

AO Trauma Hybrid Course— Basic Principles of Fracture Management for ORP

November 25–26,
2021

Athens,
Greece

PROGRAM



Mission

The AO's mission is promoting excellence in patient care and outcomes in trauma and musculoskeletal disorders.

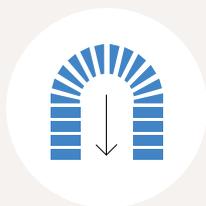
The AO principles of fracture management

1



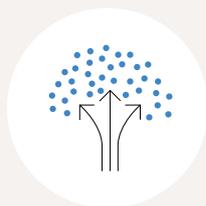
Fracture reduction and fixation to restore anatomical relationships.

2



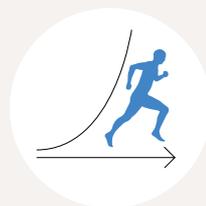
Fracture fixation providing absolute or relative stability, as required by the “personality” of the fracture, the patient, and the injury.

3



Preservation of the blood supply to soft tissues and bone by gentle reduction techniques and careful handling.

4



Early and safe mobilization and rehabilitation of the injured part and the patient as a whole.

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Welcome

Dear AO Trauma course participant,

Welcome to the AO Trauma Hybrid Course–Basic Principles of Fracture Management for ORP, which is planned and delivered to meet your needs using a competency-based curriculum approach and the AO’s seven principles for high-quality education.

AO Trauma’s innovative approach to education has been further strengthened as a result of the successful collaboration with the AO Education Institute in the application of state-of-the-art educational concepts in curriculum planning and all faculty development programs.

This seminar is one of our many educational activities for providing lifelong learning, from the Residents Education Program through to specialized Continuing Professional Development (CPD) for practicing surgeons and clinicians.

We believe that your active engagement in this seminar will result in improved care for your patients. Your current level of knowledge and skills will be challenged by the activities and throughout the entire event. We are confident that the combination of education principles and relevant content from our curriculum, as well as your interaction with colleagues and expert faculty will provide an effective learning experience that meets your needs.

This seminar is part of an overall competency-based educational program that includes many other activities and resources for self-directed learning. The educational activities in each program are developed by an international taskforce of clinical experts and educationalists and made available to you through the Education section of www.aotrauma.org.

We hope you enjoy the seminar and benefit from the networking opportunities it provides for you to share experiences with your colleagues.

Yours sincerely,



Mark Reilly
Chairperson AO Trauma
Education Commission



Mike Baumgaertner
Chairperson AO Trauma
International Board

If you enjoy the experience during your course and would like to stay in touch with the organization and its international network of surgeons, we invite you to become a member of AO Trauma. The benefits of membership, including options to get involved in new opportunities that advance trauma care are described at www.aotrauma.org.

Course description

The course structure provides didactic presentations, group discussions between participants and faculty, and practical exercises to apply different operative techniques.

This course will address:

- Fracture healing
- Bone biology
- Concepts of absolute and relative stability
- Treatment of shaft fractures
- Treatment of articular fractures
- Soft-tissue management
- Perioperative problems and complications in fracture care
- Nursing topics in trauma care
- Hands-on exercises with artificial bones to apply the techniques and promote familiarization with the instrumentation
- Interaction between faculty and participants to clarify understanding

Περιγραφή Σεμιναρίου

Η δομή του σεμιναρίου παρέχει διδακτικές παρουσιάσεις, ομαδικές συζητήσεις μεταξύ συμμετεχόντων και καθηγητών και πρακτικές ασκήσεις για την εφαρμογή διαφορετικών χειρουργικών τεχνικών

Αυτό το μάθημα θα αφορά:

- Θεραπεία κατάγματος
- Βιολογία των οστών
- Έννοιες απόλυτης και σχετικής σταθερότητας
- Θεραπεία καταγμάτων άξονα
- Θεραπεία αρθρικών καταγμάτων
- Διαχείριση μαλακών ιστών
- Προεγχειρητικά προβλήματα και επιπλοκές στη φροντίδα κατάγματος
- Νοσηλευτικά θέματα στη φροντίδα τραύματος
- Πρακτικές ασκήσεις με τεχνητά οστά για την εφαρμογή των τεχνικών και την προώθηση της εξοικείωσης με τα εργαλεία

Goal of the course

The AO Trauma Hybrid Course-Basic Principles of Fracture Management for ORP provides fundamental knowledge in the operative treatment of fractures according to the AO Principles.

Στόχος του μαθήματος

To AO Trauma Hybrid Course-Basic Principles of Fracture Management for ORP παρέχει θεμελιώδεις γνώσεις στην χειρουργική αντιμετώπιση των καταγμάτων σύμφωνα με τις Αρχές του ΑΟ.

Target participants

This course is targeted at any operating room personnel (ORP) interested in developing knowledge and skills in the basic principles of operative fracture management.

Σε ποιους απευθύνεται

Αυτό το μάθημα απευθύνεται σε οποιοδήποτε προσωπικό χειρουργείου (ORP) που ενδιαφέρεται να αναπτύξει γνώσεις και δεξιότητες στις βασικές αρχές της χειρουργικής αντιμετώπισης καταγμάτων.

Learning objectives

At the end of this course, participants will be able to:

- Describe AO principles for the operative stabilization of fractures
- Relate soft-tissue damage, fracture healing, and surgical intervention in the injured patient
- Plan appropriate care for patients in the perioperative environment
- Anticipate potential pitfalls and intraoperative complications in fracture care
- Formulate systems for maintaining safe standards of practice
- Prepare and use appropriate instrumentation/implants for fracture treatment
- Use professional networks to share ideas, challenge poor practice, and provide support

Στόχοι του μαθήματος

Στο τέλος αυτού του μαθήματος, οι συμμετέχοντες θα είναι σε θέση:

- Να περιγράψουν τις αρχές της ΑΟ για τη λειτουργική σταθεροποίηση των καταγμάτων
- Να αναφέρουν τη βλάβη στους μαλακούς ιστούς, την επούλωση κατάγματος και χειρουργική επέμβαση στον τραυματισμένο ασθενή
- Να προγραμματίσουν την κατάλληλη φροντίδα για τους ασθενείς στο περιεγχειρητικό περιβάλλον
- Να προβλέψουν πιθανές παγίδες και μετεγχειρητικές επιπλοκές στη φροντίδα κατάγματος
- Να διαμορφώσουν συστήματα για τη διατήρηση ασφαλών προτύπων πρακτικής
- Να προετοιμάσουν και να χρησιμοποιήσουν τα κατάλληλα εργαλεία / εμφυτεύματα για θεραπεία κατάγματος
- Να χρησιμοποιούν επαγγελματικά δίκτυα για να ανταλλάσσουν ιδέες, να αμφισβητούν ελλιπείς πρακτικές και να παρέχουν υποστήριξη



Chairperson



Μίνως Τυλλιανάκης
Patras University,
Patras, Greece

Regional faculty

David Beckers, University Hospitals Leuven, Leuven, Belgium

Diana van der Stelt, Amphia hospital Breda, Geertruidenberg, Netherlands

National faculty

Andreas Panagopoulos, University Hospital of Patras, Patras, Greece

Emmanouil Stamatis, 401 General Army Hospital, Athens, Greece

George Babis, University Athens Med School, Athens, Greece

Ioannis Lachanas, 401 General Army Hospital of Athens, Athens, Greece

Panagiotis Koulouvaris, Attikon University Hospital, Athens, Greece

Spyridon Darmanis, Athens Military Hospital, Athens, Greece

Theodoros Tosounidis, University of Crete, Heraklion, Greece

Thursday | Πέμπτη

November 25, 2021

08:00–08:10	Καλωσόρισμα και εισαγωγή Welcome and introduction	Γ Μπαμπης Μ Τυλλιανάκης
08:10–08:25	Ο κόσμος της ΑΟ - Ιστορική αναδρομή μιας συνεχούς πορείας εκπαίδευσης The AO World—from history to life-long learning	Μ Τυλλιανάκης
08:25–08:45	Ανατομία των οστών και πώρωση Bone anatomy and healing	Α Παναγοπουλος
08:45–09:05	Αρχές οστεοσύνθεσης καταγμάτων Principles of fracture fixation	Ι Λαχανάς
09:05–09:25	Βίδες - τύποι και λειτουργία Screws—form and function	D Stelt
09:25–09:45	Πλάκες - τύποι και λειτουργία Plates—form and function	D Beckers
09:45–09:55	Ερωτήσεις και Συζήτηση Questions and discussion	Α Παναγόπουλος
09:55–10:40	Συζήτηση 1: Περιεγχειρητική προετοιμασία για οστεοσύνθεση περιφερικού κατάγματος μηριαίου Small group discussion 1: Perioperative preparation for osteosynthesis of a distal femoral fracture	Π Κουλουβάρης D Beckers D Stelt
10:40–11:00	Διάλειμμα για καφέ Coffee Break	
11:00–12:05	Πρακτική άσκηση 1 Εσωτερική οστεοσύνθεση με βίδες και πλάκα - απόλυτη σταθερότητα Practical exercise 1 Internal fixation with screws and plate—absolute stability	Π Κουλουβάρης D Beckers D Stelt
12:05–13:05	ΜΕΣΗΜΕΡΙΑΝΟ ΓΕΥΜΑ LUNCH BREAK	
13:05–14:05	Πρακτική άσκηση 2 Εσωτερική οστεοσύνθεση κατάγματος περιφερικού άκρου κνήμης χρησιμοποιώντας πλάκα συμπίεσης Practical exercise 2 Internal fixation of a distal tibial fracture using a locking compression plate	Α Παναγόπουλος D Beckers D Stelt
14:05–14:10	Μετακίνηση Change location	
14:10–14:30	Αρχές εξωτερικής οστεοσύνθεσης Principles of external fixation	Α Παναγοπουλος
14:30–14:50	Αρχές ενδομυελικής ήλωσης Principles of intramedullary nailing	Γ Μπάμπης
14:50–15:00	Ερωτήσεις και Συζήτηση Questions and discussion	Ι Λαχανάς
15:00–15:05	Μετακίνηση Change location	
15:05–16:05	Πρακτική άσκηση 3 Ενδομυελική κατάγματος διαφύσεως κνήμης με γλυφανισμό Practical exercise 3 Intramedullary nailing of a tibial shaft with reaming	Ι Λαχανάς D Beckers D Stelt
16:05–16:25	Διάλειμμα για καφέ Coffee Break	
16:25–17:10	Συζήτηση 2 Περιεγχειρητική προετοιμασία για οστεοσύνθεση διαφυσιακού κατάγματος Small group discussion 2 Perioperative preparation for osteosynthesis of a shaft fracture	Π Κουλουβάρης D Beckers D Stelt
17:10–17:45	Πώς διαβάζονται οι ακτινογραφίες How to read x-rays	Α Παναγόπουλος
17:45–18:05	Τι έμαθα? - Διασαφήσεις What have I learned? Reflection	D Beckers D Stelt

Friday | Παρασκευή

November 26, 2021

08:00–08:05	Σύντομη επανάληψη 1ης ημέρας Brief review day 1	M Τυλλιανακης, D Beckers, D Stelt
08:05–08:50	Πρακτική άσκηση 4 Εξωτερική οστεοσύνθεση κατάγματος διαφύσεως κνήμης Practical exercise 4 External fixation of a tibial shaft fracture	E Σταμάτης D Beckers, D Stelt
08:50–08:55	Μετακίνηση Change location	
08:55–09:15	Τεχνικές ανάταξης καταγμάτων Reduction techniques	Γ Μπάμπης
09:15–09:20	Ερωτήσεις και συζήτηση Questions and discussion	Π Κουλουβάρης
09:20–09:45	ΔΙΑΛΕΙΜΜΑ για καφέ COFFEE BREAK	
09:45–10:35	Συζήτηση 3 ελεγχος λοίμωξης Small group discussion 3 Infection control	Π Κουλουβάρης D Beckers, D Stelt
10:35–10:55	Αφαίρεση υλικών οστεοσύνθεσης Implant removal	E Σταμάτης D Beckers, D Stelt
10:55–11:15	Οστεοσύνθεση γύρω από άρθρωση Osteosynthesis involving a joint	Θ Τοσουνίδης
11:15–11:35	Περι- και διατροχαντήρια κατάγματα Per- and intertrochanteric femoral fractures	Γ Μπάμπης
11:35–11:55	Κατάγματα αυχένος του μηριαίου Femoral neck fractures	Σ Δαρμανής
11:55–12:05	Ερωτήσεις και συζήτηση Questions and discussion	Σ Δαρμανής
12:05–13:05	Διάλειμμα για γεύμα LUNCH BREAK	
13:05–14:10	Πρακτική άσκηση 5 Ενδομυελική ήλωση εγγύς τμήματος μηριαίου Practical exercise 5 Intermedullary fixation using the TFN-advanced proximal femoral nailing system	Θ Τοσουνίδης D Beckers, D Stelt
14:10–14:30	ΔΙΑΛΕΙΜΜΑ για καφέ COFFEE BREAK	
14:30–15:15	Συζήτηση 4 περιεγχειρητική προετοιμασία για οστεοσύνθεση κατάγματος εγγύς τμήματος του μηριαίου Small group discussion 4 Perioperative preparation for osteosynthesis of a proximal femoral fractures	Π Κουλουβάρης D Beckers, D Stelt
15:15–15:35	Τι έχω μάθει; Διασαφήσεις What have I learned? Reflection	D Beckers, D Stelt
15:35–15:40	Συμπεράσματα Closing remarks	M Τυλλιανακης

Event information

Organization | Οργάνωση

Dino Nuzzo
Clavadelerstrasse 8
7270 Davos Platz, Switzerland
Phone +41 79 594 68 95
E-mail dino.nuzzo@aofoundation.org

Participants' contact:

Phone +41 79 719 31 32
E-mail aoges.emea@aofoundation.org

Registration fee

Κόστος εγγραφής

Ενιαίο κόστος εγγραφής €350

Standard Ticket €350

Το κόστος εγγραφής περιλαμβάνει διαλείμματα καφέ, γέυμα και πιστοποιητικό παρακολούθησης

Online registration

<https://sforce.co/2VlpuZM>



Language

Greek

AO funding sources

Unrestricted educational grants from different sources are collected and pooled together centrally by the AO. All events are planned and scheduled by local and regional AO surgeon groups based on local needs assessments. We rely on industrial/commercial partners for in-kind support to run simulations/skills training if educationally needed.

Event organization compliance

In certain countries where AO has no office but offers educational events, the AO cooperates with third party companies to conduct local organization and logistics, as well as to communicate with participants in the local language. In these cases, the AO has put rules and guidelines in place to ensure that this cooperation has no impact on the curricula, scientific program, or faculty selection.

Disclosures and conflicts of interest

Disclosure information and potential conflicts of interest (COI) can be viewed at the event webpage.

Venue

Domotel Kastri Hotel and Conference Center

154 El. Venizelou Str. & Romilias
Athens 146 71, Greece
Phone +30 210 350 7100
E-mail <https://domotel.gr/kastri-athens>

Sponsor

We thank our major industry partner DePuy Synthes for providing an unrestricted educational grant for this event.



Donor

We thank the Stavros Niarchos Foundation (SNF) for its educational grant, that is implemented by TraumaEdu, as part of SNF's Health Initiative in Greece.



General information

Evaluation guidelines

All AO Trauma events apply the same evaluation process, which includes pre- and post-event online evaluation and on-site written questionnaires. These evaluation tools help ensure that AO Trauma continues to meet your training needs.

Intellectual property

Event materials, presentations, and case studies are the intellectual property of the event faculty. All rights are reserved. For more information, please see: www.aofoundation.org/legal.

Recording, photographing, or copying lectures, practical exercises, case discussions, or any event materials is strictly forbidden. Participants violating intellectual property will be dismissed.



The AO Foundation reserves the right to film, photograph, and audio record during its events. Participants must understand that in this context they may appear in these recorded materials. The AO Foundation assumes participants agree that these recorded materials may be used for the AO's marketing and other purposes, and that they may be made available to the public.

Security

There will be a security check at the entrance of the building. Wearing of a name tag is compulsory during lectures, workshops, and group discussions.

No insurance

The event organization does not take out insurance to cover any individual against accidents, theft, or other risks.

Use of mobile phones

Use of mobile phones is not permitted in the lecture halls or in other rooms during educational activities. Please be considerate of others by turning off your mobile phone.

Dress code

Casual

Hygiene guidelines for AO educational events

General protective measures must be observed throughout the event

- Routine cleaning and disinfection of frequently touched surfaces
- Face masks must be worn through the entire duration of the event
- Frequent hand hygiene (when entering and exiting rooms)
- Hand disinfectants must be provided at each door
- Physical distancing of min. 1.5 m between persons at AO events
- Respiratory etiquette (use masks, proper coughing etiquette, etc.)
- Visual reminders of proper measures and etiquette must be placed at doors

At practical-exercise stations

- Personal Protective Equipment (PPE) surgical face masks and non-sterile, latex-free examination gloves must be worn by all participants and faculty
- Surgical face masks and gloves must be stocked in sufficient numbers, and made available at the entrance of practical-exercise rooms
- All PPE must be disposed of after the end of the practical-exercise session in a dedicated place. New PPE must be used for subsequent sessions
- All instruments must be disinfected (sprayed) after the practical exercise is completed
- Participants re-use the same station for the full duration of the event
- If necessary, adapt the quantity of workstations per table to meet space requirements

Principles of AO educational events

1. Academic independence

Development of all curricula, design of scientific event programs, and selection of faculty are the sole responsibilities of volunteer AO network surgeons.

All education is planned based on needs assessment data, designed and evaluated using concepts and evidence from the most current medical education research, and reflects the expertise of the AO Education Institute (www.aofoundation.org).

Industry participation is not allowed during the entire curriculum development and planning process to ensure academic independence and to keep content free from bias.

2. Compliance to accreditation and industry codes

All planning, organization, and execution of educational activities follow existing codes for accreditation of high-quality education:

- Accreditation Criteria of the Accreditation Council for Continuing Medical Education, US (www.accme.org)
- ACCME Standards for Commercial Support: Standards to Ensure Independence in CME Activities (www.accme.org)
- Criteria for Accreditation of Live Educational Events of the European Accreditation Council for Continuing Medical Education (www.uems.eu)

Events that receive direct or indirect unrestricted educational grants or in-kind support from industry also follow the ethical codes of the medical industry, such as:

- Eucomed Guidelines on Interactions with Healthcare Professionals (www.medtecheurope.org)
- AdvaMed Code of Ethics on Interactions with Health Care Professionals (www.advamed.org)
- Mecomed Guidelines on Interactions with Healthcare Professionals (www.mecomed.com)

3. Branding and advertising

No industry logos or advertising (apart from the AO Foundation and its clinical divisions) are permitted in the area where educational activities take place.

Sponsors providing financial or in-kind support are allowed to have a promotional booth or run activities outside the educational area with approval from the event chairperson.

4. Use of technologies and products in practical sessions

In case practical sessions are chosen as an educational method to educate skills, the technologies and products used have been approved or reviewed by the AO Technical Commission—a large independent group of volunteer surgeons developing and peer-reviewing new technology on behalf of the AO Foundation.

Any technology and/or products used in the practical sessions of this event have been found suitable to serve the defined educational purposes.

This does not imply any statement about its use and performance in actual clinical scenarios.

More information on the AO Technical Commission can be found on the AO's website: www.aofoundation.org/tc.

5. Personnel

Industry staff members are not permitted to interfere with the educational content or engage in educational activities during the event.



Share your passion and join the **AO Trauma community**

Belong to a
unique orthopedic
trauma network



Get involved
and shape the
future of AO Trauma



Discover the
exclusive AO Trauma
content



Develop
your personal and
professional career



Share and **exchange**
your knowledge

AO Trauma is the **leading global orthopedic trauma network** with a unique culture of surgeon leadership, camaraderie, volunteerism, and mutual respect.

