



Hellenic  
Spine  
Society

# Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

**Course Manager**

**Ioannis Magras**

Assistant Professor of Neurosurgery

The **Hellenic Spine Society** organize 5 modules according to the following program, which is based on the Eurospine program

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## **Module 1: Basic Comprehensive Course**

### **SESSION1: SPINE THE BIGGER PICTURE**

- Evidence Based Medicine
- Epidemiology & Economics
- Ergonomics & Psychosocial Aspects

### **SESSION 2: THE FUNCTIONAL SPINE**

- Radiology Imaging
- Biomechanics
- The Young Spine
- The Old Spine
- Case Discussion

### **SESSION 3: CLINICAL EVALUATION**

- Case Discussion: Recognising Serious Spine Disorders: red Flags
- Communication skill
- Consenting skills exercise
- Top Tips For Clinical Examination
- Safety & Ethics

### **SESSION 4: EMERGENCIES**

- Trauma. Evaluation. Transport
- Acute Cord Compression
- Cauda Equina Syndrome
- Case Discussion: Systemic Diseases & The Spine
- Case Discussion
- Course Evaluation

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## Module 2: Degenerative Spine

### SESSION 1: CERVICAL AND LUMBAR : HEARNIATED DISC, DIAGNOSIS AND TREATMENT OF RADICULAR PAIN

- Epidemiology & Natural History of Radicular Pain
- Imaging of Radicular Pain
- Effective Non-Surgical Interventions for Radicular Pain
- Surgery for Radicular Pain in the Lumbar Spine
- Surgery for Radicular Pain in the Cervical Spine
- Case Discussion

### SESSION 2: LUMBAR SPINAL STENOSIS

- Spinal Stenosis: Presentation, Natural History, Non-Surgical Treatment
- Surgical Treatment of Lumbar Stenosis
- Case Discussion

### SESSION 3: CERVICAL AND THORACIC MYELOPATHY

- Imaging Myelopathy: Techniques & Prognostic Indicators
- Presentation, Causes, Natural History Cervical & Thoracic Myelopathy
- Clinical & Surgical Decision Making In Thoracic Myelopathy
- Clinical & Surgical Decision Making In Cervical Myelopathy
- Case Discussion

### SESSION 4: SPONDYLOLYSIS AND SPONDYLOLISTHESIS

- Degenerative Spondylolisthesis
- Spondylolysis & High-Grade Spondylolisthesis

### SESSION 5: AXIAL SPINE PAIN

- Obstacles to Recovery
- Non-Surgical Treatment of Back Pain
- Fusion Surgery for Low Back Pain
- Case Discussion

### SESSION 6: DEGENERATIVE ADULTE DEFORMITY

- Degenerative Lumbar Deformity
- Case Discussion

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## **Module 3: Spinal Deformities**

### **SESSION 1: PRINCIPLES OF SPINAL DEFORMITY**

- Scoliosis: aetiology & prognostic factors
- Kyphosis
- Clinical Assessment
- Imaging of Deformities
- Discussion

### **SESSION 2: CONSERVATIVE TREATMENT**

- Casting, Bracing & Role of Rehabilitation

### **SESSION 3: PRINCIPLES OF SURGICAL TREATMENT**

- Pre-Op Assessment; how to prepare for a complex case
- Positioning the Patient
- Blood Saving
- Intra-Op Monitoring
- Pedicle Screw Guidance in Deformity
- Bone Fusion
- Discussion


### **SESSION 4: PRINCIPLES OF SURGICAL TREATMENT**

- Congenital Spinal Cord Anomalies
- Congenital Spinal Deformities
- Neuromuscular Scoliosis
- Idiopathic Adult Deformities
- Degenerative Deformities
- Discussion

### **SESSION 5: TECHNIQUE AND STRATEGY**

- End Limits of Fusion in Idiopathic Scoliosis
- Coronal & Sagittal Balance
- Techniques & Strategies: Posterior Approach
- Techniques & Strategies: Anterior Approach
- Discussion: Posterior/ Anterior

### **SESSION 6: OSTEOTOMIES**

- Role & Technique of Spinal Osteotomies
  - Case Discussion: Adult & Degenerative
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## Module 4: Trauma

### SESSION 1: TRAUMA CERVICAL SPINE

- Imaging of Cervical Trauma
- Trauma of CO-C2: Classification & Management
- Trauma of Subaxial C-Spine: classification & management
- Case Discussion

### SESSION 2: TRAUMA THORACOLUMBAR SPINE

- Imaging of Thoracic/Thoracolumbar Trauma
- Trauma of TL Spine: management
- Sacral Fractures: classification & management

### SESSION 3: TRAUMA TOPICS

- Trauma of Spine with Ankylosing Spondylitis: features & management
- Osteoporotic Fractures: diagnosis & management
- Paediatric Spinal Trauma: features & management
- Rehabilitation Following Spinal Cord Trauma
- Prevention and Management of Post- Traumatic Kyphosis
- Case Discussion

### SESSION 4: BIOMATERIALS IN SPINE SURGERY

### SESSION 5: SPINAL CORD INJURY

- Spinal Shock & Incomplete Spinal Cord Injury Syndromes

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## **Module 5: Tumors (including intramedullary and intradural extra medullary tumors) & Inflammatory Disease of the Spine**

### SESSION 1: VERTEBRAL OSTEOMYELITIS

- Etiology, Pathogenesis, Routes of Spread
- Symptoms & Diagnosis
- Conservative Treatment & Indications for Surgical Treatment
- Surgical Management of Spinal Infections

### SESSION 2: REUMATOID DISEASE

- Etiology, Pathogenesis, Symptoms, Diagnosis
- Stabilizing & Corrective Surgery of the TL Spine (Especially Ankylosing Spondylitis)
- Diagnosis & Treatment of the Occipito- Atlantoaxial Complex


### SESSION 3: METABOLIC BONE DISEASES

- Bone Disorders
- Osteoporosis (Etiology, Diagnosis, Drug Therapy)
- Surgical Considerations in Disorders of the Bone

### SESSION 4: TUMOURS OF THE AXIAL SKELETON

- Benign Tumours and Tumour Like Lesions: diagnosis and management
- Primary Malignant Tumours: diagnosis and management
- Secondary Malignant Tumours: diagnosis and management

### SESSION 5: TUMORS OF THE SPINAL CORD

- Intradural extra medullary Tumours
  - Intramedullary Tumours
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In every course there will be an entry quiz and an exit quiz with 20 multiple choice questions in order to measure improvement rate of the participants.

Participants will be requested to fill an evaluation form concerning the organization of the course and an other one form on faculty after each presentation.

The modules are organized in Thessaloniki and Athens alternately every six months.

The faculty is consisted mainly by Greek Neurosurgeons and Orthopedic Surgeons (experts), but in some cases the faculty will include invited experts speakers from abroad.

The Greek spine Diploma is equivalent to the Eurospine Diploma.

## **Ioannis Magras**

Associate Professor of Neurosurgery

Past President of the Hellenic Spine society

President of the Educational Committee of the Hellenic Spine Society

Member of the Educational Committee of the Eurospine