

European Spinal Cord Medicine Course

June 11 – 14, 2019

Day 1 (Oswestry)

Registration and coffee – 8.20

Welcome and Introduction – 8.30

Session 1 (8.40 to 10.45 am)

- Anatomy and physiology, biomechanics – 50 mins - Mr S C Budithi, Consultant in Spinal Cord Injuries Oswestry
- Epidemiology of traumatic and non-traumatic SCI – 45 mins –Dr Eimear Smith, Consultant in Spinal Cord Injuries and Rehabilitation Medicine Ireland
- National pathways — 30 mins - Mr A Osman, Consultant in Spinal Cord Injuries, Oswestry

Session 2 (11.00 to 12.45)

- Acute SCI assessment and management (including Primary and secondary injury – strategies to prevent secondary injury
 - - Mr Kumar, Consultant in Spinal Cord Injuries and Rehabilitation Medicine Oswestry, Oswestry
 - - Mrs Alison Lamb, Consultant Nurse in Spinal Cord Injuries, Oswestry
 - - Mrs Rebecca Dytor, Advanced Respiratory Physiotherapist in Spinal Cord Injuries, Oswestry
- Radiological imaging in SCI - 45 mins -- Dr Victor Nicholas Cassar Pullicino, Consultant Radiologist

Session 3 (1.30 to 3.00)

- Orthopaedic Management - 45 mins - Mr B Balain, Consultant Spinal Surgeon, Oswestry
- The impact of associated Traumatic Brain Injury 45 mins- Dr JPS Burn Consultant Rehabilitation & Brain Injury

Session 4 (3.15 to 5.15)

- Neurological examination - International Standards for Neurological Classification of Spinal Cord Injury (ISNCSCI). - principles and hands on comprising
 - Theory
 - Practice.
 - 4 case-based assessments and discussions
 - Pitfalls in ISNCSCI examination
 - Post-test –evaluation/rapid test

(Group discussions and examinations facilitated by a team of consultants from UK / EU)

Day 2 (Oswestry)

Session 1 (8.30 to 10.45)

- SCI in children- Dr A Graham, Consultant in Spinal Cord Injuries, NSCI, UK 45 mins
- SCI in the elderly and Ageing - Dr M Purcell, Consultant in Spinal Cord Injuries, QENSIU, UK 45 mins
- Establishing Concept of lifelong care - Sasa Moslavac 45 mins

Session 2 (11.00 to 1230)

- Autonomic dysreflexia – 45 mins – Choudhary
- Vocational rehabilitation from an SCI perspective – Aspire representative – 45 mins

Session 3 (1.15 to 3.15)

- Natural history, Recovery and Prognosis following SCI - Prof W S El Masri Clinical Professor of Spinal Injuries – 40 mins
- Research including cellular and molecular interventions (Regeneration) - Dr Karina Wright (Lecturer in Tissue Engineering- Regenerative Medicine) & - Mr A Osman, Consultant in Spinal Cord Injuries, Oswestry – 40 mins
- Developments in rehab technology and evidence base supporting use - - Mr S Bandi, Consultant in Spinal Cord Injuries, Oswestry - 40 mins

Session 4 (3.30 to 5.00)

- SCI Spasticity Management - Mr S C Budithi, Consultant in Spinal Cord Injuries Oswestry – 45 mins
- Spasticity vs Contractures and surgical management of spasticity- - Mr P Thumbikat, Consultant in Spinal Cord Injuries, Sheffield – 45 mins

Day 3 (Sheffield)

Session 1

- Pressure ulcers workshop– 2 hours (8.30 to 1030) - Mr P Thumbikat, Dr R Hariharan, Ms L Webster, Ms K Armitage - Sheffield Teaching Hospitals
 - General aspects including grading
 - Dressings and conservative management
 - Surgical management of pressure ulcers
- Pain management following SCI – 45 mins Dr Hariharan, Consultant Anaesthetist. Stoke Mandeville Hospital

Break 1115 to 1130

Session 2 (1130 to 1300)

- Transitional and adolescent rehabilitation – TBC – 45 mins
- Psychological and psychiatric considerations – 45 mins – Dr Shetty, Consultant liaison psychiatrist, Sheffield Teaching Hospitals

Session 3

Bladder (1330 to 1500)

- Pathophysiology – 45 mins Prof J J Wynedaele, University of Antwerp
- Management of the neuropathic bladder - 45 mins Ms Sheilagh Reid, Consultant Urological Surgeon, Sheffield Teaching Hospitals

Session 4

Bowel and sexual function (1515 to 1715)

- Neuropathic bowel management – 45 mins - Mr F Selmi, Consultant in Spinal Injuries, Southport Spinal Injuries Centre
- Sexual function – 45 mins – Mr Altaf Mangera, Consultant Urological Surgeon, Sheffield Teaching Hospitals
- Patient perspective – 30 mins - Ms Jill Brown, Mr Robin Tarr

Day 4 (Sheffield)

Session 1 (830 to 1045)

Long terms complications – 1 hour 45 mins - Dr Hariharan, Dr Bhide, Mr Belci – Consultants in SCI, Sheffield Teaching Hospitals and Stoke Mandeville Hospital

- Shoulder and upper limb
- HO
- Syring
- Osteoporosis

Life expectancy -- 30 mins - Mr Thumbikat, Consultant in SCI, Sheffield Teaching Hospitals

Session 2 (1100 to 1230)

- Ventilation and respiratory management - 1.5 hours - Andrew Beechey, Consultant Anaesthetist, Sheffield Teaching Hospitals / Jacquie Ross, Respiratory Physiotherapist, Sheffield Teaching Hospitals

Lunch – 1230

Session 3 (1.15 to 2.45)

- Panel discussion – 30mins
- Tetraplegic hand + patient demo - 1-hour Mr Thumbikat, Consultant in SCI, Sheffield, Ms S Leighton, Senior Physiotherapist, Sheffield / Mr Andreas

Session 4 (1500 to 1700)

- Orthotics – 30 mins Ms Sarah Leighton, Senior Physiotherapist, Sheffield
- Discharge planning – 30 mins – Ms Katie Ryall, Case Manager
- Patient interaction - 45 mins Mr Lamb / Mr Andreas/ Mr Price (subject to change)
- Course review 15 mins (Mr Thumbikat/Dr Hariharan)