EUROPEAN TRAINING COURSE IN SPINAL INJURY REHABILITATION

VENUE: Institute of Orthopaedics Lecture Theatre (Location 9)

The Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust, Oswestry, Shropshire SY10 7AG (www.rjah.nhs.uk)

DATE: 11th June 2019

Day 1 (Oswestry)

08:00  Registration and coffee

08.30 - Welcome and Introduction — Mr Naveen Kumar

Session 1 (8.40 to 10.45 am)

08.40  Anatomy and physiology, biomechanics - Mr S C Budithi, Consultant in Spinal Cord Injuries Oswestry

9:30-  Epidemiology of traumatic and non-traumatic SCI –Dr Eimear Smith, Consultant in Spinal Cord Injuries and Rehabilitation Medicine Ireland or TBC

10:15 -  National pathways - Mr A Osman, Consultant in Spinal Cord Injuries, Oswestry

10:45  COFFEE/TEA BREAK: Institute of Orthopaedics (Location 9)

Session 2 (11.00 to 12.45)

11:00 -  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
12:00 The impact of associated Traumatic Brain Injury - Dr JPS Burn Consultant Rehabilitation & Brain Injury

12:45 LUNCH IN DENBIGHS RESTAURANT (Location 7) – voucher in pack

Session 3 (13:30 to 16:00) WORKSHOP

- 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)

Session 4 (16:00 to 17:30)

16:00 surgical management of Spinal Injuries - Mr B Balain, Consultant Spinal Surgeon, Oswestry

16:45 -17:30 Spinal cord injury an imaging approach - Dr Victor Nicholas Cassar Pullicino, Consultant Radiologist, Oswestry.

Course Dinner - 19-00 hours - the Wynnstay (https://www.wynnstayhotel.com/)
**Day 2 (Oswestry)**

**Session 1 (8.30 to 10.45)**

08:30
Spinal Cord Injuries in children
- Dr A Graham, Consultant in Spinal Cord Injuries, NSCI, UK

09:15
Spinal Cord Injuries in the elderly and Ageing
- Dr M Purcell, Consultant in Spinal Cord Injuries, QENSIU, UK

10:00
Establishing Concept of life long care
- Dr Sasa Moslavac, Croatia, EU

10:45
COFFEE/TEA BREAK: Institute of Orthopaedics (Location 9)

**Session 2 (11.00 to 1230)**

11:00
Autonomic Dysreflexia – Mr J Roy-Chowdhury, Consultant in Spinal Cord Injuries Oswestry

11:45
Vocational rehabilitation - BACK UP Representative

12:30
LUNCH IN DENBIGH'S RESTAURANT (Location 7) – voucher in pack

**Session 3 (1.15 to 3.15)**

13:15
Natural history, Recovery and Prognosis following Spinal Cord Injuries
- Prof W S El Masri Clinical Professor of Spinal Injuries

13:45
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

14:25
Developments in rehab technology and evidence base supporting use
- Mr S Bandi, Consultant in Spinal Cord Injuries, Oswestry

**Session 4 (3.00 to 5.30) SCI Spasticity Workshop – (Moderator - Mr A Osman)**

3.00
SCI Spasticity assessment and medical management - Mr S C Budithi, Consultant in Spinal Cord Injuries Oswestry

3.45
Spasticity vs Contractures and surgical management of spasticity- - Mr P Thumbikat, Consultant in Spinal Cord Injuries, Sheffield.
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 - Dr Hariharan, Dr Bhide, Mr Belci – Consultants in SCI, Sheffield Teaching Hospitals and Stoke Mandeville Hospital

- Shoulder and upper limb
- HO
- Syrinx
- 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)