Program

AOSpine Principles Course—Degenerative Spine and Tumors

April 18–19, 2019                Varna, Bulgaria
Welcome to Varna

Dear Colleagues,

On behalf of AOSpine Europe, we are delighted to invite you to the AOSpine Principles Course—Degenerative Spine and Tumors in Varna, Bulgaria during the period of April 18-19, 2019. It is going to be the third AOSpine course in Bulgaria and the second in Varna, representing an excellent opportunity for surgeons from all over the world for continuing spinal education.

The course is targeted for residents and specialist in neurosurgery and orthopedics with limited experience in surgery of degenerative spine and spinal tumors. It focuses on the surgical approaches to the cervical, thoracic and lumbar spine for degenerative and neoplastic pathologies as well as on the spinal decompression and instrumentation for an accompanying instability.

The participants will have the opportunity to attend lectures of eminent neurosurgeons and orthopedic surgeons as well as to train in “hands-on” practical lab in selected topics. The active participation, interaction, and collaboration of all attendees is crucial for the course’s success. Every participant is encouraged to actively interfere with the thematic discussions with the faculties and other participants. We also believe that the course could initiate professional cooperation and personal friendship between the colleagues.

We welcome you to enjoy the exciting city of Varna, the Sea Capital of Bulgaria and predominantly to enrich your knowledge and skills in spinal degenerative and neoplastic pathologies.

Sincerely yours,

[AOSpine—the leading global academic community for innovative education and research in spine care, inspiring lifelong learning and improving patients' lives.]

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Yavor Enchev
Chairperson
Medical University of Varna
Varna, Bulgaria

Emre Acaroğlu
Educational Advisor
Ankara Spine Center
Ankara, Turkey
AOSpine Curriculum
This educational event carries the AOSpine Curriculum logo. This indicates that the program, content, and objectives have been developed based on the Curriculum framework and that the event meets the implementation criteria defined by the AOSpine Education Commission (AOSEC). For more information, visit www.aospine.org

Course description
The course is divided into two parts. The first half of both days will be theoretical consisting of lectures, case presentations, and discussions offering the background for the second practical part. The practical sessions will be performed on 12 workstations (sawbones) with a maximum of three participants per station. Faculty members will be table instructors assisting the participants to achieve the defined educational goals.

Target participants
This course is targeted at junior certified neurosurgeons and orthopedic surgeons with up to 3 years of experience in spine surgery, who are aiming to improve their knowledge and skills in the management of spinal degenerative and tumor pathologies.

Learning objectives
After the event, participants will be able to:
• Select relevant surgical treatment for degenerative disc diseases and spondylolisthesis
• Choose the optimal operative treatment for primary and metastatic spinal tumors
• Identify and manage surgical approach-related complications
• Apply the adult deformity classification
• Analyze sagittal profile
• Perform in a structured stepwise manner suitable anterior, lateral and posterior spinal surgical approaches for treatment of tumors, degenerative disc disease, and spondylolisthesis.

Chairperson
Yavor Enchev  
Medical University of Varna, Varna, Bulgaria

Educational advisor
Emre Acaroglu  
Ankara Spine Center, Ankara, Turkey

Regional faculty
Venelin Gerganov  
International Neuroscience Institute, Hannover, Germany
Cumhur Kilincer  
Trakya University Faculty of Medicine, Edirne, Turkey

National faculty
Dilyan Ferdinandov  
St. Ivan Rilski University Hospital, Sofia, Bulgaria
Nikolay Gabrovsky  
University Hospital Pirogov, Sofia, Bulgaria
Ivo Kehayov  
St George University Hospital, Plovdiv, Bulgaria
Rumen Popov  
University Hospital Tsaritsa Yoanna, Sofia, Bulgaria
Nikolay Tivchev  
Serdika Hospital Sofia, Sofia, Bulgaria
## Thursday, April 18, 2019

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<td>08:30 - 09:00</td>
<td>Participants registration</td>
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<tr>
<td>09:00 - 09:15</td>
<td>Welcome and Introduction of AO Spine and Faculty</td>
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### Session 1 Cervical and thoracic instrumentation

- **09:15 - 09:20** | Case presentation | E Acaroglu |
- **09:20 - 09:35** | Group discussions  | all         |
- **09:35 - 09:50** | ANterior cervical instrumentation | Y Enchev |
- **09:50 - 10:05** | Posterior cervical and thoracic instrumentation | C Kilincer |
- **10:05 - 10:15** | Case solution | E Acaroglu |

### Session 2 Lumbar degenerative spine

- **10:15 - 10:20** | Case presentation | D Ferdinandov |
- **10:20 - 10:35** | Group discussions  | all         |
- **10:35 - 10:50** | Anterior thoracic and thoracolumbar approaches | I Kehayov |
- **10:50 - 11:05** | Posterior lumbar approaches | N Gabrovsky |
- **11:05 - 11:15** | Case solution | D Ferdinandov |
- **11:15 - 11:45** | Coffee break |                |

### Session 3: Surgical complications

- **11:45 - 11:50** | Case presentation | R Popov |
- **11:50 - 12:05** | Group discussions  | all         |
- **12:05 - 12:20** | Anterior approach-related complications | V Gerganov |
- **12:20 - 12:35** | Posterior approach-related complications | N Tivchev |
- **12:35 - 12:45** | Case solution | R Popov |
- **12:45 - 13:45** | LUNCH |                |

### Practical exercises I

- **13:45 - 14:45** | Anterior approach to the cervical spine including discectomy | all |
- **14:45 - 15:45** | Posterior stabilization of cervical spine (occipito-spinodesis-C1/C2, lateral mass screws, pedicle screws, cervicothoracic junction) | all |

### Coffee Break

- **15:45 - 16:15** | COFFEE BREAK |                |

- **16:15 - 17:15** | Thoracolumbar pedicle screw placement | all |
- **17:15 - 17:30** | Closing remarks Day 1 | Y Enchev |
### Friday, April 19, 2018

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<td>C Kilincer</td>
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<td>08:30 - 08:35</td>
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<td>08:35 - 08:50</td>
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<td>08:50 - 09:05</td>
<td>Surgical treatment of cervical disc problems (anterior and posterior approaches)</td>
<td>D Ferdinandov</td>
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<td>09:20 - 09:35</td>
<td>Group discussions</td>
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<tr>
<td>09:35 - 09:50</td>
<td>When and how to operate degenerative spondylolisthesis?</td>
<td>R Popov</td>
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<td>09:50 - 10:00</td>
<td>Case solution</td>
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<td>COFFEE BREAK</td>
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<td><strong>Session 2: Degenerative spondylolisthesis</strong></td>
<td>N Tivchev</td>
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<td><strong>Session 3: Back pain deformity</strong></td>
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<td>10:50 - 11:05</td>
<td>Adult deformity classification</td>
<td>E Acaroglu</td>
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<td>11:05 - 11:20</td>
<td>Back pain in deformity</td>
<td>E Acaroglu</td>
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<td>11:20 - 11:30</td>
<td>Case solution</td>
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<td>11:30 - 11:50</td>
<td>Spinal cord tumors</td>
<td>V Gerganov</td>
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<td>11:50 - 12:15</td>
<td>Spine metastasis: Surgical approaches</td>
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<td>LUNCH BREAK</td>
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<td><strong>Practical exercises II</strong></td>
<td>N Gabrovsky</td>
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<td>13:00 - 13:45</td>
<td>Lumbar-Discectomy &amp; TLIF</td>
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<td>13:45 - 14:30</td>
<td>Anterior and lateral approaches to the lumbar spine</td>
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<td>14:30 - 14:45</td>
<td>Take home message, Course evaluation and Certificate</td>
<td>Y Enchev</td>
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### Event organization

**AOSpine Europe**  
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**AO funding sources**  
Unrestricted educational grants from different sources are collected and pooled together centrally by the AO Foundation. 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 information and logistics

**AO Courses Central Eastern Europe countries**  
Jaroslava Horakova  
Phone: +42 736 681 505  
Email: horakova.jarka@ao-courses.org

**Event organisation 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 (Letter of Secondment, AO Foundation—Principles of AO Educational Events) to ensure that this cooperation has no impact on the curricula, scientific program, or faculty selection.

### Registration and venue

**Registration (opening)**  
AOSpine Members  531 Euros  
AOSpine non-Members  590 Euros

**Included in registration fee**  
Conference bag with documentation, coffee breaks, lunch and course certificate.

**Online registration and payment**:  
http://varna1904.aospine.org

**Event venue**  
Rosslyn Dimyat Hotel Varna  
Kniaz Boris 1 Boulevard 111  
Varna, 9002, Bulgaria

**European CME Accreditation and Compliance**  
An application will be made to the UEMS-EACCME® for CME accreditation of this event.  
An application will be made to MedTech for compliance approval of this event.

**Evaluation guidelines**  
All AOSpine events apply the same evaluation process either online (pre- and post- evaluation) or/and on-site by audience system ARS) or paper and pencil questionnaires. This will help us to ensure that we continue to meet your training needs.
AO Foundation—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 surgeons from the AO network. All education is planned based on needs assessment data, designed and evaluated using concepts and evidence from the most current medical education research, and involving 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, USA (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 (advamed.org)
- Mecomed Guidelines on Interactions with Healthcare Professionals (www.mecomed.org)

3) Branding and advertising
No industry logos or advertising (with the exception of the AO Foundation and AO Clinical Division) 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 simulations
If case simulations are chosen as an educational method to educate skills, we only use technology approved by the AOTK System (AOTK)—a large independent group of volunteer surgeons developing and peer-reviewing new technology (more information about AOTK, its development and approval process can be found on the AO Foundation website: www.aofoundation.org).

5) Personnel
Industry staff is not allowed to interfere with the educational content or engage in educational activities during the event.

General information

No insurance: The event organization does not take out insurance to cover any individual against accidents, theft, or other risks.

Security: Access permitted with badge only.

Dress code: Casual

Course language: English

Mobile phone use is not allowed in the lecture halls and in other rooms during educational activities. Please be considerate of others by turning off your mobile phone.

AOSpine Webinars 2019 (free for AOSpine members)

7 February 2019
AOSpine Masters Webinar—ALIF, XLIF or OLIF? Pedro Berjano

21 February 2019
AOSpine Principles Webinar—Spinal infections (Epidural abscess, spondylodisctis, etc.) Enrico Pola

21 March 2019
AOSpine Principles Webinar—Indications for lumbar fusion Ehab Shiban

23 May 2019
AOSpine Masters Webinar—Primary spinal tumors Alessandro Gasbarrini

22 August 2019
AOSpine Masters Webinar—Cervical trauma Lorin Benneker

26 September 2019
AOSpine Masters Webinar—Full endoscopic spine surgery Christoph Siepe / Semih Oezdemir

24 October 2019
AOSpine Masters Webinar—Extraforaminal disc herniation and lumbar foraminal stenosis Bart Depreitere

21 November 2019
AOSpine Principles Webinar—Implications of sagittal balance Patrick Tropiano

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The AO Foundation reserves the right to film, photograph, and audio record during their 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 AO marketing and other purposes, and made available to the public.
The Global Spine Congress heads to North America

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EARLY BIRD REGISTRATION CLOSES DECEMBER 20

Global Spine Congress
Toronto, Canada | May 15–18, 2019

www.gsc2019.org  •  #GSCToronto

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