



Hellenic  
Spine  
Society

# Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

## MODULE 1: BASIC COMPREHENSIVE COURSE

**17 May 2025**

**Athens Medical Group Amphitheater  
Kefalari Square, Athens, Greece**



**ΟΜΙΛΟΣ ΙΑΤΡΙΚΟΥ  
ΑΘΗΝΩΝ**

*Πάντα ένα βήμα μπροστά!*

The Panhellenic Medical Association will grant 6,5 credit points  
of Continuing Medical Education (ECMECs)

### **Course Manager**

**Ioannis Magras**  
Professor of Neurosurgery

## SCIENTIFIC PROGRAMME

### SECRETARIAT



info@mk-premium.com, Tel. +357 99812240  
Tel. +30 2310226250, www.mk-premium.com

**www.dhss.gr**

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## **FACULTY**

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### **COURSE MODERATOR**

Tsitsopoulos Parmenion

### **FACULTY**

Antoniades Elias

Athanasίου Alkinoos

Bouramas Dimos

Brotis Alexandros

Kapinas Arion

Karantanas Apostolos

Korfias Stefanos

Magras Ioannis

Papadopoulos-Manolarakis Panagiotis

Paterakis Konstantinos

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 knowledge 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
- Identify 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, 17 May 2025**

COURSE ATTENDANCE IS MANDATORY

08:30 - 09:00 Course Registration & Welcome Coffee

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**09:00 - 10:15** Session 1: General Features

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09:00 - 09:15 Epidemiology of spine diseases

**A. Brotis**

09:15 - 09:30 Practical anatomy of the cervical spine

**E. Antoniadis**

09:30 - 09:45 Practical anatomy of the thoracolumbar spine

**K. Paterakis**

09:45 - 10:05 Radiological standards and methods

**A. Karantanas**

10:05 - 10:15 Discussion

**Faculty**

10:15 - 10:45 Coffee break

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**10:45 - 12:30** Session 2: The Functional Spine

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10:45 - 11:00 Biomechanical principles

**P. Tsitsopoulos**

11:00 - 11:20 Biomechanics of spine constructs

**D. Bouramas**

11:20 - 11:35 Peculiarities and specific 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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<b>13:15 - 15:00</b>	<b>Session 3: Clinical Evaluation &amp; Spinal Emergencies</b>
13:15 - 13:30	Tips, warnings and dilemmas during clinical examination and decision making <b>K. Paterakis</b>
13:30 - 13:45	Evaluation & management principles of spine trauma <b>A. Athanasiou</b>
13:45 - 14:00	Incomplete spinal cord injury <b>P. Papadopoulos - Manolarakis</b>
14:00 - 14:15	Conus medullaris & Cauda Equina Syndrome <b>S. Korfias</b>
14:15 - 15:00	Discussion - Spine Workshop <b>Faculty &amp; Industry</b>
15:00 - 15:30	Coffee Break
<b>15:30 - 16:40</b>	<b>Session 4: Medical Ethics, Research &amp; Innovative technologies</b>
15:30 - 15:45	Ethics & Medicolegal issues <b>S. Stavridis</b>
15:45 - 16:00	Literature search - Spine journals <b>P. Tsitsopoulos</b>
16:00 - 16:15	Evidence Based principles - Types of clinical studies <b>A. Brotis</b>
16:15 - 16:30	Artificial Intelligence and technical innovations in spine practice <b>A. Athanasiou</b>
16:30 - 16:40	Closing Remarks <b>I. Magras</b>

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## GENERAL INFORMATION

### Module

Module 1: Basic Comprehensive Course

### Registration Fee

Module 1: 350 euros

Module 1 and 4: 600 euros

### Date

17 May 2025

### Official Language:

English

### Accreditation

The Panhellenic Medical Association grants 6,5 credit points of Continuing Medical Education (ECMECs)

### Venue

Athens Medical Group Amphitheater  
Kefalari Square, Athens, Greece

### Organization

Hellenic Spine Society

### Course Secretariat



**MK Premium | Congress & Social Events Solutions Ltd**

Riga Feraiou & Andrea Zakou, Christina Center

Zip Postal Code 58256, 3732, Limassol, Cyprus

Tel: +35799812240, +302310226250

E-mail: [info@mk-premium.com](mailto:info@mk-premium.com)

[www.mk-premium.com](http://www.mk-premium.com)



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