Basic and Intermediate Levels

6th International Musculoskeletal Ultrasound Course

28 - 30 Nov 2019
ROYAL OLYMPIC HOTEL, ATHENS
Athens, Greece

UNDER THE AUSSPICES:

www.concopco.com/mitoscourcse2019
ORGANIZATION AND COMMITTEE

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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
Giasna Giokits Kakavouli
Dimitrios Karokis
Ioannis Raftakis
Caterina Siagkri

Scientific Committee
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Andrea Delle Sedie, Italy
Caterina Siagkri, Greece
Dimitris Karokis, Greece
Francesco Porta, Italy
Georgios Filippou, Italy
Georgios Kampakis, Greece
Giasna Giokits Kakavouli, Greece
Gkikas Katsifis, Greece
Ioannis Raftakis, Greece
Nemanja Damjanov, Serbia
Peter Balint, Hungary
Slavica Prodanović, Serbia

Instructors:
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Andrea Delle Sedie, Italy
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Dimitris Karokis, Greece
Francesco Porta, Italy
Georgios Filippou, Italy
Georgios Kampakis, Greece
Giasna Giokits Kakavouli, Greece
Gkikas Katsifis, Greece
Ioannis Raftakis, Greece
Nemanja Damjanov, Serbia
Peter Balint, Hungary
Slavica Prodanović, Serbia
Theodoros Natskos, Greece
Course’s opening: Thursday, November 28th, 2019 - h 12.00
Course’s closing: Saturday, November 30th, 2019 - h 16:30
Participants: The number of participants in each of the Courses will be limited to 48
Official language: English
Congress Venue: ROYAL OLYMPIC HOTEL, ATHENS

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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.
SCIENTIFIC PROGRAM

Thursday - November 28th, 2019

12:00 - 14:00  Registration
12:00 - 13:30 Lunch
13:30 - 13:45 Welcome
   G. Giokits, D. Boumpas, D. Vasilopoulos
13:45 - 14:00 Entering test of knowledge - Basic Level
   J. Raftakis
Chairpersons: D. Karokis, J. Raftakis

14:15 - 14:45 Technical characteristics and setting of ultrasound equipments for Musculoskeletal diseases
   J. Raftakis

14:45 - 15:00 Mini break - hall changing
Chairpersons: F. Porta, G. Filippou

15:00 - 15:25 History and basic physics of MSUS
   G. Filippou

15:25 - 16:00 Musculoskeletal anatomy. Sonographic pattern of the musculoskeletal tissues
   G. Filippou

16:00 - 16:30 Artifacts and misinterpretation in MSUS
   F. Porta

16:45 - 17:00 Coffee break

17:00 - 18:00 Workshop: Supervised use of the US equipment and settings

18:00 - 19:00 Workshop: Supervised Ultrasound assessment of the normal musculoskeletal tissues
   Chairpersons: D. Karokis, G. Kampakis

19:00 - 19:30 Image documentation; reporting of US findings
   G. Kampakis

19:30 - 21:00 Workshop: Supervised ultrasound scanning of musculoskeletal disorders pathology
**SCIENTIFIC PROGRAM**

Friday, November 29th, 2019

Chairpersons: **P. Balint, G. Giokits**

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: Enthesitis and enthesopathy

**P. Balint**

10:00 - 10:30  Standardized scanning of the wrist and hand: normal and basic pathological findings

**D. Karokis**

*Live demo - P. Balint*

10:30 - 11:00  Coffee break

11:00 - 12:45  **Workshop**: US semiology: normal and basic pathological findings (abnormalities of hyaline cartilage, cortical bone, synovial membrane, tendons, ligaments, bursae)

Chairpersons: **N. Damjanov, C. Siagkri**

12:45 - 13:15  Standardized scanning of the 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 of the shoulder and the elbow. Normal and basic pathological findings

Chairpersons: **P. Balint, J. Raftakis**

17:00 - 17:30  Standardized scanning of the hip: normal and basic pathologic findings

**G. Kampakis**

*Live demo - P. Balint*

17:30 - 18:00  Standardized scanning of the knee: normal and basic pathological findings

**J. Raftakis**

*Live demo - P. Balint*
SCIENTIFIC PROGRAM

Saturday, November 30th, 2019

09:00 - 10:45  **Workshop**: Supervised Ultrasound scanning of the hand, wrist and hip. Normal and basic pathological findings.

10:45 - 11:00  **Coffee Break**

Chairpersons: **A. Iagnocco, S. Prodanovic**

11:00 - 11:30  Basic synovial US lesions: synovitis, synovial hypertrophy, tenosynovitis and bursitis; Definition, detection and quantification  
**A. Iagnocco**

11:30 - 12:00  Standardized scanning of the knee: normal and basic pathological findings  
**J. Raftakis**

Live demo - **A.Delle Sedie**

12:00 - 12:30  Application of US in the management of Musculoskeletal Diseases  
**A. Iagnocco**

12:30 - 13:00  **Light lunch**

Chairpersons: **G. Giokits, N. Damjanov**

13:00 - 13:30  Basic skills in sonographic guided arthrocentesis  
**N. Damjanov**

13:45 - 15:15  **Workshop**: Supervised ultrasound scanning of the knee, ankle and foot. Normal and basic pathological findings.

15:15 - 16:15  **Workshop**: Basic skills in sonographic-guided arthrocentesis

16:15 - 16:30  Exit test of knowledge

16:30 - 16:45  Closing remarks and certificate issue
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.
### SCIENTIFIC PROGRAM

**Thursday, November 28th, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>12:00 - 14:00</td>
<td><strong>Registration</strong></td>
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<tr>
<td>12:00 - 13:30</td>
<td><strong>Lunch</strong></td>
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<tr>
<td>13:30 - 13:45</td>
<td><strong>Welcome</strong>&lt;br&gt;G. Giokits, D. Boumpas, D. Vasilopoulos</td>
</tr>
<tr>
<td>13:45 - 14:00</td>
<td>Entering test of knowledge - Intermediate Level&lt;br&gt;<strong>J. Raftakis</strong></td>
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<td><strong>Chairpersons:</strong> D. Karokis, J. Raftakis</td>
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<tr>
<td>14:15 - 14:45</td>
<td>Sonographic pattern of the musculoskeletal tissues and technical&lt;br&gt;characteristics and setting of ultrasound equipments for&lt;br&gt;rheumatology&lt;br&gt;<strong>J. Raftakis</strong></td>
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<tr>
<td>14:45 - 15:00</td>
<td><strong>Mini break - hall changing</strong></td>
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<tr>
<td>15:00 - 16:45</td>
<td><strong>Workshop:</strong> Supervised ultrasound scanning. How to use and set the&lt;br&gt;ultrasound equipment. The choice of appropriate probe an of the&lt;br&gt;Doppler modalities. Optimisation of Doppler settings. Doppler ultrasound artefacts</td>
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<td>16:45 - 17:00</td>
<td><strong>Coffee break</strong></td>
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<td><strong>Chairpersons:</strong> A. Delle Sedie, G. Filippou</td>
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<tr>
<td>17:00 - 17:25</td>
<td>Doppler physics, technology and artefacts. Doppler setting optimization&lt;br&gt;<strong>G. Filippou</strong></td>
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<td>17:25 - 17:50</td>
<td>Application, indications and limitations of Doppler in musculoskeletal US&lt;br&gt;<strong>G. Katsifis</strong></td>
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<tr>
<td>17:50 - 18:15</td>
<td>Colour Doppler and power Doppler. Correlations between US imaging&lt;br&gt;and histopathological findings&lt;br&gt;<strong>A. Delle Sedie</strong></td>
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<td><strong>Chairpersons:</strong> A. Bachta, F. Porta</td>
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<td>18:15 - 18:45</td>
<td>US: a tool for diagnosis and outcome measure in Rheumatology&lt;br&gt;<strong>A. Bachta</strong></td>
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<tr>
<td>18:45 - 19:15</td>
<td>B-mode and Doppler tenosynovitis. Definition, detection, quantification&lt;br&gt;and pitfalls&lt;br&gt;<strong>F. Porta</strong></td>
</tr>
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</table>
SCIENTIFIC PROGRAM

Friday, November 29th, 2019

09:00 - 11:00 Workshop: Supervised ultrasound scanning of patients with synovitis and tenosynovitis
Chairpersons: P. Balint, G. Giokits

11:00 - 11:25 Tendinosis and tendon tear. Definition, detection, quantification and pitfalls
G. Giokits

11:25 - 11:50 US bone abnormalities. Definition, detection, quantification and pitfalls
A. Abogamal

11:50 - 12:15 B-mode and Doppler enthesopathy and enthesitis. Definition, detection, quantification and pitfalls
P. Balint

12:15 - 12:45 US cartilage abnormalities. Definition, detection, quantification and pitfalls
A. Abogamal

12:45 - 14:15 Workshop: Supervised ultrasound scanning of patients enthesopathy/enthesitis, tendinosis and tendon tear, bone and cartilage abnormalities

14:15 - 15:00 Lunch
Chairpersons: G. Giokits, C. Siagkri

15:00 - 15:30 US diagnosis of hip pathology
G. Filippou
Live demo - P. Balint

15:30 - 16:00 US diagnosis of knee pathology
G. Giokits
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 - 19:30 Workshop: Supervised hands-on scanning of patients with lower extremity pathology
MITOS

INTERMEDIATE LEVEL

SCIENTIFIC PROGRAM

Saturday, November 30th, 2019

Chairpersons: J. Raftakis, D. Karokis

09:00 - 09:30 US diagnosis of shoulder pathology
G. Giokits
Live demo - N. Damjanov

09:30 - 10:00 US diagnosis of elbow pathology
J. Raftakis
Live demo - N. Damjanov

10:00 - 10:30 US diagnosis of wrist and hand pathology
D. Karokis
Live demo - N. Damjanov

10:30 - 10:45 Coffee Break

10:45 - 12:30 Workshop: Supervised hands-on scanning of patients with upper extremity
Pathology

12:30 - 13:00 Light Lunch

Chairpersons: G. Giokits, N. Damjanov

13:00 - 13:30 Basic skills in sonographic-guided arthrocentesis
N. Damjanov
Chairpersons: A. Iagnocco

13:45 - 14:15 US in therapy monitoring
S. Prodanovic

14:15 - 14:45 B-mode and Doppler synovitis. Definition, detection, quantification and pitfalls
A. Iagnocco

14:45 - 16:15 Workshop: Basic skills in sonographic-guided arthrocentesis

16:15 - 16:30 Exit tests of knowledge

16:30 - 16:45 Closing remarks and certificate issues
# APPLICATION FORM

**6th INTERNATIONAL MUSCULOSKELETAL ULTRASOUND COURSE**  
(Basic & Intermediate Level). Athens, November 28th - 30th 2019

<table>
<thead>
<tr>
<th>Surname</th>
<th>First name</th>
<th>Gender</th>
<th>Level</th>
<th>Date of Birth</th>
<th>Medical Specialty</th>
<th>Country</th>
<th>Contact phone number</th>
<th>Fax number</th>
<th>Mobile phone number</th>
<th>e-mail</th>
<th>Institution (name and address)</th>
<th>Licence Number</th>
<th>Sponsor contact details (If applicable)</th>
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**Please tick appropriately**

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<thead>
<tr>
<th>Accommodation</th>
<th>Single room</th>
<th>Double room</th>
<th>2 nights, arrival 28th November - departure 30th November 2019</th>
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</thead>
</table>

Fill in total amount of participation .................. €

By signing the present application form you agree to receive notifications from Synthesis Group. In case you do not wish to receive notifications, please check this box.

**Applicant’s Signature**

________________________

Application form should be signed and sent by e-mail: congress@cncopco.com
APPLICATION FORM
Surname

First name

Gender
 male
 female

Level
 basic
 intermediate

Date of Birth

Medical Specialty

Country

Contact phone number

Fax number

Mobile phone number

e-mail

Institution
(name and address)

Licence Number

Sponsor contact details
(If applicable)

Please tick appropriately

ACCOMMODATION
 Single room

 2 nights, arrival 28th November - departure 30th November 2019

 Double room

Fill In total amount of participation ....................€

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In case you do not wish to receive notifications, please check this box.



Applicant’s Signature

___________________

Application form should be signed and sent by e-mail:

congress@cocncopco.com

registration application .pdf   1   12/09/2019   12:26 PM
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