



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 credit points
of Continuing Medical Education (ECMECs)

Course Manager

Ioannis Magras
Professor of Neurosurgery

SCIENTIFIC PROGRAMME

SECRETARIAT



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FACULTY

**COURSE
MODERATOR** Tsitsopoulos Parmenion

FACULTY

- Antoniades Elias
- Athanasiou 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

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

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

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

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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MODULE 1: BASIC COMPREHENSIVE COURSE

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

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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 credit points of Continuing Medical Education (ECMECs)

Venue

Athens Medical Group Amphitheater
Kefalari Square, Athens, Greece

Organization

Hellenic Spine Society

Course Secretariat



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MODULE 4: TRAUMA

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FACULTY

COURSE Kandziora Frank
MODERATORS Stavridis Stavros

FACULTY Athanasiou Alkinoos
Bouramas Dimosthenis
Brotis Alexandros
Kandziora Frank
Kapinas Arion
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LEARNING OUTCOMES

MODULE 4

1. Select & interpret appropriate x-ray, CT and MRI in spinal trauma
2. Classify fractures of C0-2, subaxial C-spine, TL-spine and sacrum
3. Compare surgical and conservative treatment methods at different levels, including C0-2, subaxial C, TL and sacrum
4. Define special features of conditions including AS, osteoporosis and trauma of the immature spine
5. Plan how to prevent complications in spinal trauma
6. Describe characteristics of spinal shock and spinal cord injury syndromes

DETAILED LEARNING OUTCOMES:

SESSION 1 - TRAUMA CERVICAL SPINE

Imaging of Cervical Trauma

- Select appropriate imaging for suspected cervical spinal injury
- Evaluate options for x-ray views
- Select CT and/or MRI as appropriate
- Differentiate between requirements following major and minor cervical spine trauma

Trauma of C0-C2:

Classification & Management

- Define the role of ligaments in cervical spine stability
- Classify and relate to treatment
- Occipital condyle fractures
- Occipito-cervical dislocation
- Occipito-atlantal dislocation
- Axial atlanto-axial Instability
- Atlas (C1) fracture
- Axis (C2) fracture
- Traumatic spondylolisthesis C2

Trauma of Subaxial C- Spine:

Classification & Management

- Estimate the incidence of and classify using the AO classification
- Use other classifications to determine treatment and prognosis
- Anticipate diagnostic pitfalls
- Evaluate non-surgical management options and when appropriate
- Recognise indications for surgical management
- Emergency
- Urgent
- Elective
- Justify different surgical approaches (anterior vs posterior, combined ant-post or post - ant)

SESSION 2 - TRAUMA THORACOLUMBAR SPINE

Imaging of Thoracic/Thoracolumbar Trauma

- Use the AO classification
- Select appropriate imaging for major and minor trauma
- Assess x-ray images
- Define the indications of CT and MRI as appropriate
- Identify specific conditions with compromised spinal function

Trauma of TL spine: classification & management

- Recognise the signs and symptoms of TL spine trauma
- Differentiate Denis, AO and TLICS classifications
- Explain the role of PLC for burst fractures, hematological, nutritional and metabolic
- Evaluate surgical techniques in:
- Anterior surgery including MIS techniques
- Posterior surgery including MIS techniques

Sacral Fractures:

classification & management

- Describe the relevant anatomy
- Differentiate sacral fracture types
- Use the AO classification
- Recognize signs and symptoms of sacral fractures
- Compare surgical vs conservative treatment
- Evaluate surgical options

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16 May 2025

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Trauma of Spine with Ankylosing Spondylitis and DISH: features & management

- Explain the aetiology of ankylosing spondylitis
- Define the role of the spine surgeon in AS
- Formulate a surgical management plan for AS fractures
- Anticipate particular difficulties in this patient population
- Explain what kind of imaging is mandatory and why

Osteoporotic Fractures: Classification & Management (Case based Presentation).

- Define osteoporosis
- Describe medical management of osteoporosis
- Summarize the diagnosis of osteoporotic fractures
- Use the AO Spine osteoporotic fracture classification
- Evaluate surgical options
- Outline the indications for vertebral augmentation procedures
- Outline indications for spinal instrumentation ± VBR

SESSION 3 - PAEDIATRIC TRAUMA AND SCI TOPICS

Paediatric Spinal Trauma: features & management

- Outline features of the immature cervical and thoracolumbar spine
- Define SCIWORA/SCIWORET
- Explain mechanism of:
 - C-spine injury
 - Lumbar apophyseal injuries
- Plan appropriate investigations and management of injuries

Spinal Shock and Incomplete SCI Syndromes

- Explain spinal shock and its pathomechanism
- Define the different types of incomplete spinal cord injury
- Classify SCI by using the ASIA impairment scale and explain its clinical and surgical relevance
- Describe the clinical symptoms and pathomechanism of Central Cord Syndrome
- Discuss the importance of timing of surgery
- Explain why there is no role for methylprednisolone in SCI (NASCIS I-III)

Biomaterials in Spine Surgery

- Evaluate different biomaterial options in spine surgery
- Differentiate between Calcium-phosphate/ Hydroxyapatite act osteoconductive, whereas Bone Morphogenetic Proteins act osteoinductive
- Evaluate the options for cement stabilisation
- Explain the mechanical behaviour of calcium phosphate and BMP

SESSION 4 - POST-TRAUMATIC KYPHOSIS

Management of Post-Traumatic Kyphosis

- Discuss the reasons of post traumatic kyphosis
- Formulate therapeutic goals
- Explain how to restore sagittal balance
- Evaluate surgical options
- Justify a multidisciplinary team approach

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SCIENTIFIC PROGRAMME

Module 4: Trauma

Friday, 16 May 2025

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 10:30	Session 1: Trauma Cervical Spine
09:00 - 09:10	Introduction F. Kandziora, S. Stavridis
09:10 - 09:30	Imaging of Cervical Trauma A. Karantanas
09:30 - 09:50	Trauma of CO-C2: Classification & Management D. Bouramas
09:50 - 10:10	Trauma of Subaxial C-Spine: Classification & Management A. Athanasiou
10:10 - 10:40	Coffee Break
10:40 - 12:30	Session 2: Trauma Thoracolumbar Spine
10:40 - 11:00	Imaging of Thoracic/Thoracolumbar Trauma A. Karantanas
11:00 - 11:20	Trauma of TL Spine: Classification and management K. Paterakis
11:20 - 11:40	Sacral Fractures: Classification & Management E. Samoladas
11:40 - 12:00	Trauma of Spine with Ankylosing Spondylitis & DISH: Features & Management F. Kandziora
12:00 - 12:20	Osteoporotic Fractures: Diagnosis & Management S. Stavridis
12:20 - 12:30	Discussion
12:30 - 13:30	Meet the experts, Hands-on workshop All faculty
13:30 - 14:30	Lunch Break

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14:30 - 16:00 **Session 3: Paediatric Trauma and SCI Topics**

14:30 - 14:50	Pediatric Spinal Trauma: Features & Management A. Kapinas
14:50 - 15:10	Spinal Shock & Incomplete Spinal Cord Injury Syndromes P. Tsitsopoulos
15:10 - 15:30	Biomaterials in Spine Surgery A. Brotis
15:30 - 16:00	Participant case presentation
16:00 - 16:30	Coffee Break

16:30 - 17:35 **Session 4: Post-Traumatic Kyphosis**

16:30 - 16:50	Management of Post-Traumatic Kyphosis F. Kandziora
16:50 - 17:30	Case Discussion F. Kandziora
17:30 - 17:35	Closing remarks
17:35	End of course

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GENERAL INFORMATION

Module

Module 4: Trauma

Registration Fee

Module 4: 350 euros

Module 1 and 4: 600 euros

Date

16 May 2025

Official Language

English

Accreditation

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NOTES

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