical Trauma Apostolos Karantanas
09:30 - 10:00	Trauma of CO-C2: Classification & Management (Case based Presentation) Dimos Bouramas
10:00 - 10:30	Trauma of Subaxial C-Spine: Classification & Management (Case based Presentation) Alkinoos Athanasiou
10:30 - 11:00	Coffee Break
11:00 - 13:30	Session 2: Trauma Thoracolumbar Spine
11:00 - 11:20	Imaging of Thoracic/Thoracolumbar Trauma Apostolos Karantanas
11:20 - 11:50	Trauma of TL Spine: Classification and management (Case based Presentation) Konstantinos Paterakis
11:50 - 12:10	Sacral Fractures: Classification & Management (Case based Presentation) Efthimios Samoladas
12:10 - 12:40	Trauma of Spine with Ankylosing Spondylitis & DISH: Features & Management (Case based Presentation) Frank Kandziora
12:40 - 13:00	Osteoporotic Fractures: Diagnosis & Management ww(Case based Presentation) Stavros Stavridis
13:00 - 13:30	Discussion
13:30 - 14:30	Lunch Break

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14:30 - 16:00 **Session 3: Paediatric Trauma and SCI Topics**

14:30 - 14:50	Pediatric Spinal Trauma: Features & Management (Case based Presentation) Arion Kapinas
14:50 - 15:10	Spinal Shock & Incomplete Spinal Cord Injury Syndromes Parmenion Tsitsopoulos
15:10 - 15:30	Biomaterials in Spine Surgery Alexandros Brotis
15:30 - 16:00	Participant case presentation
16:00 - 16:30	Coffee Break

16:30 - 17:35 **Session 4: Post-Traumatic Kyphosis**

16:30 - 17:00	Management of Post-Traumatic Kyphosis (Case based Presentation) Frank Kandziora
17:00 - 17:30	Case Discussion Frank Kandziora
17:30 - 17:35	Closing remarks
17:35	End of course

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GENERAL INFORMATION

Module

Module 4: TRAUMA

Registration Fee

Module 4: 300 euros

Module 1 and 4: 500 euros

Date

19 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

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NOTES

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MODULE 1: BASIC COMPREHENSIVE COURSE

20 April 2024

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CHAIRMAN 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 A. Brotis
09:15 - 09:30	Evidence Based principles A. Brotis
09:30 - 09:50	Practical anatomy of the cervical spine E. Antoniadis
09:50 - 10:10	Practical anatomy of the thoracolumbar spine K. Barkas
10:10 - 10:30	Radiological standards and methods A. Karantanis
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 P. Tsitsopoulos
11:15 - 11:30	Biomechanics of spine constructs D. Bouramas
11:30 - 11:45	Peculiarities and specific features of the young spine A. Kapinas
11:45 - 12:00	Peculiarities and specific features of the aged spine S. Stavridis
12:00 - 12:15	Case Discussion Faculty
12.15 - 13.00	Lunch break

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

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GENERAL INFORMATION

Module

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Registration Fee

Module 1: 300 euros

Module 1 and 4: 500 euros

Date

20 April 2024

Official Language:

English

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