



Hellenic  
Spine  
Society

# Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

## MODULE 1: BASIC COMPREHENSIVE COURSE

**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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## ***FACULTY***

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***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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<b>13:30 - 15:30</b>	<b>Session 3: Clinical Evaluation</b>
<b>13:30 - 13:50</b>	<b>Case Discussion: Recognising Serious Spine Disorders: Red Flags</b> K. Paterakis
<b>13:50 - 14:10</b>	<b>Communication skill</b> A. Kapinas
<b>14:10 - 14:30</b>	<b>Consenting skills exercise</b> K. Soultanis
<b>14:30 - 14:50</b>	<b>Top Tips for Clinical Examination</b> K. Paterakis
<b>14:50 - 15:10</b>	<b>Safety &amp; Ethics</b> S. Stavridis
<b>15:10 - 15:30</b>	<b>Case Discussion</b>
<b>15.30 - 16.00</b>	Coffee break
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<b>16:00 - 17:30</b>	<b>Session 4: Emergencies</b>
<b>16:00 - 16:20</b>	<b>Trauma / Evaluation / Transport</b> A. Samelis
<b>16:20 - 16:40</b>	<b>Acute Cord Compression</b> Th. Palaiologos
<b>16:40 - 17:00</b>	<b>Cauda Equina Syndrome</b> I. Balogiannis
<b>17:00 - 17:20</b>	<b>Systemic Diseases &amp; The Spine</b> E. Papadopoulos
<b>17:20 - 17:30</b>	<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

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Tel: +357 99812240

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## NOTES

A series of horizontal dotted lines for taking notes.

*Organised by*



Hellenic  
Spine  
Society

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