Hellenic Spine Society

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

Module 1: Basic Comprehensive Course

28 November 2026

"Panos Metaxas" Amphitheatre
Hippokration General Hospital of Thessaloniki

The Panhellenic Medical Association will grant credit points of Continuing Medical Education (ECMECs)

Course Manager

Ioannis Magras
Professor of Neurosurgery

Scientific Programme

Secretariat
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www.dhss.gr

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FACULTY

COURSE CHAIRMAN	Stavros Stavridis
FACULTY	Antoniades Elias Athanasiou Alkinoos Bouramas Dimos Brotis Alexandros Kapinas Arion Karantanas Apostolos Korfias Stefanos Magras Ioannis Mazarakis Nektarios 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
6. Apply evidence based principles in spine care
7. Acquire knowldege on ethics, medicolegal issues and the use of technology during spine practice

DETAILED LEARNING OUTCOMES:
SESSION 1 - GENERAL FEATURES

Epidemiology of spine diseases

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

Practical Anatomy of the Spine

- Understand the most important anatomical features in spine practice
- Identity 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

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 special features and characteristics of the young spine
- Identify commonest disorders of the spine in young individuals
- Tailor approach and the management of spine disorders in children

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 & SPINAL EMERGENCIES

Tips, warnings and dilemmas during clinical examination and decision making

- Identify actual and potential communication problems within practice
- Select appropriate clinical tests for a clinical situation
- Perform a safe and effective clinical examination
- Recognise Serious Red Flags during spine care

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

SESSION 4 – MEDICAL ETHICS, RESEARCH & INNOVATIVE TECHNOLOGIES

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

Literature search and spine journals

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

Evidence Based Medicine and types of clinical studies

- Rank levels of evidence
- Explain the risk of bias
- Justify the role of Evidence Based Medicine, guidelines and registries
- Describe and identify the main types of clinical studies

Artificial Intelligence and technical innovations in spine practice

- Acquire knowledge on the use of artificial intelligence in spine practice
- Become familiar with the future perspectives in spine diseases

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SCIENTIFIC PROGRAMME

Module 1: Basic Comprehensive Course

Saturday, 28 November 2026

COURSE ATTENDANCE IS MANDATORY

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 10:15	**Session 1: General Features**
09:00 - 09:15	Epidemiology of spine diseases **A. Brotis**
09:15 - 09:30	Practical anatomy of the cervical spine **E. Antoniades**
09:30 - 09:45	Practical anatomy of the thoracolumbar spine **N. Mazarakis**
09:45 - 10:05	Radiological standards and methods **A. Karantanas**
10:05 - 10:15	Discussion **Faculty**
10.15 - 10.45	Coffee break
10:45 - 12:30	**Session 2: The Functional Spine**
10:45 - 11:00	Biomechanical principles **P. Tsitsopoulos**
11:00 - 11:20	Biomechanics of spine constructs **D. Bouramas**
11:20 - 11:35	Peculiarities and features of the young spine **A. Kapinas**
11:35 - 11:50	Peculiarities and features of the aged spine **S. Stavridis**
11:50 - 12:30	Discussion - Spine Workshop **Faculty & Industry**
12.30 - 13.15	Lunch break

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13:15 - 15:00	Session 3: Clinical Evaluation & Spinal Emergencies
13:15 - 13.30	Tips, warnings and dilemmas during clinical examination and decision making **N. Mazarakis**
13:30 - 13:45	Evaluation & management principles of spine trauma **A. Athanasiou**
13:45 - 14:00	Incomplete spinal cord injury **P. Tsitsopoulos**
14:00 - 14:15	Conus medullaris & Cauda Equina Syndrome **S. Korfias**
14:15 - 15:00	Discussion - Spine Workshop **Faculty & Industry**
15:00 - 15:30	Coffee Break
15:30 - 16:40	Session 4: Medical Ethics, Research & Innovative technologies
15:30 - 15:45	Ethics & Medicolegal issues **S. Stavridis**
15:45 - 16:00	Literature search - Spine journals **P. Tsitsopoulos**
16:00 - 16:15	Evidence Based principles - Types of clinical studies **A. Brotis**
16:15 - 16:30	Artificial Intelligence and technical innovations in spine practice **A. Athanasiou**
16:30 - 16:40	Closing Remarks **I. Magras**

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GENERAL INFORMATION

Module
Module 1: Basic Comprehensive Course

Registration Fee
Module 1: 400 euros
Module 1 and 5: 700 euros

Date
28 November 2026

Official Language:
English

Accreditation
The Panhellenic Medical Association grants credit points of Continuing Medical Education (ECMECs)

Venue
“Panos Metaxas” Amphitheatre
Hippokration General Hospital of Thessaloniki

Organization
Hellenic Spine Society

Course Secretariat
M.K PREMIUM LTD
CONGRESS AND SOCIAL EVENTS

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