

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

6-7 May 2022

**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

www.dhss.gr

SECRETARIAT

Premium Congress & Social Events Solutions

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FACULTY

CHAIRMAN Konstantinos Paterakis

FACULTY Alkinoos Athanasiou
Dimosthenis Bouramas
Alexandros Brotis
Ioannis Gelalis
Arion Kapinas
Nikolaos Paidakakos
Elias Papadopoulos
Konstantinos Paterakis
Konstantinos Spanakis
Stavros Stavridis
Parmenion Tsitsopoulos

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

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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:
 - craniocervical myelopathy
 - thoracic myelopathy

Clinical & Surgical Decision Making in Cervical & Thoracic Myelopathy

- Compare different surgical approaches to cervical myelopathy

Case Discussion

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

SCIENTIFIC PROGRAMME

Module 2: Degenerative Diseases of the Spine

Friday, 6 May 2022

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 11:00	Session 1: Cervical and Lumbar: Hearniated disc, Diagnosis and treatment of radicular pain
09:00 - 09:20	Epidemiology & Natural History of Radicular Pain A. Athanasiou
09:20 - 09:40	Imaging of Radicular Pain K. Spanakis
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 A. Kapinas
12:10 - 12:30	Case Discussion
12:30 - 13:30	Lunch Break

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13:30 - 14:30	Session 3: Cervical and thoracic myelopathy
13:30 - 13:45	Imaging Myelopathy: Techniques & Prognostic Indicators K. Spanakis
13:45 - 14:00	Presentation, Causes, Natural History Cervical & Thoracic Myelopathy D. Bouramas
14:00 - 14:15	Clinical & Surgical Decision Making In Thoracic Myelopathy A. Athanasiou
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 A. Kapinas
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 A. Brotis
16:10 - 16:30	Fusion Surgery for Low Back Pain N. Paidakakos 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

GENERAL INFORMATION

Module

Module 2: Degenerative Diseases Of The Spine

Registration Fee

Module 2: 300 euros

Module 2 and 5: 500 euros

Course Date

6 May 2022

Course Language

English

Accreditation

The Panhellenic Medical Association grants 15 credit points of Continuing Medical Education (CME-CPD)

Course venue

Athens Medical Group Amfitheater
Kefalari Square, Athens, Greece

Organization

Hellenic Spine Society

Course Secretariat

Premium Congress & Social Events Solutions

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NOTES

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