

Basic and Intermediate Levels - Course Program

5th International Musculoskeletal UltraSound Course



29 Nov - 1 Dec 2018

Wyndham Grand Athens Hotel
Athens, Greece



Musculoskeletal Imaging Techniques - Ongoing Sonography
A task force for Greek Rheumatologists

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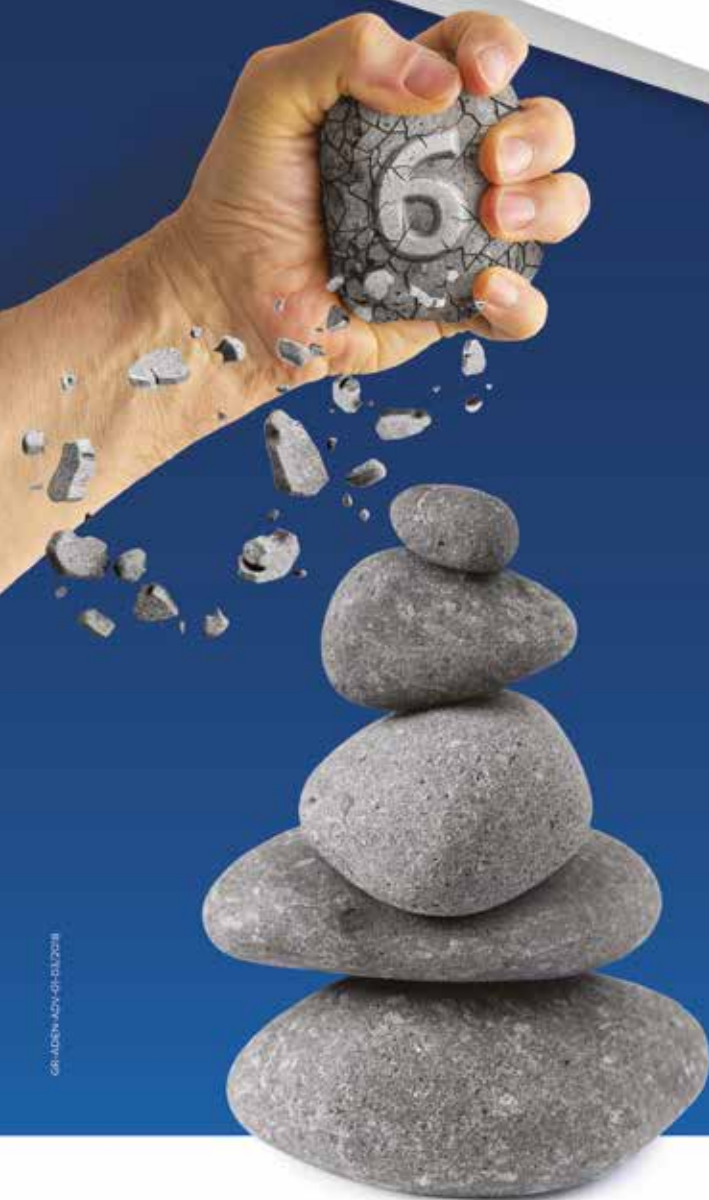
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GENERAL INFORMATION

ORGANIZATION AND COMMITTEE

Scientific Director

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Dipartimento Scienze Cliniche e Biologiche,
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Local Organizer:

M.I.T.O.S. (Musculoskeletal Imaging Techniques: Ongoing Sonography- a Task Force for Greek Rheumatologists)

Faculty

The speakers will come from major European musculoskeletal ultrasound research centers and are rheumatologists mostly involved in previous EULAR courses. The contacted faculties are:

Organizing Committee

Glasna G. Kakavouli

Ioannis Raftakis

Caterina Slagkri

Scientific Committee

Dimitrios Karokis

Glasna G. Kakavouli

Ioannis Raftakis

Caterina Slagkri

Faculty:

Annamaria Iagnocco, Italy

Amalia Raptopoulou, Greece

Andrea Delle Sedie, Italy

Artur Bachtá, Poland

Caterina Siagkri, Greece

Dimitris Karokis, Greece

Elena Drakonaki, Greece

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Peter Balint, Hungary

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Slavica Prodanović, Serbia

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Artur Bachtá, Poland

Caterina Siagkri, Greece

Dimitris Karokis, Greece

Elena Drakonaki, Greece

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GENERAL INFORMATION

Course's opening: Thursday, November 29th, 2018 - h 12.00

Course's closing: Saturday, December 1st, 2018 - h 16:30

Participants: The number of participants in each of the Courses will be limited to 48

Official language: English

Congress Venue: Wyndham Grand Athens, Athens, Greece

Organizer**M.I.T.O.S. GROUP****mitos.greek.rheum.us@gmail.com**

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SPEAKERS - INSTRUCTORS

Bachta Arthur MD, PhD, Senior Assistant Department of Internal Medicine and Rheumatology, Military Medical Institute, Warszawa, Poland

Balint Peter MD, PhD, FRCP (Glasgow), Head of Department, 3rd Rheumatology Department, National Institute of Rheumatology and Physiotherapy, Budapest, Hungary

Boumpas Dimitrios Professor of Medicine, Director, Rheumatology - Clinical Immunology, 4th Department of Medicine, Medical School, University of Athens, Athens, Greece

Damjanov Nemanja MD PhD, Full Professor of Internal Medicine, Rheumatology, Belgrade University School of Medicine, Director of the Institute, Institute of Rheumatology, Belgrade, Serbia

Delle Sedie Andrea MD, Rheumatologist, Azienda Ospedaliero Universitaria Pisana

Drakonaki Elena MD, PhD, PostDoc, ESSRDip, Consultant Radiologist, Independent US Practice, Heraklion, Greece

Filippou Georgios MD, PhD, Rheumatology Clinic, University of Ferrara, Ferrara, Italy

Iagnocco Annamaria Professor, Dipartimento Scienze Cliniche e Biologiche, Università degli Studi di Torino, Turin, Italy



Kakavouli G. Giasna	MD, Consultant Rheumatologist, Scientific Associate of Hippocraton Hospital of Thessaloniki, 4 th Department of Pathology, Private Practice Katerini, Greece
Karokis Dimitris	MSc, Rheumatologist, President of the M.I.T.O.S. group (Musculoskeletal Imaging Techniques: Ongoing Sonography), Patras, Greece
Katsifis Gkikas	MD, PhD, RhMSUS, Director & Chief of Rheumatology Clinic, Naval Hospital of Athens, Greece
Mandl Peter	MD, PhD, Privatdozent, Division of Rheumatology, 3 rd Department of Internal Medicine, Medical University of Vienna, Wien, Austria
Natskos Theodoros	Rheumatologist, Veroia, Greece
Porta Francesco	Rheumatologist, Department of Internal Medicine, Section of Rheumatology, University of Florence, Florence, Italy
Prodanović Slavica	MD, Rheumatologist, Chief of the Department of Ultrasonographic examination, Institute of Rheumatology, Belgrade, Serbia
Radunović Goran	MD, PhD, Rheumatologist, University of Belgrade Medical School, Institute of Rheumatology, Belgrade, Serbia

Raftakis Ioannis

Rheumatologist, Deputy Head of Clinic, Department of Rheumatology, CHU Brugmann, Brussels, Belgium

Raptopoulou Amalia

MD, PhD, Rheumatologist, Veroia, Greece

Siagri Caterina

Rheumatologist, Scientific Associate of Hippocraton Hospital of Thessaloniki, Private Practice Thessaloniki, Greece

BASIC LEVEL

OBJECTIVES:

- To learn technical characteristics and setting of ultrasound equipment for rheumatology.
- To learn the systematic standardized sonographic scanning method of each anatomical region, according to the EULAR guidelines.
- To learn basic normal musculoskeletal ultrasonographic (MSUS) anatomy.
- To learn basic pathological MSUS findings.

MAIN TOPICS:

- Ultrasound physics and technology, technical characteristics of ultrasound equipments in rheumatology, applications, indications and limitations of MSUS.
- MSUS anatomy, artifacts and misinterpretation in MSUS.
- Standardized sonographic scanning method of each anatomical region (shoulder, elbow, wrist and hand, hip, knee, ankle and foot) according to the EULAR guidelines.
- Basic pathological sonographic findings (tendinosis, tenosynovitis, partial and complete tendon tear, enthesopathy, bursitis, calcifications, articular cartilage lesions, cortical abnormalities, erosions and joint synovitis).
- Reporting MSUS findings and diagnosis.

WORKSHOPS:

- Practical handling of the ultrasound machine settings.
- Supervised identification of musculoskeletal sonoanatomy.
- Supervised standardized sonographic scanning of the shoulder, elbow, wrist and hand, hip, knee, ankle and foot.
- Supervised hands-on scanning of patients with basic musculoskeletal lesions

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SCIENTIFIC PROGRAM

Thursday - November 29th, 2018

- 12:00 - 14:00 **Registration**
- 12:00 - 13:30 **Lunch**
- 13:30 - 13:45 **Welcome** HERA MEETING ROOM
- D. Karokis, D. Boumpas**
- 13:45 - 14:00 Entering test of knowledge - Basic Level
- J. Raftakis**
- 14:00 - 14:15 Entering test of knowledge - Intermediate Level
- J. Raftakis**
- Chairpersons: **A. Bachtá, J. Raftakis**
- 14:15 - 14:45 Sonographic pattern of the musculoskeletal tissues and technical characteristics and setting of ultrasound equipments for musculoskeletal disorders
- J. Raftakis**
- Live demo - A. Bachtá**
- 14:45 - 15:00 **Mini break - Hall changing**
- 15:00 - 16:45 **Workshop:** Supervised practical handling of the ultrasound machine settings ATHINA MEETING ROOM
- 16:45 - 17:00 **Coffee Break**
- Chairpersons: **F. Porta, A. Bachtá** HERA MEETING ROOM
- 17:00 - 17:25 History and basic physics of MSUS
- A. Bachtá**
- 17:25 - 18:00 Normal tissue and joint anatomy; Sonographic pattern of the musculoskeletal tissues
- A. Bachtá**
- 18:00 - 18:30 Artifacts and misinterpretation in MSUS
- F. Porta**
- Live demo - A. Bachtá**
- 18:30 - 19:30 **Workshop:** Supervised practical handling of the normal MSUS anatomy ATHINA MEETING ROOM
- Chairpersons: **G. Radunovic, D. Karokis** HERA MEETING ROOM
- 19:30 - 20:00 Image documentation; reporting US findings and diagnosis
- G. Radunovic**
- 20:00 - 21:00 **Workshop:** Hands - on session; normal MSUS anatomy and basic pathological findings ATHINA MEETING ROOM
- 21:00 **Dinner**

SCIENTIFIC PROGRAM

Friday, November 30th, 2018

	Chairpersons: A. Iagnocco, N. Damjanov	HERA MEETING ROOM
09:00 - 09:30	Sonographic semiology; US and correlative anatomy and histology: articular cartilage lesions, cortical abnormalities; Basic pathology of tendons and ligaments (tendinosis, calcifications, tears) N. Damjanov Live demo - A. Delle Sedie	
09:30 - 10:00	Basic synovial US lesions: synovitis, synovial hypertrophy, tenosynovitis and bursitis; Definition, detection and quantification A. Iagnocco	
10:00 - 10:30	US Application in management of Musculoskeletal Disorders A. Iagnocco	
10:30 - 11:00	Coffee Break	
11:00 - 12:45	Workshop: US semiology: normal and basic pathological findings	ATHINA MEETING ROOM
	Chairpersons: N. Damjanov, C. Siagkri	HERA MEETING ROOM
12:45 - 13:15	Standardized scanning of shoulder normal and basic pathological findings C. Siagkri Live demo - N. Damjanov	
13:15 - 13:45	Standardized scanning of the elbow: normal and basic pathological findings A. Raptopoulou Live demo - N. Damjanov	
13:45 - 14:30	Lunch	
14:30 - 17:00	Workshop: Supervised scanning technique of shoulder; supervised scanning technique of elbow; Normal and basic pathological findings	ATHINA MEETING ROOM
	Chairpersons: D. Karokis, P. Mandl	HERA MEETING ROOM
17:00 - 17:30	Standardized scanning of the wrist and hand: normal and basic pathological findings D. Karokis Live demo - P. Balint	
17:30 - 18:00	Standardized scanning of the hip: normal and basic pathologic findings P. Mandl Live demo - P. Balint	
20:00	Dinner	

SCIENTIFIC PROGRAM

Saturday, December 1st, 2018

- 09:00 - 10:45 **Workshop:** Supervised hands-on scanning of patients with inflammatory and degenerative hand, wrist and hip **ATHINA MEETING ROOM**
- 10:45 - 11:00 **Coffee Break**
Chairpersons: **A. Iagnocco, S. Prodanović** **HERA MEETING ROOM**
- 11:00 - 11:30 Standardized scanning of the knee: normal and basic pathological findings
J. Raftakis
Live demo - A. Delle Sedie
- 11:30 - 12:00 Standardized scanning of the ankle and foot: normal and basic pathological findings
S. Prodanović
Live demo - A. Delle Sedie
- 12:00 - 12:30 Enthesitis and enthesopathy
P. Balint
- 12:30 - 13:15 **Light Lunch**
- 13:15 - 15:00 **Workshop:** Supervised hands-on scanning of patients with inflammatory and degenerative knee, ankle and foot **ATHINA MEETING ROOM**
Chairpersons: **G.G. Kakavouli, N. Damjanov** **HERA MEETING ROOM**
- 15:00 - 15:30 Basic skills in sonographic guided arthrocentesis
N. Damjanov
- 15:30 - 16:00 **Workshop:** Basic skills in sonographic-guided arthrocentesis **ATHINA MEETING ROOM**
- 16:05 - 16:15 Exit test of knowledge
- 16:15 - 16:30 Closing remarks and certificate issue

INTERMEDIATE LEVEL

OBJECTIVES:

- To review the systematic standardized sonographic scanning method of each anatomical region, according to the EULAR guidelines
- To learn Colour and Power Doppler physics, application, indications and limitations
- To learn definition, ultrasound presentation and quantification of synovitis, synovial hypertrophy, effusion, erosion, tendinopathy, tenosynovitis, enthesopathy and degenerative lesions
- To assess, quantify and/or score joint lesions
- To learn basic skills to perform sonographic-guided musculoskeletal injections
- To understand the role of musculoskeletal US in clinical and research practice

MAIN TOPICS:

- Role of Colour and Power Doppler in rheumatology
- Colour and power Doppler physics and technology
- Applications, indication and limitations of Colour and Power Doppler
- Ultrasound presentation of synovitis, effusion, erosions, tendinopathies, tenosynovitis, enthesitis and degenerative lesions
- Role of ultrasound in diagnosis and monitoring of metabolic arthritis
- Role of ultrasound in monitoring patients with inflammatory joint diseases
- Standards of safety of ultrasound-guided punctures and injections sonographic system

WORKSHOPS:

- Practical handling of the ultrasound machine settings and use of Colour and Power Doppler technology
- Supervised scanning of the patients with inflammatory and degenerative joint disease focused on detection of synovitis, effusion, erosions, tendinopathies, tenosynovitis, enthesitis and degenerative lesions.
- Supervised basic sonographic-guided musculoskeletal injections

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- 13:45 - 14:00 Entering test of knowledge - Basic Level
- J. Raftakis**
- 14:00 - 14:15 Entering test of knowledge - Intermediate Level
- J. Raftakis**
- Chairpersons: **A. Bachta, J. Raftakis**
- 14:15 - 14:45 Sonographic pattern of the musculoskeletal tissues and technical characteristics and setting of ultrasound equipments for rheumatology
- J. Raftakis**
- Live demo - A. Bachta**
- 14:45 - 15:00 **Mini Break - Hall changing**
- Chairpersons: **J. Raftakis, G. Filippou**
- 15:00 - 15:20 Doppler physics, technology and artefacts. Doppler setting optimization
- G. Filippou**
- 15:20 - 15:40 Application, indications and limitations of Doppler in musculoskeletal US
- J. Raftakis**
- Live demo - A. Delle Sedie**
- 15:40 - 16:00 Colour Doppler and power Doppler. Correlations between US imaging and histopathological findings
- A. Delle Sedie**
- 16:00 - 16:30 **Coffee Break**
- 16:30 - 18:15 **Workshop:** Supervised practical scanning of the different Doppler modalities. How to use and set the ultrasound equipment. The choice of the appropriate probe. Optimisation of Doppler settings. PDUS artefacts ATHINA MEETING ROOM
- Chairpersons: **A. Delle Sedie, F. Porta** HERA MEETING ROOM
- 18:15 - 18:45 B-mode and Doppler synovitis. Definition, detection, quantification and pitfalls
- A. Delle Sedie**
- 18:45 - 19:15 B-mode and Doppler tenosynovitis. Definition, detection, quantification and pitfalls
- F. Porta**
- 21:00 **Dinner**

SCIENTIFIC PROGRAM

Friday, November 30th, 2018

- 08:45 - 11:00 **Workshop:** US semiology-pathological findings. **ATHINA MEETING ROOM**
 Supervised hands-on scanning of patients with inflammatory and degenerative joint disorders; How to detect and quantify synovitis (including Power Doppler), cartilage and bony lesions
 Chairpersons: **P. Mandl, G. Filippou** **HERA MEETING ROOM**
- 11:00 - 11:25 B-mode and Doppler tendinosis and tendon tear. Definition, detection, quantification and pitfalls
P. Mandl
- 11:25 - 11:50 US bone abnormalities. Definition, detection, quantification and pitfalls
G. Filippou
- 11:50 - 12:15 US: a tool for diagnosis and outcome measure in arthritis
A. Iagnocco
- 12:15 - 12:45 US cartilage abnormalities. Definition, detection, quantification and pitfalls
G. Radunovic
- 12:45 - 14:00 **Workshop:** Supervised hands-on scanning of patients with synovitis and tenosynovitis, enthesopathy/ enthesitis, tendinosis and tendon tear, bone and cartilage abnormalities. **ATHINA MEETING ROOM**
- 14:00 - 15:00 **Lunch**
 Chairpersons: **E. Drakonaki, C. Siagkri** **HERA MEETING ROOM**
- 15:00 - 15:30 US diagnosis of hip pathology
E. Drakonaki
Live demo - P. Balint
- 15:30 - 16:00 US diagnosis of knee pathology
N. Damjanov
Live demo - P. Balint
- 16:00 - 16:30 US diagnosis of ankle and foot pathology
C. Siagkri
Live demo - P. Balint
- 16:30 - 17:00 **Coffee Break**
- 17:00 - 19:00 **Workshop:** Supervised hands-on scanning of patients with lower extremity pathology. **ATHINA MEETING ROOM**
- 20:00 **Dinner**

SCIENTIFIC PROGRAM

Saturday, December 1st, 2018

Chairpersons: **J. Raftakis, D. Karokis**

HERA MEETING ROOM

09:00 - 09:30 US diagnosis of shoulder pathology

N. Damjanov

Live demo - P. Mandl

09:30 - 10:00 US diagnosis of elbow pathology

J. Raftakis

Live demo - P. Mandl

10:00 - 10:30 US diagnosis of wrist and hand pathology

D. Karokis

Live demo - P. Mandl

10:30 - 10:45

Coffee Break

10:45 - 12:45

Workshop: Supervised hands-on scanning of patients with upper extremity pathology

ATHINA MEETING ROOM

12:45 - 13:30

Light Lunch

Chairpersons: **N. Damjanov, A. Iagnocco**

HERA MEETING ROOM

13:30 - 13:50

B-mode and Doppler enthesopathy and enthesitis. Definition, detection, quantification and pitfalls

P. Balint

13:50 - 14:20

Role of US in the diagnosis of crystal - induced arthropathies and periartricular tissues. Gout, Hyperuricemia, CPPD, BCPC disease.

S. Prodanovic

14:20 - 14:50

Basic skills in sonographic-guided arthrocentesis

N. Damjanov

Live demo - N. Damjanov

14:50 - 15:50

Workshop: Basic skills in sonographic-guided arthrocentesis

ATHINA MEETING ROOM

15:50 - 16:05

Exit test of knowledge

16:15 - 16:30

Closing remarks and certificate issue



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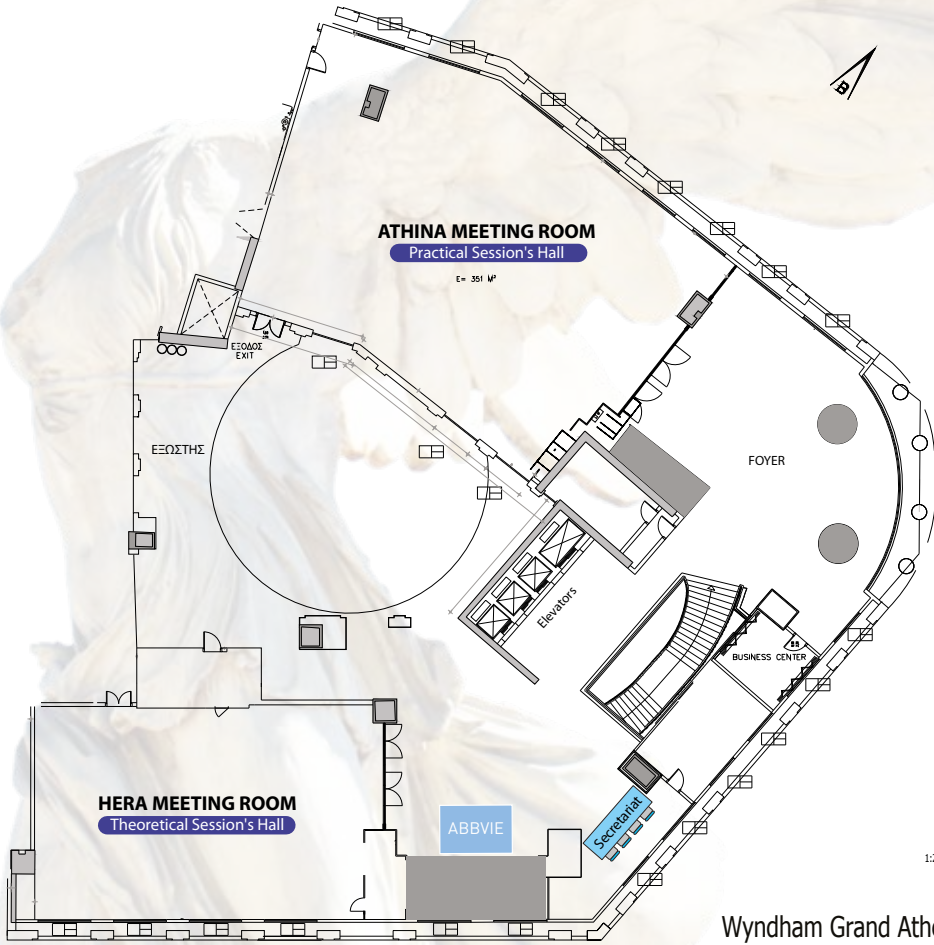
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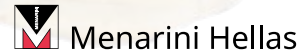
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SCIENTIFIC PROGRAM INFORMATION

Congress Secretariat Opening Hours

Thursday, 29 November 2018	12:00 - 21:00
Friday, 30 November 2018	08:30 - 19:00
Saturday, 1 December 2018	08:30 - 16:45

Certificate of Attendance

Participants can receive their certificate of attendance during the closing session on the 1st of December 2018.

To receive the certificate of attendance, it is mandatory to complete and submit the evaluation form, at the Course Secretariat, before the closing session and to show the congress badge.

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