



**National Meeting
of the Hellenic Spinal Cord Section 2019**

**of the Hellenic Society of PRM
Affiliated member of ISCoS**

With International Participation

13-15 December 2019, Vellideio, Thessaloniki, Greece

Healthy, and long living after SCI



**Hellenic Society of Physical and Rehabilitation Medicine
Member of the
European Society of Physical and Rehabilitation Medicine
International Society of Physical and Rehabilitation Medicine**





**Spinal Cord Section
Hellenic Society of PRM**

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Section of Northern Greece (Macedonia and Thrace)

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Vice-President: Nikolaos Konstantinidis

General Secretary: Petros Varsamis

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**Spinal Cord Section
Hellenic Society of PRM**

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Konstantinos Athanassopoulos
Filomeni Armakola
Aggeliki Galata
Theofanis Grentzelos
Yannis Dionyssiotis
Aikaterini Kotroni
Athanasios Kyriakides
Maria Micha
Konstantinos Navalis
Konstantina Petropoulou
Christina-Anastasia Raptidi
Markos Sgantzos
Aggeliki Stavrianou
Alexandros-Ioannis Tzanos
Marianna Fragkaki


HONORARY SCIENTIFIC COMMITTEE OF THE CONGRESS

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Nikos Barotsis
Andrei Krassioukov
Olga Krassioukova-Enns

ORGANIZING COMMITTEE OF THE CONGRESS

President: Christina-Anastasia Raptidi
Georgios Avgoustidis
Yannis Dionyssiotis
Athanasios Kyriakides
Aggeliki Stavrianou
Marianna Fragkaki



13 December 2019, Friday			
	08.00- 08.30	Registration	
	08.30-09.30	ORAL PRESENTATIONS	
	Chairpersons	Yannis Dionyssiotis, Dimitra Kagiouli, Ilias Karagiannakis	
	09.30-10.00	State of the art Lecture Users perspectives serving new technology in rehabilitation	Soultana-Tonia Tatsidou
	10.00-11.30	Special considerations on the rehabilitation of children with SCI	In collaboration with Pediatric section of the Hellenic Society of PRM
	Chairpersons	Maria Pyrgeli, Christos Tsonidis, Marianna Fragkaki	
		Epidemiology of SCI in childhood	ELEPAP Thessaloniki
		Special considerations on acute management of pediatric traumatic SCI	Nikos Skoulios
		Quality of life, research needed, PEPSCI survey	Maria Pyrgeli
		Healthy, and long living after SCI in childhood	Stella Papakosta
		Transition to adulthood	Aggeliki Stavrianou
	11.30-12.00	Break	
	12.00-12.30	State of the art Lecture Hereditary spastic paraplegia	Georgios Tagaris
	12.30-13.00	International Standards for Neurological Classification of Spinal Cord Injuries	
		Update on Neurological Examinations of Individuals with SCI	Andrei Krassioukov
	13.00-14.00	ORAL PRESENTATIONS	
	Chairperson	Marianna Fragkaki	
	14.00-15.00	Break	
	15.00-16.30	WORKSHOP	
		"Independent Living for people with spinal cord injury: the role of people with SCI in the rehabilitation process and planning of support"	Olga Krassioukova-Enns
	16.30-17.30	Opening ceremony	George Avgoustidis, Christina-Anastasia Rapi
	17.00-17.30	Opening ceremony lecture	
		Combat Aging by Optimizing Vascular Health. What can we learn from individuals with spinal cord injury?	Andrei Krassioukov



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	17.30-20.30	Interactive session with a cup of coffee	Hellenic Association of Paraplegics Section of Northern Greece (Macedonia and Thrace)
Wellbeing: What does this mean for a person with SCI?			
		Introduction to the “Interactive Sessions with a Cup of Coffee”	George Avgoustidis
		SCI (Quality of Life) QoL: the appropriate questions	Markos Sgantzos
		The burden of primary health care and its impact on health-related quality of life of individuals with SCI	Georgia Thanasa
		Wellbeing and quality of my life: for the woman with SCI	Woman with SCI TBA
		Wellbeing and quality of my life: for the man with SCI	Man with SCI TBA
		Can psychological support and guidance improve QoL	Psychiatrist Psychologist TBA
		Peer support: When and Why? Impact on QoL.	Georgia Fyka



14 December 2019, Saturday			
	08.30- 09.30	ORAL PRESENTATIONS	
	Chairpersons	Theofanis Grentzelos, Giorgos Kyritsis, Emmanuel Kandylakis	
	09.30-10.00	State of the art Lecture	
	Chairpersons	George Avgoustidis	
		Can International Disability Societies/Associations/Organizations have an impact on local stakeholders and health services for persons with Spinal Cord Injuries?	Olga Krassioukova-Enns
	10.00-11.00	Women with SCI	
	Chairpersons	Andrei Krassioukov, Aggeliki Galata, Konstantinos Navalas	
		Sexes' particularities in persons with SCI. Women facing special problems.	Aggeliki Galata
		Sexual health: focus on sexual activity of women with SCI	Charalampos Konstantinidis
		Women's health after spinal cord injury: focus on pregnancy and breastfeeding.	Andrei Krassioukov
Visit the breastfeeding booth, an initiation of icord			
	11.00-11.30	Break	
	11.30-13.00	Spasticity	In collaboration with PRM & Neurosurgery Departments of GHA "G.Gennimatas"
	Chairpersons	Christina-Anastasia Rapi, Nikos Georgakoulias	
		When to treat spasticity post SCI	Chrysanthi Ntassiopoulou
		The use of botulinum toxin: special considerations	Prokopis Manthos
		Innovated neurosurgery for rehabilitation of central nervous system lesions	Nikos Georgakoulias
		Microsurgery management of spasticity	Giorgos Georgoulis
	13.00-13.30	State of the art Lecture	
	Chairpersons	Nikos Roussos, Antonis Yakinthos	
		Central Nervous System Plasticity post SCI	Konstantina Petropoulou
	13.30-14.30	Break	
	14.30-16.00	Special topics influencing functionality	In collaboration with PRM & Neurosurgery



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			Departments of GHA “G.Gennimatas”
	Chairpersons	Sofia Fotaki, Prokopis Manthos, Maria Micha	
		International Standards for Autonomic Function post Spinal Cord Injury (ISAFSCI), conus medularis reflexes	Christina-Anastasia Rapti
		Acute SCI: Decisions on management - predictors of recovery. The importance of proper timing.	Athanasios Kyriakides
		SCI and the impact of associated Traumatic Brain Injury: the Neurosurgery aspect	Nikos Paidakakos
		SCI and the impact of associated Traumatic Brain Injury: the PRM aspect	Antonis Kontaxakis
	16.00-17.00	Satellite Symposium	
	17.00-20.00	Interactive session with a cup of coffee	Hellenic Association of Paraplegics Section of Northern Greece (Macedonia and Thrace)
		Sexual health	
	Chairperson	George Avgoustidis, I. Sapountzis	
		Body abled and SCId persons: the experience of orgasm	Sofia Sivetidou, PRM Physician
		When to start and when to stop consultation on sexual health post SCI	Moira Tzitzika, Sexual therapist
		Mothers with SCI and their babies	Midwife, TBA
		Special considerations on taking care of babies by parents with SCI	Occupational therapist, TBA
		Can physiotherapy improve sexual health of persons with SCI?	Physiotherapist, TBA
		Motherhood with SCI	Motherh with SCI
		Fatherhood with SCI	Fatherh with SCI
		What about sexual health? Woman with SCI	Woman with SCI
		What about sexual health? Man with SCI	Man with SCI



15 December 2019, Sunday			
	08.30- 09.30	ORAL PRESENTATIONS	
	Chairpersons	Athanasios Kyriakides, Evangelia Maragoudaki	
	09.30-10.00	State of the art Lecture The importance of early diagnosis of the overuse syndromes' risk of the upper limbs of persons with SCI	Konstantinos Navalis
	10.00-11.00	Bone-Muscle-Fat impairment post SCI	
	Chairpersons	Christina-Anastasia Rapidi, Yannis Dionyssiotis, Foteini Papadopoulou	
		Sarcopenic obesity and SCI	Ifigeneia Kostoglou
		Management of osteoporosis post SCI, acute phase	Yannis Dionyssiotis
		Management of osteoporosis post SCI, chronic phase	Eirini Mouza
	11.00-11.30	State of the art Lecture	
		Robotics and virtual reality (enhanced or mixed) assisting the functional rehabilitation post SCI	Eleftherios Bakas
	11.30-12.00	Break	
	12.00-13.00	Pain after SCI	In collaboration with Pain section of the Hellenic Society of PRM
	Chairpersons	Constantinos Paterakis, Nicolaos Roussos, Nikos Stamoulis	
		Classification of pain post SCI	Alexandros-Ioannis Tzanos
		Conservative management	Eleftherios Stefas
		Neurosurgical management and interventions	Maria Bakopoulou
	13.00-14.00	Neurophysiological studies post SCI and Autonomic Dysreflexia	
	Chairpersons	Aikaterini Kotroni, Filomeni Armakola	
		Complete, Incomplete, Discomplete SCI & AD	Stelios Velonas
		The electrodiagnostic approach of the Spinal Cord Injury	Aikaterini Kotroni
		Preventive management of AD	Alexandra Karavassili
	14.00-14.30	Break	
	14.30-17.30	Interactive session with a cup of coffee	Hellenic Association of Paraplegics Section of Northern Greece (Macedonia and Thrace)
		Prevention and Management of Disabling Secondary Conditions. Maintaining and Improving Quality of Life.	
	Chairperson	George Avgoustidis	



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		Bladder and Bowel dysfunction: the need of long-term follow-up	Eleni Moumzi
		Spasticity as a secondary condition post SCI and as a symptom	Athina-Maria Nella,
		Pain management	Giorgos Neochoritis
		Obesity management	TBA
		Recurrent pressure ulcers, why?	Evgenios Diamantidis, Giannis Sapountzis
		Prevention of fragile fractures	Yannis Dionyssiotis
		Exercise guidelines after SCI	Athanasios Kyriakides

