

## 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](http://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 DENBIGHS 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
- Syring
- 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)