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SPPCV
SOCIEDADE
PORTUGUESA
DE PATOLOGIA
DA COLUNA
VERTEBRAL

Endorsed by:



Spanish & Portuguese Spine Societies

COURSE DIPLOMA

2019

Module 2

Module 2:

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Degenerative Diseases of
The Spine

When:

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10-11 // July // 2019

Where:

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Lisbon - Portugal

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Module 2 Degenerative Diseases of The Spine

Scientific Content

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Dra. Carla Reizinho

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Quick Facts

When	10-11 July 2019
Where	Lisbon / Portugal Course: Lusíadas Hospital - Rua Abílio Mendes, 12 Cad Lab Workshops: Nova Medical School. Lisbon Nova University: Campo dos Mártires da Pátria, 130
Maximum Attendees	30 delegates
Registration Fee	800 € for Members / 1000 € for Non Members Discounts for SPPCV, GEER members are available <i>Modules with a discount structure of 10% for 2 modules and 15% for 3 modules</i>
CME Credits	12 European CME Credits (ECMEC [®] s) by European Accreditation Council for Continuing Medical Education (EACCME [®])
Language	English
Dress	Casual
Important Note	Attendance at every session is mandatory A final exam will be performed The course evaluation is mandatory to obtain the CME certificate

Target Audience

Senior trainees and trained surgeons, who are planning a career in spinal surgery

Learning Outcomes:

Module 2

Degenerative Diseases of The Spine

Learning Outcomes:

Session 1

Cervical & Lumbar: Herniated Discs, Diagnosis & Treatment of Radicular Pain

- **Epidemiology, Natural History and 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**

• **Epidemiology, Natural History and Imaging of Radicular Pain**

- Use common epidemiological terms to define and outline prevalence of radicular pain
- Understand the natural history of radicular pain
- Identify the contributory factors
- Diagnose causes of radicular pain
- Explain how disc herniation occurs
- Differentiate between the roles of MRI and CT in radicular pain imaging
- 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 regression of symptoms from cervical disc herniation
- Select appropriate surgical approach
- Evaluate surgical options
- Anticipate complications and plans for return to work and activity
- Formulate a plan when an adjacent level problem emerges

• **Case Discussion**

Learning Outcomes:

Session 2

Cervical & Thoracic Myelopathy

- **Presentation, Causes, and Natural History of Myelopathy**
- **Imaging Myelopathy: techniques & prognostic indicators**
- **Clinical & Surgical Decision Making in Cervical Myelopathy**
- **Clinical & Surgical Decision Making in Thoracic Myelopathy**
- **Case Discussion**

• **Presentation, Causes, and Natural History of Myelopathy**

- Compare functional and clinical presentation of cervical spondylotic myelopathic syndromes
- Grade the disease using validated instruments
- Anticipate clinical traps in diagnosis and consider differentials
- Describe the natural history
- Identify the distinctive clinical presentation of craniocervical and thoracic myelopathy

• **Imaging Myelopathy: Techniques & Prognostic Indicators**

- Interpret MRI and CT findings in spondylotic myelopathy
- Recognize signal changes in different MRI sequences and their significance
- Consider differential diagnoses in spinal cord non tumoral pathology
- Understand the current place of myelography and CT myelography in imaging myelopathy

• **Clinical & Surgical Decision Making in Cervical Myelopathy**

- Define a treatment plan for patients with cervical myelopathy
- Identify absolute and relative indications for surgery in cervical spondylotic myelopathy
- Compare different surgical approaches to cervical myelopathy and define a rationale for the surgical plan
- Discuss the place of intraoperative neuromonitoring in cervical myelopathy

• **Clinical & Surgical Decision Making in Thoracic Myelopathy**

- Assess the risk-benefit balance for surgery in patients with thoracic myelopathy
- Compare different surgical approaches to thoracic myelopathy

• **Case Discussion**

Learning Outcomes:

Session 3

Lumbar Spinal Stenosis & Degenerative Spondylolisthesis

- **Presentation, Natural History and Non-Surgical Treatment of Spinal Stenosis**
- **Imaging of Spinal Stenosis and Degenerative Spondylolisthesis**
- **Surgical Treatment of Lumbar Stenosis**
- **Surgical Treatment of Degenerative Spondylolisthesis**
- **Case Discussion**

• **Presentation, Natural History and Non-Surgical Treatment of Spinal Stenosis**

- Outline the signs & symptoms of lumbar spine stenosis (LSS)
- Understand the clinical features and natural history of neurogenic claudication
- Classify LSS
- Evaluate surgical and non-surgical options
- Appraise rehabilitation alternatives

• **Imaging of Spinal Stenosis and Degenerative Spondylolisthesis**

- Describe the different imaging techniques to identify lumbar stenosis and degenerative spondylolisthesis
- Classify and grade lumbar stenosis
- Appraise the role of full spine and functional X-rays in the assessment of patients with lumbar spinal stenosis and degenerative spondylolisthesis

• **Surgical Treatment of Lumbar Stenosis**

- Formulate principles for stenosis surgery
- Tailor the surgical technique to the individual patient
- Recognize indications for fusion in patients with lumbar stenosis

• **Surgical Treatment of Degenerative Spondylolisthesis**

- Evaluate surgical and non-surgical options for degenerative spondylolisthesis
- Summarise controversies in the choice of treatment for degenerative spondylolisthesis

• **Case Discussion**

Learning Outcomes:

Session 4

Spondylolysis & Low Grade Isthmic Spondylolisthesis

- **Spondylolysis & Low Grade Spondylolisthesis**
- **Case Discussion**

• **Imaging of Spinal Stenosis and Degenerative Spondylolisthesis**

- Outline the epidemiology and natural history
- Describe the signs & symptoms of spondylolysis & low-grade spondylolisthesis
- Formulate principles of management
- Evaluate surgical options
- Anticipate complications of instrumentation and repositioning
- Appraise rehabilitation alternatives

• **Case Discussion**

Learning Outcomes:

Session 5

Axial Back Pain

- **Natural history, Obstacles to Recovery and Non-Surgical Treatment of Axial pain**
- **How to Investigate a Patient with Axial Pain**
- **Surgery for Axial Back Pain**
- **Case Discussion**

• **Natural history, Obstacles to Recovery and Non-Surgical Treatment of Axial pain**

- Anticipate potential obstacles to recovery
- Explain how flagging can be used
- Plan strategies for managing catastrophizing
- 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

• **How to Investigate a Patient with Axial Pain**

- Understand the role of clinical history and physical examination in the assessment of patients with axial pain
- Decide the need for imaging studies
- Select patients with axial pain who need advanced diagnostic techniques
- Review the place of diagnostic blocks and discography in patients with axial pain

• **Surgery for Axial 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 Deformity

- **Degenerative Lumbar Deformity**
- **Case Discussion**

- **Degenerative Lumbar Deformity**
 - Describe the pathogenesis and natural history of degenerative lumbar deformity
 - Explain the concept of spinal balance and the spinopelvic parameters
 - Evaluate the risk-benefit balance for surgery and potential for complications
 - Formulate a surgical plan for lumbar degenerative kyphoscoliosis
 - **Case Discussion**
-

Learning Outcomes:

Session 7

Cadaver Labs

- **Anterior Cervical Fixation Systems: Cages & Plates**
 - **Lateral Approach: XLIF**
 - **Lumbar Pedicle Screws & TLIF**
-
- **Anterior Cervical Fixation Systems: Cages & Plates**
 - Describe the surgical steps of the procedure
 - Identify surgical differences between cage fusion and disc arthroplasty
 - Identify tricks and pitfalls in decompression of the spinal canal and foramen
 - Identify tricks and pitfalls in anterior plating
 - **Lateral Approach: XLIF**
 - Identify the fluoroscopic targets for lateral approach to the lumbar spine
 - Perform minimally invasive lateral approach to the discs L2-L3, L3-L4, L4-L5
 - Identify key structures and discuss risks related to local vascular neuro anatomy
 - Approach the disc using neuromonitoring and tubular system
 - Convert the approach to mini-open lumbotomy and access the disc by reclining the psoas muscle
 - Perform a discectomy and prepare endplates
 - Insert a XLIF cage
 - **Lumbar Pedicle Screws & TLIF**
 - Identify entry points for lumbar pedicle screws insertion
 - Prepare lumbar pedicles and insert lumbar pedicle screws
 - Learn/revise neural anatomy of the lumbar spine
 - Perform facetectomy, prepare the disc space and insert a TLIF cage
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Course Chairman:

Carla Reizinho PORTUGAL

Antonio Martín Benlloch SPAIN

CAD Lab Chairman:

Carla Reizinho PORTUGAL

Antonio Martín Benlloch SPAIN

Course Faculty:

Álvaro Lima PORTUGAL

Antonio Martín Benlloch SPAIN

Carla Reizinho PORTUGAL

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José María Lopez-Puerta González SPAIN

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Luís Teixeira PORTUGAL

Miguel Casimiro PORTUGAL

Pedro Varanda PORTUGAL

Pedro Vilela PORTUGAL

Raquel Lax Pérez SPAIN

Scientific Programme

Module 2

Day 1 - Wednesday, 10 July 2019

Time	Topic	Faculty
-	-	-
08.30 - 09.00	Course Registration & Welcome Coffee	
09.00 - 09.15	Introduction	Carla Reizinho
-	-	-
	Session 1: Cervical & Lumbar – Herniated Discs, Diagnosis & Treatment of Radicular Pain	
09.15 - 09.30	Epidemiology & Natural History of Radicular Pain	Carla Reizinho
09.30 - 09.45	Effective Non-Surgical Interventions for Radicular Pain	Raquel Lax Pérez
09.45 - 10.00	Surgery for Radicular Pain in the Lumbar Spine	Pedro Varanda
10.00 - 10.15	Surgery for Radicular Pain in the Cervical Spine	Claudio Cano Gómez
10.15 - 11.00	Case Discussion	All faculty Moderator: Carla Reizinho
-	-	-
	Coffee Break 30 mins.	
-	-	-
	Session 2: Cervical & Thoracic Myelopathy	
11.30 - 11.45	Presentation, Causes, and Natural History of Myelopathy	Miguel Casimiro
11.45 - 12.00	Imaging Myelopathy: Techniques & Prognostic Indicators	Pedro Vilela
12.00 - 12.15	Clinical & Surgical Decision Making in Cervical Myelopathy	Antonio Martin Benloch
12.15 - 12.30	Clinical & Surgical Decision Making in Thoracic Myelopathy	Álvaro Lima
12.30 - 13.15	Case Discussion	All faculty Moderator: Luís Teixeira
-	-	-
	Lunch 45 mins.	
-	-	-
	Session 3: Lumbar Spinal Stenosis & Degenerative Spondylolisthesis	
14.00 - 14.15	Presentation, Natural History and Non-Surgical Treatment of Spinal Stenosis	Jose Ramirez Villaescusa
14.15 - 14.30	Imaging of Spinal Stenosis and Degenerative Spondylolisthesis	Pedro Vilela
14.30 - 14.45	Surgical Treatment of Lumbar Stenosis	Miguel Casimiro
14.45 - 15.00	Surgical Treatment of Degenerative Spondylolisthesis	Pedro Varanda
15.00 - 16.00	Case Discussion	All faculty Moderator: Claudio Cano Gómez
-	-	-
	Coffee Break 30 mins.	
-	-	-
	Session 4: Spondylolysis & Low Grade Isthmic Spondylolisthesis	
16.30 - 16.45	Spondylolysis & Low Grade Isthmic Spondylolisthesis	Luis Teixeira
16.45 - 17.45	Case Discussion	All faculty Moderator: Álvaro Lima
-	-	-
	End of Day 1	
-	-	-
		Course Attendance is Mandatory

Scientific Programme

Module 2

Day 2 - Thursday, 11 July 2019

Time	Topic	Faculty
-	-	-
07.45 - 08.00	Attendance Signature & Coffee	-
-	-	-
	Session 5: Axial Back Pain	
08.00 - 08.15	Natural history, Obstacles to Recovery and Non-Surgical Treatment of Axial Pain	Álvaro Lima
08.15 - 08.30	How to Investigate a Patient with Axial Pain	Jesús Betegón Nicolás
08.30 - 08.45	Surgery for Axial Pain	Luís Teixeira
08.45 - 09.45	Case Discussion	All faculty Moderator: Miguel Casimiro
-	-	-
	Coffee Break 30 mins.	
-	-	-
	Session 6: Degenerative Deformity	
10.15 - 10.30	Degenerative Lumbar Deformity	José María Lopez-Puerta González
10.30 - 11.15	Case Discussion	All faculty Moderator: Pedro Varanda
11.15 - 11.45	Course Summary	Carla Reizinho & Antonio Martin Benlloch
11.45 - 12.15	Conclusions, Diploma and Mandatory Course Evaluation	Antonio Martin Benlloch
-	-	-
	Lunch 60 mins.	
-	-	-
13.15 - 13.45	Cad Lab Discussion and Introduction	Carla Reizinho
13.45 - 14.00	Go to the Lab	
-	-	-
	Session 7: Cadaver Lab Workshops	
14.00 - 15.45	Group A: XLIF & TLIF	All faculty
14.00 - 15.45	Group B: Anterior Cervical Fixation Systems: Cages & Plates	All faculty
-	-	-
	Coffee Break 30 mins. (Group Rotation)	
-	-	-
16.15 - 18.00	Group A: Anterior Cervical Fixation Systems: Cages & Plates	All faculty
16.15 - 18.00	Group B: XLIF & TLIF	All faculty
-	-	-
	End of Module	
-	-	-

Course Attendance is Mandatory

Cadaver Lab Workshops: we inform all the participants that there is a variety of different similar products that they can be use beyond the ones provided at this event.

Contacts

Course Organisation

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Scientific Content

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Dra. Carla Reizinho

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Thank you
for your participation.

Spanish & Portuguese Spine Societies
COURSE DIPLOMA

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