



Hellenic
Spine
Society

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

7 November 2019



Centre for Dissemination of Research Results
of Aristotle University of Thessaloniki (KE.D.E.A.)
A.U.TH., Thessaloniki, Greece

The Panhellenic Medical Association grants 12 credit points
of Continuing Medical Education (CME-CPD)

Course Manager

Ioannis Magras

Associate Professor of Neurosurgery

SCIENTIFIC PROGRAMME

www.dhss.gr

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

**MODULE 2: DEGENERATIVE DISEASES
OF THE SPINE**

7 November 2019

Course Manager

Ioannis Magras

Associate Professor of Neurosurgery

www.dhss.gr

FACULTY

CHAIRMAN Konstantinos Paterakis

FACULTY Dimosthenis Bouramas
Ioannis Gelalis
Apostolos Karantanas
Ioannis Magras
Elias Papadopoulos
Sotirios Papastefanou
Konstantinos Paterakis
Efthimios Samoladas
Stavros Stavridis
Parmenion Tsitsopoulos

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

7 November 2019

Course Manager

Ioannis Magras

Associate Professor of Neurosurgery

www.dhss.gr

LEARNING OUTCOMES SESSION 1 CERVICAL & LUMBAR: HERNIATED DISCS, DIAGNOSIS & TREATMENT OF RADICULAR PAIN

Epidemiology & Natural History of Radicular Pain

- Use common epidemiological terms to define and outline prevalence of radicular pain
- Illustrate the natural history of radicular pain
- Identify the contributory factors

Imaging of Radicular Pain

- Differentiate between the roles of MRI and CT in disc herniation imaging
- Explain how disc herniation occurs
- Interpret images using correct nomenclature

Effective Non-Surgical Interventions for Radicular Pain

- Evaluate non-surgical options for radicular pain
- Explain these options to patients
- Identify suitable patients for non-operative management
- Differentiate between the 3 types of analgesics
- Summarise the roles of physiotherapy and injection therapy.

Surgery for Radicular Pain in the Lumbar Spine

- Differentiate between absolute and relative indications for surgery
- Identify appropriate timing for surgery
- Evaluate common surgical techniques with supporting evidence
- Compare surgical and non-surgical options
- Formulate a surgical plan
- Anticipate complications and plans for return to work and activity

Surgery for Radicular Pain in the Cervical Spine

- Outline the causes and incidence of radicular pain in the cervical spine
- Justify indications for surgery
- Identify factors influencing cervical disc herniation regression
- Select appropriate surgical approach
- Evaluate surgical options
- Anticipate complications and plans for return to work and activity
- Formulate a plan when the adjacent level

Case Discussion

LEARNING OUTCOMES SESSION 2 LUMBAR SPINAL STENOSIS

Spinal Stenosis: presentations, natural history, non-surgical treatment

- Outline the signs & symptoms of lumbar spine stenosis (LSS)
- Classify LSS
- Evaluate surgical and non-surgical options
- Appraise rehabilitation alternatives

Surgical Treatment of Lumbar Stenosis

- Formulate principles for stenosis surgery
- Evaluate surgical and non-surgical options for degenerative spondylolisthesis

Case Discussion

LEARNING OUTCOMES SESSION 3 CERVICAL & THORACIC MYELOPATHY

Imaging Myelopathy: techniques & prognostic indicators

- Describe medullary non tumoral pathology
- Compare myelography and CT myelography

Presentations, Causes, Natural History Cervical & Thoracic Myelopathy

- Compare functional and clinical presentation of spondylotic and myelopathic syndromes
- Grade disease
- Anticipate clinical traps
- Describe the natural history
- Outline the clinical presentation of:
 - o craniocervical myelopathy
 - o thoracic myelopathy

Clinical & Surgical Decision Making in Cervical & Thoracic Myelopathy

- Compare different surgical approaches to cervical myelopathy

Case Discussion

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

7 November 2019

Course Manager

Ioannis Magras

Associate Professor of Neurosurgery

www.dhss.gr

LEARNING OUTCOMES SESSION 4 SPONDYLOLYSIS & SPONDYLOLISTHESIS

Degenerative Spondylolisthesis

- Outline the signs & symptoms of spondylolisthesis
 - Select and interpret appropriate images
 - Evaluate surgical and non-surgical options
- Spondylolysis & High-Grade Spondylolisthesis
- Outline the epidemiology and natural history
 - Describe the signs & symptoms of spondylolysis & high-grade spondylolisthesis
 - Classify effectively
 - Formulate principles of management
 - Evaluate surgical options
 - Anticipate complications of instrumentation and repositioning
 - Appraise rehabilitation alternatives

Case Discussion

LEARNING OUTCOMES SESSION 5 AXIAL SPINE PAIN

Obstacles to Recovery

- Anticipate potential obstacles to recovery
 - Explain how flagging can be used
 - Plan strategies for managing catastrophising
- Non-Surgical Treatment of Back Pain
- Differentiate between acute and chronic back pain
 - Evaluate options for non-surgical management of back pain
 - Summarise current evidence pertaining to operative and non-operative management

Fusion Surgery for Low Back Pain

- Provide a rationale for fusion surgery
- Evaluate alternative options
- Select appropriate approach
- Link to current evidence

Case Discussion

LEARNING OUTCOMES SESSION 6 DEGENERATIVE ADULT DEFORMITY

Degenerative Lumbar Deformity

- Describe the pathogenesis and natural history of adult lumbar deformity
- Explain the concept of spinal balance and the spinopelvic parameters
- Formulate a surgical plan for lumbar degenerative kyphoscoliosis

Case Discussion/EITS

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

**MODULE 2: DEGENERATIVE DISEASES
OF THE SPINE**

7 November 2019

Course Manager

Ioannis Magras

Associate Professor of Neurosurgery

www.dhss.gr

SCIENTIFIC PROGRAMME

Module 2: Degenerative Diseases of the Spine

Thursday, 07 November 2019

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 11:00	Session 1: Cervical and Lumbar: Herniated disc, Diagnosis and treatment of radicular pain
09:00 - 09:20	Epidemiology & Natural History of Radicular Pain I. Magras
09:20 - 09:40	Imaging of Radicular Pain A. Karantanas
09:40 - 10:00	Effective Non-Surgical Interventions for Radicular Pain S. Stavridis
10:00 - 10:20	Surgery for Radicular Pain in the Lumbar Spine P. Tsitsopoulos
10:20 - 10:40	Surgery for Radicular Pain in the Cervical Spine D. Bouramas
10:40 - 11:00	Case Discussion
11:00 - 11:30	Coffee Break
11:30 - 12:30	Session 2: Lumbar spinal stenosis
11:30 - 11:50	Spinal Stenosis: Presentation, Natural History, Non-Surgical Treatment I. Gelalis
11:50 - 12:10	Surgical Treatment of Lumbar Stenosis E. Samoladas
12:10 - 12:30	Case Discussion
12:30 - 13:30	Lunch Break

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

**MODULE 2: DEGENERATIVE DISEASES
OF THE SPINE**

7 November 2019

Course Manager

Ioannis Magras
Associate Professor of Neurosurgery

www.dhss.gr

13:30 - 14:30	Session 3: Cervical and thoracic myelopathy
13:30 - 13:45	Imaging Myelopathy: Techniques & Prognostic Indicators A. Karantanas
13:45 - 14:00	Presentation, Causes, Natural History Cervical & Thoracic Myelopathy D. Bouramas
14:00 - 14:15	Clinical & Surgical Decision Making In Thoracic Myelopathy I. Magras
14:15 - 14:30	Clinical & Surgical Decision Making In Cervical Myelopathy K. Paterakis Case Discussion
14:30 - 15:00	Session 4: Spondylolysis and Spondylolisthesis
14:30 - 14:45	Degenerative Spondylolisthesis S. Stavridis
14:45 - 15:00	Spondylolysis & High-Grade Spondylolisthesis E. Samoladas
15:00 - 15:30	Coffee Break
15:30 - 16:30	Session 5: Axial spine pain
15:30 - 15:50	Obstacles to Recovery E. Papadopoulos
15:50 - 16:10	Non-Surgical Treatment of Back Pain S. Papastefanou
16:10 - 16:30	Fusion Surgery for Low Back Pain S. Papastefanou Case Discussion
16:30 - 17:00	Session 6: Degenerative Adult deformity
16:30 - 16:50	Degenerative Lumbar Deformity E. Papadopoulos
16:50 - 17:00	Case Discussion

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

**MODULE 2: DEGENERATIVE DISEASES
OF THE SPINE**

7 November 2019

Course Manager

Ioannis Magras

Associate Professor of Neurosurgery

www.dhss.gr

GENERAL INFORMATION

Module

Module 2: Degenerative Diseases Of The Spine

Registration Fee

Module 3: 300 euros

Module 2 and 3: 500 euros

Course Date

7 November 2019

Course Language

English

Accreditation

The Panhellenic Medical Association grants 12 credit points of Continuing Medical Education (CME-CPD)

Course venue

Centre for Dissemination of Research Results
of Aristotle University of Thessaloniki (K.E.D.E.A) A.U.TH.
Thessaloniki, Greece

Organization

Hellenic Spine Society

Course Secretariat

Premium Congress & Social Events Solutions

THESSALONIKI: 47, V. Irakliou St. P.C. 54623

Tel: +30 2310 226250, +30 2310 219407, Fax: +30 2316 009072

ATHENS: Zalokokosta 44 & L. Kifisias, Halandri, P.C. 152 53

Tel.: +30 211 10 69 340, fax: +30 210 68 38 221

E-mail: conference1@premium-events.gr, www.premium-events.gr

